



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

SEPTEMBER 10, 2003

VOLUME 51, ISSUE 15

FREE

IN THIS ISSUE:

- Free Family Fun with the MFRC/WMCC Saturday, Sept 20 Page 2
- Stamp Collecting for the Young, Page 3
- Military Teen Adventure Trip, Page 4
- Wing Commander Visits Detachment Dundurn, Page 7
- Sports and Recreation Offers Fun, Fitness to Military Members, Page 8
- 17 Wing Recreational Library, Page 10



38 Brigade Helps Fight Fires in B.C.

PHOTOS BY: CPL WC GOMM



A water drop on the fires still burning on the outskirts of Kelowna.



Cpl Dave Lee of the Royal Winnipeg Rifles, part of 38 CBG digs up a hotspot during mop up operations after the fires in Kelowna.

There are currently more than 1500 soldiers helping to stabilize forest fire situations, working along-side front-line fire fighters. They also attend to 'hot spots' as well as provide camp and logistical support, such as movement of personnel from camp to fire lines.



A single but slightly damaged Red Rose grows defiantly within the damaged vineyards after the Kelowna fires

Winnipeg Police Service Supporting the Rule of Law in Bosnia

BY: CAPTAIN HOLLY APOSTOLIUK, PUBLIC AFFAIRS OFFICER FOR TASK FORCE BOSNIA-HERZEGOVINA

Two Winnipeg police officers are currently keeping the peace in Bosnia rather than in the streets of Winnipeg. Police Sergeant John Robins and Constable David Dalal are deployed with Operation Palladium, Canada's contribution to the NATO-led peace support mission in the Balkans. Addressed as Lieutenant-Colonel Robins and

Major Dalal in their duties as Reserve officers in the Canadian Forces, they were granted leave from the Winnipeg Police Service to work in multinational headquarters in the Balkans.

"I approached my immediate supervisors on my shift, Sgt Rae Pratt and P/Sgt John Baxter, and both were supportive of my application for the position," said

Constable Dalal. He has been with the WPS since 1995 and was most recently employed in plain-clothes investigations in District 2 until his deployment in March 2003. "With the influential support of my Divisional Commander, Inspector Tom Legge, the Chief of Police approved my request for leave."

This is not the first time the Winnipeg Police Service has sup-

ported Reserve members of its force. The WPS received a Canadian Forces Liaison Council award from the Minister of National Defence in 1999 for its support to the Reserves in Manitoba, nominated for the award by Sgt Robins due to support he received to attend military training since the 1970's.

Continued on Page 3



17 Wing Winnipeg United Way Campaign 2003 Kick-off

Sports Day, Golf & Pizza
 Friday, 26 September 2003
 17 Wing Building 90 Sports Day
 17 Wing Golf Course Golf
 17 Wing Junior Ranks Pizza
 0830 hrs - Opening Remarks - Wing Commander, United Way, and MFRC
 0900-1200 hrs - Sports (Volleyball, Softball, Golf)
 1200-1600 hrs - Pizza
 Costs: \$1.00 per person for volleyball and softball. Golf tee times and fees to be arranged with the 17 Wing Golf Course. Contact: Capt Eric Arsenault (local 4026). All queries, team rosters with event forwarded to Capt Eric Arsenault (local 4026). Details and timings will be finalized at a later date once all submissions have been received.

DOMENICA'S UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph: 885-3665 or 832-6978 North Side

- Military Cuts\$8
- Perm & Cut\$36
- Flat Tops\$8
- Frost & Cut\$38
- Colour & Cut\$32
- Seniors\$7
- Children's Cuts\$8
- Ladies Cut\$14
- Facial Waxing\$9
- Ear Piercing\$13

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

Need Cash Before Pay Day?

* Loans Until Payday *
"Also available to spouses of deployed personnel serving overseas"

@ Altus Finance

Phone: 925 - 3345 St. James Location

DOMENICA'S FLORAL DESIGN



Send flowers to your loved one Around the world or in the city

2255-G Ness Avenue (at Whytewold Rd.)

Ph.: 885-3665 or 832-6978

Free Delivery to both North & South Base Locations

VOXAIR

10 SEPTEMBER 2003
VOL 51, ISSUE 15
OFFICE HOURS
 Monday to Friday, 0815 -1600 hrs
 Telephone 204 833-2500 ext 4120
 Fax 204 833-2809
 Telephone-answering system
 operates remainder of the week.

VOXAIR STAFF
LCol S. Neville
 Editor-In-Chief
 204 833-2500 ext 5281
Capt P.A. Dawes
 Managing Editor
 204 833-2500 ext 6152

Maureen Walls
 Office Supervisor,
 Sales Manager
 204 833-2500 ext 4120

Jose Orellana
 Production Coordinator
 204 833-2500 ext 6976

Jenny Provo
 Accounting
 204 833-2500 ext 4121

Jen Sharpe
 Journalist/Photographer
 204 833-2500 ext 6976

Traci Wright
 Proofreading

Jim Holland
 Advertising Sales
 204 832-0115

Darlene Ashley
 Advertising Sales
 204 896-8575

Printed By
The Daily Graphic
 1 204 857-3427

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col. Steff Kummel. 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. 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.

Correspondence should be addressed to:
 The Voxair
 17 Wing Winnipeg,
 PO box 17000 Stn forces
 Winnipeg, MB R3J 3Y5
 Email address: voxair@mts.net or
 walls.m@forces.ca
 This newspaper is printed using
 environmentally safe inks.
 Publications Mail Agreement No. 1482823

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...
ST. JAMES LEGION
 Branch No. 4
 Royal Canadian Legion
 1755 Portage Avenue
 Winnipeg, Manitoba

Bingo

Wed- Fri 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 12 - 4 pm

Free Family Fun with the MFRCWMCC Saturday, Sept 20

By Jen Sharpe

There are many activities, places, and events a family can enjoy in Winnipeg. However, the zoo, sporting events, or a trip to the water-park all require money for admission and, more often than not, money for souvenirs and snacks.

It's rare when an absolutely no cost family-oriented event—that means free food, free fun, and free prizes—makes an appearance in Winnipeg. For the local military community, that rare moment will come Saturday, Sept 20 at the 6th Annual MFRC/WMCC Family Fun Day at Building 61.

Traci Wright, co-chair of the event committee, says the MFRC/WMCC is only doing its part to "pay back the military community for everything they do for us."

"Family Fun Day lets us say a big thank you to the military community at large as well as letting everyone know what's available to them from the MFRC," John Chabih, fellow co-chair, adds.

Although the event is only from 1200 to 1500, that time is packed with activities and presentations for both children and their parents. Family Fun Day will feature a children's entertainer, carnival games, pony rides, Goldie the Goldeye's mascot, a live band, a silent auction, face painting, and more.

"People can expect lots of fun," Chabih says, "And it's not just for kids; there are also some adult things as well."

One grown-up draw for the event will be the classic car show. The display will include a variety of makes and models of vintage cars, some of which might belong to military members themselves. "If there are any antique car collectors on base who would like to showcase their vehicle, this is the place to do it," Chabih suggests. Car buffs can contact Chabih at local 4511 for more information.

While fun, food, and entertainment are free at Family Fun Day, parents will be happy to know transportation is also. A complimentary shuttle bus will run between Lipsett

Hall and the event for South Side residents.

"This is going to be PPCLI's last real big event with us, so we want them to come and experience all the fun," Chabih says. Those interested in using the shuttle must reserve at the MFRC offices, local 4500.

With a bus shuttle, classic car show, dozens of carnival games, and enough food to feed 600 hungry festival-goers, Family Fun is an organizational challenge. Despite the scope of the event, Wright and Chabih are insistent on using as few volunteers as possible.

"We have so many families that volunteer with the MFRC and within the military community that with this event we try to keep the volunteers down to a minimum so the whole community can benefit from the day," Wright explains.

To officially commemorate the efforts of volunteers, Family Fun Day will also feature a Volunteer Garden dedication in front of the MFRC building at 102 Comet Street. The garden, which honours all individuals who help to enrich

the military community through volunteering, will officially open at 1445.



Rain or shine, Family Fun Day promises will be one of the best opportuni-

ties for families get to know MFRC services and their military neighbours. To know more about the event, contact the MFRC at local 4500.

6th Annual MFRC/WMCC Family Fun Day

September 20
12-3pm
Building 61 (North Site)

Food and Refreshments
 Children's Entertainer
 Mr. Mark
 Carnival Games
 Pony Rides
 Live Band
 Rockers United
 Antique Cars
 Silent Auction
 Face Painting

Please note:
 A shuttle bus will be run from Lipsett Hall if enough interest is shown.
 Please contact the MFRC at local 4500 to register for this service.

MS Boot Drive



Cpl Lavallee, MCpl Horncastle, and Cpl Swan-Tuomi of the 17 Wing Firehall receive donations in the Muscular Dystrophy Boot Drive. The Sept 3rd event collected donations at all three gates to raise money for Muscular Dystrophy research. The firefighters would like to send a big thank you to all who donated.



