

## FIRST HONOURARY COLONEL APPOINTED FOR CFSSAT

17 • 04 • 02 VOXAIR



Photo by Cpl Mark Irvine

Honourary Colonel Vandewater is CFSSAT's first Honourary Colonel which came into effect 12 December 01.

By Lt Joanne Delaney, CFSSAT

It is with great pleasure that 17 Wing Commander, Colonel DC McLennan, CD, and Major Carolyn M. Shaw, MSc, Commandant, Canadian Forces School of Survival and Aeromedical Training (CFSSAT), announce the appointment of the School's first Honourary Colonel, Mr. Robert H. Vandewater of Winnipeg.

Honourary Colonel Vandewater's appointment was effective 12 December 2001. Over the past few months he has spent a significant amount of time at the School becoming acquainted with CFSSAT members; his exuberant support of CFSSAT's mission and its provision of Aeromedical and Survival, Evasion, Resistance and Escape (SERE) Training is infectious.

HCol Vandewater has many ties to the local medical community. He is currently employed as the Vice President of CIBC World Markets and is the Chairman of the Board of the Manitoba Business Magazine. He is a member of the board or executive of many other Manitoba professional associations and community services.

Over the past number of years HCol Vandewater has dedicated his time to many organizations both in Winnipeg and on a national scale, and as a fundraiser. A few of the organizations that the Colonel has been, or is involved with, are the Manitoba Health Services Commission, St. John Ambulance, the Manitoba Riding for the Disabled, St. Mary's Academy Foundation, the Military and Hospitalier Order of St. Lazarus of Jerusalem, St. Paul's High School, Cancer Care Manitoba and the United Way of Winnipeg. He enjoys spending time promoting organizations that can enhance the education of today's youth and the provision of medical

*Continued P2, "Honourary Colonel"*

### Looking for a job?

By Karen Poetker

For anyone looking for part-time or casual employment within the military community, an often overlooked and misunderstood resource is the Non Public Funds (NPF) Human Resource Office. Collectively referred to as part of the Canadian Forces Personnel Support Agency (CFSPA), they work to provide support to the activities of the military community.

"A lot of people don't know who we are or what we do. They'll read the paper, but they don't what types of jobs are available, so we want the military community to be aware of us," said NPF Human Resource Assistant Keri Blanc.

The positions that help to support the activities of the military community often come in the form of customer service jobs. Canex, for instance, as well as the messes and the recreation centre frequently require positions to be filled, perfect for military spouses and family members that are looking for on-base employment.

Depending on the season, there are a wide variety of jobs available on a casual or part-time basis. The golf course will be opening soon and with it will come a variety of seasonal jobs.

"We will have lots of openings at the end of May and beginning of June as we start our student hiring. Hopefully we can reach not simply students, but specifically military community students," stated Janice Stanley of NPF Human Resources.

They also help to facilitate job searches on other bases for military families that are transferred. By providing military spouses, with information and assistance, Human Resources can help them find jobs prior to their move.

"We are actually in the process of setting up a program that would allow spouses to transfer. We hope to have it set up by April. Regardless, we can provide a military spouse with a point of reference in case of transfer. For instance, the new base can call Human Resources to get a reference or we can call the new base to let them know of a potential employee and their abilities," explained Stanley.

Job listings can be viewed at the community centre, library and gym, but since some people are unaware of how to apply or whether

*Continued on P2, "Providing Support"*

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# 25 Tips and Tricks for an Organized Move

By Maria Gracia

Worried because you're moving soon? This really doesn't have to be a stressful, chaotic time. Here are some tips to help you achieve a successful, organized move.

- 1. USE A MOVING CHECKLIST.** Make yourself a moving checklist outlining everything that needs to be done before, and after, your move.
- 2. LEAVE IT BEHIND.** Avoid moving anything you don't really need. It is expensive, time-consuming, and physically unnecessary to move things you won't be using. If you don't use it now, you most likely won't use it later.
- 3. GET RID OF CLUTTER.** Dispose of broken tools, old toys, old clothing and other items that you no longer need, before you move. Give usable items to charity or hold a garage sale.
- 4. DON'T SKIMP ON YOUR MOVING SERVICE.** Choose an experienced moving firm with an established reputation for good service and reliability. Choosing someone that is unreliable or inexperienced will waste more time and money than you can imagine.
- 5. ENLIST ANY HELP YOU CAN GET.** You will get a lot more done, with some family members and friends helping you pack and/or unpack. If your children are old

enough, they should be helping too.

- 6. BOX IT.** Get boxes in assorted sizes. Be sure they're clean, in good condition and have covers so they can be closed and sealed with tape. Start collecting them from your local merchants, or purchase them from your moving company. Liquor boxes are excellent. They are sturdy and contain dividers making them ideal for packing glasses, goblets, vases, etc.--but make sure these boxes have lids. By the way, an easy way to store boxes so they do not take up storage space is to open both ends and flatten them out. Cartons can be resealed with tape as you use them.
- 7. USE THE A-B-C SYSTEM.** Everything you pack does not have to be unpacked the first day in your new home. If it contains essential items, mark it PRIORITY A. If the contents are important, but not crucial, mark the box PRIORITY B. If the box contains out of season items, holiday items and other things you won't need right away, mark the box PRIORITY C. Then, unpack in A, B, C order.
- 8. WRAP IT.** You will need plenty of wrapping paper and heavy-duty tape. Anything wrapped in newsprint will most likely be soiled from the ink and will require cleaning after unpacking. Movers use unprinted

newsprint. For items you prefer to keep clean, you can purchase this packing paper from your mover. Kraft paper, tissue paper and shock-resistant corrugated paper make excellent wrapping materials and may be purchased at most major department stores, craft stores or your mover. These papers also make excellent cushioning and lining material.

- 9. MARK IT.** Felt pens are ideal for marking boxes with information such as its contents, destination room, fragile or this side up.
- 10. LABEL IT.** As you're packing, place removable, colored, circle stickers on your boxes to easily distinguish kitchen items, from bedroom items, from bathroom items, etc. Use a different color for each room. If necessary, make a master list so you'll know what is in each box. If you can go to your new home ahead of time, you may wish to stick a corresponding colored sticker on the door, or door frame, of the room that the box will be delivered to.
- 11. LIGHTEN UP.** Cartons can be handled easier if they do not exceed 50 lbs., fully packed. Keep this in mind when you're packing.
- 12. ROOM BY ROOM.** Pack on a room-by-room basis, keeping the contents of each room in separate boxes. This will eliminate confusion and save time when you're unpacking.
- 13. PACK EARLY.** Even if you only pack two boxes a day, in thirty days you will have

Continued on P8, "Organized Moving"

### "Honourary Colonel", continued from P1

services in the local area. On numerous occasions the Winnipeg community has praised him for his assistance and dedication.

HCol Vandewater and wife Audrey have lived in Winnipeg since 1966. He is the proud father of John and Diane and an equally proud grandfather.

HCol Vandewater is not new to the military; during high school he enrolled in the Army Cadets and more recently was the Honourary Lieutenant Colonel of the 78th Fraser Highlanders, Fort Gary Garrison. He is also the Vice-Chair of the Advisory Committee for the Queen's Own Cameron Highlanders of Canada and is the Co-Chair of the Friends of HMCS Winnipeg.

17 Wing would like to officially welcome Honourary Colonel Vandewater as a member of our Wing. We wish him all the best in his new role as Honourary Colonel of CFSSAT.

### "Providing Support", Continued from P1

they can apply, some positions are hard to fill. "We have a mandate to consider qualified military family members above other candidates in our role in helping to support the military community," said Stanley.

For people looking for on-base employment, Janice and Keri ask that you simply submit a resume. If you don't have a resume, feel free to fill out an application form is available as their office. Failing that, they recommend anyone interested to call or drop by their office to take a look at the available job postings.

For anyone wanting more information on what NPF Human Resources can offer, please contact Janice Stanley or Keri Blanc at local 5580. Everyone is also encouraged to visit the office Monday through Friday, between 8:00 a.m. and 4:00 p.m.

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REALTOR M L S

# A YEAR IN REVIEW OF WING HUMAN RESOURCES

Fiscal year 01/02 proved to be a very busy and rewarding year for the HRBM office. We were especially delighted to see the arrival of our two newest staff members, Florence Bambenek in Apr 01 and Koren Moneas in May 01. Florence, currently on secondment from Veterans Affairs, assists in the implementation of the Employment Equity Program and Universal Classification Standard Project and Koren, appointed on an indeterminate basis as a Human Resources Assistant, is responsible for maintaining our civilian database and providing a variety of administrative support functions.

The following is a reflection of many of the significant activities and accomplishments achieved within the HR community during the past twelve months.

**1. EMPLOYMENT EQUITY (EE)** - As a government department, DND is obligated to implement policies and programs aimed at correcting under-representation of the four designated groups (e.g. Women, Aboriginal Peoples, Members of Visible Minorities, and Persons with Disabilities) and provide for reasonable accommodation of differences in the workplace. In the past year, a number of initiatives have been taken within this area.

\* Demographic Census - In Spring 01, DND conducted a Demographic Census of its civilian workforce and achieved a 90% response rate. This provided us with a more accurate portrait of the DND civilian population and enabled us to compare the departmental profile with that of the Canadian population as a whole. Similarly, a CF Demographic Census was initiated in Oct 01 which is still ongoing.

\* DND EE Programs - On 22 Jun 01, authority was given to DND for two EE Programs as a proactive measure to improve departmental representation of designated group members. These two programs provide managers with a tool to better meet EE goals. The first is an omnibus program to be used to appoint designated group members to positions, from either inside or outside the Public Service, either by competition or without competition where representation gaps exist. The second approved EE Program allows for the appointment of CF members who have been or who are about to be involuntarily released from the CF due to disabling conditions incurred in a "special duty area". The term special duty area in relation to this program differs significantly from Special Duty Area under the Public Service Employment Regulations Section 37 (i.e. CF Disabled Priority). Under this Program special duty area includes all those areas identified in the Special Duty Area Pension Order, injuries arising in the course of pre- and post-embarkation to Special Duty Areas including pre-deployment training, injuries incurred in providing humanitarian assistance or aid to civil authorities, and injuries to persons employed in inherently dangerous occupations such as Search and Rescue, ordinance disposal, diving, and fire-fighting. All appointments made under the EE Programs are exempt from the right to appeal, although a complaint mechanism does exist for those who feel aggrieved by the

appointment. As with all appointments in the Public Service, appointees must be qualified for the position for which they are hired.

