



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

SEPTEMBER 10, 2003

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FREE

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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 Sargeant 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 Arseneault (local 4026). All queries, team rosters with event forwarded to Capt Eric Arseneault (local 4026). Details and timings will be finalized at a later date once all submissions have been received.

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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."

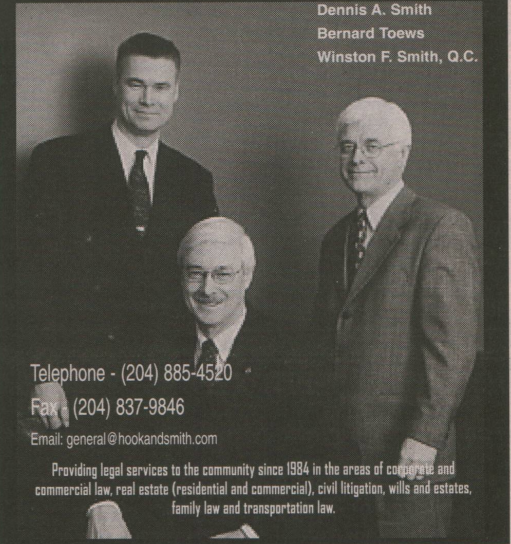


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Learning Opportunity for Managers

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 web-site is:

www.hr.dwan.dnd.ca/admhrc/iv/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."



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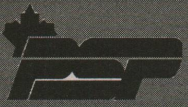
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17 Wing Community Recreation Pages

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.

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 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
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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

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Thu-Fri/ Sept 11-12 8:00 pm PG	Sun-Mon-/Sept 14-15 8:00 pm PG
FRI-NITE SEPT 19 8:00 pm & SUN SEPT 21 2:00 pm SPECIAL MATINEE SUNDAY 2:00 pm 81 min GOAL!	SAT-SUN MON SEPT 20-21-22 8:00 pm 109 min 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.

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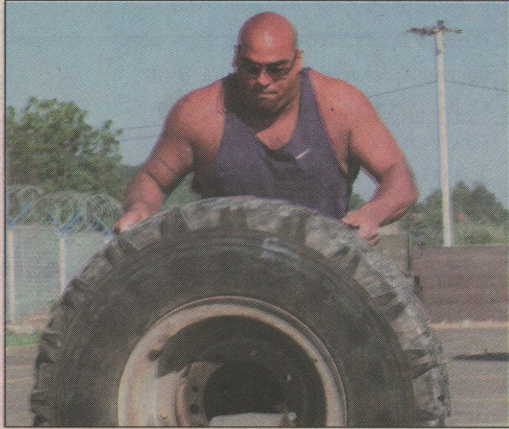
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Strongman Competition held in Banja Luka

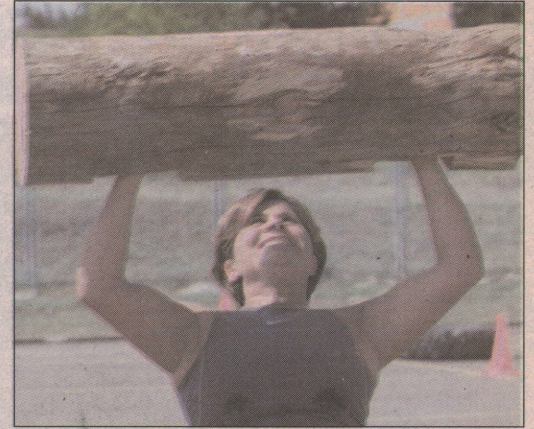
ALL PHOTOS BY SERGEANT CAROLE MORISSETTE



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



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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 WTN/Ops Heavy Flight

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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 Oltimers 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.



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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.

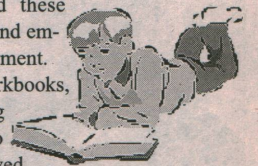
Representatives from the 17Wing helping community will be on hand to answer your questions.

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



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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 Hogworths 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

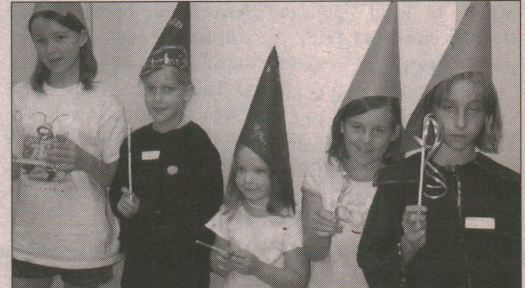
It has been a memorable experience to work with this group of most energized, cooperative, interesting, individuals. Working at the Library has been a unique experience working with the volunteers and Danica, who are dedicated to doing a good job and who want to work with the public.



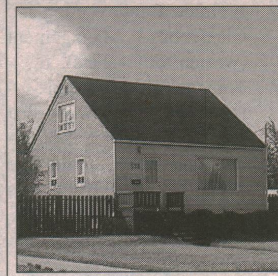
HOUSE OF GRYFFINDOR; Back: Aileen Johnston, Christina Beyene, Ainsley Wastesicoot, Front: Connor Bokovay, Samantha Somers, Doby aka Nathan Pickford



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



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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 Cording or call (H) 831-0031 (W) 6095

Children's Outdoor furniture - picnic table, lawn chairs and play structure Two mates beds (mattress 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

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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 Frigidaire 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 Frigidaire 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.

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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.

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