Express Mart
17 Wing Winnipeg

35th BIRTHDAY SALE

18" Fridge
Model HTS18CBWW
649⁹⁹

30" Range
Model WNR3150ZWW
469⁹⁹

Dryer
Model QNKR33EBWW
399⁹⁹

Washer
Model HNRKP070BWW
469⁹⁹

Portable Dishwasher
Model QWC200AFWW
469⁹⁹

Club X Tra
BONUS POINTS!
ON
HOTPOINT

DURING OUR 35TH BIRTHDAY SALE ONLY!

Purchase One Advertised Appliance	10,000
Purchase Two Advertised Appliances	25,000
Purchase Three Advertised Appliances	45,000
Purchase Four Advertised Appliances	70,000

AUTHORIZED PATRONS ONLY
10-21 September 2003

NO INTEREST CREDIT PLAN
 D.A.C. (On Approved Credit)

ADVERTISED MERCHANDISE POLICY

continued from Cover

Winnipeg Police Service Supporting the Rule of Law in Bosnia

When he first requested to go on a mission, however, his supervisors in the small Professional Standards Unit (Internal Investigations) felt unable to do without Sgt Robins for the nine months required for training and the tour. But with his willingness to forgo leave and do pre-deployment training on his own time reducing the time to seven months, Chief Jack Ewatski authorized the leave of absence.

"I am extremely grateful for the opportunity to serve my Queen and country in this fashion," said LCol Robins. "At this point in my tour, though, I am starting to get a little homesick. But there are 10,000 soldiers here from all over the world, performing difficult and often dangerous jobs to change this country, establish the rule of law, and make life better for the millions of innocents that deserve better than what they have."

About 1,200 of those soldiers are from Canada, in-

cluding more than 300 Reserve soldiers and the infantry battle group based on the Second Battalion, Princess Patricia's Canadian Light Infantry from Winnipeg.

For the first three months of his mission, LCol Robins was employed as Deputy Chief Liaison Officer at the Stabilization Force Liaison to Croatia (SLTC) in Zagreb, responsible for resolving issues between the Stabilization Force (SFOR) and Croatia. In July he was posted from Zagreb to SFOR Headquarters in Sarajevo, where he is the Military Assistant to the NATO Political Advisor to the Commander of the SFOR. These jobs require strong interpersonal and problem solving skills, which are of great value in both police and military careers.

Maj Dalal works in one of the three multinational brigade headquarters that make up SFOR as Operations Officer for the Joint Military Affairs branch

in the city of Banja Luka in northwest Bosnia. His branch is responsible to ensure that the Armed Forces of Bosnia within the Brigade's area of operations are compliant with peace agreements put in place in 1995. Maj Dalal's duties are similar to police work in that he enforces a set of rules and regulations and investigates allegations of non-compliance.

In his Reserve career, Maj Dalal is Deputy Commanding officer of 26th Field Regiment, Royal Canadian Artillery, commuting to Brandon and Portage La Prairie from Winnipeg as required. He has found it difficult to balance his civilian career with his Army Reserve career and time with friends and family.

"As my responsibilities grow with progression in rank, more and more time must be devoted to the Reserves in order to do a good job," said Maj Dalal. "I find both careers extremely enjoyable, which is rare and lucky. I hope to continue in

both for a long time. Having a supportive wife and family is extremely important and it is something I do not take for granted."

LCol Robins joined the Royal Winnipeg Rifles in 1977 and was appointed its Commanding Officer in 1995, which he describes as the highlight of his military career – and his retirement from the Regiment as the saddest moment. He held the position of Deputy Commander of 38 Canadian Brigade Group until his deployment in April.

"As with everything I have wanted to do in my military or police careers, my wife has been extremely supportive," said LCol Robins. "The reaction of other family members has ranged from worry to pride, and all have expressed their thoughts at one time or another. The feelings of my police colleagues have been similar, and their comments to me have been, at times, quite touching."



LCol Robins

Learning Opportunity for Managers

Competency Based Management Courses offered on September 22nd

Managers of civilian employees will have the opportunity to learn more about Competency Based Management (CBM), as well as use it to develop their own learning plans.

Two-day courses will be held September 22nd in Winnipeg. The morning session will provide participants with an understanding of CBM, the benefits for the organization, and the roles and responsibilities pertaining to the development of

competency-based learning plans for civilian executives and managers as employees.

The second part of the workshop provides participants with the opportunity to start a competency analysis and the development of their own competency-based learning plans.

The June 18, 2003 edition of the Maple Leaf had an extensive article on CBM. Also, the CBM website is:

www.hr.dwan.dnd.ca/admhrciv/cbm/engraph/home_e.asp
The workshops details are:
CBM For Managers
September 22, 2003
8:30-12:00 and 1:00-4:00
Building 52, Training Room
Cost: Nil
Refreshments will be served.

This course is intended for DND civilian managers, working in Manitoba and Saskatchewan, who supervise more than one civilian employee.

Travel costs may be provided for out of town participants. The morning session is also intended for the military supervisors of the above civilian managers.

Please register early, as seating is limited.

For further information please contact Neil Kimelman (4637) or Joanne Jarecki (4636) at the Winnipeg Learning and Career Centre (LCC).

Stamp Collecting for the Young

By Alf Brooks

Were you to ask stamp collectors what they see as a problem with the hobby, many would tell you that there are not enough young collectors, that the average age is too high. "Where are the young collectors who will continue the hobby in the years to come?" (Are they concerned for the health of a great hobby, or are they concerned that no one will

be there to buy their collections when they move on to something else? Good question.)

Postage stamps are no longer issued for the sole purpose of prepaying postage, and a number of postal administrations have issued stamps that would appeal to young collectors, hoping to interest them in the hobby. In September, Switzerland

will issue two stamps picturing Diddl, a cartoon mouse (actually a jerboa) created by Thomas Goletz of Germany. Images of Diddl are presently available in 26 countries, and he speaks 16 languages. Commenting on the Swiss postage stamps, his creator said: "I'm cheesecracker-whizzy delighted that Diddl has been honoured in this way."



HOOK & SMITH
Barristers, Solicitors & Notaries Public

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

Dennis A. Smith
Bernard Toews
Winston F. Smith, Q.C.

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

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

SELF STORAGE

TRANS CANADA
MINI-STOR
BRANDON

FOR ALL YOUR STORAGE NEEDS
Ph: 727-7867 (STOR)
TOLL FREE 1-888-737-0793

10% DISCOUNT FOR MILITARY PERSONNEL

We appreciate your business!

the Commissionaires

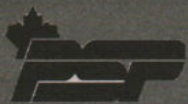
Canada's largest security firm maintains a cadre of personnel for part-time and full-time work.

- Part Time weekend employment for serving members.
- Criminal record check required; military or police service an asset.
- Above average wages, uniform and training provided.

Apply with resume and references to:

50 Stafford Street
Tel: 942-5993 ext. 210 Fax: 942-6702
email: info@commissionaires.mb.ca

Service - Reliability - Professionalism
Join The Team
Previous applicants need not re-apply.



17 Wing Community Recreation Pages

Military Teen Adventure Trip

A first-ever 17 Wing initiative focusing on connecting Military youth sent 9 Winnipeg teens and 6 Shilo teens on a one-week canoe/kayak trip. The trip, spear headed by Community Recreation achieved its goal to bring teens from military families together, focusing on personal and group life skills in an outdoor environment. For Winnipeg and Shilo, it's the first step to implement the Canadian Forces National Youth Model. The following is an excerpt from Dana Hinkema's trip journal.

I was lucky enough to accompany a group of youth from 17 Wing Winnipeg and CFB Shilo on a five-day canoe/kayak trip along the Manigotogan River from August 25 - August 29, 2003. Adventure Education Manitoba instructors Gary M., Mick, and Lise led our journey. There were six teens from Shilo; Belinda, Lauren, Nikki, Kevin, Jason, Brittany and nine from Winnipeg; Robyn, Samantha, Kyle, Stephen, Jesse, Roman, Bryson, Segan, and David. I am one of two adults representing the bases; Garry Reid is from the MFRC in Shilo.

Our first day was spent traveling to our starting point at Quesnel Lake on the Manigotogan River. We learned or tried to paddle a canoe and kayak in a semi straight line, load a canoe, pack five days worth of clothes into a small waterproof stuff sack and how not to fall overboard. A short paddle of 3/4 km led us to our first portage, and first campsite. We stumbled through our portage and made camp on the top of a rocky hillside among the spruce and pine trees. Our first dinner consisted of a vegetable stir-fry, rice, and corned beef. It had been a long time since lunch so we were very hungry and it tasted delicious. Bedtime quickly followed dinner, after some puppet shows

in one tent and talking about our next day's adventures in other tents we were soon asleep.

The next morning was very leisurely as we took down camp and ate a breakfast of hash brown fritters and juice. Jesse and I volunteered to be crash test dummies for a demonstration of a canoe-on-canoe rescue. Lise and Gary M. made it look easy but I know that I was hoping that that was some information that we



Stephan Martin

wouldn't need to use.

We left camp about noon and started paddling against a very strong headwind. A short paddle brought us to our first portage of the day. We were kind of unorganized in unloading and loading the canoes but soon managed to repack and paddle off. Our portaging skills quickly improved as we got to do it four more times that day as well as learning how to line (leading the canoes with and without gear through a series of rapids by using ropes tied to the bow and stern), which we did two times that day. We were also adventurous enough to run two sets of smaller rapids. On the second set, Robyn, Brittany and I barely managed to keep our fully loaded canoe from tipping as we crashed sideways into a large boulder. We took on some water but managed to remain almost entirely calm.

