



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MARCH 17, 2004

VOLUME 52, ISSUE 5

FREE

IN THIS ISSUE:

- High School Recruits Adjust to Military Life



- Chamber of Commerce Supports 17 Wing in Ottawa

- Volunteers Needed

- Souvenir Sheets

- Exercise Northern Lights: Cold Weather Ambulance Training



- Health Promotions

- Volunteers Bring Life to New Museum

- Lunch & Learn Sessions

Five Students Receive Wings at CFANS Graduation

By Angela Johnston



Reviewing Officer MGen Simon Willis from the Australian Army speaks during Canadian Forces Air Navigation School Graduation Parade 26 February 2004.

After nearly eleven months of hard work, Basic Air Navigation Course 0208 graduated from the Canadian Forces Air Navigation School on Feb. 26. According to the course director, Capt Eric Arsenault, this flight of graduates included the last Australian students to graduate at the school until next spring.

Maj-Gen Willis of the Australian Army, currently the head of the Australian

defence staff in Washington, presented navigator wings to four of the five graduates. These graduates included Lt Matt Crosbie, Lt Annie Maheux, Lt Chris Singer and Flying Officer Scott Hannah.

The top graduate of the class, Lt Joel MacDermaid, had his wings presented by his uncle, LCol Rob Dunlop, a 1967 graduate of the school. MacDermaid, originally from New Brunswick, will be posted

to 443 Maritime Helicopter Squadron at Pat Bay, B.C.

Two of the graduates were posted to Greenwood, N.S., to fly on the CP-140 Aurora. Lt Crosbie is posted to 405 Maritime Patrol Squadron, while Lt Singer is posted to 415 Maritime Patrol Squadron. Lt Annie Maheux is also posted to Greenwood, but will be joining 413 Transport and Rescue Squadron, flying the Hercules. Flying Officer Hannah, the lone Australian



Lt Joel MacDermaid receives the LCol Kenneth H. Paul Memorial Trophy from HCol Wishart during the CFANS course 0208 Graduation Parade.

graduate, will be posted to a Royal Australian Air Force squadron at RAAF Amberley, where he will fly the F-111.

Lt MacDermaid received both the LCol Paul's trophy,

for being the best student overall on the course, and the James R. Dow trophy, for being the top student during the flying portion of the course.

DOMENICA'S UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph: 885-3665

or 832-6978

North Side



Mon & Tues
9:00 am - 6:00 pm

Wed to Fri
9:00 am - 8:00 pm

Saturdays
8:30 am - 5:30 pm

- Military 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

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

DAILY SPECIALS



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



2255-G Ness Avenue (at Whytefold Rd.)

Ph.: 885-3665 or 832-6978

Free Delivery to both North & South Base Locations

Chamber of Commerce Supports 17 Wing in Ottawa

Business Leaders and Politicians Lobby Defense Minister and Chief of Air Staff

By Angela Johnston

In a recent Winnipeg Chamber of Commerce trip to Ottawa, local politicians and business leaders scheduled meetings with both the Minister of National Defence and the Chief of the Air Staff to throw support behind 17 Wing. The Winnipeg delegation, which included the Mayor and Premier, was in the nation's capital from March 8-10.

"17 Wing is very, very important to the community, and its roots run deep and reach out, whether it is through employment, the aerospace industry, or training," said chamber president Dave Angus, in a telephone interview before the trip.

The chamber scheduled such high-profile defence meetings after media reports in the National Post hinted that 17 Wing may be one of four air force bases closed. New Defence Minister David Pratt has insisted there is no weight to the allegations, which Angus says "puts our mind at ease." Still, the chamber wanted a face-to-face assurance.

"It underlines the importance we place on 17 Wing here in our community," said Angus.

The meeting with the Chief of Air Staff, LtGen Ken Pennie, was scheduled for the afternoon of March 8 and the meeting with Defense Minister David Pratt on March 9. Manitoba Premier Gary Doer planned to attend the meeting with Pratt.

Angus said the annual chamber meeting was organized months ago with plans already in place to discuss issues such as the expansion of Winnipeg's infectious disease centre, and Prime Minister Paul Martin's "New Deal" with cities. "It just so happened that we were going, and it became more important," said Angus of the recently scheduled defense meetings.

Angus was optimistic about the meetings before departure; "We expect them to be positive... there was a positive response to requests for meetings."

