





# MGen Tabbernor tours CHIPPAWA

By Lt(N) Simone Smith,  
HMCS CHIPPAWA PAO

This summer, MGen Dennis C. Tabbernor, Chief of Reserves & Cadets was in Winnipeg to take a close up and personal look at the Reserves in Manitoba.

MGen Tabbernor arrived at HMCS CHIPPAWA on the morning of Wednesday 11 June 2008 and was hosted by LCdr Heather Heuthorst, Commanding Officer of CHIPPAWA. MGen Tabbernor's goals during the visit were to receive a presentation on CHIPPAWA activities of the recent months, to meet CHIPPAWA sailors, and to tour the facilities.

During the visit MGen Tabbernor and LCdr Heuthorst discussed the history and background of CHIPPAWA as well as the role of CHIPPAWA in the present day. The Commanding Officer of CHIPPAWA emphasized that, "one of the important roles of a Naval Reserve Division like CHIPPAWA is to be a Naval presence within the city and region." CHIPPAWA

achieved this role through the planning and execution of "key naval outreach initiatives" such as the Battle of the Atlantic Ceremony, HMCS WINNIPEG Name-sake City Visits and other OP CONNECTION events. CHIPPAWA also assisted in the education and support of youth in the region through the sponsorship and support to the Royal Canadian Sea Cadet Corps and the Navy League.

During the walk about of the unit, LCdr Heuthorst briefed the Chief of Reserves and Cadets on the role that CHIPPAWA plays in bringing the Navy of the past and present to the local community.

The Navy of the past is honoured and remembered through the excellent work of the volunteers who build and man the Naval Museum of Manitoba (NMM).

As LCdr Heuthorst stated the Museum "is a very important community asset that preserves the Navy's heritage." This work is especially vital as the Canadian Naval Centennial 2010



MGen Dennis C. Tabbernor, Chief of Reserves and Cadets, right, is greeted by Lt(N) Dave Podolchuck as he arrives at CHIPPAWA.

approaches.

Claude Rivard, the Curator of the NMM gave MGen Tabbernor a lengthy tour of this facility to illustrate this preservation in action.

CHIPPAWA sailors also brought the activities of the present day Navy to the forefront of community attention through their participation in and support of such activities as WINNIPEG's Sailors on the Run fundraising campaign for the Fire Fighter's Burn Fund in the spring of 2008.

The need for physical fitness of sailors in today's Navy was the topic covered during the tour of the Drill Deck.

Here, MGen Tabbernor met with LS Sylvia In and LS Daniele Mabon who were setting up the Health and Fitness Notice Board for the upcoming Training Year.

This Notice Board includes an Achievement Section so that those who achieve Incentive Exempt on the CF EXPRES test and other health and fitness goals can see their Bravo

Zulu from the Commanding Officer in print. Twenty-four members of the unit achieved Incentive Exempt for the 2007-2008 testing period.

To further support the sailors of CHIPPAWA in their health and fitness pursuits, the Master Unit Training Plan included a Sports and Fitness Night in every four to six week period. These evenings included team-building activities such as relay races, floor hockey or basketball and visibly increased the camaraderie of CHIPPAWA personnel. The effectiveness of these initiatives was evident in the excellent results achieved in the annual results for the CF EXPRES test by unit personnel.

At the end of the tour it was noted that CHIPPAWA is supporting Formation and CF activities through many of her sailor's activities and achievements.

The Chief of Reserves and Cadets congratulated LCdr Heuthorst on a job well done.

# Getting ready for GCWCC

By Karen Christiuk

September is a special month. The summer fades, the leaves change colour, and parades of small children make the trek back to school holding their bouquets of newly sharpened pencils.

But as the weather gets colder, September is also a time to think of those people in Winnipeg who are struggling with some difficult times, and may need some extra help this winter.

It is for this reason that 17 Wing and 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR HQ) is once again participating in the Government of Canada Workplace Charitable Campaign (GCWCC) which has its kick-off on Friday, September 12 with a Hercules pull and barbeque beside Hanger 16 at 1200 hrs.

"Money raised in our fundraising activities can be designated by the donor to go to any registered charity in Canada, to Healthpartners (16 different health agencies), or directly to the United Way of Winnipeg, which provides funding and support to 65 local agencies," explains Maj John Schwindt, who is one of the campaign co-chairs, along with Leah Bannister.

"The 65 local agencies are all striving to improve social conditions in Winnipeg and, in particular, they focus on improving conditions such as: poverty, safety and social civility, the exclusion of some individuals and groups, systems that hamper self-sufficiency, and stressed families, children and youth."

The theme of this year's national GCWCC campaign is "You can be a star

in someone's life."

"The central idea of the theme is that everyone in Winnipeg has the power to make a difference in their community," says Maj Schwindt. "Everyone can create hope and change lives."

17 Wing and 1 Cdn Air Div/CANR has a variety of fun fundraising activities planned for the upcoming months.

"In addition to our events on September 12, we will also be having a Wing Transport Breakfast, Fire Department Boot Drive, and a few other events," says Maj Schwindt.

"Information about all our upcoming events will be in the Voxair and on our internal website (<http://17wing.winnipeg.mil.ca/WAdmin/GCWCC/index.htm>)." Last year, the 17 Wing and 1 Cdn Air Div/CANR GCWCC campaign raised a remarkable \$125,000 through individual donations, payroll deductions and proceeds from special events.

"Everyone was so generous last year, and we hope to find the same spirit again this year so that we can raise even more funds in 2008," says Maj Schwindt.

Proof that the Canadian Forces and Department of National Defence employees have a generous spirit is shown in the fact that, this year, the Hercules pull and barbeque on September 12 will occur in partnership with the Terry Fox Head Shave fundraising event.

"We're hoping that everyone inside the Base, and the Winnipeg media, will participate in both events, and so we're combining them together for maximum impact," says Maj Schwindt.



MGen Tabbernor and LCdr Heuthorst tour the Naval Museum of Manitoba.

## 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

Beverlee Cooke  
Journalist/Photographer

Traci Wright  
Proofreading

Jim Holland  
Advertising Sales  
204 832-0115

Printed By  
The Daily Graphic  
1.204.857.3427

Visit Us Online: [www.voxair.ca](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.

**The deadline for the next  
Voxair is 12 September**

**COMMISSIONAIRES**

TRUSTED - EVERYDAY - EVERYWHERE

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: [clntsvo@commissionaires.mb.ca](mailto:clntsvo@commissionaires.mb.ca)

Visit our website:

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



Cpl Rob Snow digs deep as the anchor for his team at the 2007 GCWCC Kickoff. The 2008 campaign kicks off September 12.



# 435 Squadron deployed to assist with SAR efforts

By DND

The Government of Canada, in response to a request from the United States Government, deployed additional aircraft 1 September to Florida to assist with search and rescue efforts in the wake of Hurricane Gustav.

Two CC-130 Hercules aircraft deployed from 14 Wing, Greenwood and 17 Wing, Winnipeg, to provide assistance with the next phase of hurricane relief efforts.

The two planes were sent to the United States under the provisions of the Civil Assistance Plan as part of Operation UNIFY, the official designation for the Canadian Forces (CF) mission.

"This effort is in keeping with the Canadian Forces' long-standing tradition of providing humanitarian assistance and disaster relief," said National Defence Minister Peter MacKay.

"The Government of

Canada is standing by to provide any further assistance required by our neighbours."

"One of Canada Command's primary roles is providing civil and humanitarian aid in times of disaster," said Vice-Admiral Dean McFadden, Commander of Canada Command and former commander of the Canadian Task Group that deployed to the U.S. Gulf Coast in 2005 to assist with Hurricane Katrina relief efforts.

"The Civil Assistance Plan has proven itself to be an excellent mechanism to facilitate our ability to support those in need, as agreed upon by our respective governments."

"Canada's Air Force has demonstrated exceptional flexibility and responsiveness with multiple air assets," said MGen Marcel Duval, Combined Forces Air Component Commander. "We will continue to monitor the need and stand ready to assist where needed."



Aircraft attendant Ken Somerville directs the aircraft from Winnipeg to the runway at Naval Air Station Pensacola, Florida.

Canada Command is the Canadian Forces formation responsible for the conduct of all Canadian military routine and contingency domestic operations in North

America.

Canada Command is working closely with its U.S. counterpart, Northern Command as part of a whole of government approach to

ensure appropriate support to the United States.

The Civil Assistance Plan, signed on 14 Feb 2008, is a bilateral Canada-United States plan that facilitates

military-to-military cooperation in support of a civil emergency in either country, once agreement for assistance is reached between the two governments.

## Terry Fox Head Shave to raise funds

Would you like to support cancer research?

On September 12, in conjunction with GCWCC Hercules Pull, 17 Wing is hosting a head shave to raise funds for Terry Fox Foundation, which supports cancer research.

"For the past 27 years, Canadians have been raising money for cancer research in support of the memory of Terry Fox," said Capt Yves Soulard, who is helping to organize the event. "Last year, 1100 Canadians raised more than \$750,000 by losing their locks at workplace or community head shave sites."