Our lunch was spent on a rocky shore and consisted of bagels, peanut butter, jam, cheese, granola and raisins, and half an apple. Sore muscles, inexperience, and a very strong headwind slowed our progress for the rest of the day. We made it only half of our projected distance but were very excited to stop and set up camp on Turtle Island. A quick dinner of chili, cooked in the dark, and a group sing along of

'Happy Birthday' to Nikki were all that we had time for before heading to bed.

The next day our happiness at having the headwind stop was dampened by a dark sky and traveling through the rain. Once we realized that the rain wasn't going to be a quick shower, we stopped to unpack the rain gear and have a quick snack. We continued through the rain and the spirits of the group remained high, even though we were now portaging through the mud.

We stopped for lunch at Kettle Falls and were surprised to find that it was already five o'clock. This led to a very important decision being made. A consultation with the maps and figuring out remaining distance as well as the amount of kilometers that we had traveled each day made it obvious that we were not going to be able

to finish our paddle down the Manigotogan River on time. A group discussion led us to the conclusion that we would spend the night where we were and paddle up river for the remaining days and hopefully we would make it back to the campground on Quesnel Lake fairly close to our expected time. The group as a whole was disappointed that we weren't going to be able to finish the river but we knew that it would be the best for our safety to turn around and paddle upstream for the remaining two days. The rain let up for the remaining hours before dinner and bedtime, and for the first time we were allowed to light a campfire. Some of the guys took advantage of this opportunity and went fishing on a small island at the bottom of the falls. Bryson went exploring and came across the jawbone and badly decomposed body of a beaver. A late dinner of pizza pops made from scratch was quickly wrapped up as it started to rain again.

The next morning it was extremely hard to get out of bed, as it had rained all night, was still raining and a strong cold wind was blowing. We packed up the wet tents and gear and had a quick breakfast of cold cereal and hot lemonade. After setting off upstream, we were surprised to find that the wind at our backs made it easy to paddle against the current. Even though we were paddling through the rain and portaging through the mud, we made good time and managed to make it back to an island on Turtle Lake to have lunch. Our longest lining and portaging combo of two kilometers was finished in almost record time. This allowed us to reach the spot where we had had lunch on Tuesday to set up camp for the evening. By this time we were so used to the rain that the drizzle didn't bother us as we cooked a dinner of spaghetti and hot chocolate and

sat around the campfire. We were spoiled for dessert and had Oreo cookies, and cold smores. Some sleeping bags were wetter than others as we climbed into them but everybody managed to stay warm and have a fairly good night sleep.

When we woke up on Friday morning we were very excited to see some breaks in the clouds and blue sky poking through. We took down the tents and loaded the packs into the canoes. Breakfast was a mishmash of leftover lunches and hot juice. Once we were in the canoes and underway for our

schedule. We ate lunch in the sunshine and reorganized all of our gear while waiting for Mick and Lise to return with the van. Conversation quickly turned to how good McDonalds was going to taste for dinner and how good a hot shower was going to feel before climbing into bed. Everybody was happy to be finished our journey but also willing to get back in the canoe and keep going.

This journey taught me two very important things. One is that no matter how gross and distasteful it looks in the can, Klik (Spam) is very good if you eat it covered in



Singing on the river

final day, we were soon recognizing landmarks from our second day of paddling. We became experts at portaging and had some boats unloaded, carried to the other side, and loaded again before the people at the back of the pack had arrived at the portage site. The sun shone brightly on us, dried our clothing and made it easy to paddle hard for the remainder of our journey. When we arrived at the spot of our first portage and campsite from Monday night, there was a lot of reminiscing about our journey. We portaged like pros and loaded the boats on the other side as a group. As we paddled the last 3/4 km back to Quesnel Lake we sang "I will Survive". We had paddled and portaged so fast we made it back to Quesnel Lake ahead of

granola. The second thing I learned is that it is not the distance you travel on the river, but the journey itself. We didn't complete the 80 kms that was our goal at the beginning of the week but we did make friends out of strangers, remain positive even though we were wet and cold for two days, and learned a lot about our inner strength.

Each youth on this trip deserves recognition for their ability to stay positive, their capacity to accept one another as individuals; not only for their strengths but also for their weaknesses, and their ability to paddle and portage over 50 kms of tough terrain. Thank you everybody for allowing me to share this experience with you.

PROFESSIONAL & BUSINESS DIRECTORY

The ARGUS Hobby Shop

(Overlooking Runway 36)

- Decals
 - Vacu-forms
 - Magazines
 - Miniatures
- 
- Model Kits
 - Books
 - Games
 - Paints

Telephone: (204) 837-7677

5-2082 Ness Avenue, Winnipeg, Manitoba R3J 0Z3

NEMY, BROWN & CO.

Barristers Solicitors Notaries

John C. Brown, B.A., LL.B. Jack M. Rabkin, B.A., LL.B.

200-2727 Portage Avenue

(Courts of St. James Shopping Centre)

Phone: 888-8890



THE MELNYK TEAM

Shilo Bound?

CALL TOLL FREE

1-866-MELNYKS (635-6957)

email us: mmelnik@mb.sympatico.ca

"JUST LIKE WORKING WITH FAMILY"

RUTLEDGE & DYKER

R.F. RUTLEDGE, B.A., LL.B. --- A.L. DYKER, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON AGENCIES

Rec Centre (Whytewold Rd.)

Autopac 889-2204

This advertising space

is available

Call: 833-2500

ext 4120

**Lipsett Hall Fitness & Rec Centre Facility Hours
Fall/Winter Schedule
2003/04**

Monday to Friday - 0700-2200
Saturday - 0800-1800
Sunday - 0800-2200

Swimming Pool Hours - Casual Swim

Tues/Thurs - 1830-2030
Sat/Sun - 1300-1500

Lap Swim

Mon to Fri - 1130-1300

Holidays

October 13 - Casual Swim - 1300-1500
November 11 - Closed
Swim Lessons
Saturdays - Sept 13 to Nov 15 - 0900-1230

Casual Rec - Gym Floor Hours

Mon - 1600-2000
Tues - 1600-1800
Wed - 1600-1930
Thurs - 1600-2000
Fri - 1600-2200
Sat - 0700-1800
Sun - 1300-1900

Note: Casual Rec times are subject to change due to special requests. For questions, call 833-2500, ext 6183.

**Fitness & Rec Centre (Bldg 90) Facility Hours
Fall/Winter Schedule
2003/04**

Monday to Thursday - 0600-2200
Friday - 0600-2100
Sat/Sun/Holidays - 0900-1800

Swimming Pool Hours - Casual Swim

Mon/Fri - 1730-2000
Wed - 1930-2100
Sat/Sun - 1300-1600

Lap Swim

Mon to Fri - 0630-0730, 1130-1300
Mon/Fri - 2000-2100
Tue-Thu - 1500-1600
Wed - 2100-2200
Sat/Sun - 1600-1700

Holidays

Oct 13 - Casual Swim 1300-1600
Lap Swim - 1600-1700
Nov 11 - Closed

Swim Lessons

Tuesdays - Sept 9 to Nov 18 - 1730-1930
Wednesdays - Sept 10 to Nov 12 - 1730-1930
Thursdays - Sept 11 to Nov 13 - 1730-1930
Saturdays - Sept 13 to Nov 15 - 0900-1230

Casual Rec - Gym Floor Hours

Mon/Wed - 1830-2000
Tue/Thu - 1800-2000
Sat/Sun - 1400-1700
Fri - 1600-2100

Library Hours

Mon - 1600-2000

Tue/Wed - 1200-2000
Thu - 1600-2000
Sun - 1200-1500

Computer Lab Hours

Mon to Thur - 1600-2100
Fri - 1400-1700
Alternating Saturdays - 1400-1700
Sun - 1400-1700

Note: Casual Rec times are subject to change due to special requests. For questions, please call 833-2500, ext 5139.

Tanning Room /Cabine de bronzage

Users must be 16 years of age. Cost is \$1.00 for 5 minutes, max 20 minutes. Same day bookings only at Local 5139.

Vous devez avoir au moins 16 ans. Le coût est de 1\$ pour 5 minutes et vous avez le droit à un maximum de 20 minutes. Vous ne pouvez réserver que pour le jour même, en composant le 5139.

Theatre

Bookings/Réservation de la salle de cinéma *

The Theatre is available for booking Mon-Fri, 0730-1800 hrs. Contact Andy Oxley at Local 2055.

Vous pouvez faire des réservations de 7h30 à 18h, du lundi au vendredi. Communiquez avec Andy Oxley, au 2055.

Squash Courts/Courts de Squash

There are four squash courts available for booking. Same day booking only at Local 5139.

Il y a quatre courts de squash. Vous pouvez réserver un court, le jour même seulement, en composant le 5139.

Sauna/Sauna

Co-ed sauna users must be a minimum of 16 years of age. Maximum recommended time is 15 minutes. Le sauna mixte est interdit aux moins de 16 ans. Il est recommandé de ne pas y rester plus de 15 minutes..