Angus added that the chamber planned not only to lobby for maintenance of the base, but also for growth and possible expansion.

"The 17 Wing operations are really a world class operation," he said, adding that the 17 Wing site was very unique, and one of the only

Wings in an urban setting, as well as with an adjacent-to-airport location. He further discussed the important synergies 17 Wing has with the aerospace industry and joint-training programs; operating five schools, including pilot training in Portage La Prairie.

Bob Edgar, vice president of airport redevelopment for the Winnipeg Airports Authority, chairs the Winnipeg Chamber of Commerce's military affairs committee. He said that 17 Wing is the only base in Canada to have an active relationship with an airport, and that the Winnipeg airport provides 17 Wing with \$1.7 million support in landing fees.

"I think there's always a challenge - the government of Canada needs to find creative solutions necessary for the military to prosper and fulfil its mandate," said Edgar, "It's positive that we're being received." Edgar planned to attend meetings in Ottawa, including one with the Chief of Air Staff, LtGen Ken Pennie.

The chamber delegation, which totaled over 30 people, returned home on March 10.

Meighen Haddad & Co.



BARRISTERS & SOLICITORS
DONALD J. PRATT, Q.C.
 IRP Participating Lawyer
 Toll Free : 800-628-7960
 110 - 11th Street, Brandon, Manitoba
 Representing Military Personnel on transfers to & from Shilo & Brandon for more than 25 years.

WESTERN CANADA AVIATION MUSEUM
ORVILLE & WILBUR: THE WRIGHT BROTHERS' LEGACY
 February 7 - April 18, 2004
 Last North American showing of rare photographs and vintage lithographs from the early days of aviation.
 Open Monday to Saturday: 10 am - 4 pm
 Sunday and Holidays: 1 pm - 4 pm
 Western Canada Aviation Museum • 958 Ferry Road, Winnipeg, MB • (204)786-5503 • wcam.mb.ca

HYUNDAI WAY-MORE-CAR EVENT

2004 SONATA GL MSRP \$22,395**

0% PURCHASE FINANCING* UP TO 60 MONTHS OR **\$205 PER MONTH** (SECURITY DEPOSIT \$2,995 DOWN PAYMENT)

- 2.4 litre, DOHC engine
- Power windows, door locks/door heated outside mirrors
- AM/FM/CD with 6 speakers
- Air conditioning & Cruise control
- Automatic transmission with Sportronic™
- Keyless entry with alarm
- and much, much more

2004 ACCENT GS MSRP \$12,995**

0% PURCHASE FINANCING* UP TO 36 MONTHS OR **\$149 PER MONTH** (SECURITY DEPOSIT \$1,995 DOWN PAYMENT)

2004 TIBURON MSRP \$16,495**

0% PURCHASE FINANCING* UP TO 36 MONTHS OR **\$239 PER MONTH** (SECURITY DEPOSIT \$2,995 DOWN PAYMENT)

2004 ELANTRA GL MSRP \$15,495**

0% PURCHASE FINANCING* UP TO 60 MONTHS OR **\$159 PER MONTH** (SECURITY DEPOSIT \$1,995 DOWN PAYMENT)

2004 SANTA FE GL MSRP \$21,995**

0% PURCHASE FINANCING* UP TO 48 MONTHS OR **\$199 PER MONTH** (SECURITY DEPOSIT \$2,995 DOWN PAYMENT)

NOW 0% PURCHASE FINANCING UP TO 60 MONTHS ON SELECTED MODELS

Souvenir Sheets

By Alf Brooks

Over the past years many postal authorities have issued what collectors call Souvenir Sheets. Many of them incorporate one or more postage stamps within the design. If you collect these it will be easier to find them in unused

condition, as not many will have been used for postage.

This past Christmas, Gibraltar issued one featuring Charles Schulz's creations, the characters from the comic strip Peanuts. The sheet shows a Christmas tree and eleven



characters. And if you know the comic strip well, you will know that one character is missing. Which one?