Participants willing to have their locks shaved in support of cancer research can get pledge sheets from their Unit Chief or contact either Capt Soulard at local 5884 or Sgt Haché at local 4022. As an incentive, the person collecting the most pledges will have the opportunity to shave the WCWO's head.

A second method of participating will involve a high profile member from any unit volunteering to have their head shaved. Unit VIPs can put a minimum price on their head (i.e. \$100). If that amount is raised either individually or collectively then they will have their head shaved. As an added incentive, the individual highest donation will have the privilege of shaving the VIP's hair.

There will also be a station set up at the event for anyone wishing to make donations.

For more information about the Terry Fox Foundation please see: [www.terryfoxrun.org](http://www.terryfoxrun.org)

Check out [pspwinnipeg.ca](http://pspwinnipeg.ca) for information about PSP fitness classes, clubs and more!

## Flight marks the end of a long career

Submitted by WO Paul De Serres

Sgt Al Bugden of 435 Sqn, will be retiring on Oct 6 2008 after more than 25 years of loyal and dedicated service to the Canadian Forces.

On 25 August, 2008, Sgt Bugden celebrated his last flight of his service career with family and friends.

Sgt Bugden enrolled in the CF in 1983 as a trooper with the Lord Strathcona's in CFB Calgary.

After serving five years with the Armoured Corps, Sgt Bugden occupational transferred to AE Tech in 1988 where he served at CFB Summerside.

In 1997 Sgt Bugden occupational transferred for a final time to Flight Engineer and began his flying career.

He served in 408 Tac Hel Sqn CFB Edmonton for almost 11 years.

During his posting to 408 Sqn he contributed to Canada's international peacekeep-

ing role by serving in no less than three overseas tours, CAN UTTH HAITI, and two tours CCIBH VELIKA Kladusa BOSNIA.

After a long stint of flying green Griffons Sgt Bugden was posted to 444 SAR Sqn Goose Bay where he began flying yellow Griffons.

In 2002, Sgt Bugden was promoted to his current rank of Sgt and transitioned from rotor wing to fixed wing.

He began flying the C130 with 435 (T&R) Sqn at 17 Wing, CFB Winnipeg.

Sgt Bugden is a highly qualified C130 Flt Eng where he holds three flying qualifications, strategic operations, search and rescue and air to air re-fuelling.

He will be missed by his friends and colleagues here at the Squadron.

Right: Sgt Al Bugden, his wife, Donna, and their children, Olivia, age 4 and Alyson age 7 marked his last flight on a CC-130 Hercules. The final flight was on AC#340.



**mmmm**  
**MARIGOLD**  
 chinese restaurant & lounge  
 Great Lunches, Great Dinners  
 Cantonese & Szechuan Cuisine  
 Dine In • Take Out • Catering

Serving Since 1962 Winnipeg

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

**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 (Whytewold Rd.)  
**Drivers Licences &**  
 autopac **889-2204**



# A lifetime of Air Force memories now available

By Karen Christiuk

A lifetime of Air Force memories is now available to military researchers and historians thanks to Second World War veteran John Griffin.

For over 60 years, Griffin collected everything to do with the history of military aviation in Canada, and his donated collection inside the History and Heritage Directorate of 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR) was officially named the John Griffin Library in his honour at a ribbon-cutting ceremony on August 29.

"My father had the foresight to know to hang on these things that would have historical significance many years later. He knew they needed to be retained," explained Patricia Griffin, John Griffin's daughter, who travelled from Ottawa to attend the ceremonies with her mother Beryl Griffin.

Griffin's donation now enables Heritage and History to respond more effectively to the enquiries they receive regarding Canadian military aviation history.

"Mr. John Griffin's vo-

luminous compilation of research materials and books has significantly contributed to making this library one of the finest of its kind in Canada," said Major-General Marcel Duval, Commander of 1 Cdn Air Div/CANR.

"Some of the donated items include rare RCAF engineering orders from long retired aircraft, photographic collections of uniquely Canadian aircraft, numerous collections of aircraft magazines, a self-sufficient book collection of over 3,000 pieces on aeronautics, copies of forms and documents related to military aircraft, and research on RCAF Stations and Squadrons. All in all, an archivist's treasure trove—a dream come true."

Griffin's large collection was sorted, repaired and catalogued by a small group of dedicated volunteers: Diane Bates, Diane Souchan, Ken Horobin, Joan Whiston and summer student Misty Per-run.

After three years of working on the collection, volunteer Ken Horobin said it was rewarding to finally see the results of their efforts.

Although John Griffin was too ill to attend the ceremony, his wife Beryl Griffin



Major General M Duval and Patricia Griffin hold the ribbon while Beryl Griffin cuts it to celebrate the grand opening of the John Griffin Library in the Bishop Building at 17 Wing Winnipeg.

said she was delighted that her husband's collection will have a permanent home.

"If my husband was here he'd be humbled and very impressed," said Beryl Griffin. "He'd be really honoured. He was a very

quiet gentleman and never searched the limelight at all."

Although Griffin retired from the RCAF after the Second World War and had a civilian career with Canadian General Electric and

then with the federal department of Industry, Trade and Commerce, he also found the time to publish several books about Canadian military aircraft. His most well-known publication entitled Canadian Military Aircraft—

Aircraft of the Canadian Armed Forces: Serials and Photographs, 1968-1998 was reprinted in 2006, and is considered one of the best resources for anyone studying Canadian military history.

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: 6 & 7 OCTOBER 08**  
**TIME: 0800 – 1600 HRS**  
**LOCATION: BLDG. #62, ROOM #315**  
**REGISTRATION DEADLINE: 30 SEPTEMBER 08**  
**FOR ADDITIONAL INFORMATION AND TO REGISTER**  
**CONTACT HEALTH PROMOTION @ LOCAL 4150/4160**

**ST. JAMES VOLKSWAGEN**

670 Century Street  
 Phone (204) 788-1100 Fax (204) 788-1108

No deposit

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

**OIL & FILTER CHANGES starting at \$34.95**

**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**  
**KEEP IT REAL - VW PARTS & SERVICE**

**SERVICE DEPT. HOURS:** Mon-Fri 7:30am to 6pm & Sat 9am to 1pm  
**PARTS DEPT. HOURS:** Mon-Fri 9am to 5pm & Sat 9am to 1pm

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

**GCWCC Kickoff Hercules Pull & Barbeque**

Friday, Sept 12  
 The FUN begins at 12 p.m. beside Hanger 16



**Saturday, Sept 20, 10-4 & Sunday, Sept 21, 12-5**

Showcasing local artists and their works.

A detailed map provides directions to displays in Stonewall. Admission and maps are free. Maps are available at Hallmark stores in Winnipeg and at various merchants in Stonewall. To become part of the tour, call Bev Galbraith at 467-9991.

**south of the lakes art tour 2008**

This event is brought to you by the Prairie Oak Regional Arts Council, Culture, Heritage, Tourism & Sport and our sponsors.



# Air Reserve change of appointment ceremony

By Karen Christiuk

Forty-two years in the Canadian Forces went by in a blink of an eye for Air Reserve Chief Warrant Officer Bernard Pépin as he signed over his appointment to Chief Warrant Officer Bernie Verreault in an official ceremony held in the atrium of 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR HQ) on September 2.

"It's important to leave the place feeling that you accomplished something. I think I did that," said CWO Pépin.

CWO Pépin enrolled in the Royal Canadian Air Force in 1966 and retired from the Regular Forces in February 1993. His first posting in the Air Reserves was with 1 Wing Kingston's 1 Tactical Aviation Support Squadron. He was promoted

to his current rank in 1995, and transferred to 438 Tactical Helicopter Squadron in 1996. He was then deployed to Bosnia as CWO of the 430 Squadron helicopter detachment. This was followed up with a nomination for CWO of the Air Reserves in August 2005.

In a short speech, CWO Pépin thanked Brigadier-General Eldren Thuen (Director, General Air Reserve), who presided over the ceremony, and the large crowd that had gathered for the occasion. CWO Pépin noted, "For all of you, for all your great support. Thank you very much."

His successor, CWO Bernie Vereault is no stranger to 1 Cdn Air Div/CANR HQ and has had a number of Winnipeg postings throughout his career in the Air Reserves in addition to a diverse career in the Regu-

lar Forces. In 1998, he was recognized publicly for his achievements when he was awarded the Order of Military Merit by the Governor General of Canada.

CWO Verreault joined the Canadian Forces as a Military Policeman in 1973. Some highlights of his career have included serving six months in Cyprus in 1984 and with Task Force Afghanistan at the International Security Assistance Force Headquarters in Kabul in 2006. In 1998, he transferred to the Air Reserves and was employed as the Air Reserve Basic Recruit Training Master Warrant Officer in Borden, Ontario. He moved to Winnipeg in 1999, and was employed as the VIP Code 1 Security Coordinator for 1

Cdn Air Div/CANR HQ in the A3 Security and Military Police Directorate. In 2000, CWO Verreault began a new position as Deputy Flight Commander of 17 Wing Air Reserve Flight, Winnipeg. Then, in 2002, he took over Air Force Professional Development for non-commissioned members at 1 Cdn Air Div/CANR HQ. He was appointed Headquarters CWO for 1 Cdn Air Div/CANR HQ in 2007.