17 Wing Fitness & Recreation Centre - Important Numbers

- Fitness & Sports Director, Al Brazeau - 5509
- Community Recreation Director, M. Davidson - 2059
- Facility Coordinator Bldg 90, Andy Oxley - 2055
- Facility Coordinator Lipsett Hall/Bldg 21, James Follette, 6185
- Facility Membership & Program Registration, Elaine Parent - 5976
- Fitness Coordinator, Lori Ann Mundt - 2056
- Sports Coordinator, Chris Merrithew - 5511
- Aquatic Supervisor - 7013
- Front Reception/General Information Bldg 90 - 5139
- Front Reception/General Information, Lipsett Hall - 6183
- Theatre/Movie Information - 888-6290

"Satisfaction Guaranteed" Certificate.
Swim Lesson Guarantee

If your child has taken the same level three times at one of our facilities and remains unsuccessful we will offer them one free half hour private lesson.

This lesson will be conducted one on one with a swim instructor to assist the child in reaching their goal. To take advantage of this offer, simply bring the three progress cards from each previous attempt to the Community Recreation office in Building 33 and book a lesson.



**Cinéma/Theatre
8:00pm Showtimes**

Child/Senior \$2.50
Adults/Youth \$3.50
888-6290 (Recording)

THURS-FRI SEPT 11-12 8:00 pm (Closed Sat) PG JOHNNY ENGLISH No Answers No Peace: No Answers no Danger: No Answers Nothin'.	SUN MON SEPT 14-15 8:00 pm PG ALEX & EMMA KATE HUDSON LUIS WILSON
Thu-Fri/ Sept 11-12 8:00 pm PG	Sun-Mon-/Sept 14-15 8:00 pm PG
FRI-SAT SEPT 19 8:00 pm & SUN SEPT 21 2:00 pm SPECIAL MATINEE SUNDAY 2:00 pm PG GOAL!	SAT SUN MON SEPT 20-21-22 8:00 pm 14A SCHWARZENEGGER TERMINATOR 3 RISE OF THE MACHINES
Special Matinee Sunday 2:00 PM	
Fri/Sept 19 8:00 pm Sun/Sept 21 2:00 pm G	Sat-Sun-Mon/ Sept 20-21-22 8:00 pm 14A

Recreation Exclusive - Aqua Fitness with Jan and Deb

The leaves are falling and its time to think about your fall and winter recreation programs. If you're looking for improved health and fitness, rehabilitation, cross training, weight or arthritis management - consider adding Aqua Fitness to your lifestyle.

For the exercise newcomer to advanced athlete, Aquafit classes are designed to meet your individual needs to set your own pace. Classes utilize the full pool to incorporate a wide variety of movements and training techniques (circuit, interval, continuous, etc.) - all performed to an assortment of motivating music (country,

rock, classical, Latin, swing)

Need more convincing?

Aquafit classes give you the benefits of a high impact aerobic workout without the joint and muscle trauma. The cushioning and buoyancy of the water benefits all ages, all body types, and all individuals recovering from injuries, without any intimidation.

Jan and Deb's goal "is to make water fitness fun, safe and effective - changing your life on land for the better" and their motto: "It's not the shape you are but the shape you're in that matters". Take the plunge beginning September 16!



Financial Solutions for Today... and Tomorrow!

Vos solutions financières pour aujourd'hui... et pour demain!

www.sisip.com • 1-800-267-6681 • Winnipeg: (204) 889-4656

Insurance

Financial Planning
Financial Counselling
CF Personnel Assistance Fund
Financial Education

Assurance

Planification financière
Counselling financier
Caisse d'assistance au personnel des FC
Éducation financière

Strongman Competition held in Banja Luka

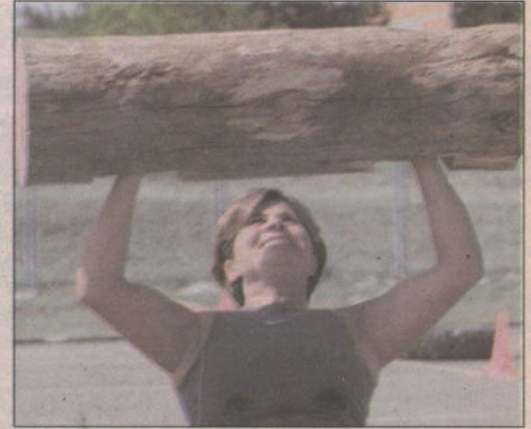
ALL PHOTOS BY SERGEANT CAROL MORISSETTE



Corporal Marc Denson of the Lord Strathcona's Horse (Royal Canadians) serving with the 2PPCLI Battle Group in Bosnia placed first in the heavyweight category of the Multinational Brigade (Northwest) Strongman Competition held in Banja Luka August 17. Of the six nations competing, the Canadian athletes displayed excellent talent by winning the overall women division and sweeping the heavy weight category.



Corporal Melissa Dobbs of the Lord Strathcona's Horse (Royal Canadians) serving with the 2PPCLI Battle Group in Bosnia placed first in the women's open category of the Multinational Brigade (Northwest) Strongman Competition held in Banja Luka August 17. More than 1,200 Canadian Forces members are currently serving on Operation Palladium, Canada's contribution to the NATO-led peace support mission in the Balkans.



Private Rufca Hirtle of 13 Field Engineer Squadron, 1 Combat Engineer Regiment serving with the 2PPCLI Battle Group in Bosnia placed third in the women's open category of the Multinational Brigade (Northwest) Strongman Competition held in Banja Luka August 17.

Night Patrols in Bihac

By Corporal
Peter Donahue,
12 Platoon, D Company
FIRST BATTALION, ROYAL
NEWFOUNDLAND REGIMENT

A typical night patrol starts with orders and patrol preparations. We do both foot and vehicle patrols. I prefer to go on foot because I would rather walk 30 kilometres with a radio on my back than try to compete with turbo-charged VW Golfs while driving an ILTIS jeep. The nightlife in Bihac is very different than activity during the day. The streets and cafes are full of people, making it easier to meet new people and glean information. It might help you to know that I am a Newfie and am very acquainted with nightlife there. The first thing I noticed about nightlife in Bihac is that the party ends at 11:30 p.m. and everyone



is home before midnight, unlike in Newfoundland where it would be no problem to find someone at 2 a.m. looking for a hotdog stand and ready to tell you their life story. Basically, our night patrols consist of completing our map trace, stopping at cafes to get info while sipping on the world's strongest coffee, and talking to the locals about what is happening in

their community. We are now working together with local police, which ultimately increases trust between the local population and us, as part of the Stabilization Force (SFOR). If you get the chance to come here, I recommend you check out Cafe Blue. It is right next to the university, which is a great place to observe the local people.

Youth Ambassadors



Master Corporal Eric Anderson, a site inspector with Joint Military Affairs with the 2PPCLI Battle Group in Bosnia, gives youth ambassadors a safety briefing before they enter a storage area for dummy mines in Bihac. The group of 20 Canadian Youth Mine Action Ambassadors visited Bosnia over the summer to learn information about the types and quantities of mines in Bosnia and the removal techniques being used in the area to deal with the threat.



Members of the Youth Mine Action Ambassador Program watch as Huse Kovacevic of the Armed Forces of Bosnia and Herzegovina (AFBiH) demonstrates the tools and techniques used to detect land mines.

More than 1,200 Canadian Forces members are currently serving on Operation Palladium, Canada's contribution to the NATO-led peace support mission in the Balkans.

PHOTO BY MASTER CORPORAL ROXANNE CLOWE

**17 Wing
Winnipeg
Intersection
Curling Meeting**
Thursday, 18 sept 03
Building 90 Fitness &
Rec Centre
Multi-purpose Room
10:30 Hrs
Any questions?
contact Chris Merrithew,
Sports Coordinator
Local 5511



We'll Solve Your Storage
Problems Like Magic!

email: merlynss@shaw.ca

453-0000

545 Hervo St.

(easy access off Chevrier Blvd.)

- Car Storage
- Household Goods
- Packing Supplies
- 24 hour Video Camera Security
- On-Site Management
- 7 day Access

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

Wing Commander Visits Detachment Dundurn

By Jen Sharpe

On one of his first official trips as Wing Commander, Col Steff Kummel visited Detachment Dundurn in Saskatchewan September 3 and 4. The Wing Commander, along with WCWO Claude Parent, WLogO LCol Gerald Pratt, HCol Ben Van Ruiten, and WComd EA Capt Ed Roberds, toured the Detachment and met with local government representatives.

In Dundurn, CO Maj John Kiteley informed the 17 Wing Winnipeg contingent on the operations of the Detachment, the Detachment's relationship with CF Ammunitions Depot (CFAD), and issues relating to the Detachment's neighbours—the RM of Dundurn, the RM of Corman Park, and the Whitecap Dakota First Nation.

Located on 60,000 acres of dry, pockmarked terrain south of Saskatoon, 17 Wing's Dundurn Detachment comprises 70 buildings, eight armouries, and four

range training areas. Not including CFAD personnel, Det Dundurn employs 209 personnel throughout



The 17 Wing contingent discusses issues with Maj Kiteley and his staff before touring the range

Saskatchewan, 115 of which are military.

According to Maj Kiteley, the growing demand for well-situated, well-operated training areas is making the Detachment a sought-after resource for government

and non-government entities. Interestingly, this increase in training opportunities coexists with the need to reduce

aging infrastructure left over from WWII.