VOXAIR
 MARCH 17, 2004
 VOLUME 52, ISSUE 5
 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

Production Desk
 204 833-2500 ext 6976
Misra Yakut
 Accounting
 204 833-2500 ext 4121
Angela Johnston
 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 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.gc.ca
 This newspaper is printed using environmentally safe inks.
 Publications Mail Agreement No. 1482823
DEADLINE FOR Voxair 06: 19 March 2004

SPECIAL PURCHASE

2003 ELANTRA VE Loaded
\$13,995 BI-WEEKLY OR **\$110***
 STARTING AT

2003 ACCENT GL 4 door • Loaded
\$12,995 BI-WEEKLY OR **\$99.95***
 STARTING AT

Winnipeg HYUNDAI
 3680 Portage Avenue
 774-5373
 www.winnipeg.hyundai.ca

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

Transportation Awards

Photos by MCpl Anthony Leyte



Ten-year Safe Driving Awards, presented to Cpl Micheal Arsenault, Cpl Stephane Robinson, Cpl Micheal Shears and Cpl Micheal Crotty by WLogO LCol Gerald Pratt and WTnO, Maj Garth Moore.



Fifteen-year Safe Driving Awards are presented to Cpl Vladimir Schultz, Mr. Jack Morsette, Cpl James McKibbin and MCpl James Jackson by WLogO LCol Gerald Pratt and WTnO Maj Garth Moore.



Twenty-year Safe Driving Awards are presented to Mr. Wilfred Jones and Mr. Robert Thiessen by WLogO LCol Gerald Pratt and WTnO, Maj Garth Moore.



Five-year Safe Driving Awards are presented to Cpl Dawn Lustig and Cpl Darrell Hulme by the WLogO, LCol Gerald Pratt and the WTnO, Maj Garth Moore.

Are you going to be posted to C.F.B. Kingston in 2004?

You can choose your personal Real Estate Agent ~ an agent that will make YOU number ONE!

Let me make you MY NUMBER ONE PRIORITY in home hunting. I will show you the complete Kingston market.

For more information, please call 24/7:

Cell: 1-613-530-0435

Pager: 1-613-549-9200
Toll Free: 1-866-288-4244
Email: bruce.parks@sympatico.ca
Web: www.bruceparks.ca
Sutton Group Masters 1-613-384-5500



Bruce L. Parks
Sales Representative

Not intended to solicit properties currently listed

**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

**Moving to Brandon?
Posted to Shilo?**



Call Bev Powell
729-3554

www.bevpowell.com • bev@bevpowell.com

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



Cpl Micheal Beal of Wing Transportation squadron is presented with the Trades Person of the Quarter Award for October to December 2003, by WLogO LCol Gerald Pratt and WTnO Maj Garth Moore.

NEED A VEHICLE?

CALL **1-888-6-YES-YES**

LOCAL 774-4581

837 - 837

APPLY ONLINE!

www.instantapproval.ca

ALL CREDIT APPLICATION ACCEPTED

**NO PAYMENTS
90 DAYS**

Health Promotions

"May 1st, I Quit!"

The Strengthening the Forces Health Promotion team is launching the "May 1st, I Quit!" Challenge to encourage members of the Department of National Defence/Canadian Forces team to quit smoking. According to a recent CF health and lifestyle survey, 29 per cent of current CF members smoke and about 60 per

cent of those want to quit. The Strengthening the Forces health promotion team views the "May 1st, I Quit!" Challenge as a great opportunity for smokers to quit, and anticipates close to 5,000 members will take part.

All members of the DND/CF team, including CF members' immediate family who have reached the age of

majority are eligible to participate. Even non-smokers may register as supporters of members trying to quit.

Participating is easy. Smokers must stop smoking by May 1, and remain smoke-free until at least June 1. They must register at a Strengthening the Forces Health Promotion office (on bases across Canada) or at www.cf-psa.com/health no later than midnight April 30.

Participants and supporters will be eligible to win prizes that include five \$1,000 CANEX gift certificates, 26 DVD players, 26 digital cameras and one of 26 \$100 CANEX gift certificates. Prizes are donated by CANEX and SISIP, Title sponsors of "May 1st, I quit!" Challenge.

The "May 1st, I quit!" Challenge has been implemented in the CF with very

encouraging results. In fact, six months after last year's contest, "March 1st I quit," 47 per cent of participants are still smoke-free.

Health Promotion teams on every base will provide support for smokers who decide to take this important step in the quitting process by organising regular activities and sending information kits to everyone who registers.

Strengthening the Forces organisers say that smokers shouldn't be discouraged if they tried several times in the past to stop smoking. Quitting takes practice and entering the "May 1st, I quit!" Challenge gives smokers another chance.