\* 17 Wing Defence Aboriginal Advisory Group (DAAG) - In Jul 01, the 17 Wg DAAG was established as a local support mechanism and to provide a consultative link for senior management to address issues that impact on Aboriginal members/employees in the workplace. Meetings are generally held the first Wednesday of every month at 1300 hrs in the Hosp Conf Rm (2nd floor, Bldg 61). For further information regarding the 17 Wg DAAG, please feel free to contact Brenda Everett at local 5595 or Cpl Corena Letandre at local 2460 or 6659.

\* Canadian Human Rights Commission (CHRC) Audit - On 28 Sep 01, the CHRC issued the draft interim audit report regarding DND's compliance under the EEA. The department was given a 12-month period, commencing 31 Dec 01, to implement several undertakings identified in the Employment Equity Compliance Review. A follow-up audit is scheduled for 31 Dec 02.

\* Three-year EE Plan - In accordance with the EEA, the Department is required to establish an EE plan to address measures to remove barriers and to implement procedures to improve representation of designated group members. While in the past DND produced one-year plans, this year it was decided to prepare a three-year EE Plan to allow the department to set both short and long-term goals, to make concrete, measurable progress. The 17 Wing EE Plan (including numeric EE goals) is located on the 17 Wg DIN under WHRBM.

**2. CONTINUOUS LEARNING** - 17 Wing spent \$154,800 and over 750 civilian training days on Continuous Learning activities last fiscal year. In addition to the training identified by managers and/or requested by employees, several workshops, coordinated by the HRBM office, were provided, such as: MS Office Suite 2000 (2 to 10 May 01; 22 to 27 Feb 02 and 7 to 14 Mar 02); Pre-Retirement (14 to 16 Jan 02 and 18 to 20 Feb 02); Diversity (5 and 8 Jun 01); and Employment Equity (11 & 12 Feb 02; 28 Feb 02 and 28 Mar 02). \*Fig. 1 is our tentative training plan for FY 02/03

Fig. 1

Course Dates	Course Name	Location	Seat Allocation
May 02 (half-day)	Employment Equity Awareness	TBD	TBD (mil & civ)
May 02 (full day)	Communication Skills for Women	Trg Rm (Bldg 52)	22 (mil & civ)
May 02 (full day)	Budget & Financial Planning	TBD	TBD (civ)
28 May 02 (half-day)	Growth through Inclusion	Officers' Mess	25 (mil & civ)
3-5 Jun 02 (full days)	Pre-retirement	Officers' Mess	25 (civ)
Sep 02 (3 full days)	Career & Financial Planning w	TBD	25 (civ)
Sep 02 (half-day)	Employment Equity Awareness	TBD	TBD (mil & civ)
Oct 02 (half-day)	Employment Equity Awareness	Dundurn	70 (mil & civ)
Oct 02 (full day)	Communication Skills for Women	TBD	25 (mil & civ)
Nov 02 (2 full days)	Communicating with Aboriginals	TBD	25 (mil & civ)
Nov 02 (full day)	Budget & Financial Planning	TBD	TBD (civ)
Jan 03 (half-day)	Employment Equity Awareness	TBD	TBD (mil & civ)
Jan 03 (full day)	Microsoft Office Courses	TBD	TBD (civ)

For further information on these seminars and other training initiatives please visit the WHRBM homepage on the DIN regularly.

**3. UNIVERSAL CLASSIFICATION STANDARD (UCS) IMPLEMENTATION PROJECT** - DND's commitment regarding classification reform continues. At the local level, emphasis on UCS conversion remained on currency, while at the corporate level, the focus has been on preparing the Program and Administrative Services (PA) group for conversion to UCS. Over the past several months the department has been working very hard at defining PA workstream teams and reviewing PA models. Workstream Team Leaders are scheduled to meet in Apr 02 to finalize the PA model work descriptions and results. An announcement is expected from Treasury Board in the near future regarding clarification on the schedule and method of conversion to UCS.

**4. LONG SERVICE AWARD (LSA) PROGRAM** - DND launched their new Long Service Award program in Jun 01. This program enables management to extend formal recognition to civilian employees for long service after 15, 25, 35 and 45 years of service. For service of fifteen, twenty-five and thirty-five years, a gift and a certificate signed by the Prime Minister of Canada and the Deputy Minister of National Defence are awarded. After forty-five years of long and faithful service, employees are provided with a medallion. In the last six months, over 250 Long Service Awards have been presented to 17 Wing employees.

**5. ALTERNATIVE SERVICE DELIVERY (ASD) INITIATIVES** - The two major ASD initiatives within DND for the past couple of years have been the Site Support Services Review (SSSR) and the Supply Chain Project (SCP).

\* SSSR - The Defence Management Committee (DMC) endorsed the cancellation of this Review in Fall 01.

\* SCP - In Aug 01, the SCP contract was awarded to Tibbett & Britten Group (TBG) Canada and Phase I of the Project commenced. During Phase I, the Integrated Project Team will refine the business case analysis to confirm the exact subset of supply chain activities (including those in CE sections, schools, base maintenance sec-

tions, etc) that will be recommended for private sector delivery. Phase I should be completed by the end of Summer 02. While it is still unclear as to who all will be affected by the SCP, those civilians who are clearly in the supply chain, for example, a storesperson or supply driver in a depot or base supply, should be under no illusion; upon a government decision to proceed they will undoubtedly be affected. Within 17 Wing, it is anticipated that approximately 45 civilian employees (indeterminate, term and casual located in Winnipeg, Portage, Regina, Dundurn and Thunder Bay) will be affected by the SCP. DND has been successful in securing job offers with TBG for all affected indeterminate employees. The SCP job offers are not expected to be made before this summer.

**6. LABOUR MANAGEMENT RELATIONS** - Approximately 85% of employees at 17 Wing are represented by the Public Service Alliance of Canada (PSAC). Minor labour disruptions were experienced in Aug 01 due to failed collective bargaining negotiations between Treasury Board and PSAC. New Agreements were reached and ratified in Fall 01 and labour relations resumed without any major incidents. Furthermore, in Nov 01, members of both labour and management participated in Labour Management Relations Committee (LMRC) Enhancement Training.

**7. PUBLIC SERVICE EMPLOYEE SURVEY (PSES)** - The federal government conducted its first ever Public Service wide survey in 1999. The aim of the survey was to obtain a reflection of employees' views regarding their workplaces, how their work environment could be made more supportive of their career aspirations as well as learning and developmental needs. Results were released in 2000 and depicted that while employees were proud of their jobs and found their work to be important and challenging, improvements were needed in a number of areas, like harassment, discrimination, workload and career development. In May 2001, managers were tasked with discussing survey results with employees to prepare Action Plans on addressing outstanding issues. A second Public Service wide survey is planned between 22 May and 21 June 2002 to measure the level of progress made during the past three years.

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## Winnipeg Philatelic Society Annual Show

By Alf Brooks

Ask most people who do not collect stamps to describe a typical collector and you will likely hear "male, older, somewhat eccentric, introverted." There is some truth in this, as most collectors are male and older, and have interests that many others (even some other collectors) do not understand. And many hours are spent alone, organizing and studying stamps. The stamp illustrated here, a 1950 issue of Austria to mark "Stamp Day," would reinforce these perceptions.

But there is another side, and the members of the Winnipeg Philatelic Society (women and men) invite you to see it. Come to the Ramada Marlborough Hotel beginning Friday, May 3 at 1:00 PM and finishing on Sunday, May 5 to see what is happening at our annual show. This year we help celebrate the 125th anniversary of the University of Manitoba; Canada Post issued a stamp (the basis for our poster) to mark the event last month. You will see displays of stamps by members, dealers who will be willing to talk to you about the hobby and get you started if you are interested, and activities for young collectors. Bring that collection that you inherited or worked on when you were younger and dealers will appraise its value or sell you stamps and accessories to revive it. Pick up a copy of The Buffalo, our monthly newsletter. And meet some friendly collectors.

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MCpl Shrewsbury-Gee, MCpl Humphreys, MCpl Beriault and Cpl Rogers are heading home after completing a six-month tour in the Arabian Gulf Region with the TAL Det (Sandra moved over to the National Support Unit part way through) as part of Canada's contribution to the Campaign Against Terrorism. Photo by Cpl Willie Langer

# OP APOLLO TAL DET

BY MCPL SHREWSBURY-GEE, 435 SQUADRON

Much the same as the rest of the world, Sept 11th would have a major impact on four of us serving with 435 Squadron here at 17 Wing in Winnipeg. Preparations started as early as October for a potential deployment in the "War on Terrorism". Several of us were selected to be on a ready list for deployment to any location as required on short notice, 10 days. Preparations included weapons training, the gas hut, first aid, and a multitude of briefings on the effects of long-term deployments in a conflict zone.

In the months to follow, the list was down to only three Avionics Technicians: MCpl Steve Shrewsbury-Gee, MCpl Jean-Marc Beriault and Cpl Greg Rogers. Later we would be joined by, MCpl Sandra Humphreys, an RMS clerk from our squadron deployed to the National Support Unit. Between October and January, we endured the uncertainty of when we would depart. Rumours of a pre-Christmas deployment left us scrambling to get our gift buying completed in short order and celebrating ahead of time to ensure we were with our families. Christmas came and went with no firm word on deployment dates. The waiting was taking its toll on our families and us, both wanting to get things started so we could get on with life instead of having to live around the possibility of a phone call at any time.

The call finally came around the middle of January for a departure date of the 21st. Departure from Winnipeg International was without fanfare or knowledge of the public. I left my family at 5 a.m. saying good-bye to my children and wife, Crystal, and my 18 month old daughter, Teigan, who was oblivious to what was happening. My six-year-old son, Sean, was very upset over my departure and, with tears running down his face, he frantically waved goodbye as my taxi pulled away from the front of the house. At the airport, as we were about to go through the security gate, the Wing Commander and Wing Chief arrived to wish us luck.