With the exception of LCol Pratt who regularly visits Dundurn as part of his WLogO duties, the visit provided an opportunity to learn about the diverse activities

occurring at the Detachment.

"I didn't know what they actually did here," CWO Parent admits. "I knew it was an ammo depot, but I didn't have a clue that they did all this training. From meeting the Sergeant-Major, I see the folks here are well taken care of and I also see what their jobs are."

Thanks to the comprehensive tour of the area and in-depth briefings on Detachment issues, Col Kummel says the goal of the visit has been accomplished "in spades."

"The intent [of the trip] was to meet the people, understand the operations, get an idea of the issues and challenges, and to see things first hand," Col Kummel explains.

"In two days we've seen a lot. Through meeting the senior staff at the Detachment, we've seen the buildings, the renovations, the plans, the demolitions... We have a much better feeling for the main functional, operational areas of the



Col Kummel, Maj Kiteley, and LCol Pratt survey Detachment Dundurn's training area

base." on the history, activities, and future of 17 Wing's Dundurn Detachment. See the next issue of the Voxair for more information

Distance Learning, Basic Aerospace Operation Course 0303E



Front Row – Maj D.J. Wolfe - DLBAOC DS, Lt A.J. MacRae, Capt B.P. Tang, Lt A.D. Ives, Lt J.L. Faubert, Capt M.F. Johnson, Capt D.R. York, Lt Y.M. Peters, Maj D.L. McKenzie - OD FC. Back Row – Capt A.J.M. Malouin, Capt A. R. Jordan, Capt S.E. Frost, Capt S. M. Ilijanic, Capt J.C.C. Picard, Lt M.K. Skirrow, Capt P.A. Rennison, Lt K.S. Furey, Capt D.C. McLeod - DLBAOC DS.



AWARD

Pte Lawrence Martin was presented the Trades Person of the Quarter by the Wing Transportation Officer Maj Moore for his excellent performance within the WFn/Ops Heavy Flight

award winning
**Assiniboia
Animal
Hospital**

Gentle with
Pets & Prices

889-5570
3050 Portage Avenue

Fitness & Sports Page

Sports and Recreation Offers Fun, Fitness to Military Members

By Jen Sharpe

If the efforts of the folks at Sports and Recreation are any indication, newcomers to 17 Wing shouldn't feel like outsiders for long.

With a multitude of sports, fitness activities, and recreational clubs to participate in, friendships and community involvement will be easy to foster, says Community Recreation Director Melissa Davidson.

"Community Recreation is about providing community related activities for military members. What I'm happy about is how progressive we've been in increasing the programs. We've been trying to increase participation and increase the services provided to our members."

The Westwin Community Centre and the Building 90 Recreation Centre host a variety of activities for military members and their families throughout the fall and winter months. While some facilities and programs—such as the library, computer centre, and craft clubs—focus on non-physical activities, most are fitness oriented.

Starting in September, innovative fitness programs are making an appearance at the pool and gym throughout the day and evening. Cardio Kick, a Tae Bo-type class, will add two Tue/Fri evening

classes to the established Mon/Wed/Fri noon-hour schedule. Pilates, Yoga, Aquafit, and Sculpt/Tone classes are also on the fitness schedule throughout the fall and winter.

While some of the classes—including Cardio Kick and Sculpt/Tone—require only an Activity Pass to participate, many must be signed up for in advance. With the exception of the 10 week Yoga class, all sign-up programs run 14 weeks starting the week of September 15.

If fitness classes don't



meet your schedule or your interests, intersection sports are a popular physical and social alternative for military members. "It's a great environment for participating in sport, meeting other people, and interacting with members from other units," Sports Coordinator Chris Merrithew says. "If you want to have fun and get some exercise, intersection sports are the way to go."

To accommodate the variety of athletes who participate, many intersection sports have separate divisions for different levels of

competitiveness.

Intersection hockey, for example, hosts A, B, and C divisions; when competitive teams play in A Division, more casual teams play in C.

Merrithew says that those interested in participating in any of the fall/winter intersection sports—volleyball, ice hockey, curling, ball hockey, badminton, or squash—should consider signing up as soon as possible as "many of the sports get up and running in early October."

Tuesday, September 16 and Thursday, September 18 are key dates for intersection sports. Tuesday, intersection ice hockey, volleyball, and ball hockey leagues are holding open meetings in the Building 90 MPR at 0900, 1000, and 1100 hours respectively. Thursday, intersection curling is holding its meeting in the same location at 1030 hours.

While intersection sports are a wonderful way to en-



courage physical activity and social interaction, more competitive athletes might consider trying out for fall/winter base teams. Volleyball, and ice hockey have both men's and women's base teams; indoor soccer, basket-

ball, and oldtimers hockey round out the list of base teams available for men.

Base teams participate in regional championships every year, and many 17 Wing teams have had astounding success in recent years. Last season for example, the Oldtimers hockey and men's basketball teams won their national championships.

"We definitely have some very dedicated players here that work very hard and put a lot of time and effort into performing their best," Merrithew praises. "There's a lot of cohesiveness on the teams, and everyone gets along really well both during and after the games. It makes a big difference in how they perform."

"17 Wing Winnipeg has a strong reputation in the CF sports program. We've never done any number crunching to see how we compare to other bases, but I know over the years we've done extremely well and been very successful at the regional and national level."

Up-to-date news on fit-

Fall Aquatic Programs

by Dana Hinkema

This fall, Community Recreation has once again added exciting new programs to the Aquatic schedule:

ADULT LESSONS

A new four level Adult lesson program has been developed to meet the needs of a wide range of people. Everybody from first time swimmers to people looking for a way to improve their strokes or train for a triathlon will be able to benefit from this new program. The first level will focus on the basics; getting used to the water, submerging, floating, and gliding. The second level will teach front and back crawl and encourage you to become more comfortable in deep water. Level three will teach whip kick and progress into breaststroke and elementary backstroke. In level four, all of the strokes will be refined and endurance will be increased so that swimming can be used as a workout, as well as a lifesaving skill.

Since we are fortunate to live in, on and around many lakes and rivers in Manitoba, swimming is a very important skill to possess, not only for your children, but for adults as well. Classes begin the second week of September and run for ten weeks. They will be offered on Monday evenings during an adult only time in the pool. If you would like more information on this exciting new program, please call the Aquatic Supervisor at 833-250 ext 7013.

JUNIOR LIFESAVING

The Junior Lifesaving course targets youth ages 11-13 wanting to learn basic

lifesaving and first aid skills as well as stroke correction. It's the perfect introduction to lifesaving principles and ideas.

NLS COURSE

We will also be offering an NLS (National Lifeguard Standards) course for people 16 years and older who have already completed their Bronze Medallion and Cross. The course will take place in October with final dates and times to be announced. If you are interested in this class, please call the Aquatic Supervisor at 833-2500 ext. 7013 to have your name added to the interest list.

SWIM LESSONS

Aquaquest swimming lessons will begin the second weekend in September and continue for ten weeks. Each class takes place one day a week and vary in length from 30 to 45 minutes depending on the level. Classes are offered Tuesday, Wednesday, and Thursday evenings at Building 90 and on Saturdays at both Building 90 and Lipsett Hall.

If you are unsure of which level to register your child into, please call the Aquatic Supervisor to schedule a skill assessment. This service is free of charge and will be conducted by one of our swim instructors during a casual swim time. Each assessment takes approximately 15 - 25 minutes.

To answer your aquatic questions/concerns, call our Aquatic Supervisor at 833-2500 ext. 7013.

Check the DIN under Community Recreation for more program information.



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 •

3C AUTO CLINIC

Have a Safe Summer Holiday

OIL, FILTER & LUBE	29 ^{95 **}
TUNE-UP STARTING AT	39 ^{95 **}
FUEL INJECTION SERVICE	89 ^{95 **}

Financing Available O.A.C.

3C AUTO CLINIC
CAR CARE CENTRE

Open Mon - Fri 8:00am - 5:00pm

646 Whytefold Rd, Ph 832-8410

Closed Saturdays and Sundays

17 WING
HAIR FORCE
BARBER SHOP

SPECIALIZING IN MILITARY HAIR CUTS -
BLDG 90 WHYTEFOLD RD. (NEXT TO BLEACHERS)

Mon - Thurs: 9 am - 5 pm
Friday: 9:00 am - 2:30 pm

Closed on
Weekends

ph: **832-5581**

Military Family Resource Centre (204) 833-2500 Ext. 4500

Info Night on Divorce and Separation

When a relationship ends, you can be faced with many questions. On November 13, 2003 at 7:00 pm, the MFRC will be having an information evening on divorce and separation. This workshop will be facilitated by Haley Schroeder, Social Worker at the MFRC. Topics discussed will be divorce and separation, custody, child support, legal aide, government financial support and other community resources. Discussed will also be how to help your children adjust to the divorce or separation. It is recommended that you pre-register. If you have any questions or would like to register, please contact the MFRC at local 4500 or Haley Schroeder at 4512.

Pre Natal Classes

The MFRC is excited to introduce "Prenatal Classes." The classes will be 6 weeks long 2 hours a week. The instructor will be Tara Laba, a doula with Birth Roots Doula Collective. The classes are open to moms and their partners (dads or whoever you choose). Each night will cover different topics.