For additional information contact: Penny @ 4150 or Sheila @ 4160.

Good luck to all smokers who take the Challenge!

Top Fuel for Top Performance

Want Top Performance? Go for Top Fuel!

Military members and athletes have a lot in common in their request for top performance. Proper nutrition is fundamental to the "soldier-athlete."

If you are serious about getting the most out of your workouts, it is vital that you regularly supply your body with nutritious food. Healthy eating packs a powerful punch, providing your body with the nutrients and energy to deliver maximum performance. It provides that winning edge!

Timing is everything. A critical period occurs right AFTER activity. Recovery nutrition prepares you for your NEXT physical challenge. It promotes muscle repair, glycogen (energy) storage and mental alertness.

Does your recovery plan replenish protein, carbohydrates, fluids and electrolytes?

Protein and Carbs. After training your muscles are primed for growth and repair.

So ideally within 15 - 30 minutes, fuel up with food to give lots of carbs (50 - 100g) and adequate protein (10 - 20g). Eat a balanced meal within 2 hours (or snack every 2 hours until your next meal).

Good bets. Yogourt, orange juice and 2 fig bars; bagel and milk chocolate; milk, a granola bar and an apple; fruit smoothie (in a thermos) and a low fat muffin; instant breakfast in milk and a banana.

Protein is abundant in food such as milk, yogourt, eggs, lean meats, poultry, fish, tofu, skim milk powder, cheese, and even grain products.

Fluid replacement is vital. Drink 1.5 L of fluid for every kilogram of weight lost during exercise.

Electrolytes are an issue in hot humid weather. You easily can replace sodium and potassium with foods such as vegetable juice, pretzels, salted nuts, fruit and milk.

Protein for muscle building. There's a cheaper why!

The average North American diet supplies more than enough protein for athletes. If you want extra, rather than spending big bucks on protein or acid powders, try good old skim milk powder - it is cheaper and contains whey as well as other proteins. Mix it into milk, puddings, sauces, even meatloaf.

Nutrition supplements. Beware if it sounds too good to be true - it probably is. There is no magic bullet or potion that will take the place of hard work and smart food choices.

So what is in your bars and bottles? Read the labels, be a detective. Can you compare products and spot the top fuel options?

The ingredient list is a great place to start. Ingredients are listed from most to least by weight.

The top 3 ingredients give you a feel for what you are eating (carb, protein, etc.).

Caffeine or guarana in drinks (sport, energy or cola soft drinks) can lead to jitters and poorer performance.

100% fruit juice packs a bigger punch than fruit

"punches" or "drinks" which are mostly water and sugar.

Next, remember to check out the Nutrition Facts table to determine your serving size before calculating your nutrients and calories.

Nutrition claims. Low fat - high fibre. These are examples of nutrient content claims used by manufacturers to feature their products. But the claims usually tell only part of the story. So check out the detailed information on the Nutrition Facts table as well. Remember that "fat free" does not mean calorie free - the product may be high in refined ingredients such as sugar.

Hungry for more? Contact your local Strengthening the Forces, Health Promotion Office for additional resources or visit the Strengthening the Forces web site at www.forces.gc.ca/health/Services/Engraph/health_promotion_home_e.asp

For additional information contact Penny at ext. 4150 or Sheila at ext. 4160.

POSTED TO TRENTON?

Call André (Andy) Martin, CD1



1-800-263-2177
253 Dundas St E
Trenton, Ont

Committed to Client Satisfaction
Licensed Since 1990

Office Top Agent for 10 out of 12 years

amartin@royallepage.ca

"Service Bilingue"



ANDRÉ (ANDY) MARTIN, CD1
RCAF/CF Ret'd
Sales Representative

Posted to Kingston in 2004?

Don Wyld, CD
Military Authorized Realtor



Automatic Buyer Representation

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

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

Fax 1-613-545-1101 or
Toll Free 1-800-438-9953
613-545-3333 office

Visit the Canadian
Military Relocation Network
Website at www.interbaserealestate.com
QR Email: donwyld@kos.net

NEW HOMES BY "CARACO"

For a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston. See the whole package at www.c21wyld.com

Century 21
TOWN & COUNTRY REALTY INC.

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

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 (Wheatwold Rd.)