A plane trip, bus ride and several hours later we arrived in Trenton where we would receive more briefings, more kit issue and some details of our destination. Finally, we knew where we were going. Departure was set for the 25th, with a parade for the departing Trenton personnel and their families preceding the boarding of a Polaris (Airbus A310). While there were personnel from all over Canada the focus was on Trenton as it made up the lion's share of the deployment. After what seemed like an eternity we finally were on our way to the Arabian Gulf region with a stop-over for fuel in Iraklion Greece. Upon arrival at the "destination," the oppressive heat greeted us like someone had opened the oven door, a really big oven door! The heat we experienced is not even hot. According to the locals, the worst was yet to come - a thought not relished by most of us.

After several days getting established "Roto-0" was in full swing and quickly adapting to the conditions. Coming from 435 Squadron and now having to work with personnel from Trenton Air Maintenance Squadron (8 AMS) presented us with challenges as our routines were different and would require getting adapted. As the months ticked past, we became a cohesive and effective team. Temperatures soared to 50-plus Celsius and humidity would be in the 70's. Night offered cooler temperatures at first but soon gave way to a stifling humidity. The only relief was from the sun. Sweat runs off your body like you are having a shower and your clothes become soaked. The heat presented many new challenges to those who have never experienced it, opening the door using the door knob was best done with gloves on to prevent burns, as was touching anything metal or dark in colour. Carrying water with you everywhere was a necessity to prevent dehydration, and keeping the head covered was a must as the UV index frequently was above 10. Water consumption in the neighbourhood of 5 litres per day or more is not uncommon. Other things to get used to were the critter nature such as the Camel spiders, scorpions, snakes, mystery crawlers, and lizards.

The Tactical Air Lift Detachment's (TAL Det) mission is to transport cargo the Gulf region in support of the coalition force's fight against terrorism. We, the maintenance personnel (maintainers), worked around the clock ensuring the CC-130 Hercules would be ready to fly at all times. The shift comprised of three 12-hour days from noon to midnight with a two-day rest followed by three 12-hour shifts from midnight to noon. This constant change to one's sleep cycle took its toll.

The heat and sand was also very taxing on both man and machine. Flight line temperatures often exceeded 50C possibly as high as 60C, that's around 150 degrees Fahrenheit, double the normal summer temperature in Winnipeg. A lot of work would go on after the planes landed in preparation for their next mission; an endeavour that would often take longer than normal because of limited resources and harsh conditions. It was said to us in the beginning that things would get done just not as fast as we are used to. That is so true!

I would be remiss if I did not mention that our camp is known as Camp Mirage owing to the ongoing joke that we are not really here in addition to the fact that we are way out in the middle of the desert and appear only as a mirage on the horizon. The camp has many other names and has been likened in appearance to a detention centre surrounded by a 10-foot fence, austere appearance and sand everywhere.

CONTINUED ON PAGE 5, "Long six months"

**Junior Ranks MESS**  
 From the Junior Ranks (North Side), have a great summer from your entertainment committee!  
**FUTURE EVENTS INCLUDE:**  
 September 14th - MFRC Family Day!!  
 Keep watching for more news!!

**Winnipeg 402sqn**  
 70th anniversary Reunion  
 402 Squadron will be celebrating its 70th anniversary, October 4-6, 2002 in Winnipeg, Manitoba. Events include:  
 • Meet and Greet  
 • Freedom of the City Parade  
 • Heritage afternoon  
 • Dinner Ball, and  
 • Farewell breakfast

FOR FURTHER INFO AND REGISTRATION PLEASE VISIT OUR WEBSITE AT WWW.402SQN.COM/70TH OR CONTACT CAPT. SANDIE GENDRON AT 1.204.833.2520 EXT. 5143 OR BY EMAIL: GENDRON.SBP@CFR203.CA

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HAVE YOU JUST MOVED IN WITH DND AND YOU HAVE DAMAGE TO YOUR FURNITURE?

BY KAREN PACKER, F&E SUPERVISOR

Perhaps you need to visit the Furniture & Effects Movements Section (F&E) for some advice, if you haven't already. We are located in the WHQ (Bldg 86), room #114 and are presently staffed with Mrs. Karen Packer (F&E Supr), Mr. Glenn Arthurson and Miss Deanna Kimball. We can be reached at 833-2500 Ext. 5526, 5061, 5026, or just drop in anytime, no appointment necessary.

Here are some tips to keep in mind when filing a claim for loss or damage to your F&E as a result of your move with DND:

1. On the delivery day, annotate all damages to your F&E on your inventory sheets and on the unpacking day, note all damages to the packed items on the Loss/Damage to Packed Items form. This is extremely important because if it's not noted and acknowledged by the Van

Lines Representative, the Van Line does not have to honour your claim.

2. Submit your Intent to Claim form to the Van Line within 60 days of the date of delivery. This form can be found in your Pre-Move Information Package given to you by the Van Line prior to your move.

3. Once you have submitted the Intent to Claim form, the Van Line has seven (7) days to acknowledge receipt and send you the actual claim form.

4. Submit one complete claim for with all necessary documentation to the Van Line as soon as possible but within six (6) months of your delivery day. The Van Line shall settle all properly documented claims and offer a complete and reasonable settlement package within

sixty days or receipt.

5. It is recommended that all documentation concerning your claim be submitted via Registered Mail to the Van Line. This way, you have proof of when you sent it and when it was received by the Van Line.

6. If you are not satisfied with your claim settlement and feel you are justified, you may bring all your claim documentation to the F&E Movements Section and we will be glad to assist.

REMEMBER: You have the most important role to play in the success of your move, so participate.

# WHAT SUMMER CAMP?

Summer camps started off the season with a GREAT turnout for both the soccer and triathlon camps. The soccer camps worked on soccer skills and game situations. It was sunny, it was mosquito free (almost!!!) and fun was had by all!

The first ever triathlon camp introduced the kids to the sport and ended with a race on Friday afternoon. Our very own Arthur Buchanan took the title! The group worked up to the race day running, swimming, and cycling through Assiniboine Park and Assiniboine Forest. Wrestling and rugby camp was held at Lipsett Hall. Canada Games wrestling coach Cory Coles led the kids through takedowns, shoulder throws and the infamous pin!

Still to come this summer are games etc. for ages 4-6 and as well, roller hockey, volleyball, fencing, racquets, multi-sport and Improv camps. All of these camps still have some room available so if you would like to register please call the Community Recreation Office at 833-2500 ext. 5976 or 2059.

BINGO : Mon - Wed - Friday 7:30 pm  
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## Employment Equity News

Currently 17 Wing has one active Advisory Group - Defence Aboriginal Advisory Group. 17 Wing Human Resource Business Manager's office is seeking interest in forming Advisory Groups for the remaining Designated Groups. If anyone is interested in participating or wants to help form an Advisory Group, please contact 17 Wing HRBM office at 5910.



### DAAG Defence Aboriginal Awareness Group

The mission of 17 Wing's Defence Aboriginal Advisory Group (DAAG) is to provide support and promote Aboriginal issues with 17 Wing and Community and to advise the Wing Commander. 17 Wing DAAG Chair - Sgt Vince Henderson Co-chairs - Brenda Everett & Cpl Corena Latendra.

**20-25 May 2002**  
Aboriginal Awareness Week

**21 June 2002**  
National Aboriginal Day

**25 July - 5 August 2002**  
North American Indigenous Games

**8 Nov 2002**  
Aboriginal Veterans Day



### DAG PWD Defence Advisory Group Persons with Disabilities

The purpose of a DAG PWD is to exchange information on issues affecting persons with disabilities within the department, maintains networks with the other departmental Advisory Groups, links with other Federal government Advisory Groups and external agencies.

**3 December 2002**  
International Day of Disabled Persons

**2 - 8 June 2002**  
National Access Awareness Week



### DWAO Defence Women's Advisory Organization

The mission of a Defence Women's Advisory Organization (DWAO) is to identify workforce concerns affecting women and advise on how to resolve them.

**October 2002**  
Women's History Month in Canada

**18 October 2002**  
Persons Day

**6 December 2002**  
National Day of Remembrance and Action on Violence against Women

**8 March 2003**  
International Women's Day

**3 - 9 March 2003**  
International Women's Week



### DVMAG Defence Visible Minority Advisory Group

The purpose of a DVMAG is to exchange information on issues affecting the Visible Minority Persons within the department, maintains networks with the other departmental Advisory Groups, links with other Federal government Advisory Groups and external agencies.

**21 March 2003**  
International Day for the Elimination of Racial Discrimination



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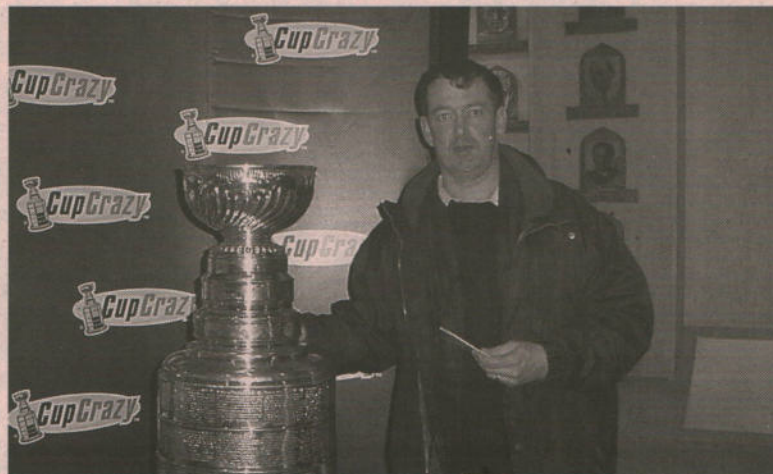
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## Some Excitement For The Wing Commander Or Was It?

You may not know, but competition between the W Comd and the Wing CWO is stiff when it comes to their hockey teams. The W Comd is a "Big" Boston fan and as for the Wing CWO, no other team exists but the "Habs".

On Wednesday, 20 March 02, CWO Emond thought that he'd relieve some pressure off the HQ staff by taking the Wing Comd, Col McLennan and his EA, Capt David Proteau, to a Manitoba Moose game. It just happened that this is the evening where the "real" Stanley Cup was in town. Pictured above with the Cup is the Wing Comd who, for the first and maybe the only time,

will have "had" the chance of having his picture taken with the Cup. Well, this is what the Wing CWO hopes, as if Boston was ever to win the Cup, he doesn't know if he'd be able to come to work, as he's convinced that the "Pilot" would indeed be "flying" all over the HQ' floors.