"Thank you for entrusting me with this most important position in the Air Reserves," said CWO Verreault during the ceremony. "I am ready for the challenge. I see a very exciting three years ahead of me."

CWO Verreault then turned to CWO Pépin and

noted, "It's an honour for me to take over for you."



CWO Bernard Pépin (left) smiles as BGen Eldren Thuen, Director of General Air Reserves, pins on CWO Bernie Verreault's new epaulettes during his Air Reserve Change of Appointment Ceremony.

## New Canadian semi-postal stamp

By Alf Brooks

A semi-postal is a stamp with a dual purpose. The payment is for the regular postal usage plus an additional charge designed to support a specific program. Many countries issue them regularly; Switzerland, for example, issues each year Pro Juventute stamps with a surcharge to aid youth programs.

In October Canada issues a stamp priced at 52¢ plus 10¢ to support programs for Mental Health.

Previous Canadian semi-postals were a series in the 1970s to support the Summer Montréal Olympics and a stamp in 1999 for Canadian Literacy.



*Congratulations...*  
*On 40 years of product and service excellence with the CF community!*

**CANEX**

*Félicitations...*  
*Pour offrir à la communauté des FC d'excellents produits et services depuis 40 ans!*

Financial Services  
**SISIP RARM**  
 Services financiers

1-800-267-6681 • [www.sisip.com](http://www.sisip.com) • Winnipeg: 204-984-3222

# RADIO-RÉVEIL

avec Jean Fontaine et Suzanne Kennelly

En semaine à **6h**

**RADIO**  
PREMIÈRE CHAÎNE

**1050** <sup>AM</sup>  
MANITOBA

**90,5** <sup>FM</sup>  
WINNIPEG

Radio-Canada.ca/manitoba



## Perfectionnez-vous...

Vous vous intéressez à poursuivre vos études ou vous souhaitez obtenir votre diplôme d'études secondaires? Avez-vous rêvé de suivre un cours menant à un diplôme ou un grade postsecondaire? Si vous avez répondu OUI à une de ces questions, communiquez avec Emily Lauzon, Officier d'éducation (poste 5394)

### VOUS N'AVEZ PAS L'ARGENT NÉCESSAIRE?

Nombreux sont ceux et celles qui rêvent de poursuivre leurs études mais qui ne disposent pas des moyens financiers ou du temps nécessaire. Saviez-vous que les Forces canadiennes offrent un excellent programme de remboursement des frais d'études aux membres de la Force régulière et de la Réserve pour qu'ils puissent atteindre leurs buts?

### VOUS N'AVEZ PAS LE TEMPS D'ASSISTER AUX COURS?

La plupart des établissements d'enseignement comprennent que les travailleurs et les travailleuses font face à des contraintes de temps. C'est pourquoi ils offrent de nombreux cours à distance.

Rendez-vous au Centre d'instruction et d'éducation à côté de la salle 217, Bâtiment 135  
Vous pourrez obtenir une foule de renseignements gratuits et consulter les annuaires d'établissements d'enseignement de partout au Canada



Officier D'Éducation De L'escadre

Tél. : 833-2500 poste 5394

Télec. : 765-3952

Courriel : Lauzon.es@forces.gc.ca

Pour obtenir des renseignements détaillés sur le remboursement des frais d'études et sur l'orientation, consultez notre site web à l'adresse [http://17wing.winnipeg.mil.ca/WAdmin/PSO/index\\_e.htm](http://17wing.winnipeg.mil.ca/WAdmin/PSO/index_e.htm) offrant une formation à distance:

## Advance your education...

Are you interested in pursuing academic upgrading or completing your high school diploma? Have you considered working towards a post-secondary diploma or degree? If you have answered YES to any of these questions, call the Wing Education Officer, Emily Lauzon (Local 5394)

### IS MONEY HOLDING YOU BACK?

There are many people who would like to pursue an academic goal, but feel they are unable to because of financial or time constraints. Did you know that the Canadian Forces offers an excellent education reimbursement program for regular and reserve force members to pursue these goals?

### DON'T HAVE THE TIME TO ATTEND CLASSES?

Most academic institutions understand the time constraints placed on employed individuals and offer numerous academic programs by distance.

Visit the Second Floor Beside Room 217, Training and Education Centre, Building 135. Stock up on free information. We have numerous institution calendars available from across Canada.

Education Officer Emily Lauzon

Phone: 833-2500 ext 5394

Fax: 765-3952

Email: Lauzon.es@forces.gc.ca

Check out the detailed Education Reimbursement & Counselling info on our WPSO web page [http://17wing.winnipeg.mil.ca/WAdmin/PSO/index\\_e.htm](http://17wing.winnipeg.mil.ca/WAdmin/PSO/index_e.htm)



Beverly Cooke

## Summer fun for everyone

On 19 August, children ages eight to 13 from the Community Recreation summer camps checked out the new meteor climbing boulder located at the start of the Wing Fitness Trail. They laughed in excitement and waited patiently for their turn to come so they could show their skills and climbed with no fear. Although they are finished for the year, they had a wonderful summer. Be sure to visit the Community Recreation registration fair during the Fall Fair on 13 September to check out programs and classes offered by Community Recreation.

STRENGTHENING  
THE FORCES  
ÉNERGISER LES FORCES

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

REGISTER FOR  
WEIGHT WELLNESS

National Defence / Défense nationale

Weight Wellness

CANADIAN FORCES  
WEIGHT MANAGEMENT PROGRAM



START DATE: 25 SEPTEMBER 08  
TIME: 1230 – 1530 HRS.  
LOCATION: Bldg. #76 - Tartan Room

DEADLINE FOR REGISTRATION: 19 SEPT 08

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



award winning  
**Assiniboia  
Animal  
Hospital**

Gentle with  
Pets & Prices

**889-5570**  
3050 Portage Avenue



# Talent and timing: the Manitoba Heritage Tattoo

By Karen Griffin  
Shilo Stag

The smell of horses and the din of the crowd, men and women putting the finishing touches on uniforms and tales of the old west turned the Keystone Centre, Brandon into a musical and equestrian spectacular on 25 August.

The Heritage Tattoo welcomed bands, performers, the RCMP, LdSH troop from Edmonton along with members from 1 RCHA to pay special tribute to the fallen of Shilo.

Pete Fedyshyn is a rider with LdSH's mounted troop and relishes the experience. Having served intermittently in Afghanistan, as many of the mounted troops have, he describes being a rider as a welcome reprieve. He especially loves Sherman, his riding partner, a tall, tan quarter horse with a little attitude.

"It's like having a dog but better," laughs Fedyshyn, "Sherman here likes to push me around. He'll nudge me if he wants something, or sometimes try to bite me."

Sherman turns in his stall, while another horse a couple of stalls away is kicking his stable door.

"He's excited," says another member walking by, too busy preparing to stop for small talk.

Being a member of the mounted troop takes training, attention to detail and commitment.

"It's learning to work in unison with an animal and with the rest of the troops. There's a lot of prep work but everyone's like a well-oiled machine now, every-

one knows their job."

LCol John Schneiderbanger, BComd, is also a former member of the LdSH Mounted Troop. He led the troop in 1988-89 in Calgary.

"It was a great time and a very unique year. I got to escort the Olympic flame into the arena during opening ceremonies."

During the Calgary-hosted Olympics in 1988, the Troop also opened every event, performing 56 shows in that year.

"I don't think anyone has broken that record."

LCol Schneiderbanger also appreciated the camaraderie of Troop.

"We had to take care of our own horses. It was a

close knit group we travelled together, lived together and practiced all day together."

Shilo was also connected to the tattoo for another, very special reason; acknowledging sacrifice.

Arvel Gray, host of the tattoo, asked everyone to remain standing.

Toward the end of the program, the crowd rose from their seat, six members of 1 RCHA stood at the ready high above the ring. Sierra Noble, well-known Winnipeg fiddler, delivered a moving rendition of The Warrior's Lament as the names of Shilo's six fallen were read.

"I just wanted to say how much of an honour it

is for me to be here," said Noble during her first performance. "Being invited to Vimy Ridge in France, to go with members of the military to visit those places from World War II was the most moving experience of my entire life."

Boys in the audience held baseball hats to their chests, men and women held their heads as a hush fell over the centre. All that could be heard was the piercing, mournful sound of the fiddle.

One by one, the names of the fallen were read as each member rappelled from their position and made for the main stage, planting a flag and raising a hand in salute.



The Air Command Band entertains the audience during the Heritage Tattoo in Brandon.



Members of Lord Strathcona's Horse performing a crowd favourite, the Windmill.