Autopac 889-2204



THE MELNYK TEAM

Shilo Bound?

CALL TOLL FREE

1-866-MELNYKS (635-6957)

email us: mmelnyk@mb.sympatico.ca

"JUST LIKE WORKING WITH FAMILY"

This space is available
for your advertisement

Phone: 833-2500

ext 4120

Cinéma / Theatre

8:00pm Showtimes

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



Fri, Sat, Sun, Mon
March 19, 20, 21, 22



Fri, Mar 26 - 8:00 pm
Sun, Mar 28 - 2:00 pm



Sat, Sun, Mon
March 27, 28, 29

More movie listings can be found on the DIN.

Grace General Hospital Auxiliary invites you to attend...



7th Annual

"Luncheon Bridge Party"

In the Hospital Auditorium - 408 Booth Drive
Tuesday April 6, 2004
Soors Open 11:30 am - Luncheon 12:00 noon

Tickets \$10.00 per person

Pre-sold tickets available in the Hospital gift shop (sold by table only)

Free Parking - Visitor Lot centre gates only. Ticket validation in the auditorium

DOOR PRIZES! PRIZES! GREAT LUNCH! LOTS OF FUN!

Great Rates Tarifs

Great Service Concurrentiels

Excellent Service

On Home and Auto*
Group Insurance
from The Personal

L'assurance de groupe
habitation et auto*
de La Personnelle

Win big

\$52,000

in the

Easy Living Contest!

What would you do with
\$1,000 a week for a year?

With The Personal, it's all so easy.
To enter, simply ask us for an insurance quote at

1 888 597-3673

When you choose The Personal, you'll get:

- ¥ Competitive group rates as a member of The Canadian Forces.
- ¥ Additional savings on your home and auto insurance if you are the recipient of a Military Pension aged 45 plus.
- ¥ Flexible home and auto insurance coverage to suit your needs.
- ¥ Coverage for your Military Kit.
- ¥ 24/7 Emergency Claims Assistance.

En optant pour La Personnelle, vous obtenez :

- ¥ des tarifs concurrentiels en plus de rabais de groupe auxquels vous avez droit comme membre des Forces canadiennes ;
- ¥ des économies suppl. mentaires sur vos assurances habitation et automobile si vous êtes titulaire d'une pension de service militaire et avez 45 ans et plus ;
- ¥ une protection habitation et automobile adaptée à vos besoins ;
- ¥ une protection pour votre équipement militaire ;
- ¥ un service d'indemnisation accessible 24 heures sur 24, 7 jours sur 7.

Together for 20 years!

Ensemble depuis 20 ans !



thePersonal



laPersonnelle

* Auto insurance not available in Manitoba, Saskatchewan or British Columbia due to government-run plans.

* L'assurance auto n'est pas offerte au Manitoba, en Saskatchewan ni en Colombie-Britannique, où il existe des régimes d'assurance gouvernementaux.

THE VOXAIR

DEADLINE FOR VOXAIR 06:
19 March 2004

Contact us at
833-2500 ext. 6975
or e-mail us at
voxair@mts.net

PROUD OF OUR PAST



PROTECTING OUR FUTURE

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

Bingo
Sat 6:30 pm

Line Dancing
Every Tues & Wed
8:00 - 10:00 pm

Dancing To Live Bands
Fri & Sat
9:00 pm - 1:00 am

Meat Draws
Every Fri 5 pm - 7 pm
Every Sat 12 - 4 pm

Make sure
you get your wish.



Tell your family you want to be an organ donor.



www.kidney.ca

High School Recruits Adjust to Military Life

By Angela Johnston



Photo by Angela Johnston

Two high school recruits prepare to participate in video-simulated shooting practice in the basement of Minto Armouries.

Many teenagers spend Friday nights engaged in the expected debauchery: catching a movie at Silver City, sipping a vanilla latte from a café, or perhaps attending an unsupervised basement party in the suburbs. Most teenagers do not spend a Friday night at

Minto Armouries, practicing their shot before a rigorous weekend at the rifle range. But then again, these teenagers have enrolled in a course many of their counterparts do not. On Feb. 7, a group of eleven students enrolled in the reserves as part of a unique co-op program

between 38 Brigade and local school boards. The students will receive three high school credits upon completion of BMQ, or basic military qualification. It has been just over a month since enrollment, and already many of the students have noticed a change in

their lifestyle since joining the military.