On behalf of all personnel at 17 Wing, many thanks to the Management and Staff of the Manitoba Moose for recognizing the accomplishments of our people, during the "Military Appreciation" night which took place on March 8th. Fun was had by all.

## W EXEC LONG SERVICE AWARD PRESENTATION

Col DC Mc Lennan presented personnel with Public Service Long Service Awards (LSA) of appreciation at an Awards Presentation held 11 February 02.



Ms. Jackie Gallagher receives her 25 year Public Service LSA from Col DC Mc Lennan.



Mr. Mike Theriault receives his 15 year Public Service LSA from Col DC Mc Lennan.

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21 March 2003 - International Day for the Elimination of Racial Discrimination

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**"Long six months"**

CONTINUED FROM PAGE 3, "Op Apollo TAL Det"

Nothing can be further from the truth. In our case life really is a beach but without the water. Each living module has 20 12x12-foot rooms, to accommodate two people. It may not be home and may resemble boot camp but a fabulous job has been done to make life as comfortable as possible under the circumstances. Plenty of books are available for reading thanks to donations from across Canada and Winnipeg, in particular. Movies are shown on the side of a building every night, kind of like a drive-in without the cars. Games, a gym, the Internet, CBC TV and phones are also available, which has greatly enhanced the quality of life and keeps us in touch with loved ones back home.

It has been a long six months. This is the first time that a transport detachment has deployed for that long of a period. I am writing this with a mere six days left before flying home. Three technicians from 435 Sqn will be arriving as our replacement to continue on the mission. For the most part, it has been a great experience with moments of sheer frustration, many hours of boredom and periods of seemingly endless work. I know we have done an exceptional job but unfortunately, often we were overshadowed by coverage of the PPCLI from Winnipeg. As a member of the Air Force, and 435 Squadron in particular, I am proud of my contributions, as are MCpl Beriault, Cpl Rogers and MCpl Humphreys.



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## 402 SQUADRON STANDARD MOVES TO NEW HOME

Colours are a unit's most prized possession. They are presented personally by the Sovereign or by an individual, normally the Governor General, nominated to act on the Sovereign's behalf. Historically, Colours marked and provided a rallying point for army regiments in the line of battle. Today, they are no longer carried in action or held by a unit in a theatre of war. They continue, however, as visible symbols of pride, honour and devotion to Sovereign and country.

Colours may only be presented to combatant or potentially combatant Air Force higher formations and to Air Force units organized and rolled to stand in the line of battle. Air Force units are entitled to single Colours (Standard) if they are operational flying squadrons with 25 years service or have earned the Sovereign's special appreciation for outstanding operations.

On presentation, Colours are consecrated by the Chaplain General assisted by the unit chaplains; when the Chaplain General is unable to be present, he will personally designate a chaplain to officiate for him. Through this means, Colours are sanctified and devoted to service as symbols of honour and duty; all members of the unit, regardless of classification, rededicate themselves to constancy in the maintenance of these qualities.

So to increase its visibility as a symbol of pride, honour and duty, the 402 Squadron Standard was relocated from the Officer's Mess to the squadron's front lines at 16 Hgr. With 402 Sqn CO LCol Doyle and SCWO Secretan present, Capt Murphy took possession of the 402 Sqn Standard from the PMC of the Officer's Mess and, escorted by a Colour Guard (Sgt High and Sgt Mansfield), proceeded to 16 Hgr. There the Standard was placed in its new display case (along with F/Sgt Minto, 402 Sqn mascot) in the Grizzly Den.

## 402 SQUADRON 70TH ANNIVERSARY REUNION

October 2002 marks the 70th Anniversary of 402 'City of Winnipeg' Squadron. In honour of this significant occasion, 402 Squadron and the 402 Squadron Association are hosting a reunion from 4 to 6 October 2002.

The three-day celebration begins Friday, 4 October 2002 with a Meet and Greet to be held at the Radisson Suite Hotel Winnipeg Airport. A Freedom of the City Parade at City Hall is Saturday's first event, followed by a heritage afternoon back at 16 Hangar. Later, there'll be an evening of dining and reminiscing at the Radisson, accompanied by the 1 Canadian Air Division Band. The weekend will be capped off with a farewell breakfast Sunday.

For more details and registration forms visit the reunion website at <http://www.402sqn.com/70th/>

## AWARDS AND PROMOTIONS

402 Squadron CO, LCol Doyle presents Capt Schick, Sgt O'Donnell and Cpl Spooner with their Canadian Forces' Decoration (CD) and MCpl Bousquet with a clasp recognizing their long and exemplary military service.

Congratulations to WO Shackleton and Sgt Sorensen on their promotions and their postings. WO Shackleton is off to Trenton and Sgt Sorensen is going to Cold Lake.

Congratulations to Cpl Ferwerda, 402 Sqn Ops, on being named Reserve Airman of the Year.



LCol Doyle presents Sgt Sorensen with his promotion.



CD presentations - Sgt O'Donnell, Capt Schick, LCol Doyle and Cpl Spooner (missing MCpl Bousquet).

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LCol Doyle presents WO Shackleton with his promotion.



LCol Astles, Air Reserve Coordinator (Western) presents Cpl Ferwerda with the Airman of the Year Award.



402 Sqn Colour Guard enroute.



Many thanks to 17 Wing HQ Staff for taking time out of their busy day to pay compliments.

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\$33, 020



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\$37, 660



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Back Row: Melissa Davidson, Duane Bannerman, Geordie Cheeseman, Front Row: Patrick Brine, Jessica Pachkowski, Gabrielle Joly.

## VOLUNTEER APPRECIATION AWARDS

The 2nd Annual 17 Wing Community Volunteer Appreciation Awards was held on May 2, at the Fireside lounge in the Officers Mess. There is no doubt as to the wealth of volunteers of all ages we have at this Wing.

Many times the jobs they perform are not glamorous, yet our volunteers can be found anywhere.

Volunteers make it possible to host events such as the Christmas Craft Sale and Christmas Concert, they help develop young minds in various youth groups, they build homes with Habitat for Humanity and can be found in your own backyard working with the Winnipeg Military Community Council.

17 Wing Volunteers are an important part to providing program services through the Church, MFRC, and Library. The list is endless, the job is tireless but the accomplishment of volunteers is invaluable. Winnipeg is blessed with an abundance of volunteers full of generosity (It's in the water).

On this occasion, the Master of Ceremonies was Christine Bannerman, former WMCC Mayor. The guest spokesperson was LCOL Neville who represented the Wing Commander.

Award winners are nominated by their peers and neighbours for their contributions to the 17 Wing Community and Winnipeg.

### CONGRATULATIONS TO ALL THE NOMINEES AND 2002 WINNERS

**Family:** Terry and Ryan Dickson, Vacation Bible Camp  
**Youth-Under 12:** Gabrielle Joly, Library  
**Teens 13 to 18:** Jessica Pachkowski, Vacation Bible Camp  
 Patrick Brine, MFRC, Derrick Donovan, Vacation Bible Camp, Sunday School  
**Adult:** Marjorie Lague, MFRC, Duane Bannerman, WMCC  
**Builder Award:** Geordie Cheeseman, Library

If you want to volunteer, please contact the area that interests you. Many hands make light work.

# CF 30 WILL - TEST YOUR KNOWLEDGE

BY SGT EDIE MILLER, WOR CELL 1 SUPERVISOR

Attention military members: Have you ever signed a contract without reading the fine print? Thankfully there isn't any fine print on a CF 30 Will, but the concept is the same: Do you know what you're signing? Do you know its purpose and what it can do for your family in the event of your untimely demise?

Before I give you the finer details regarding Wills, see if you can answer these questions:

- Is a CF 30 Will mandatory?
- What is a "service estate" and what might it include?
- Can a member of the CF, who has not reached the age of majority, complete a CF 30 Will?
- Should you complete a new Will if your marital status changes?
- What happens to your Will upon retirement?
- Under what circumstances should you change your Will?
- If your marriage contract or prenuptial agreement is written to contain your Will, should you also complete a CF 30 Will?
- Where is your CF 30 Will kept?
- If you have a civilian Will, must you inform the CF? If so, how?

Congratulations! If you missed even one of the answers, you have won a free information session...right here, right now! Kidding aside, the answers to all of these questions are contained in CFAO 26-10, but here's a brief overview:

- No, a CF 30 Will is not mandatory, but it is strongly recommended that each member of the CF have some sort of Will, either military or civilian. The complications that may arise from failure to have a Will can cause your loved ones undue legal and financial hardships if one is not completed that outlines your wishes upon death.
- A service estate may be composed of Supplementary Death Benefits (SDB), Severance Pay, return of contributions under the CFSA, accrued pay and allowances and personal belongings.
- Yes, a member of the CF who has not reached the age of majority can complete a Will, but certain limitations may apply depending on the province and service conditions.
- According to CFAO 26-10 (except in the Province of Quebec), if you marry after you make a Will, it is revoked unless you state clearly in the Will that it was made in contemplation of marriage.
- Lucky you...you get to keep it!
- You should make a new Will when you get married (see para d. above), upon reaching the age of majority, if one wasn't completed at the time of enrolment, or upon divorce.
- No, definitely not! Remember that the last Will that is signed is the latest and greatest. The same applies to a regular civilian Will: do not sign a CF 30 Will if you wish the civilian Will to be the right one!
- Your CF Will is kept with your personnel file in your unit Orderly Room or in the Wing Orderly Room. Ships and overseas are somewhat different: check the CFAO if you're interested.
- Yes, you must inform the CF of where you are keeping your civilian Will for safekeeping. The form DND 452 Will Certificate is used to keep track of it. If you wish, you may entrust a copy of your civilian Will to the CF for safe keeping just in case; it simply replaces the military Will normally kept with your personnel file.

Now that I've given you some much needed info about Wills, I have a few important reminders:

- Review your Will periodically to ensure it's correct;
- Ensure that the person who will execute your Will (the executor) is aware of their obligations and is clearly defined on the Will;
- Do not appoint the beneficiary (the person who inherits your estate) as the executor;
- Service Wills are used for simple requests only; if you have any complicated issues such as trust funds and/or multiple beneficiaries, you really should seek professional legal advice and complete a civilian Will; and
- Most importantly, if you are not sure what is contained in your current Will or require additional info about a Will, please contact the staff of your friendly neighborhood Orderly Room. We're always here to help!