A-MD-050-019/JD-001  
STRENGTHENING THE FORCES

**JOIN THE WINNING TEAM**

**CHAMPIX**  
New smoking cessation aid  
Now available with Butt Out

**BUTT OUT**  
The Canadian Forces  
**SMOKING CESSATION PROGRAM**

INFO SESSION: 24 SEPT 08 - YOU DO NOT HAVE TO BE SMOKE-FREE FOR THIS SESSION  
DATE: Session #1 - 1 October 08  
TIME: 1100 - 1300 hrs  
LOCATION: Bldg. #63, Conference Room  
REGISTRATION DEADLINE: 22 SEPTEMBER 08  
FOR ADDITIONAL INFORMATION OR TO REGISTER CONTACT  
HEALTH PROMOTION - LOCAL 4150/4160

National Defence / Défense nationale  
Canada  
Jan. 2004

EN SEMAINE 18 H ET 23 H  
**LE TÉLÉJOURNAL MANITOBA** BULLETIN DE 60 MINUTES  
TÉLÉVISION  
Radio-Canada.ca/manitoba



# Speedway helps celebrate 50 years of NORAD

By Lt(N) Desmond James  
NORAD Public Affairs Officer

The roars of CF-18 and F-16 fighters and NASCAR machines filled the air at Michigan International Speedway last weekend as the speedway and NASCAR helped North American Aerospace Defence Command celebrate its 50th anniversary.

"What a great weekend for NORAD and NASCAR," said Lt. Gen. Charlie

Bouchard, NORAD deputy commander. "To hear the cheers of the fans when the fighters flew over and the personal gratitude from those in attendance was humbling and inspiring."

NORAD was featured throughout the weekend at the speedway: race fans visited a NORAD information booth; a 45-second NORAD video was played on the Sprint Vision big screens; the NASCAR newsletter included an article on NORAD;

the NASCAR website featured NORAD information; a four-minute NORAD video played at the Saturday evening concert; and, just prior to the big race on Sunday, an interview with LGen Bouchard was broadcast live on the big screens for more than 150,000 fans. All of this was highlighted by no fewer than six individual flyovers from NORAD fighter jets.

"We have never had flyovers like this before," said Tony Nagerson, controller of all flight operations for the Michigan International Speedway. "Given that the pilots were treated like rock stars by the fans tells you how much they appreciated those flyovers."

Speedway officials couldn't have been happier.

"It was an honour to have LGen Bouchard and the rest of the NORAD crew here at MIS," said Michigan International Speedway President Roger Curtis.

"We were proud to help

them celebrate their 50-year anniversary at our speedway, and it is even more

special due to the amount of Canadian fans that attend the race here. They have spent

50 years protecting our skies and we applaud their efforts. It's the least we could do."



From left: Capt Ed Miller, Maj Chris Hamilton, and Capt Adam Guibat share a laugh with LGen Bouchard after their flyovers. The CF-18 pilots performed five of the six flyovers during the weekend.



Quebec-native NASCAR driver Patrick Carpentier is warmly greeted by LGen Charlie Bouchard, the NORAD Deputy Commander, during the opening ceremonies at the Michigan International Speedway.

## Artillery Gun Troop working in support of Battle Group

By Bdr J. Scott Furnival  
B Battery, 1 RCHA, 2 PPCLI BG

At the time of writing this article, one of 1 RCHA, B Battery's Field Artillery Gun Troops has already spent approximately five months in southern Afghanistan, supporting the 2 PPCLI Battle Group.

Throughout the tour, this gun troop's primary task has been to provide the Battle Group with indirect fire support using 155mm howitzers, and 81mm mortars.

The troop has been operating within an assigned

region, positioned at an undisclosed location, which is fortified by guard towers, defended with various heavy weapons systems and guarded by soldiers from both 2 PPCLI's C Company and B Battery.

Our troop, on top of providing fire support, reinforces camp security.

Some of the security tasks include manning guard towers, command post detail, roving patrols, and various other camp assignments.

Striking the balance between operations and train-

ing has been our focus so far.

We train continually in order to keep our skills sharp. Many live training missions have been conducted in order to keep us focused and ready for our next mission.

We have the capability to deploy during the day and during the night and, for example, have fired several illumination missions in support of night combat operations.

A Gun Troop has to be ready at all times as it can be called upon to deploy anywhere at anytime.

After a task, the Gun Troop and all of its personnel return to its Forward Operating Base to regroup and prepare for its next mission.

On the modern battlefield, weapons and technology go hand-in-hand.

The Gun Troop possesses the most modern artillery howitzer orientation devices and data computation transfer methods available to an Artillery unit.

This equipment improves deployment speed and gun accuracy ten fold, when compared with the analog systems the Canadian Artillery had been using only a few years ago.

These improvements to the gun line make our Troop a vital part of the Combat Team.

Our new tools increase our precision and assist in minimizing collateral damage. With new technology

comes the need to stay current on the equipment.

The soldiers in our Troop are cross-trained on all of its equipment and have not marginalized themselves by focusing his/her training on any one specific area.

A combination of basic soldiering skills, advanced training and constant practice, coupled with state-of-the-art equipment, has prepared us to face a formidable, yet less-equipped opponent.

When asked about the many new technological additions to the gun line, Gunner Bellehumeur stated "The technology is good, but it still needs some perfecting because it's new and if not for human intervention, er-

rors could still occur. Lots of team work and well-trained soldiers are required to make the equipment operate effectively."

Daily maintenance is critical so the weather and harsh desert environment don't result in delays when it comes time to fire the guns. Gunner Vanderzwaag said "Most of this work is done ... when the heat is not so intense."

The extreme desert temperatures have had some effect on the equipment, but due mostly to our preparedness, no major issues have been experienced.

Our troop stands ready to support any task and remains eager to fire its guns in support of the 2 PPCLI BG.

*Healthy Pets for Happy Families*

**Charleswood  
Veterinary  
Hospital**  
889-3110  
3717 Roblin Blvd.  
(Just East of the Charleswood Bridge)

---

**Crestview  
Veterinary  
Hospital**  
888-7463  
3025 Ness Ave.  
(Corner of Ness and Sturgeon Rd.)

*Associated Veterinary Hospitals*

◆ Medicine
◆ Surgery

◆ Ultrasound

◆ Dentistry
◆ Vaccinations



Artillery gun detachment members prepare for a fire mission in support of a 2 PPCLI BG combat mission.



# Une opération d'envergure

Par Caporal Rémi Veillette  
12e Régiment blindé du Canada

Sous une température avoisinant les 55° degrés, la troupe 62 s'est déplacée dans le district le plus à l'ouest de la province de Kandahar au début du mois d'août pour participer à une opération d'envergure qui visait à stabiliser et accroître la sécurité dans une région où les insurgés avaient la liberté de mouvement. L'escadron augmenté de plusieurs éléments tels que les chars d'assaut, l'infanterie, les ingénieurs, la reconnaissance et d'un échelon pour réapprovisionner tous ces gens opérait de façon conjointe avec l'armée nationale afghane.

L'opération débuta tôt le matin pour se déplacer dans ce secteur. Une fois en place, l'escadron de reconnaissance a établi quelques postes d'observations et les chars d'assaut ont pris une formation de complé-

ment (leaguer) et différentes positions pour empêcher la liberté de mouvement des insurgés. L'infanterie et le peloton de reconnaissance ont pendant plusieurs jours fait des rencontres avec les locaux afghans pour recueillir quelques informations sur le secteur et sur les activités des insurgés dans la région. Toutes ces tâches échelonnées sur une période de plus de dix jours étaient soutenues par le support de l'artillerie pour permettre notre sécurité jour et nuit.

L'opération était sous la tutelle de l'escadron de reconnaissance qui dirigeait sur le terrain toutes ces forces qui avaient tous et chacun une tâche importante à accomplir. Fatigue, stress suivi de la très haute température rendait cette opération difficile. Les membres de la troupe ont fait preuve de leur débrouillardise pour se rendre confortable avec cette chaleur en établissant des postes d'observations

tout en essayant de se faire de l'ombre avec des toiles placées entre les véhicules. L'échelon se déplaçait entre chaque poste d'observation pour apporter à chaque équipe toutes les rations, l'eau et tout le matériel nécessaire pour accomplir leur tâche. Nous avons été témoin de quelques tempêtes de sable qui réduisaient grandement notre visibilité, ce qui a rendu l'observation plus difficile.

Après une dizaine de journées intensives à travailler jour et nuit avec constamment l'idée en tête d'aller prendre une bonne douche et de boire de l'eau fraîche, nous sommes retournés sur nos camps respectifs pour aller reprendre nos forces. Une tâche accomplie sans problème majeur. Cette opération nous aura permis de nous garder occupé afin de nous rapprocher progressivement de notre date de départ de l'Afghanistan.



Les directives du sergent-major aux membres de l'échelon avant le réapprovisionnement des troupes.

# A large scale operation

By Cpl Rémi Veillette  
12e Régiment blindé du Canada

In temperatures around 55 degrees Celsius, D Squadron moved into a western district of Kandahar Province in early August to participate in a major operation aimed at stabilizing and increasing security in a region where insurgents had freedom of movement.

The Squadron, reinforced with several elements like tanks, infantry, engineers, reconnaissance and a re-supply echelon, operated in conjunction with the Afghan National Army.

The operation began early in the morning with a move to the area.

Once in place, Reconnaissance Squadron established a few observation posts while the tanks assumed a leaguer formation

and took up various positions to prevent insurgent movement.

The infantry and the reconnaissance platoon had meetings for several days with local Afghans to collect information on the area and on insurgent activities in the region.