For Karl Sierks, a 16-year-old from Kildonan East, he said he noticed his life has taken on a rigid routine: "Come home, shower, shave, shine your boots," he said. His room is cleaner, the dishes are washed more frequently – this has not gone unnoticed by his parents.

Tonight, on March 5, the students are in a black room of the basement in the Armouries, practicing shooting techniques through video simulation. They aim at a video screen with a gun loaded with carbon dioxide; this will feel like shooting a loaded weapon. Speakers echo each shot, and on a computer screen, the instructor can see if the student's weapon is level, if the trigger is being pulled properly, and determine if the student is ready for the live range.

Weapons training is by no means the only facet of BMQ. According to Sgt Nathan Guiboche, the students will also learn how to deal with nuclear, biological and chemical weapons, and how to act safely in the work environment. They will also learn general military information, such as history, ranks, pay and drill.

For Guiboche, and second-in-command instructor MCpl Mark Pearson, new challenges arise in teaching high school students.

"They're young, they're very young," said Guiboche. Most of the co-op students

are just under 17. "It must be such a shock from high school," he said, "They're learning how to be a team."

From the student's point of view, "It's really intense. It's fun. It's everything I thought it would be, and more," said 16-year-old Jessica Porter, a student from Garden City Collegiate. Porter, who participates on her school's track team, also takes regular classes in history and drama at Garden City, but mentions, "You study more for this." Since the course is worth three credits, it is important to do well.

Such a program can take up a lot of time: the students attend class every weekday from 1 to 6 p.m., and stay at the Armouries every other weekend.

With such a schedule, military life can put a dent in the social life. Porter said that her friends miss her, but "they think I'm pretty hardcore" for going through all of the physical training. She said that the other students are becoming her close friends.

So far, the students have become a close-knit group. Guiboche said he will often create fun competitions, such as seeing who can load a truck the fastest, to improve drills. While reciting information before their video simulation tests, they tease each other and joke around.

In this communal atmosphere, many of the students agree on their favourite part

of BMQ: "To be honest, the weapons," said 16-year-old Randall Ramoutar, from Sisler High School. Sierks said, "You get to fire a C7."

As for Guiboche, the most satisfying part of instructing this group of young reservists is "seeing them come through as a raw product, and to watch them develop by the end of the course, they're quite effective." Pearson's satisfaction is more immediate: "I like seeing the end product after an 80 minute class."

The final test for the students will come in a few months when they will have to apply all the theory and skills they have learned at the Armouries during their soldier qualification test. This five-day exercise will provide infantry training, and for Guiboche, it will be a "confirmation of everything we've taught them." Should they graduate from BMQ, they could then enter into further training, perhaps as a clerk or in trades.

For tonight, however, the students still need to pass this video simulation test before entering a live range at the St. Charles firing range the next morning. Both Sierks and Ramoutar said they are nervous, but then, as Sierks said, "It's live grounds. You are going to be a bit nervous."

The co-op program will run until the end of May, before regularly scheduled exams take place.



453-0000

545 Hervo St.
(easy access off Chevrier Blvd.)

email: merlynss@shaw.ca

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

Murray Park Auto Service




1200 Sturgeon Road & Saskatchewan Avenue
Winnipeg, MB R2Y 0L3
Phone: (204) 885-4630
www.murrayparkautoservice.com

Lube, Oil & Filter
& Winterize Special
\$29.95

"Military Deal" Specialist



Greg Melnechuk, c.d.
SALES AND LEASING CONSULTANT

Pointe West Auto Park
100-3965 Portage Avenue
Winnipeg, MB

Cell: (204) 795-2566
Phone: (204) 837-4000
Fax: (204) 837-2582
Toll Free: 1-800-267-5843
Email: gmelnechuk@shaw.ca





Photo by Capt Mike Wray

Col Millar, M4 Mait, 1 CAD HQ presented MWO Cormier his promotion to CWO on 18 Feb 04. (L-R: Col Millar, CWO Cormier, Mrs. Dorice Desbiens-Cormier.)

Sports & Fitness

Volunteers Needed

On Saturday April 24, 2004, 17 Wing Community Recreation is proudly sponsoring a 10 Km run and a 5 Km Fun Run and Walk at Assiniboine Park. This run is in support of 17 Wing Care and Share; five dollars from each registration will be donated to Care and Share, which assists military families in need.