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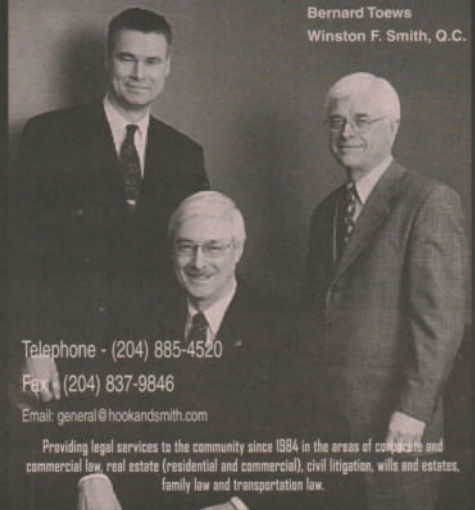
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# W ADMIN LONG SERVICE AWARD PRESENTATION

LCol Shirley Neville presented personnel with Public Service Long Service Awards (LSA) of appreciation at an Awards Presentation held 05 February 02.

## 25 year Long Service Award



Mr. John Wasylkiw



Mr. Norm Boal



Ms. Kathleen Williams



Ms. Joyce Harrison

## 15 year Long Service Award



Ms. Robin Kogan



Ms. Janice Godfrey



Ms. Linda Bergen



Joan Shantz



Ms. Carol Donegan



Ms. Darcy Haines



Ms. Geraldine Johanson



Mr. Vernon Kaus



Mr. Richard North



Mr. Paul Pronych



Ms. Linda Woodard



Mr. Richard Zelensky



Ms. Brenda Stouffer



Ms. Dolly Fortin



Ms. April LaBerg



Ms. Rita Lamb



Ms. Valerie Organ



Ms. Karen Packer



Mr. Micheal MacNeil



Ms. Elaine Marsh



LCol Shirley Neville

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St. James Location

## Organized Moving

*Continued from P2, "25 Tips and Tricks for an Organized Move"*  
packed sixty boxes. Start in areas where the goods are not in frequent use such as the cellar, attic, garage, etc.

14. **ORDER ADDRESS LABELS.** Order address labels before you move into your new home. They will be great to have on hand when you need to indicate a change of address on anything. Leave a few behind with the people who move into your old home or apartment so they can forward anything that gets delivered to them for you. Give them a few bucks to cover any postage costs.

15. **MAKE A SURVIVAL KIT.** Make a survival kit for your first night in your new home. This should include items that will get you through the night if it's too late to unpack or the movers didn't show up. Helpful items to include might be: non-perishable food, can opener, paper plates, plastic utensils, bottled water, a flashlight, a few towels, sheets, toiletries, a blanket, toilet paper, pen/paper, a few small games or magazines and a change of clothes for everyone.

16. **HAVE SOMEONE WATCH THE KIDS.** If you have children, especially young children, it might be a good idea to have someone babysit them while you are doing anything that involves your move, such as packing, unpacking, etc. Your kids won't be interrupting your progress and you'll accomplish more.

17. **USE THE ONE ROOM RULE.** Set up ONE room in your new home as quickly as possible. This way, you'll have a quiet retreat, free of boxes. You and your family will then have a place to go when you need a break from all of the unpacking activities.

18. **MAKE IT PET SAFE.** If you have pets, be sure you have a plan for when the movers arrive. Perhaps keep your cats in the bathroom with the litter box, or put your dogs in a fenced in yard. Also,

take care to do what you can so your pets feel comfortable in your new home. Bring their favorite toys, give them attention, and don't leave them alone for long periods of time for the first few days.

19. **MAKE THE FIRST NIGHT SPECIAL.** Make the first night in your new home as special as possible. It can be take-out Chinese food, or pizza, but you may sweeten the evening with flowers, candles and music. It will really make a big difference and will help you to unwind and de-stress.

20. **DEVISE A PLAN.** Before you begin unpacking randomly, sit down with your family. Discuss a plan, including where things will go, who is responsible for what, etc. It will help things run smoothly.

21. **HAVE A TOOL KIT ON HAND.** One of the most important things to have on hand when you're setting up your new home is a basic toolbox that includes basic tools and hardware, such as a hammer, screwdrivers, nails, hooks, etc.

22. **FUNCTION BEFORE FORM.** It is best to first arrange your furniture, and then unpack accessories and personal items.

23. **GET READY FOR BED.** As soon as the bedroom furniture is delivered, set it up and put the sheets on the bed. You'll be grateful that everything is ready for sleeping later on tonight when you're really tired.

24. **LET EVERYONE KNOW.** Inform everyone that you've moved with simple postcards, or e-mail for those family members who can receive it.

25. **GET ACQUAINTED.** Once you arrive at your new home, schedule some get acquainted days on your calendar. This is a great time to figure out where the supermarket, bank, post office, etc. are and will give you a chance to get familiar with your area. If there is a tourist bureau in town, stop by and see what events and opportunities your town will be offering.

Article courtesy of [www.articlecity.com](http://www.articlecity.com)

## GONE BUT NOT FORGOTTEN

By Gloria Kelly

Since the end of World War II thousands of CF members and their families have been posted to locations in Europe. Over the years some of those Canadians died during their posting and were buried in the local communities where they lived.

While certainly never forgotten by families and loved ones, over the years some of the graves have been lost, their markers gone and with them an important connection for the family with the deceased individual. In recent years DND has been actively searching records and locations to make sure the gravesites of as many Canadians as possible are preserved and cared for.

Unlike in Canada, in most European countries cemetery plots are not in perpetuity. That was a fact many did not know when they buried their family members and left them behind when they returned to Canada.

"We are working very hard to determine where Canadians may be buried," said Fran MacBride, a Senior Realty Advisor in the Directorate Realty & Engineering Policy and project manager for the Post War Military and Dependents Graves Project - Europe. "The department has made a commitment to those who served in Europe, and to lost family members, to help preserve their resting places."

The issue of lost graves came to light a number of years ago, with the closure of CFB Europe. What began as a routine land lease agreement at one location, has grown into a major project impact. *Continued on P11, "Lost Graves Found"*



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If 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-Ender Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and more.

### NEW HOMES BY "CARACO"

For a complete information package of new homes built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston. See the whole package at [www.c21wyld.com](http://www.c21wyld.com)



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613-545-333 office

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Website at [www.interbaserealestate.com](http://www.interbaserealestate.com)  
OR Email: [donyld@kos.net](mailto:donyld@kos.net)

## Next Deadline

Next deadline for submission is Friday, 19 April 02.

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**MILITARY FAMILY RESOURCE CENTRE (204 489 7003)**

## WE'VE MOVED!

The Military Family Resource Centre is now located at 102 Comet St. (across from Whytefold gate). Our office hours are Mon - Fri 8:30 am - 4:30 pm.

You may reach Coordinators by calling 489-7003 and entering their ext:

Youth Centre	109
Executive Director	207
Social Worker	210
Emergency Childcare Coordinator	211
Coordinator of Volunteer Services	213
Youth Services Coordinator	214
Information & Referral Coordinator	215
Education Services Coordinator	219
Employment Assistance Coordinator	220
Special Needs Coordinator	223
French Services Coordinator	224
Children's Services Coordinator	225



Or, follow the prompts to reach our Administration Department.

## MFRC VOLUNTEER OPPORTUNITIES

### SPOTLIGHT

Do you love books? Do you have some computer experience? The MFRC Lending Library is looking for Volunteers to work Thursdays or Fridays from 10:00 am - 1:00 pm. This position offers a great opportunity to meet new people while gaining knowledge of books and publications.

As the Volunteer Librarian, you will be responsible for all loans and returns of library items, cataloging new items, memberships, maintaining a database and the purchasing of new library items. If you would like to find out more information about this position or the many other volunteer opportunities we have to offer, you may call Nicole @ 489-7003 ext 213.

## DID YOU KNOW?

The MFRC'S Nursery schools, Daycare and Casual Childcare are licensed. What this means is that we are subject to on-going inspections, and must meet provincial regulations. The MFRC is committed to offering the highest quality of programming and supports regulated, licensed childcare.

We have many children's programs offered regularly throughout the year. Watch for registration dates for fall programs in our fall issue of the "Community Connections." Our Children's programs are very popular. We recommend registering immediately to avoid waiting lists and disappointments. For more information on our Children's Programs you may call the Coordinator, Wendy Richardson at 833-2500 ext 2491 or 6846.

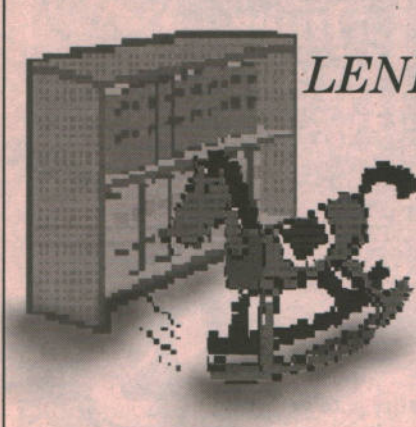
## WANNA GO CAMPING?

Do you have some vacation time in the month of August and not sure what to do with the children? Would your family like to go camping, but don't have the equipment? The MFRC has a camping kit which contains; a 6 person Coleman Tent, a Coleman lantern, a Coleman stove, as well as, folding chairs and stools.

This kit is available to borrow for members of our Lending Library. To become a member you simply have to come by the Centre and register.

Individuals wanting to borrow the camping kit must be willing to sign a waiver and are required to leave a refundable security deposit.

The Lending Library re-opens on Thurs 1 August, but you can reserve the kit now, to do so call 489-7003.



**MFRC**  
**LENDING LIBRARY**

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RESOURCE MATERIALS**

*Toy Lending*  
Hours: Fri 10:00 am - 1:00 pm  
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We have many new toys for outside play,  
come check us out!

*Books, Videos, Resource Material Lending*  
Hours: Mon - Fri 8:30 am - 4:30 pm  
Membership Fee: Free

For membership and/or lending information you  
may contact the MFRC Fridays 10:00 am - 1:00 pm  
@ 489-7003

# COMMUNITY COFFEE BREAK

You are invited to join the Military Family Resource Centre staff, volunteers and other community members for coffee, treats and conversation on Thurs. 1 August 2002 at 10:00 am.