All these tasks were conducted over a period of more than ten days and were supported by artillery enabling our day and night protection.

Reconnaissance Squadron led the combat team, of which each element had important tasks to accomplish.

Fatigue and stress due to the high temperatures made the operation difficult.

Troop members proved their resourcefulness to get comfortable in this heat by establishing observation

posts with tarps hung between vehicles for shade.

The echelon was moving between each observation post to bring rations, water and all necessary equipment to the crews so they could accomplish their tasks.

We witnessed some sand storms that greatly reduced our visibility and made observation more difficult.

After about 10 days of intensive day and night work, constantly thinking about a good shower and fresh water, we returned to our respective camps to recover.

This task was accomplished without major problems.

And this operation enabled us to keep busy in order to gradually bring us closer to our departure date from Afghanistan.



The Squadron Commander during a meeting with local Afghans during the operation.

# Toonie Walk and Run raises money for GCWCC

By Beverlee Cooke  
Voxair Staff

Nearly 400 people sporting red t-shirts flocked to the streets for the GCWCC Toonie Walk and Run on 27 August 2008.

"I can't believe the turnout they had for a Wednesday morning, it's fantastic," said Rachel Munday from the Running Room. "Every special event we try to promote the red shirt, I guess because it shows how much we love the troops, and how much support we have for them," said Ron Nicolas, event coordinator from 17 Wing's Personnel Support Programs.

Who would think running and walking in the morning would put a glowing smile on everyone's faces? "It was good, I wanted to know how well I could do," said Michelle Phaneuf. "I think I did pretty good, but I could probably do a little better. Her time was 41 minutes, but she did it with determination. "I hadn't run outside for a very long time and it seemed a lot different than running on a treadmill. I had a lot of support from the staff at every check point," said Phaneuf.

The Toonie Walk was successful and all the funds will go towards United Way. "We have these events be-

cause it brings the community together and it encourages a healthy lifestyle," said Nicolas. The main point is that everyone had a great time while they exercised, and the proceeds even went to charity.

"I'm sure we will try to keep it an annual thing," said Don Mills, PSP Fitness Instructor from the 17 Wing gym. "It was such a good success we'll do it again and we'll find other things to do throughout the year. With the help of the Running Room setting up stuff, help from Wing Tiss's who came to set up the sound system and United Way set up the food. All of our staff worked re-



A great turnout helped make the Toonie Walk and Run a success.

ally hard to make things enjoyable for the runners and made sure everybody was safe and was following the

route. It was a large group of people making it work."

Appreciation is extended to PSP staff, GCWCC OPIs

who helped organize the events and to all who participated in the GCWCC Toonie Walk and Run.





**Rider pride in Afghanistan**

Maj Dan Morrison (centre), 17 Wing D/WAdminO and currently serving as Chief of Staff, TSE Camp Mirage welcomes the Grey Cup and two Saskatchewan Roughriders alumni, Steve Mazurak (left) and Roger Aldag (right) who were part of a recent Team Canada Tour to Afghanistan.



**Swearing in**

Kim Plett (right) was recently sworn in as a member of the Canadian Forces. Kim was a Fitness & Sports Instructor at 17 Wing who for the past 10 months has been seconded to Borden as the Base Fitness Coordinator. OCdt Plett started her Basic Officer training 1 September as a Logistics Officer.



**CD presentation**

Capt Margaret Blue receives her Canadian Forces Decoration Medal from LCol Rick Witherden Friday, August 15, 2008. Capt Blue has spent the last 12 years working with the Cadet Instructors Cadre at both local squadrons and summer training centres.

**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

**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 633-2629

**Bonnie Korzeniowski**  
 MLA for St. James  
 2175 Portage Ave.  
 889-8073 • bonniek@mts.net

**The Swamp Donkey Adventure Race**

**September 27, 2008**  
**Falcon Lake, MB**

Trek, mountain bike, orienteer and complete special tasks en route to the finish line.

Register for: 5-8 hour Swamp Donkey  
 Teams of three: co-ed, all male, all female, 911 and military categories.

Teamwork will be rewarded as you race to cross the finish line!

For more information, call 204.228.1138 or visit [www.swampdonkeyAR.com](http://www.swampdonkeyAR.com)

Hosted by: **The MFRC & PSP**

# 17 WING FALL FAIR

• FREE • Fun for Everyone • FREE • Building 90 Parking lot • FREE •

**SATURDAY 13 SEPT 2008 SUNDAY**

**AMAZING RACE**  
 Registration 0900 hrs • Race 1000 hrs  
 Think you have what it takes to win the 17 Wing Amazing Race?  
 Early registration: \$34.95 (incl. entry fee)

**WING COMMANDER'S WELCOME**  
 1000 - 1100 hrs • Bldg 90  
 Get your KICK OFF • Coffee, tea & snacks

**3RD ANNUAL HELPING PROFESSIONALS SHOWCASE**  
 1100 - 1400 hrs

**COMMUNITY RECREATION REGISTRATION FAIR**  
 1100 - 1400 hrs

**FAMILY FUN ACTIVITIES**  
 1100 - 1400 hrs  
 Inflatables, pony rides, face painting, Diamond 360 Dogs, FREE lunch from Gerry's White Hog

**YOUTH JAM**  
 1900 - 2200 hrs • Bldg 90  
 Youth ages 12 - 17 • Cuts/Hair/Makeup/Body  
 Inflatables/jumping • basketball • table tennis • shuffleboard •  
 Blackjack tables, PS2's & much more!

**ADULT EVENT**  
 1900 - 0100 hrs • Officers' Mess (Bldg 75)  
 LIVE Music &  
 DJ Derek LeFebvre • On the Town Sounds  
 For more info: 833-2600 ext 4056

**COURSE SENSATIONNELLE**  
 Inscriptions : 9 h 00 • Course : 10 h 00  
 Et vous croyez pouvoir gagner la Course sensationnelle locale? L'Excelsior!  
 Réservations : 833-2500, poste 5511

**MOT DE BIENVENUE DU COMMANDANT DE L'ESCADRE**  
 De 10 h 00 à 11 h 00 • Bâtiment 90  
 INAUGURATION de la Foire automnale •  
 Confé. 14 et 14Bac

**3<sup>e</sup> SALON ANNUEL DES PROFESSIONNELS AIDANTS**  
 De 11 h 00 à 14 h 00

**FOIRE POUR L'INSCRIPTION AUX LOISIRS COMMUNAUTAIRES**  
 De 11 h 00 à 14 h 00

**ACTIVITÉS POUR LA FAMILLE**  
 De 11 h 00 à 14 h 00  
 Jeux, portables, promenade à dos de poney, 200 fans de jeu • Hurler, football, rapier. GRATUIT servi par Gerry's White Hog.

**RASSEMBLEMENT JEUNESSE « YOUTH JAM »**  
 De 19 h 00 à 22 h 00 • Bâtiment 90  
 Pour les jeunes âgés de 12 à 17 ans  
 DJ • Guitar • and etc Rock Band • jeux sur structures gonflables, bonnes occasions dans le club • faire un tour à l'extérieur • table de blackjack, plus et plus encore

**ACTIVITÉ POUR LES ADULTES**  
 De 19 h 00 à 1 h 00 • Mess des officiers (Bât 75)  
 Groupe sur scène et musique par DJ Derek LeFebvre • On the Town Sounds  
 Informations: 833-2500, poste 5056

For more information on the fall fair contact the MFRC at 833-2500 ext. 4500  
 or on social media on the fall fair website, communicate with the MFRC, at 833-2500, poste 4060.

• Gratuit • Diversifiquement pour tous • Plus d'activités que jamais! • 4000 personnes • 90 • 13/09/08 •

# FOIRE AUTOMNALE

Présentée par: **Le CRFM et les PSP** 17<sup>e</sup> ESCADRE



# WComd's honours and awards

On Tuesday 26 August, in the Officers' Mess of 17 Wing Winnipeg, Col Scott Howden, Commander 17 Wing, hosted an honours and awards ceremony to recognize members of 17 Wing for their achievements.



MCpl WJ Adamack receives the Canadian Forces Decoration.



Cpl CL Marsh receives the Canadian Forces Decoration.



MCpl AE Opray receives the Canadian Forces Decoration.



Cpl CM Russel receives the Canadian Forces Decoration.



Cpl DM Zdrill receives the first clasp on his Canadian Forces Decoration.



WO BK Pierce receives the first clasp on his Canadian Forces Decoration.



Sgt RR Shave receives the first clasp on his Canadian Forces Decoration.



MCpl E Krievans receives the first clasp on his Canadian Forces Decoration.



Sgt RA Cameron receives the first clasp on his Canadian Forces Decoration.



Cpl JMP Gariepy receives the first clasp on his Canadian Forces Decoration.



MCpl AR Stewart receives the second clasp on his Canadian Forces Decoration.



Sgt RJ Bauer receives the second clasp on his Canadian Forces Decoration.



Linda Mork receives the Wing Commander's Commendation.



Maj M Schneider receives the 4 Wing, Cold Lake Wing Commander's Commendation.



Maj DW Lindbeck receives the Wing Commander's Commendation.



Cpl JC Upshall receives the Special Service Medal, Alert Bar.