Topics to be covered:

- Anatomy/Birth Process/ Pushing
- Pain coping techniques / Medical pain relief
- Breastfeeding/ Postpartum/ Newborn care
- Birth plans/ Your birth space
- Medical procedures/

Complications ... and more Location: Winnipeg Military Family Resource Centre

Dates: Thursday November 13th - December 18th 2003 Times: 7:00-9:30 Cost: \$50.00

If you have any questions about the class content, instructor or childcare, please contact Haley Schroeder at local 4512. Registration is mandatory, so please register prior to November 3, 2003.

Understanding your child's strengths and weaknesses as it relates to learning.

The evening of September 11, 2003 at 7:00pm, Gail Bobowski, Intake and Workshop Coordinator for the Learning Disabilities Association of Manitoba, will be offering an evening session to introduce parents to The Building Blocks of Learning - a tool developed by Nancy Mather, Ph.D., and Sam Goldstein, Ph.D. found in their books *

Overcoming

Underachieving: An Action Guide to Helping Your Child Succeed in School (written for parents) and * Learning Disabilities and Challenging Behaviors: A Guide to Intervention and Classroom Management (written for teachers). This tool offers a simple-to-understand framework that helps parents to better understand their children's strengths and weaknesses as it relates to learning. "When a child struggles in

school, teachers must first determine the underlying factors contributing to the learning or behavior problem. When a child misbehaves, the reason may not be readily apparent.

Similarly, when a child fails to or refuses to complete work, it is rarely because of poor motivation. Lowered motivation in students is often a secondary symptom, resulting from chronic school difficulties." (Excerpt from Learning Disabilities and Challenging Behaviors: A Guide to Intervention and Classroom Management.) Gail also will provide information to parents on available community resources and try to answer parents' questions around how best to help their children succeed in school.

If you are interested in attending this free workshop please call the MFRC at local 4500 or Haley Schroeder at 4512 to register, as spaces are limited.

MFRC Deployment Services The "Mission Information Line"

1-800-866-4546

Peace of mind is only a phone call away

The Mission



Information Line (MIL) is a bilingual telephone service for families of Canadian military personnel serving in operations outside Canada. The toll-free, 24-hour service features detailed reports about Canadian Forces missions and operations from around the world and provides the kind of assurance and support family members depend on.

During business hours, callers can speak directly to

MIL staff for additional information or referral to other resources. MIL personnel are available to handle calls in confidence Monday to Friday, except on statutory holidays, from 8:00 to 16:30 Eastern Time

The Mission Information Line should not be considered a substitute for Family Resource Centres or Unit Rear Parties, but rather a complement to their services.

MIL provides reliable, thorough and comprehensive information, and gives families the chance to find out more about living conditions and unit activities. The recorded information also includes:

- periodic Situation Reports;
- messages from commanding officers; and
- confirmation of news releases and information on incidents or accidents.

The Situation Reports are provided directly by deployed military personnel from theatres of operation. MIL Staff receive the information from a number of sources at the Department of National Defence, including:

- units deployed on peace-keeping missions;
- the National Defence Command Centre;
- Peacekeeping authorities at National Headquarters in Ottawa; and
- rear parties.

A touch-tone telephone is required to use the Automated System; pressing "0" will connect you with line personnel. Callers can use rotary phones by following the instructions given on the line.

For more information on how the MIL can help your family or your unit's families please call Catherine loc. 4506

The Winnipeg MFRC... What are our greatest strengths?

People!! Committed, talented, resourceful people.

- Volunteers - Dedicated and devoted. Provide key support through their diverse skills, knowledge and enthusiasm.
- Staff - Committed and enthusiastic. Willing to work efficiently with limited resources.
- Board Members - Ongoing contribution to our vision, innovation and leadership.

Committed to guiding and sustaining the Winnipeg MFRC.

- Community Members - providing "grassroots" networks. Allowing the Winnipeg MFRC to stay on top of the needs of the 17 Wing community.

Together our People build and use networks, which allows the Winnipeg MFRC to access and share knowledge, experience and

other resources to assist us in dealing with both new and ongoing programming and strategic planning.

Thank you to all the many very special people who assist the Winnipeg MFRC in providing quality programs and services.

If you would like to:

- gain valuable experience
- learn new skills
- be part of a growing orga-

- nization
- interact with the community
- meet new people
- have Fun

Come join our team of very special people!

For more information on Volunteer Opportunities, please call Nicole at 833-2500 ext 4507. She'll get you connected!!!

MFRC Contact List

You may reach the MFRC by dialing: (204) 833-2500 and enter the 4-digit local of the person you are trying to reach.

Administration	Mona Currie	4500
Teen Centre		4502
MFRC Library		4503
Executive Director	Don Brennan	4504
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth/Adult Services	Diane Brine	4508
Information & Referral	Linda Belisle	4509
Children's Programs/ Emergency Childcare	W. Richardson	2491 or 6846
Employment Assistance	John Chabib	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francophone Services	Louise Cameron	4515
Thunder Bay MFRC	Donna Hryczyszyn	(807) 345-5116

Winnipeg MFRC presents Deployment and You!

A briefing for families experiencing the challenges of separation Thursday September 18/03 @ 7pm

Come out for a very informative evening with refreshments and prizes! Find out about all the National Deployment Support Services along with all the programming at the MFRC aimed at making Temporary Duty away from home a more enriching experience for our Winnipeg families.

Representatives from the 17Wing helping community will be on hand to answer your questions.

A wide variety of resources will be on hand including Children's storybooks and journals, maps, tips on talking to your kids about war, Care Package ideas and more. No matter what stage of deployment you are experiencing, there is something for you.

Please take time to join us. For more information call Catherine at loc. 4506. 17Wing Officer's Mess 18 Sept 03, 7pm Free childcare is available by calling Wendy at Loc. 6846

Deployment Constitutes Change.

Helping children understand these changes helps them to adjust and embrace the challenges of deployment. Through fictional stories, workbooks, journals and simple colouring sheets, children can begin to understand the job their loved



one does and helps to answer questions about deployment. All of the resources listed below are available at the MFRC. Call to reserve your copy! Don't forget to check out the Internet for great children's resources!

Children's books

- My Mom is a Soldier /Maman est un soldat
- A Father to be Proud of/Un père dont on peut être fier
- The Griffon /Notre Griffon
- The Student Deployment Journal/
- Joey's Mom is Going Away story/ workbook

For more info call Catherine @ 4506

Together in Church



CATHOLIC

Chaplains

Father Tim Nelligan
(Roman Catholic)
Office 833-2500
extension 5272

Father Terry Cherwick
(Ukrainian Catholic)
Office 833-2500
extension 5417

Father Ed Quao
Office: 833-2500
ext 6206

Secretary

Carol Cochrane
Office 833-2500 ext: 5087

Masses

(English only)
Sat 1630 hrs Sun:0900 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
Padre Brad Busch
(Evangelical Lutheran)
Office 833-2500 ext 6022
Secretary
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services

English Only 1100 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 Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

Food Bank

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

Emergency Chaplain

After normal working hours, the Emergency Chaplain can be reached through the WOPs Duty Centre, 833-2700, or the 2 PPCLI Duty Centre, ph. 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.

17 Wing Recreational Library

Hours

Sunday 12 - 3 pm
Monday 4 - 8 pm
Tuesday 12 - 8 pm
Wednesday 12 - 8 pm
Thursday 4 - 8 pm

Upcoming programs for this year are; Youth Creative Writing, Scrapbooking Group, Adult book Club, Youth Volunteer Group and look for us at the Registration Fair at Bldg 90 on 6 September from 9-1 for more information.

Our summer programming was a huge success. During our Christmas & Halloween in July, we made reindeer, puppets, a spider orphanage, Popsicle stick puzzles, and so much more. Crafting and story time every morning during July and August were offered to get the summer mornings off and running.

Harry Potter Theme week was a magical week, of hat making, wand detailing, broom flying, and potion making. Advance School of Witchcraft and Wizardry was held here in Winnipeg, as there seemed to be a problem with Hogworts School, something about Hagrid let something loose there.

Headmaster Dumbledore asked if we could hold the classes and I must say that Winnipeg rose to the challenge and we were able to have the students complete 8 O.W.L.S. well done to the students!!!

A Quidditch match was held between Slytherin and Gryffindor at our very own pool and Slytherin won the Quidditch Cup they also won the House Cup for this year. We look forward to having the

Advance School of Witchcraft and Wizardry here next year. I would like very much to thank our summer student and the volunteers we had helping at the Library this summer.

Danica Schwab was the summer student and everyone has found it a wonderful and enlightening experience to work with her. Danica's professionalism and energy have made working with her an outstanding experience. Danica will be returning to school in the fall but the Library will not be losing her presence as Danica will be working with the Youth Creative Writing Group this fall.

The volunteers for the summer programming are an outstanding group of individuals who have made programming for the summer an experience that I am glad I didn't miss.

This summer the volunteers put together the stories and crafts for the children that came to the library for fun filled morning.

17 Wing Recreational Library Outstanding Volunteers are:

- Miranda Forrest
- Breana Meadows
- Kaitlynn Meadows
- Teagan Meadows
- Andrea Morris
- Kimberly Morris
- Nathan Pickford
- Zackary Pickford

It has been a memorable experience to work with this group of most energized, cooperative, interesting, individuals. Working at the Library has been a unique experience working with the volunteers and Danica, who are dedicated to doing a good job and who want to work with the public.