Community Coffee break is held the first Thursday of each month. Children are always welcome to come and play.

## EMERGENCY CONTACT LIST

Winnipeg Police, Fire, Ambulance  
911

Deaf Access Line TTY  
784-4097

Military Police  
833-2633

Gambling Help Line  
944-6382

Military Chaplains Wing Ops  
833-2500 ext 2700

Kids Help Phone  
1-800-668-6868

2PPCLI Duty Centre  
833-2500 ext 2727

Legal Aid  
958-8570

Area Social Worker's Office  
833-2500 ext 5086

Mediation Services  
774-2469

CF Member Assistance Program  
1-800-268-7708

Osborne House Crisis Line  
& Women Shelter  
942-3052

Mission Information Line  
1-800-866-4546

Sexual Assault Crisis Line/Klinik  
786-8631

Addictions Foundation of Manitoba  
944-6200

Teen Touch  
783-1116

Child & Family Services  
944-4050

Youth Emergency Crisis  
Stabilization System (24hrs)  
949-4777

Crisis Suicide Line/Klinik  
786-8686

## WHAT'S HAPPENING

# 17 WING COMMUNITY RECREATION 2002 SUMMER CAMP GUIDE

## RACQUETS

Ages 9-15  
A beginner camp for tennis, squash, and badminton. The camp will cover game rules, basic skills, and fun play.  
Bldg. 90, 12-16 Aug, 5 days  
9:00-12:00, Fee: \$25

## GOLF

TBA  
A cooperation initiative with the 17 Wing Golf Course. Please call Recreation for more information at 2059.

## EQUESTRIAN/HIKING/ROCK CLIMBING

Ages 9-14  
A beginner camp for hiking, rock climbing and a brief introduction to horses and a horse-back ride. This camp is a collaborative event with the City of Winnipeg. Space is limited.

Fee: \$75, 12-16 Aug, 5 days  
Pick up/ drop off  
Lipsett Hall / 8:00 am - 5:00 pm  
Bldg. 90 / 8:00 am - 5:00 pm

## CERAMICS

Ages 11+  
Spend an enchanted week with unicorns and dragons while learning various painting techniques. Space is limited to 12 participants.

Westwin Community Center / Bldg.33 / 19-22 Aug, 9:00-11:00 am  
Fee: \$20

## IMPROV CAMP

Stand up and be heard! This camp will introduce you to the various styles of Improv. Have FUN using your creative energy in games and learning during this 3-day camp that ends with a performance. Instructor, performer, and producer; Steve Sim and Lee White will work with you to develop your skills.

Bldg. 90 / August 6-8, 1:00-5:00 pm  
Fee: \$25.00

## SWIMMING LESSONS

LIPSETT HALL POOL  
Daytime lessons 8:30- 11:30 am  
August 6- 16  
Evening lessons 5:30-8:30 pm  
Tues/Thurs July 2 - July 30

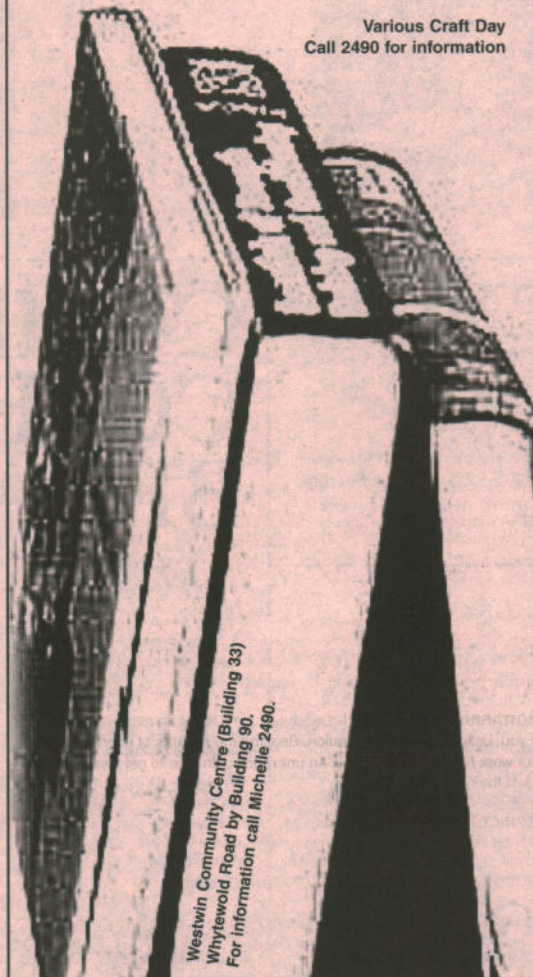
BLDG. 90 POOL  
Daytime lessons 8:30-11:30 am  
August 6- 16  
Evening lessons 5:30-8:30 pm  
Mon/Wed July 3- July 31

Casual Swim Hours  
1300-1700 hrs Lipsett Hall and Bldg. 90  
1800-2000 hrs Bldg. 90

# 17 WING RECREATIONAL LIBRARY

SUMMER HOURS  
Monday - Thursday  
10am - 5pm

Various Craft Day  
Call 2490 for information



Westwin Community Centre (Building 33)  
Whytewold Road by Building 90.  
For information call Michelle 2490.

## Together in Church



Padre Brad Busch  
(Evangelical Lutheran)  
Office 833-2500 ext 6022

Secretary  
Carol Cochrane  
Office 833-2500 ext. 5087

Sunday Services  
English Only 0930 hrs

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

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

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

Protestant Guild  
The Guild meets the first Monday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

Prayer Service  
An ecumenical prayer service is held in the Chapel each Wednesday (except during the summer) from 1210 to 1250hrs. All are welcome. Bring your own lunch.

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 the WOps Duty Centre, 833-2700, or the 2 PPCLI Duty Centre, 833-2727.

Other Phone Numbers  
For your convenience, a phone number has been set up to provide callers with information on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

## CATHOLIC

Chaplains  
Father Guy Chapdelaine  
(Roman Catholic)  
Office 833-2500 ext. 5272  
Father Terry Cherwick  
(Ukrainian Catholic)  
Office 833-2500 ext. 5417

Secretary  
Carol Cochrane  
Office 833-2500 ext. 5087

Masses  
Sat (English only) 1630 hrs  
Sun  
English language 1130 hrs  
French language 1230 hrs

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

Confessions  
The sacrament of reconciliation is offered 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 the third Tue of the month at 1900 hrs in the Chapel Annex.

## PROTESTANT

Chaplains  
Padre Bob Brinn  
(United Church)  
Office 833-2500 ext 5349

Chaplain Lenora Grauer  
(Evangelical Lutheran)  
Office-833-2500 ext 5785

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## Military Family Resource Centre (204 489 7003)



(Left to right) Teresa Morris, Terry Smith, Keith Brine, Melanie Burneau, Louise Cameron, Charmaine Lyons, and Nicole Johnson, Coordinator of Volunteers.

### NATIONAL VOLUNTEER WEEK - 21 APRIL - 27 APRIL 2002

At the MFRC's monthly community coffee break 4 April 2002, staff took the opportunity to say "Thank You" to some members of our Volunteer Team. The MFRC has a team of 68 Volunteers who have contributed a total of 3386 hours for MFRC programs/services during FY 01/02. This figure does not include fundraising, special events, Unit events or Community events which volunteers contributed many hours to as well. MFRC Volunteers contributed an average of 148 hours each during the FY 01/01 to the 17 Wing Military Community. Thank you MFRC Volunteers!!

#### Experience Matters

"This year's National Volunteer Week theme focuses on the fundamental exchange of volunteering: the giving and receiving of skills and experience. Volunteers bring remarkable experience to our organizations and communities - especially older adults who have life and work experiences, coupled with the wisdom and savvy of age. Experience Matters also highlights the fact that volunteer work provides experience, whether to a young person seeking to learn about a career or embarking on a new life experience, a mid-career professional hoping to branch out a bit, a pre-retiree exploring the transition from the labour market, or the senior who seeks the opportunity to actively participate." Volunteer Canada.

### Volunteer Connection... Connect To What Matters!

Volunteers enable the MFRC to offer quality programs and services to the military families in our community. We have many flexible Volunteer opportunities and can match your skills, training and experience with a position that's right for you.

Where can Volunteers make a Difference...

- Outreach Program: newcomer program, outreach
- Special Events Planning: Christmas concert, family fun day, registration fair, fundraising
- Youth Programs: after school club, summer/spring camps, movie nights, dances, craft workshops, Volunteer Youth Corps and special events
- Children's Programs: pre-school activities, childcare, nursery school
- Administrative Support: receptionist, clerical work
- Board of Directors: advisory committee, ad hoc working committees
- Volunteer Department: lending library
- Education Services: workshop facilitation, women's conference
- French Services: workshop/course facilitation

For more information on the MFRC Volunteer Program and the many opportunities, please call Nicole @ 489-7003

The Winnipeg MFRC has many Programs & Services for all. If you would like to find out more about any of the following, please call us at 489-7003.

- Deployment Outreach & Resource
- Information & Referral
- Volunteer Development & Involvement
- Emergency Childcare Services
- Children and Youth programs
- Reserve Support
- Parent Education
- Special Needs
- Prevention, Intervention and Consultation Services
- Employment and Education Assistance
- Education Services
- Second Language Training
- French Services

### EMERGENCY CONTACT LIST

Winnipeg Police, Fire, Ambulance	911
Military Police	833-2633
Military Chaplains Wing Ops:	833-2500 ext 2700
2PPCLI Duty Centre	833-2500 ext 2727
Area Social Worker's Office	833-2500 ext 5086
CF Member Assistance Program	1-800-268-7708
Mission Information Line	1-800-866-4546
Addictions Foundation of Manitoba	944-6200
Child & Family Services	944-4050
Crisis Suicide Line/Klinic	786-8686
Deaf Access Line TTY	784-4097
Gambling Help Line	944-6382
Kids Help Phone	1-800-668-6868
Legal Aid	958-8570
Mediation Services	774-2469
Osborne House Crisis Line & Women Shelter	942-3052
Sexual Assault Crisis Line/Klinic	786-8631
Teen Touch	783-1116
Youth Emergency Crisis Stabilization System (24hrs)	949-4777



#### Posted In/Posted Out Information

We have information packages available for all "newcomers". If we received your posting message, then you would have received a "pre-Posting package" before your arrival to Winnipeg. We hope it provided you with some resources. Once you are here, and you've cleared in with the MFRC, then we will contact you for a "Newcomer Visit". If you know of someone new in your workplace or community, please refer them to the center for information. Starting in April, the Newcomer Team will be providing Newcomers, with an information session, which will be offered during the day, evening and weekend, once per month.