Cpl JA Nason receives the Special Service Medal, Alert Bar.



Cpl MD Chambers receives the Special Service Medal, NATO Bar.



Maurice Auger receives a certificate in recognition of 15 years of service to the Government of Canada.

Photos: Cpl Colin Aitken



**Athlete of the Month****Captain Kim Newman**

By Beverlee Cooke  
Voxair Staff

“I had two small personal highlights, it was my first homerun in my baseball experience, and it’s my first time going to nationals. The latter is a collective effort and the first is a personal goal,” said Capt Kim Newman, the athlete of the month for September.

Capt Newman has been playing baseball for 20 years. “Bringing that experience with me could I have played better, sure we can always improve, but I believe my contributions were there,” said Capt Newman. “The women’s team played exceptionally well this year winning the 2008 Prairie Regionals for the first time ever since slo-pitch started in Winnipeg in 2006,” said 17 Wing Women’s slo-pitch coach, Sgt Cindy Kennedy.

“Capt Newman had her first home run of her career which was the highlight of the game during our win and against CFB Edmonton 43-13.”

The women’s team learned fast in the tournament that if they didn’t apply their skills, they wouldn’t go far.

In their first game in the slo-pitch tournament they lost against Cold Lake. “Setting the bench mark for us, for what we had to improve upon,” said Capt Newman. “We won all the remaining games in the round robin and ended up first, so we had a buy in into the finals.”

The team stuck together and played ball well. “The

championships was a well-balanced representation, it wasn’t a giveaway, it wasn’t one sided; we fell behind early, but the girls rallied together, once we were ahead I don’t think we looked back,” said Capt Newman.

Although Capt Newman prefers shortstop, she doesn’t hesitate when asked to play second or third base, and she will pitch if necessary. “So you do what it takes to get you and the team there, I contributed in that regard,” said Capt Newman.

“Capt Newman is a versatile player allowing her to play both 3rd base as well as jumping into the pitching position very late in our season,” said Sgt Kennedy. “For a seasoned veteran, she performed exceptionally well throughout the tournament consistently getting on base and in scoring position earning her the first spot on the batting roster.”

The women’s team will be playing in the nationals in Borden 10 – 13 September; they will not lose focus because the prize is right in front of them.

Unfortunately, due to injuries or non-availability, there’s going to be a different team dynamic. The team will be augmented by players from Cold Lake and Edmonton, according to Capt Newman. “We are going to lose 2Lt Amanda Lauder, we aren’t going to be able to bring her with us to the nationals because she is a student pilot, and military training takes priority,”



Capt Kim Newman.

she said.

Capt Newman is the athlete of the month but she couldn’t have done it without the team.

“She is well respected by her team mates and she has a genuine passion for the game which you don’t often see anymore,” said Sgt Kennedy. “She keeps the morale of our team up even when we are down. She is the mother hen on our team and it’s an honour to share the field with her.”

It’s great that both the men’s and women’s teams from 17 Wing Winnipeg are going to nationals. “It’s like taking your brother’s with you,” said Capt Newman. This way they will be able to support each other.

Hard work does pay off and everyone on the team deserves a round of applause.

“I would be remiss if I did not mention Sgt Joanne White, the team manager who brought back the ladies ball program to Winnipeg,” said Sgt Kennedy. “It was through her dedication and hard work that brought us where we are today.”

**YK resident sets lofty goal**

By James McCarthy  
Northern News Service

Long-distance swimming isn’t at the top of everyone’s list of recreational activities, but for Cpl Francois Hamel, it’s his favourite hobby.

The member of 440 Squadron has been doing it now for three years and has his sights set on a much bigger target.

“I want to cross the English Channel next year,” said Cpl Hamel. “My coach back in Quebec, Robert Cossette, did it 44 years ago and I want to follow in his footsteps. It’s my ultimate dream.”

Cpl Hamel first ventured into long-distance swimming as part of a relay team while stationed in Bagotville, Quebec with the Canadian Forces.

“I decided to start a team with three other guys,” said Cpl Hamel. “Our first race was the International Crossing of Lac St-Jean.”

That race consisted of 32 km, but that wasn’t good enough for him.

“After that race, I took the same four guys and we did the ‘Descent du Saguenay,’ which is 42 km long,” Cpl Hamel said.

Over time, Cpl Hamel said he raced with less guys until this year, when he decided to take on the Saguenay and Lac St-Jean races, along with another called Le Competition Uniprix 5 Kilometre by himself between July 6 and Aug. 3. Including 74 km of training, Cpl Hamel swam 153 km in total in a little less than 22 hours.

In preparation for his attempt at swimming the Eng-



Long-distance swimmer Francois Hamel stretches on the shore following his practice swim in Long Lake Aug. 16.

lish Channel, Cpl Hamel has been swimming at Ruth Inch Pool in the early mornings for about two hours before beginning his shift. Cpl Hamel has also been taking to Long Lake on some weekends, swimming from end to end three times, totalling 18 km.

“I have a safety boat beside me every time to make sure there aren’t any problems,” said Cpl Hamel.

His efforts have not gone unnoticed by his peers, most notably his commanding officer, LCol Ross Wuerth.

“This will be a noteworthy event, for sure,” said Wuerth. “It means a lot to him and will certainly bring plenty of attention to both the squadron and the Canadian Forces.”

The squadron will give him the time to concentrate on his training wherever possible, Wuerth added.

When the time comes, Cpl Hamel will have to put up with concerns about traffic.

“Every day, there are as many as 600 boats going

back and forth,” said Cpl Hamel. “I have to try and avoid them when I swim.”

Cpl Hamel added he’ll have to handle fumes from boats as best he can while in the water.

In terms of finances, Cpl Hamel has paid for everything out of his own pocket, which he said gets a bit costly. He’s hoping his determination will draw some attention.

“When I raced in the Saguenay, it cost me \$1,000,” said Cpl Hamel. “I would like to try and find one or two sponsors to help me get to France so I can cross the channel.”

In the end, Cpl Hamel said he is just looking to advance the sport of swimming.

“I’m hoping to show long-distance swimming to everyone in Yellowknife,” he said.

Cpl Hamel is planning on doing the swim to coincide with his 40th birthday next year.

*Reprinted with permission from Northern News Service.*



# MIDI+

Un tout nouveau rendez-vous pour faire le point sur l'actualité régionale et les grands enjeux de l'heure.

En semaine à midi avec Christian Riou  
Dès le 8 septembre

 **RADIO**  
PREMIÈRE CHAÎNE

**1050** AM  
MANITOBA

**90,5** FM  
WINNIPEG

Radio-Canada.ca/manitoba





**WINNIPEG MFRC**

**WWW.MFRC-MB.CA**



102 COMET ST.  
P.O. BOX 17000, Stn. Forces  
Winnipeg, MB  
R3J 3Y5

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

Website: [www.mfrc.mb.ca](http://www.mfrc.mb.ca)  
Email: [wpgmfrc@autobahn.mb.ca](mailto:wpgmfrc@autobahn.mb.ca)

**Our Programs**

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
  - Information and Referral Services
  - The Newcomer Program
  - Employment & Education Assistance
  - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

**MFRC Monthly Community Coffee Break**

The 1st Thursday of EVERY month  
10-11 a.m.  
102 Comet St.

**Resources**

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

**Other Numbers**

MFRC: 833-2500 ext.4500  
Emergency Childcare: 935-7733  
MFRC Childcare Centre: 837-3653  
Youth Centre South: 488-8563  
Youth Centre North: 833-2500 Ext 4502  
CF Family Consumer Info Line: 989-9019

**Military Families: Strength Behind The Uniform**

**Reunion briefing date change**

The return as well as the departure of the service member disrupts the balance/stability of the family. The majority of families require approximately three months to feel comfortable together again; however unique family characteristics and/or circumstances may shorten or lengthen the period of reunion stress. This may be intensified and prolonged by major changes in family circumstances such as birth, death, serious illness, moving. To register please contact 833-2500 Ext 4500.

September 6, 1 to 3 pm at Minto Armoury, upstairs at the east end of the Armoury

September 9, 6:30 – 8:30 pm – MFRC (Due to a scheduling conflict I had to cancel the September 16 briefing. If you would rather set up an appointment for a one-on-one reunion briefing, contact Haley Schroeder at 833-2500 ext 4512.

**Volunteers needed**

If you would like to help give back to the community, we are still looking for volunteers to help with the Hubbell Awards Fundraising Dinner. This event raises money to go towards scholarships for local Sea, Army and Air Cadets. It takes place on Tuesday September 16, 2008, and we are looking for volunteers to act as greeters and ushers, and to help at the Silent Auction tables. We will also need some help during the day with set up. If you would like to help, please call the Coordinator of Volunteers, Barbara at 833-2500 local 4519.

**Summer BBQs a success**

Once again, the MFRC provided lunchtime BBQs throughout the summer. We were off to a bit of a rocky start due to a location change as a result of the construction in the row housing. But we got ourselves sorted out, moved back to our regular spot, and carried on! Huge thanks go out to the very dedicated team of volunteers who were there every week to cook the hamburgers, hot dogs and smokies. And thank you to all of you who supported us throughout the summer! We hope to see you again next summer!