HOUSE OF GRYFFINDOR; Back: Aileen Johnston, Christina Beyene, Ainsley Wastesicoot, Front: Connor Bokovay, Samantha Somers, Doby aka Nathan Pickford



HOUSE OF HUFFELPUFF; Heather Haslam, Lindsey Rubin, Dylan Jesso, Kyle Ezeilk



HOUSE OF SLYTHERIN; Ksenia Collins, Katerina Collins, Nikki Conway, Maddy Szeryk, Anja Hamilton; Missing Taya Hamilton



Moving to Brandon?
Call Bev Powell
729-3554
Family Space & Huge Garage.
View this home and others at www.berpowell.com

NATASHA KOUK



Recognized
Respected
Recommended

Thinking of buying or selling, call Natasha today.

453-7653

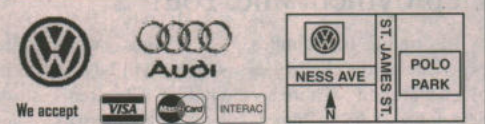
E-mail: natashakouk@mts.net



Your Military Expert

ST. JAMES VOLKSWAGEN

305 Madison at Ness
Phone (204) 788-1100 Fax (204) 788-1109



We are conveniently located for all your Volkswagen and Audi needs!
OIL & FILTER CHANGES for most cars **\$29⁹⁵**

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

Our Body Shop is fully equipped to meet all your needed repairs.
MAINTAIN THE ADVANTAGE - AUDI PARTS & SERVICE
KEEPIN' IT REAL - VW PARTS & SERVICE

SERVICE DEPT. HOURS **PARTS DEPT. HOURS**
Mon-Fri 7:30am to 6:00pm Mon-Fri 8am to 6pm & Sat 9am to 1pm

Website - <http://www.stjames-vw.mb.ca> E-mail - excellence@stjames-vw.mb.ca

Telephone: (204) 888-7463

3025 NESS AVENUE
(Corner of Ness & Sturgeon Road)

Crestview Veterinary Hospital
Dr. Ab Hague
Dr. Lorraine Walker
3025 Ness Avenue
Winnipeg, MB R2Y 2G3

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

CLASSIFIEDS

Work in your pajamas!

#1 income on-line
\$1500+p/time / \$3500 f/time
Achieve your dreams,
check us out!

www.dreamstogoals.com

FOR SALE

Posted Must Sell. Wood Shed 8' x 12', 3 years old, excel. cond. \$500 OBO. Fence 91' x 5' high w/2 gates, 1 year old. Installed using yard spikes, paid \$720, asking only \$525. 1975 Malibu Classic 350 2 bbl, 3 spd headers, dual exhaust, Pioneer CD stereo and speakers. \$600 OBO. Call Capt Miller local 2359. Home: 488-8447.

10,000 BTU Air Conditioner, used 2 summers, \$350.00 (over \$600 new). 4 Continental winter tires on Volkswagon rims - 185/60 R14, \$150.00 phone 832-0155.

Motorcycle for sale 2001 Suzuki GS500E. Blue in colour. Low KM. Asking \$5000. 831-8012

1/2 carat "princess cut" diamond ring: sz 8; appraised May 03 at \$2900.00. Selling for \$2000.00; excellent condition only 3.5 years old. Not worn the whole time. Have all applicable papers on diamond, 1980

Honda Gold Wing Interstate 1100 cc; full faring, hard trunk and saddle

bags, new pipes, new starter, few extra new items since purchased July 1997. Helmets (3), long leather gloves included. Asking \$2500 obo. Ph.: 269-1031

Wooden play structure, with two swings, tire swing, sandbox area, play fort. Asking \$150. Can be seen at 1953 Corydon or call (H) 831-0031 (W) 6095

Children's Outdoor furniture - picnic table, lawn chairs and play structure Two mates beds (mattresses not included) - white with drawers and bookshelf Ikea kitchen table and 4 chairs - black/round Ikea corner night table - small/white Opal Oak wall unit, coffee table and 2 end tables Ikea drafting desk and shelving Old Stereo VCR Cell Phone Storage Wall unit - grey with shelves and cabinets Prices are negotiable. Call 488-0501.

Must Sell - 6' chain link fence (approx 200') \$600.00, Swing set blue/white, with seesaw, slide and glider 1 year old \$80.00, Single mates bed forest green/pine colored with bookcase headboard. 1 year old \$60.00 (no mattress), Freezer, upright 6' locking door, almond 2 years old rarely used. \$500.00, Large computer desk 60" w x 25" deep \$30.00, Please call 487-0720

28 ft Bayliner Flying bridge Cruiser. 6 berth cruiser, with spacious cabin in excellent condition, fully equipped. OMC 460 Super

Cobra stern drive. Dual electric and alcohol stove. 115V and 12V refrigerator. Two marine VHF radios. Depth finder. All legally required safety equipment including: flares, fire extinguishers, heaving lines, life buoys etc. New bimini top and flying bridge cover. Starter and main deep cycle batteries. 20-gal water tank. 35-gal holding tank. Water heater both 115V and from engine. Head and shower compartment. Bathing platform shower. Custom built 6-wheel trailer. \$30,000 obo. Home 489 4206. Work 6239. Garden Shed. 8' by 6' approx, metal garden shed. Two years old, includes base and plywood floor. \$200 obo. Phone: Home 489-4206. Work 6239.

Baby Blue English Pram, excellent condition, \$300. Call 487-1372.

2-Ridge Runner Radials P245/75R16-6 ply, Asking \$80.00 per radial, Call Glenn at local 4167 or leave a message at 792-9883.

Two Window Air Conditioners, 8,000 BTU Samsung Air Cond. with remote, exc. con: \$250.00 - 10,000 BTU Fridgidaire air conditioner with remote, exc con: \$350.00. King-size Waterbed Mattress - Fiber 6, 90% waveless, exc. con: \$150.00. Wedding Dress: Size 10, 2 piece white dress. W/matching shawl with beaded design and veil. \$650.00. For info or to view, call 832-9650.

12.8 cubic foot Frigidaire freezer (3 years old) \$400.00, Oak coffee

table \$75.00, Oak veneer wall unit (6ft x 6ft) \$100.00, Wing backed chair \$75.00 For further information call 487-2013.

Pool table-good condition with billiard balls and cue sticks. \$275. OBO. Call Linda at 955-3096.

Small (21Lx16Wx15H) live animal cargo carrier. Airline approved. \$25.00. Contact Joanne, local 5853.

10,000 BTU Air Conditioner, used 2 summers, \$350.00 (over \$600 new) Phone 832-0155.

4 Continental winter tires on Volkswagon rims - 185/60 R14, \$150.00 phnoe 832-0155.

Sectional - 2 Piece, Chocolate Brown Color with flecks of Teal and Rose. Less than 2 years old, Very Good Condition. Non-smoking home. Asking \$575.00 OBO. Digital photo available for viewing. Contact Mary Loc 4165 or 633-1603.

***8,000 BTU Samsung Air Conditioner** with remote, excellent condition: \$250.00, ***10,000 BTU Fridgidaire Air conditioner** with remote, excellent condition: \$350.00, **King-size Waterbed Mattress** - Fiber 6, 90% waveless, excellent condition: \$150.00, **Wedding Dress**: Size 10, 2 piece white dress. Bodice is all hand-beaded work that also continues along the bottom and back of the skirt. \$650.00 For more info call Dina at 832-9650.

Piano Lessons

Experienced piano teacher accepting students in River Heights home. All ages, levels welcome. Phone: 487-4899

GRAND & TOY

FOR YOUR OFFICE / COMPUTER / FURNITURE NEEDS

Call Charell Oliver
Kama Assistant

Tel: (204) 487-5561
Fax: (204) 452-8791

Email: oliverc@grandtoy.com



John Gatta Blair Russell



mmmm
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

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



Karen's Flowers

Offering 15% Off for Military & Gov't Personnel



PHONE: 586-9636

1469 MAIN STREET
WINNIPEG, MANITOBA R2W 3V9
1-800-267-1927

SONIA ROCKALL
CITY & WORLD-WIDE DELIVERY
FAX: 1-204-586-8731

www.lpgallery.mb.ca/flowers



Party at the Museum!

Need a unique setting for a meeting, conference, wedding or birthday party? The rental space at the Western Canada Aviation Museum can accommodate small or large groups.

No events planned? Then come just for the fun of it! See vintage aircraft, like our Avrocar flying saucer, explore interactive exhibits, learn through play in SKYWAYS and browse for books and gifts in the Windsock Shop.



Hangar T2, 958 Ferry Road - Winnipeg, Manitoba R3H 0Y8 - Tel (204) 786-5503 - Website www.wcam.mb.ca

TAROSCOPES

By Nancy

ARIES (March 21 - April 19): You're on the way to realizing your full potential. Your practical nature comes to the fore, so it's a good time to do financial planning for the future. Incorporate all aspects of yourself into your daily activities. Cooperation is required. Excitement and energy abound.