We also have information packages from all MFRC's. So if you are being posted and would like to preview the information, or speak to someone at your new location's MFRC, please contact Linda Belisle to arrange either service.



#### Did you know...

The MFRC has a Public Relations Department. We are available to provide your workplace with an information session of the MFRC and our services. If you would like to find out more information about our Public Relations Department or to request an information session for your workplace, please call Linda Belisle @ 489-7003



#### Monthly Community Coffee Break

On the first Thursday of every month we host our community coffee break from 10 to 11 am at 350 Doncaster St. Drop by for coffee or tea and meet some community members, the staff and volunteers. Children are always welcome. The next community coffee breaks are on 2 May 2002 & 6 June 2002. We hope to see you there!

## What's Happening

### 17 WING RECREATIONAL LIBRARY

Sun 12-3pm | Mon 4-9pm  
Tue 9-12pm & 4-9pm  
Wed 4-9pm | Thu 4-9pm

Westwin Community Centre (Building 33)  
Whyteford Road by Building 90.  
For information call Michelle 2490.

### Community Recreation

#### Tae Bo

Challenge yourself with this dynamic cardio/strength class. An excellent workout for beginners and enthusiasts.

Monday/Wednesday/Friday  
1200-1300  
Building 90

#### Aqua-Fit

If you want to start a fitness routine or need a change from your regular schedule, Aqua-Fit is the answer. The water acts as a natural resistance and won't add unnecessary strain on your joints.

Coordinated with MFRC Child Drop-In to give Mom a Timeout.

Wednesday/Friday	Tuesday/Thursday
0930-1030	1800-1900
Lipsett Hall	Building 90

### Together in Church



Padre Brad Busch  
(Evangelical Lutheran)  
Office 833-2500 ext 6022

Secretary  
Carol Cochrane  
Office 833-2500 ext. 5087

#### CATHOLIC

Chaplain  
Father Guy Chapdelaine  
Office 833-2500 ext. 5272

Secretary  
Carol Cochrane  
Office 833-2500 ext. 5087

Masses  
Sat (English only) 1630 hrs  
Sun  
English language 1130 hrs  
French language 1230 hrs

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

Confessions  
The sacrament of reconciliation is offered 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 the third Tue of the month at 1900 hrs in the Chapel Annex.

#### PROTESTANT

Chaplains  
Padre Bob Brinn  
(United Church)  
Office 833-2500 ext 5417

Padre Lenora Grauer  
(Evangelical Lutheran)  
Office-833-2500 ext 5349  
or ext 5785

Sunday Services  
0930 hrs

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

Marriages  
Six months' notice is required for marriages as counselling is necessary to prepare couples for Christian marriage. A Marriage Preparation Course is also required.

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

Protestant Ladies' Guild  
The Guild meets the first Monday of the month at 1900 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 the WOps Duty Centre, 833-2700, or the 2 PPCLI Duty Centre, 833-2727.

Other Phone Numbers  
For your convenience, a phone number has been set up to provide callers with information on service times and contact with the Chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

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Classes Held at Lipsett Hall



TUESDAY  
Children 6-7 PM  
Adults 7-8 PM

THURSDAY  
Children 6-7 PM  
Adults 7-8 PM

SATURDAY  
Open Class  
1-2:30 PM

# 17 WING COMMUNITY RECREATION 2002 SUMMER CAMP GUIDE

#### REGISTRATION

Camps are FREE with a valid Recreation Membership unless specified. For information on registration forms, call 833-2500 ext. 2059 or 5976.

#### PRESCHOOL AGES

Soccer, Soccer, Soccer

Ages 4-6

Use your energy to run and play! This camp focuses on fun, basic skills and games. Skills include kicking, stopping, passing and shooting. Maximum 15 participants.

Parent volunteers welcome.

Lipsett Hall, 2-5 July, 9:00-9:45 am

Bldg 90, 8-11 Jul / 22-24 Jul, 9:00-9:45 am

Ball Hockey

Ages 4-6

A game favourite! We supply the equipment; you bring the energy. Learn basic skills and lots of play. Maximum 15 participants. Parent volunteers welcome.

Bldg. 90, 15-17 July, 9:00-9:45 am

Lipsett Hall, 19-21 August, 9:00-9:45 am

#### NEW! Games, Etc.

4 days of variety games geared towards playtime and development. Bring a friend! Parent volunteers welcome. Maximum 20 participants.

Ages 4-6, Bldg.90, 6-9 August, 9:00-10:00 am

#### CHILDREN'S CAMPS

Soccer

Ages 6-8 Lipsett Hall, 2-5 July, 10:00-11:00 am

Bldg. 90 8-11 Jul 10:00-11:00 am

Ball Hockey

Ages 6-8, Bldg. 90, 15-17 July, 10:00-11:00 am

Lipsett Hall, 19-21 August, 10:00-11:00 am

Baseball

Ages 6-8, Lipsett Hall, 22-25 July, 9:30-10:15 am

(T-Ball)

Ages 9-16, Lipsett Hall, 22-25 July, 10:30-11:45 am

Basketball

Ages 7-9 Lipsett Hall, 22-26 August, 12:45 - 1:30 pm

#### NEW! Roller Hockey

Bring your blades and the rest of your gear to the North side rink and be ready to play! Don't forget your water bottle.

Ages 6-9, North-side Rink, 29 Jul-1 Aug 10:00-11:00 am

#### NEW! Multi-Sport

A sport a day, keeps the boredom away. We'll play your favourites plus some new sports including lacrosse and ultimate. The more the better so bring a friend.

Ages 6-9, Lipsett Hall, 12-15 Aug, 10:00-11:30 am

#### YOUTH CAMPS

Soccer

Ages 9-15, Bldg. 90, July 8-11, 11:15-12:30

Ball Hockey

Ages 9-15, Bldg.90 July 15-17, 11:15-12:30

Baseball

Ages 9-16, Lipsett Hall, 22-25 Jul, 10:30-11:45 am

Basketball

Ages 10-15, Lipsett Hall, 22-26 Aug, 1:45- 4:30 pm

#### Fencing for Beginners

Ages 9-15, Lipsett Hall, 19-23 Aug, Time & Fee TBA

Volleyball

Ages 9-15, Bldg. 90, 29 Jul - 2 Aug, 1:00- 4:00 pm

Triathlon

Try one of the fastest growing sports. Your time will be spent on the 3 components: run, swim, and ride. This camp is a collaborative event with the City of Winnipeg. Space is limited.

Ages 9-12, Lipsett Hall, 2-5 Jul, 8:00 am- 5:00 pm

Cost \$45

Wrestling/Rugby

Learn both sports or develop your skills in wrestling or rugby. Skills will be taught according to your ability and individual skills will be enhanced. Other activities will round out the days, as well as recreational time at the end of the day in the pool. This camp is a collaborative event with the City of Winnipeg. Space is limited.

Lipsett Hall, 8 -12 Jul, 5 days \*

Fee: \$25 1/2 day, \$45 full day

Wrestling 8:00 am-noon

Rugby 1:00 pm - 5:00 pm

Look here for more activities every issue!

## Classifieds

**FOR SALE**  
Bench Press, Northern Light with Olympic bar, 2 bar, Preacher curl, dips and a mat also 3 set of dumbbells \$300. Nordic trac machine, \$100. 489-3940 after 5pm.

Evenflo Multi-Use High Chair. high chair, booster chair, youth table + chair. Padded chair with harness, big/easy to remove tray like new. \$50. High Chair - hardwood with tray, good condition. \$10. Child Safety Gates (x2) - pressure mounted \$5.00/each. Evenflo infant Car Seat - With carry handle and separate adjustable base, rear facing, \$20. Call 832-7317.

Quick Freeze Chest Freezer. 14.8 cubic ft, 46x29, comes with 2 heavy duty food baskets. 4 yrs. old. Asking \$250 obo. Call 896-0743.

Queen size waterbed mattress and heater, only five years old.

Best offer. Call anytime 888-5659.

1952 Dodge Fargo pick up truck. New brakes and motor. Org. \$3500. Canopy and Rack for a Canoe/Boat/or ladder. Fits an 8' foot box. \$500837-8693.

86 Dodge Caravan and 91 Hyundi Scoupe, safetied, good running condition. Call Fadel 832-8089, asking 2000 and 3000.

Tundra Truck Cap with side slides tinted, windows and open front with locking back windows and fits 6 ft. \$350 obo. Swing Set. 2 swings, slide and seasaw. \$30 obo, Manual included. Turtle Sandbox with top \$20 obo. Bike Trailer. Holds 2 children facing opposite ways, \$75. Phone 897-9151.

1994 Ford Explorer XLT, loaded/leather interior, power

seats, new brakes and safety. \$11,000. Call 832-2823.

"The Usual Suspects" DVD, New Condition. \$10, Phone Loc. 5519.

Kenmore stove, excellent condition. \$100. Phone 885-4894 after 6pm.

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Ladies 10 K Yellow Gold "Pear Shaped" Emerald Ring (faux gemstone) size 6 3/4. In great condition: in original jewellers box. \$65. Ladies Red Fox Fur Coat in great condition. European Tailoring, full length, non-tapered. Suitable

for sizes 14-18. Asking \$875. Queen Size Non-Wave Waterbed. In very good condition. Frame included fits regular headboard. Selling due to move. Asking \$225. Call Mary at local 6454 or 633-1603. Trailer Hitch (hidden hitch) for 1996 Honda Civic. Asking price \$90. Contact Dan local 2802 or 633-1603.

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Washer Admiral \$250. Dryer GE \$200. Both for \$350. In good working condition. Call 253-5184.

**WANTED**  
Wanted, part-time childcare required for 3 yr. old boy. North Side PMQ. CPR/First Aid, Non-smoker. 831-1610.