**Children's programs**

We have lots of exciting programs for you and your children: Nursery School runs in both English and French Immersion and is aimed at 3 and 4 year olds. Both programs help your child develop and learn in a fun and caring environment.

English Program: Mon Wed Fri 9-11:30 am Westwin Children's Centre. Cost is \$75/month (subsidy available) and starts Sept 8

French Immersion Program: Mon Wed Fri 1-3:30 pm Westwin Children's Centre. Cost: \$75/month (subsidy available) and starts Sept 8. Tues Thurs program 1-3 pm MFRC South, 2300 Corydon. Cost: \$60/month (subsidy available), starts Sept 9.

To register call Shannon 833-2500 (2491).

Other programs running this fall include:

Casual Care; Creative Tots playgroup; Get Moving walking club; Parent and child Mother Goose and Rock n' Read. For more information call Shannon at 833-2500 (ext 2491)

**MFRC Order of the Bison**

In recognition of all of their hard work throughout the summer, the team of volunteers that worked the MFRC BBQs was selected as the recipients of the September MFRC Order of the Bison. These volunteers showed up week after week, and did everything from setting up the area to cutting onions and buns to cooking the food and cleaning up afterwards. Congratulations and thanks go out to Andrew Wilson, Cathy Roy, Paul Schroeder, Meg Chmara, Cindy Wilson, and Tracy Honke.

**Red Friday Rally thank you**

More than 200 people gathered and chanted Red Shirts Rock on the step of the Manitoba Legislature Building to show their support to the men and women of the Canadian Forces. A message from the new Chief of the Defence Staff, Gen Walter Natynczyk inspired those in attendance. A huge thank you goes out to Doug May, Mike Lagace, Rod Klink, James McLellan, Ruth Hiebert, Barb Thuen, Mona Currie and anyone else on his committee I might have missed, for putting together a spectacular Red Friday Rally at the Legislature Building on August 15.



**Guess where he is and win**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MFRC MILITARY FAMILY SERVICES PROGRAM WINNIPEG	2 Fête du Travail CLOSED - FERMÉ	3	4 9:30 - Casual Care 10 am - Coffee Break	5 10 am - Parent Community	6 1 pm - Reunion Briefing	
7 Schoolhouse icon	8 9:30 am - Casual Care 10 am - Get Moving!	9 9:30 am - Tot Shop	10 10 am - New Parent	11 9:30 am - Casual Care	12 10 am - Parent Community	13 17 WING FALL FAIR 10 am - Wing Commander's Coffee Break 11 am - Registration Fair & Family Fun Day 7 pm - Youth Welcome Night & Adult Dancing with DJ and Live Band
14	15 9:30 am - Casual Care 10 am - Get Moving! 3:45 pm - Afterschool Club 6:30 pm - Teen Drop in (S) 7 pm - Intro to Hip Hop	16 9:30 am - Tot Shop 1 pm - Reunion Briefing 3:45 pm - Afterschool Club 6 pm - Kool Kids 8:30 pm - Mom's night out 6:30 pm - Femmes francophones 8 pm - Teen Drop-in (N)	17 3:45 pm - Afterschool Club 6 pm - Kool Kids 6:30 pm - Teen Drop in (S)	18 9:30 am - Casual Care 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	19 10 am - Parent Community 3:45 pm - Afterschool Club	20 1:30 pm - Kool Kids
21	22 9:30 am - Casual Care 10 am - Get Moving! 3:45 pm - Afterschool Club 6:30 pm - Teen Drop in (S) 7 pm - Card Making	23 9:30 am - Tot Shop 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	24 10 am - New Parent 3:45 pm - Afterschool Club 6 pm - Kool Kids 6:30 pm - Teen Drop in (S) 7 pm - BOD Meeting	25 9:30 am - Casual Care 9:30 am - Mother Goose 3:45 pm - Afterschool Club 6 pm - Kool Kids 7 pm - Identify Theft 8 pm - Teen Drop-in (N)	26 10 am - Parent Community 3:45 pm - Afterschool Club 6:30 pm - Board Game Mania	27 11 am - A Maze in Corn 1:30 pm - Kool Kids 6:30 pm - Family Night at the Movies
28	29 9:30 am - Casual Care 9:45 am - Stamping Fun 10 am - Get Moving! 3:45 pm - Afterschool Club 6:30 pm - Teen Drop in (S)	30 9:30 am - Tot Shop 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	<b>September 2008</b> September For more information on these programs please contact the MFRC at 833-2500 ext 4500.			



# Another new padre at 17 Wing Winnipeg

By Padre Bob Granholm (MB)

Four weeks in Winnipeg is long enough to say this is going to be a good posting! I arrived from Cold Lake in late July, quickly moved into our new house, and then joined the training for the MSS from 17 Wing scheduled for High Readiness in November (including training in Wainwright and Borden) and for deployment to Mirage in the summer of 09.

I have been assigned also WTIS and WLEO, which is where my office can be found (room 170-A in building 129).

I am also fairly new to the military. I joined in January 2006.

Before joining, I was working with the refugee communities of the Vancouver area for five years under the umbrella of my denomination, the Mennonite

Brethren conference of British Columbia. As I worked among these refugees from Kosovo, Afghanistan, Iraq, Sudan and elsewhere, I heard their stories of suffering and loss. People were driven from their homes because of their ethnicity or religion by brutal dictatorships. I wanted to be a part of a structure which relieved and solved the plight of folks like those I had worked with.

When the opportunity came to join the Canadian Forces, I saw it as a Divine open door to that end.

In places like Afghanistan and elsewhere, we are helping to create the conditions for systems of democratic government which respects human rights, empowers an enfranchised population, and secures freedom.

These goals take time to develop, and require us to fight those opposed to such an agenda, but it was a fight

that I want to be a part of.

A verse of the Bible which has become very meaningful to me sounds these very themes: Psalm 72: 4 May He (the righteous king) vindicate the afflicted of the people, save the children of the needy, and crush the oppressor.

12-14: For he will deliver the needy when he cries for help, The afflicted also, and him who has no helper, He will have compassion on the poor and the needy, He will rescue their life from oppression and violence, And their blood will be precious in his sight.

Part of the Chaplain's duty is to assist members and families in spiritual life and growth. We invite you to participate in the life of your 17 Wing Chapels. The service on September 21 will be a commemoration of the Battle of Britain. It would be great to see you there!

## Together in Church

### Catholic

#### Chaplains

##### Padre Lance Magdziak

Roman Catholic Office 833-2500 ext 5272

##### Padre Joe Johns

Roman Catholic Office 833-2500 ext 5785

#### Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

#### Masses (English only)

Sunday 1100 hrs

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

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

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

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

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



### Protestant

#### Chaplains

##### Chaplain Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

##### Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4885

##### Padre Ken MacRae

(Presbyterian) Office 833-2500 ext 5349

##### Padre Gord Mintz

(Anglican) Office 833-2500 ext 5349

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

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

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

#### Other Phone Numbers:

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

#### Interfaith Prayer Room

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

#### 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.

## In memoriam

### Sergeant Shawn Eades



On August 20, 2008 at approximately 10:30 am Kandahar time, Sgt Shawn Eades was killed while on patrol on Highway 1 in Zharey District. Sgt Eades, a combat engineer with 12 Field Squadron, 1 Combat Engineer Regiment from Edmonton, Alberta and attached to the Second Battalion Princess Patricia's Canadian Light Infantry Battle

Group. The commitment and sacrifice of our soldiers are helping to make a difference in the lives of the people of Kandahar Province. We will continue with our mission as we remember the lives of our fallen soldiers. We remain committed to working together with the people of Afghanistan to improve security and stability in Kandahar Province.

### Corporal Dustin Roy Robert Joseph Wasden



On August 20, 2008 at approximately 10:30 am Kandahar time, Cpl Dustin Roy Robert Joseph Wasden, a combat engineer with 12 Field Squadron, 1 Combat Engineer Regiment from Edmonton, Alberta, and attached to the 2nd Battalion Princess Patricia's Canadian Light Infantry Battle Group. The commitment and sacri-

fice of our soldiers are helping to make a difference in the lives of the people of Kandahar Province. We will continue with our mission as we remember the lives of our fallen soldiers. We remain committed to working together with the people of Afghanistan to improve security and stability in Kandahar Province.

### Sapper Stephan John Stock



On August 20, 2008 at approximately 10:30 am Kandahar time, Sapper Stephan John Stock a combat engineer with 12 Field Squadron, 1 Combat Engineer Regiment from Edmonton, Alberta, and attached to the 2nd Battalion Princess Patricia's Canadian Light Infantry Battle Group.

The commitment and sacrifice of our soldiers are helping to make a difference in the lives of the people of Kandahar Province. We will continue with our mission as we remember the lives of our fallen soldiers. We remain committed to working together with the people of Afghanistan to improve security and stability in Kandahar Province.

### Corporal Andrew Paul Grenon



On September 3, 2008 at approximately 9:30 am Kandahar time, Cpl Andrew Paul Grenon an infantryman with the Second Battalion, Princess Patricia's Canadian Light Infantry based in Shilo, Manitoba was killed during an insurgent attack on the armoured vehicle in which he was travelling.