TAURUS (April 20 - May 20): Treat people as you would like to be treated especially when negotiating or delegating. A peaceful compromise is possible. Achievement boosts confidence and encourages you to strive for more. Volunteering leads to added responsibilities and prestige.

GEMINI (May 21 - June 21): Remain adaptable, things will work out but it takes a bit longer than you'd hoped. Remember your original intentions and inspirations so creativity continues to flow though there are no immediate rewards. Your talent continues to be in demand.

CANCER (June 22 - July 22): A lack of foresight means a compromise cannot be reached. Instead of trying to fix the old get ready to embrace the new. An opportunity is fast approaching which will put a whole new spin on your life. Release fears. Prepare now for fast, forward, change.

LEO (July 23 - August 22): Free yourself from emotional traumas by learning to accept the ebb and flow of life circumstances. Release any residual worries, trust in the process and that your needs will be met. A major shift in attitude marks a positive shift in your relationships. Remain optimistic.

VIRGO (August 23 - September 22): Chart a course for your future that incorporates nourishing your spirit. Focus only on activities that facilitate your vision. You'll become fragmented and stressed if you try to keep all options open. You can realize unlimited future potential by creating boundaries now.

LIBRA (September 23 - October 23): Put off decisions until you aren't worried about others' opinions or you could say yes, when you really needed more time to think. Impulsive action taken, to circumvent someone spoiling your plans, won't work. A quick resolution isn't possible at this time.

SCORPIO (October 24 - November 21): Be proactive by planning ways to improve prosperity in the future. Extra responsibilities are coming that you may not have been expecting quite so soon. In unknown situations, educate yourself on all the options so you can make the right decisions.

SAGITARIUS (November 22 - December 21): Keep the lines of communication open. You'll get the support you need and answers to questions that have plagued you. Failures are not a reason to give up; they are a chance to learn. You regain confidence when you realize there are many ways to succeed.

CAPRICORN (December 22 - January 19): What you deny, has power. The idea of normal is an illusion. The obvious is not the answer. Identify the root of your current issue then be objective about assessing your situation. Learn detachment from another if necessary. Find a safe place to reflect.

AQUARIUS (January 20 - February 18): Opportunities may not always be obvious. Moving too fast, to be with others, presuming that there is strength in numbers, you could miss a chance. Slow down. You are strongest when you stand alone anyway. Present yourself as independent and due respect.

PISCES (February 19 - March 20): Though it's a time of waiting, keep believing in yourself, search for assistance, prepare. Be ready to move quickly when you get the go ahead. Your life is moving into a more balanced phase where you're able to express both your creativity and your practicality.

For appointments

call 775-8368

STURGEON CREEK DENTAL

DR. STEVEN LAWSON
DR. AARON KIM & DR. ANGIE WILLOX
COMPLETE FAMILY DENTISTRY & ORTHODONTICS

New Patients & Emergencies Welcome
INCLUDING

- White Fillings/Whitening
 - Crown & Bridge • Root Canals • Dentures
- Evening & Saturday Appointments Available

240-3025 Portage Ave. 958-9500

BINGO: Mon - Wed - Friday 7:30 pm
Early Bird starts 7:00 p.m.

CRIB NIGHT: Thursdays at 8 p.m.

DANCING: Fri & Sat Evening

6 MEAT DRAWS: Saturdays at 1500 hrs.

Army, Navy & Air Force Veterans in Canada

ASSINIBOIA UNIT NO. 283

3584 Portage Avenue Phone 837-4795

THE FRIENDLY CLUB



ROYAL LePAGE

MARTIN-LIBERTY REALTY

Posted to Shilo?

- We can mail or e-mail listings & relocation packages
- Member of Brandon and Area M.L.S.

One Stop Shopping,

Office on Base in the Canex Mall.

Contact us for all your Real State Needs

Phone: (204) 765-2876 or:

Barry Rabe 725-8830 Kathy Ash 725-8842 Brady Hardy 725-8841

Wendy Flannigan 725-8823 Ron Cornell 725-8836

barryrabe@royallepage.ca

SERVICE IS THE SECRET OF OUR SUCCESS

CALL TODAY FOR YOUR FREE RELOCATION PACKAGE



GRANT & KELLY CLEMENTS

FATHER & DAUGHTER TEAM

CD, FRI, R.R.S, SRES
RCA/CAF-RETIRED

- One of Winnipeg's Top Producing Agents
- Top Achiever Medallion Award
- Hall of Fame Award Winner
- Re/Max Platinum Club & 100% Club each year
- Ex-Military with 26 years of service
- Selling Real Estate successfully since 1981
- Registered Relocation Specialists (R.R.S.)
- Seniors Real Estate Specialist (S.R.E.S.)
- Fellow of Real Estate Institute (FRI)
- Assisted over 2500 Home Owners
- Full Time Administrative Assistant
- Specializing in Residential Real Estate, Condos, New Homes and Out-of-Town Properties

RE/MAX REAL ESTATE INC.

300-3025 Portage Avenue., Wpg., Man. R3K 2E2

BUS: (204) 837-7000 / FAX: (204) 837-7070

E-MAIL: clements@buywinnipeg.com

WEBSITE: www.buywinnipeg.com

TOLL FREE: 1-800-361-6789

Your Residential Real Estate Specialist

- Specializing in residential, condominiums and investment
- Free market evaluation
- Information on properties for sale as they reach the market
- Information on how to sell your home for top dollar – Licensed Assistant.

Stephen Patrick

PH: (204) 837-1366 www.stephenpatrick.net



PATRICK REALTY LTD.

Email: stephen@patrickrealty.mb.ca

WREB GOLD MEDALLION AWARD



Winnipeg South Ventura Custom Homes

Late Fall or Christmas Possessions!!



1632 Sq Ft	3 Bdrms Bungalow, Great Room with trayed ceiling, skylite in kitchen—bar stool, island, plus more	\$194,900.00
1240 Sq Ft	3 Bdrms Bungalow, Living Room Design and vaulted ceilings plus more	\$154,900.00
1712 Sq Ft	3 Bdrms Bi-Level (Cabover) 2003 Series – Great Room Design plus a flex room for either living room, dining room or office arrangement.	\$182,900.00
1318 Sq Ft	3 Bdrms Bungalow – Raised style – presently on display for Parade of Homes with several options included	\$169,900.00

Other homes also under construction.

• For appointment to view & information call:

Ray Smyth 791-8631
Kingsford Realty Group Inc.

Jackie McClintock 793-3818
The Hyatt Realty Group Ltd.

Confederation General Insurance Brokers Ltd.

#10 - 1080 Waverley St. & Seel Avenue
Winnipeg, MB. R3T 5S4 Ph: (204) 475-2203

SPECIAL INSURANCE PROGRAM FOR DND PERSONNEL

Special pricing on HOME & TENANT INSURANCE for Current & Retired DND Personnel

Additional Discounts for PMQ & BARRACK BLOCK residents

CALL US TODAY FOR A QUOTE AT 475-2203



Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

E-Mail: cgk@mb.sympatico.ca

Alan R. Goddard
Donna G. Kagan

George E. Chapman
Kelly P. Land
Almer N. Jacksteit

Michael J. Law
Esmeralda K. Bautista

"Our fees conform to the ERS guideline"

Representing Buyers and Sellers of Real Estate in the St. James Area for Over 60 Years

BARRY A. ROY

LAWYER and NOTARY

2643 Portage Avenue, Winnipeg MB. R3J 0P9

Phone 832-1222 Fax 832-3906

REAL ESTATE LAW, BUSINESS LAW,
FAMILY LAW, WILLS and ESTATES

20 YEARS experience serving residents of St. James

Fees conform to ERS guideline



Teamwork is the key to your success!

I look forward to assisting you with all your real estate needs.

- Relocation Specialist
- Accredited Buyer Representative
- Remax 100% Club
- WREB Medallion Award
- Seniors Real Estate Specialist (SRES)
- Member of Network of Professional Agents in other Bases



BRINGING FAMILIES & HOMES TOGETHER

TERIE LANGEN

Re/max Real Estate Inc. 300-3025 Portage Ave.
Winnipeg, MB R3K 2E2

Call Toll Free 1-800-361-6789

Bus: (204) 837-7000

Fax: (204) 837-7070

email: terie@homesinwinnipeg.com

website: www.homesinwinnipeg.com



NEW ARRIVALS



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

autopac

Call us or drop in to:
Baldwinson Agency

Puzzled about Manitoba
License Plates?

- Fire insurance?
- Contents?
- Pleasure items?
- Life Insurance?

BLDG 90 (REC CENTRE)

WHYTEWOLD RD

MONDAY TO FRIDAY

8:30 AM TO 5:00 PM

Ph.: 889-2204



My clients have been
#1 with me since 1973.

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

carrie.com

Call Don now for your Complimentary Package

Toll Free: 1-877-220-4122

Office: (204) 987-2121

E-mail: dec@escape.ca



Market Value
Appraiser
Residential



Don Carriere

Registered Relocation Specialist

Trudy M. Johnson B.A.

WREB AWARD WINNER | RE/MAX HALL OF FAME | RE/MAX 100% CLUB

27TH YEAR OF SUCCESS
IN REAL ESTATE SALES

Toll Free 1-800-361-6798

Bus 204-981-1529

Fax 204-895-3675

Email trudyj@mb.sympatico.ca

or visit www.trudyj.com