## Taroscopes BY NANCY. FOR APPOINTMENTS CALL 775-8368.

**ARIES** (March 21 - April 19): Make the effort to understand. It takes longer to listen but longer to make up if you don't. You'll see a big return in your relationships when you express yourself clearly and listen carefully.

**TAURUS** (April 20 - May 20): Trying to gain something long lost is pointless. Learn to let go. Announce your intentions to make changes. You'll have to go it alone, but putting your plans in writing helps to make them more manageable.

**GEMINI** (May 21 - June 21): A message received brings sudden changes. There is a question as to whose authority you should be listening to and acting on. Have faith that you know what's best for yourself. Give up a self-destructive habit.

**CANCER** (June 22 - July 22): Review legal documents pertaining to payments. You need to see clearly instead of clouding your mind with wishes of how it could be, or should be. Continue to try and juggle finances so there's money for what's important.

**LEO** (July 23 - August 22): What you say may be held against you if you don't match your actions to your words. Watch out for impulsive outbursts, due to your frustration at your lack of progress. Once you have the proper tools you'll see improvement.

**VIRGO** (August 23 - September 22): A drain on your finances may blind you to the fact that you're rich - rich in true friends. Someone is moving. Disruptions in your home life are unsettling, but give you more time for yourself.

**LIBRA** (September 23 - October 23): Someone close to you is facing an employment issue. Keep your perspective. Don't try too hard to find solutions, that's their responsibility. Making the offer to help may be all that's required.

**SCORPIO** (October 24 - November 21): Consider long range consequences. Sometimes what's said and done for fun has a lasting impact. Insensitive behavior and verbal barbs that come your way hurt, but they teach you empathy.

**SAGITARIUS** (November 22 - December 21): Maintaining an image is harder than revealing your flaws to another. Tell yourself that you're fine the way you are - no apologies or explanations required. You'll be surprised how many others will agree.

**CAPRICORN** (December 22 - January 19): Work commitments, leave you feeling tired and left out by friends who aren't as driven to succeed as you are right now. This is just a phase though and once you've laid the groundwork there will be time for fun.

**AQUARIUS** (January 20 - February 18): Don't settle for anything less than what you want - you'll get it. A special gift arrives. Options you hadn't expected improve your outlook. Time to share responsibilities with another. You've done the bulk of the work long enough.

**PISCES** (February 19 - March 20): Loved ones may feel ignored as you focus on perfecting something already produced or developed. Exercise care when explaining your desire to give your passion priority. Distractions may make you short-tempered.

## Lost Graves Found


Continued from P9, "Gone But Not Forgotten" -ing on the lives of many former and some current CF members or their families.

Tracking the final resting-place of hundreds of people who died in Europe since 1946 has been a daunting task. Many records are unclear, some have been lost and to say the least there has been some confusion. "The people in Germany and France have been very helpful, as has the padre branch whose members performed many of the burial ceremonies," said Ms. MacBride. "We have had support from the Directorate of History and Heritage,

Veterans Affairs and the Commonwealth War Graves Commission."

By the end of 2002 four cemeteries in Germany and three in France will have been reclaimed by Canada under long term leases, which includes maintenance of the grave sites and markers. Where graves have been lost, memorial cairns are being erected bearing the names of the Canadians who were buried there. A number of other cemeteries have been identified in recent months and work is underway to preserve the graves or, if lost, to identify the cemetery as the last resting-

place of Canadian citizens with an appropriate memorial. "Identifying those Canadians who died in Europe is a daunting task and Canadians can help," said Ms. MacBride. In early April an interactive web site will be operational, allowing people to log on and try to locate their deceased family members resting-place. Anyone with information about a person who cannot be located via the web site is asked to contact Ms. MacBride at 613-995-8706 or email at MacBride.FG@forccs.ca.



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## École Saint-James

### Inscriptions

#### Maternelle, 1 et 2

L'école Saint-James ouvrira ses portes en septembre 2002 et accepte présentement des inscriptions pour les niveaux maternelle, 1<sup>re</sup> et 2<sup>e</sup> année. Les enfants qui auront cinq (5) ans avant le 31 décembre 2003 sont admissibles pour la maternelle. Veuillez apporter à l'école un certificat de naissance.

L'école Saint-James est située au 367 rue Hampton (coin Silver) et comprend cinq salles de classe, un bureau administratif et un gymnase.

L'école tiendra sa période d'inscription du 2 au 10 avril 2002.  
(Veuillez noter que les inscriptions sont acceptées en tout temps.)

Pour plus d'information, veuillez communiquer avec madame Dolorès Beaumont, directrice par intérim au 793-1345.

Selon la constitution, pour avoir droit à l'école française les élèves doivent être des **ayants droit**.

Si vous répondez oui à une de ces trois affirmations, vos enfants sont des **ayants droit**:

Vous êtes:

- Un résident du Manitoba dont la première langue apprise et encore comprise est le français.
- Un citoyen canadien qui a reçu au moins quatre ans d'enseignement dans le cadre d'un programme français (mais pas d'immersion).
- Un citoyen canadien parent d'un enfant qui a reçu quatre ans d'enseignement dans le cadre d'un programme français, au Canada ou ailleurs.

## Previous Client Comments

*To give real service, you must add something, which cannot be bought or measured with money and that is sincerity and integrity.*

**HOME SELLER:** We found you very professional, knowledgeable and experienced. What we recall most was your capacity to build momentum leading to the quick sale of our house. We know a great deal of work and effort went into building that momentum, without our involvement and without reason for us to be concerned. As our agent, you understood our concerns and goals and that was very important to us. Terie knows the market well here in Winnipeg. She knew when to put the house on the market to get top dollar for it. Without her advice we might not have sold as quickly as we did. Great service! Very knowledgeable and current.

**RELOCATION BUYER:** We were extremely impressed with Terie's knowledge of her business. She was very helpful in every aspect of our move. She had our best interest throughout the entire transaction. We highly recommend her to anyone and will definitely use her service in the future. Thank you Terie for all the help in making the process go as smooth as it did, especially since we do not know the city. Terie was by far the most outstanding agent we have ever dealt with. She made us feel right at home in a strange city. Thanks a million Terie.

**FIRST TIME BUYER:** Our agent, Terie, took the time to explain things, as we were overwhelmed first time buyers. We felt very comfortable, and not pressured. Terie was wonderful. She provided us with daily listings and was always available. We would never have found our great home without Terie's support and knowledge.

**HOME BUYER:** We found our agent, Terie Langen, to be very knowledgeable, professional and superior in her quality of service. She remained very objective. Very business like, yet friendly, caring and concerned for our best interests. Terie Langen surpassed any expectations we may have had for an agent. A true professional, excelling in integrity.

*People put their trust in you and that is a big responsibility. I know how important trust is and how I wish to be treated as a consumer. My understanding of the home relocation process has resulted in many satisfied clients and that is the true measure of my work satisfaction. I look forward to the opportunity to work with you.*

*~ Terie Langen ~*



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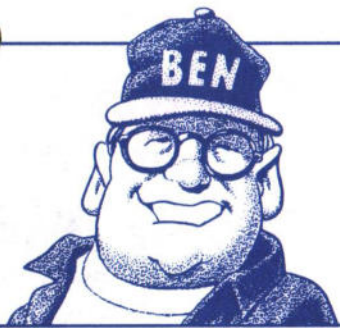
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*Ben Holden Says . . .*

## **A Person's Character**

Character is humankind's worth when nothing else counts.

Character is truly a person's greatest asset. When it's spent, a person is a broken human being, regardless of what he or she might have accumulated in terms of material wealth.

Character determines how a person acts and the decisions made.

Character is a person's attitude, feelings, responses – what a person really is on the inside. All of these, and more, form the character of a person and determine what people see.

Character is formed best when discipline and purpose are a part of life. For where life has a purpose, then it will strive for something. And where it has discipline, it will keep itself to its purpose. And these twin attributes will mix the finer ingredients into its character, molding a good and honorable life.

Character is best tested in the arena of conflict. If a person can survive the crisis without resorting to the violent and ugly, then that person has passed a crucial test in the examination of his or her character.

**Patient: "Doc, when I stand on my head, the blood rushes to it. Why doesn't it rush to my feet now?"**

**Doctor: "That's because your feet aren't empty."**

□ □ □

Don't give up if the odds are against you. Think how much more satisfying your victory will be.

□ □ □

**If you're in business remember this: "Stopping Advertising To Save Money Is Like Stopping Your Watch To Save Time."**

□ □ □

Happiness is a form of courage.

□ □ □

**A happy man is never poor; an unhappy man is never rich.**

□ □ □

"Shall I bring you lunch on deck, sir?"  
"Just throw it overboard and save time."

□ □ □

**When you're through changing, you're through.**

□ □ □

There's nothing wrong with teenagers that reason won't aggravate.

□ □ □

**Winning isn't everything, but wanting to win is.**

□ □ □

Why does a road map tell us everything except how to fold it up again?

□ □ □

**To most folks, the excitement of rebellion is greater than the cause.**

□ □ □

I'll say this about a man who thinks he's smarter than his wife. He's married to a very smart woman.

The best exercise is to bend down and help someone up.

□ □ □

**Good communication is as stimulating as a cup of rich black coffee.**

□ □ □

To err is human; to forgive, infrequent.

□ □ □

**Every church should have this as its motto: "You're Not Too Bad To Come In. You're Not Too Good To Stay Out."**

□ □ □

A burglar entered a pastor's house at midnight. Pulling out a gun, he said, "If you move, you're a dead man. I'm hunting for your money."

"Let me get up and turn on the light," said the pastor. "I'll hunt with you."

□ □ □

**A honeymoon is the brief period between "I do" and "You'd better."**

□ □ □

Bride to New Husband: "There you are, Darling, my first meal cooked just the way you better like it."

□ □ □

**Keep smiling. It makes everyone wonder what you're up to.**

□ □ □

You've got an ego problem if you think that your dog wags its tail only when you're out of the room.

□ □ □

**Golf is like taxes: you drive hard to get to the green, and then you end up in the hole.**

□ □ □

Bob: "I developed respiratory problems the day I was discharged from the hospital."

Fred: "How'd that happen?"

Bob: "I was holding my breath as they were tallying up the bill."