The commitment and sacrifice of our soldiers are helping to make a difference in the lives of the people of Kandahar Province. We will continue with our mission as we remember the lives of our fallen soldiers. We remain committed to working together with the people of Afghanistan to improve security and stability in Kandahar Province.

### Corporal Michael James Alexander Seggie



On September 3, 2008 at approximately 9:30 am Kandahar time, Cpl Corporal Michael James Alexander Seggie, an infantryman with the Second Battalion, Princess Patricia's Canadian Light Infantry based in Shilo was killed during an attack on the armoured vehicle in which he was travelling.

The commitment and sacrifice of our soldiers are helping to make a difference in the lives of the people of Kandahar Province. We will continue with our mission as we remember the lives of our fallen soldiers. We remain committed to working together with the people of Afghanistan to improve security and stability in Kandahar Province.

### Private Chadwick James Horn



On September 3, 2008 at approximately 9:30 am Kandahar time, Pte Chadwick James Horn, an infantryman with the Second Battalion, Princess Patricia's Canadian Light Infantry based in Shilo was killed during an attack on the armoured vehicle in which he was travelling.

The commitment and sacrifice of our soldiers are helping to make a difference in the lives of the people of Kandahar Province.

We will continue with our mission as we remember the lives of our fallen soldiers.

We remain committed to working together with the people of Afghanistan to improve security and stability in Kandahar Province.





# Classifieds

## For sale

**For sale Schwinn treadmill.** Very good condition. Paid \$1420, asking \$500. Call 888-6931.

**2-year-old 18-cubic foot white refrigerator/freezer** \$500/OBO, 2-year-old self-cleaning glass top white stove \$400/OBO, 6-year-old Maytag washer/dryer set \$400/OBO. Call extension 5270 or 275-5101

**GW white microwave with turntable** - 800W, \$25; Kenmore large capacity microwave, \$30; Hotpoint Diamond series FiltraPlus portable Dishwasher - black front with wood top, \$75; Whirlpool portable dishwasher - white front with wood top, \$75; Microwave cart with 2 shelves, 2 doors, wheels, \$40. Call 415-0360.

**Haier fridge**, approx 3 years old, good condition, \$325 obo; Kenmore stove, white, approx 3 years old, good condition, rarely used, \$225 obo or \$500 obo for both; brown corduroy 3 seat sofa, good condition, \$50 obo. Call Kane at 960-1808.

**1990 VOLVO 240 Wagon** \$3,500 obo. Safetied, economical, reliable, 5 speed, RWD. Call Jim Johnston (204) 322 5745 or local 5266.

**18 x 34 Above ground pool.** Heater, Filter, Pump, and other accessories. Pool toys. Remaining chemicals. As is. Offers. 897-4862


**10 ft. Jayco tent trailer 1998.** Mint condition, never cooked in. 10 ft. add a room included 1 King Bed/ 1 double, room for 6 to sleep many extras included. \$6,000. Call Glen 488-3272

**Brand New 2005 Custom Harley Davidson XL 1200CC** - only 1 km includes black exterior, custom handle bar upgrade, quick detach backrest, upgraded custom riding seats, Harley Davidson saddle bags, factory security system. \$10,200 obo. Safety included. Private sale, Call 204-582-5575 or 204-232-5985.

**Place your FREE classified ad. Send us an email at voxair@mts.net today.**



**Call Charell Oliver**  
Kama Assistant  
Tel: (204) 487-5561  
Fax (204) 452-8791  
Email: oliverc@grandtoy.com



**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 •

**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

# TAROSCOPES

BY NANCY

**Aries (March 21 - April 19):** Everyone doesn't see things the way you do. As new information comes to light, it complicates things further. This could hit you hard but you need to be honest with yourself and others. Hiding from the truth won't help. Strive to keep the peace. Respond calmly. Show empathy.

**Taurus (April 20 - May 20):** You're in an important position with responsibilities but it is best to wait for the "all clear," before you act. Coordinated efforts result in a greater impact. Make time for leisure activities. Explore your deeper feelings to discover why you are having mood swings if they occur.

**Gemini (May 21 - June 21):** You'll find that some things can't be explained in the usual way. Still there is no need to make excuses for yourself. You're entitled to your opinion. Learning to share the load is just as important as self-reliance when you're in a relationship. Make the best of shared skills and abilities.

**Cancer (June 22 - July 22):** Eager to experience relationships that are fun and full of positive energy you seek to connect with kindred spirits. Who accepts you for who you are? These are the friends and family that count. You are at your best when people support and encourage you. Right now it's all about attitude.

**Leo (July 23 - August 22):** Before you invest your time and money you must be confident in your choices. Seek guidance from experts. Wishful thinking won't get a job done. Be sensible, self-reliant, and disciplined. Your stellar qualities are apparent to those who know you, but some still need convincing.

**Virgo (August 23 - September 22):** Set up a schedule of tasks. You're on the brink of something new. You have what it takes to succeed. Focus on how to get your life on track and remember you're the one calling the shots. Disagreements may arise but don't let them stop you. You can easily handle challenges.

**Libra (September 23 - October 23):** Consider commitments carefully. Too much of a good thing can leave you with worries later. Look for ways to share tasks and responsibilities. Enjoy the camaraderie of a good team. Through your actions you create a strong reputation. Avoid the gossips and game players.

**Scorpio (October 24 - November 21):** Review your finances. Though this can take time, it's a good way to be sure you're staying on track. You need to be sure you've covered the essentials. Then you can start planning for future expenses. Part with what no longer interests you if it costs a lot to maintain.

**Sagittarius (November 22 - December 21):** Though you'd prefer things fall into place by themselves, you're a realist who works hard. You'll have to be patient to reap rewards. But they are on the way. Keep your eyes open. The pay off may not be what you're expecting but you'll be happy with the results.

**Capricorn (December 22 - January 19):** There are alternative solutions and possibilities to explore to a personal concern. Allow your imagination free rein. Stretch past the obvious. Even if it scares you to think of some options, they are worth considering. Relax and let the answers come to you. Trust yourself.

**Aquarius (January 20 - February 18):** Take the initiative to get out of unacceptable situations. Avoid stressful people. Put your happiness first. You've earned the right to do this. And even if what transpires isn't what you expected, you'll know by the way you feel that this is where you belong.

**Pisces (February 19 - March 20):** A suggestion you made is creating waves. So, go with the flow. Even though you may have lost hope, you're now seen in a positive light. Don't rush things when you're so close to succeeding at what you've hoped for. Show wisdom, wait and let something mature naturally.

**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

Bingo  
Sat 6:30 pm  
Line Dancing  
Every Tues & Wed  
8:00 - 10:00 pm  
Dancing To  
Live Bands  
Fri & Sat  
9:00 pm - 1:00 am  
Meat Draws  
Every Fri 5 pm - 7 pm  
Every Sat 2 - 4 pm

**HOOK & SMITH**  
Barristers, Solicitors & Notaries Public

3401-1 Portage Ave  
Winnipeg, Manitoba R2M 1M4

Dennis A. Smith  
Bernard Towns  
Winston F. Smith, O.C.


Telephone: (204) 865-4523  
Fax: (204) 837-9846  
E-mail: general@hookandsmith.com

Providing legal services to the community since 1934 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.

**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



## 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

## KELLY CLEMENTS

SRES, CERC



Partner and daughter team  
 • Regional Real Estate Specialists  
 • Serious Real Estate Specialists  
 • Certified Financial Institution Credit

### PROUDLY SERVING OUR MILITARY FAMILIES WITH:

- 28 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 3,500 buyers and sellers



**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	Almer N. Jacksteit
Alan R. Goddard	Michael J. Law	Kristine K. Barr
Donna G. Kagan	Rachel Smith	Alicia B. Sawka

"Our fees conform to the ERS guideline"

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

## MINNIE ANN PIERCEY

(204) 987-2121



- Ex Military
- Master Emerald Award Winner
- WREB Award Winner
- Free Decorating Consultation



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

1901 Portage Ave  
 Winnipeg, Manitoba R3J 0H9

Email: [minnieann@escape.ca](mailto:minnieann@escape.ca)  
 Web: [www.winnipeghomes.net](http://www.winnipeghomes.net)

Office: (204) 987-2121  
 Cell: (204) 770-4619

### MOVING THIS YEAR ?



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



## TERIE LANGEN

relocation specialist  
 Real Estate Broker  
 RE/MAX Executives Realty



779-7000

[terielangen@winnipeg.com](http://terielangen@winnipeg.com)



My clients have been  
 #1 with me since 1973.

[carrie.com](http://carrie.com)

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

Call Don now for your Complimentary Package

Toll Free: 1-877-220-4122

Office: (204) 987-2121

E-mail: [donc@mts.net](mailto:donc@mts.net)



Don Carriere



## 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"

RE/MAX  
 executives



## 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)



Brandon McGurry  
 (204) 799-3022  
[megurry@mts.net](mailto:megurry@mts.net)



## THE DAN VERMETTE

Home  
 Selling

**TEAM**

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

Service en Français



255-4204

RE/MAX  
 performance

## 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