This is a call-out for volunteers willing to assist on race day. Our goal is to have 25 people ready to cheer on participants; this event is a four-hour time commitment plus a briefing the day prior to race day. If any of the following positions are of interest please call Sheila Wingerter, Volunteer Chair 833-2500 ext. 4160.



The Volunteer Positions needed to be filled are:

- Equipment coordinators
- Course Marshals
- Registration
- Race timers
- Hospitality



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



Join 17 Wing Community Recreation at...

Asessippi Ski Area and Winter Park

for a day of thrills, chills, powder and fun.

Monday March 29, 2004 we are heading to the hills for a one-day adventure of skiing, snowboarding and tubing. If you are between the ages of 12 - 17, celebrate the start of Spring Break by joining us!

- COST**
- Lift Ticket Only - \$24.00
 - Ski Rental and Lift ticket - \$33.00
 - Snowboard rental and lift ticket - \$42.00

We will be leaving Winnipeg at 7:00 am and arriving home at 7:30 pm.
Please note that all youth participating in this trip must have a recreation membership.

If you would like more information or want to register please call Dana at 833-2500 ext 2057.

You are invited to our upcoming...

LUNCH & LEARN SESSIONS

- Thursday, March 18/04 **Prior Learning Assessment and Recognition** - Lois Morin
PLAR, Coordinator, Manitoba Advanced Education & Training
- Thursday, April 1/04 **Creative Retirement** - Peggy Prendergast, Creative Retirement
- Thursday, April 15/04 **Make a Spring Craft** by Michaels Crafts

Presented by the Winnipeg Learning and Career Centre, the Winnipeg Personnel Selection Officer, the Military Family Resource Centre, and the Employee Assistance Program.

ANNUAL DFS FLIGHT SAFETY BRIEFING

WINNIPEG & SOUTHPORT
Tues 23 Mar 04 Wed 24 Mar 04

- 3 Briefings:
- 0830 - 1030hrs Wing Theatre
 - 1330 - 1530hrs Wing Theatre
 - 1900 - 2100hrs 435 Sqn Briefing Rm Hgr 16
- 1 Briefing:
- 1000 - 1200hrs Mess (upper lounge)



WFO Major Brent Day, Est. 1981

GERARD'S DELI & BAKERY

2251 Ness Ave at Whytefold Tel # 889-6996 Fax 888-0562
We Open Sunday at Noon right through Saturday till 6pm
Closed Saturday night. Even bakers need a goodnight sleep.

We are not only the Home of the .47 cent loaf of Bread. We also have 6 luncheon meats that also are 47 cents per 100 gr.

Cooked Ham
Bologna
Turkey Roll
Salami
Pepperoni
Smoked Ham



Stop in and Pick up
Lunch. Fresh hot

Shop and Compare. *soup daily, sandwiches, Salads*

**Don't forget!!! Our 10% DND
Customer Appreciation Days
1st & 3rd Wednesday
of Every Month**

open to
CF Members & Spouses
17 Wing Wpg DND employees w/ ID
-Inclusive to Gerard's in store made
products only
-excludes 47 cent items & sale items

Military Family Resource Centre



ANGER MANAGEMENT: LOOKING AT ALTERNATIVES

The MFRC in conjunction with Health Promotion Services will be offering a four-session anger management program. The sessions will look at what anger is and alternative ways to manage it.

Day sessions will run Wednesday April 7, 14, 21
and May 5th from 8:30 am – 11:30 am

Evening sessions will run Thursday May 6, 13, 20
and June 3rd from 6:00 pm – 9:00 pm

All sessions will be run at the MFRC and childcare will be provided.

For more information or to register

Contact Haley Schroeder at 4512 or the Health Promotion office at ext 4160.

Infant Message

Are you looking for an opportunity to spend some quality time with your infant? The MFRC will be offering infant message classes. This is an opportunity for moms, dads or both to come out with their infant and learn about the benefits of message therapy. A trained message therapist will teach you all about message therapy and the techniques. This hands on program will consist of five sessions and materials including oil will be provided.

Date: Starting Monday March 29, 2004

Time: 10:00am – 11:30am

Location: MFRC

Cost: \$35.00 per family

If you would like more information about this program or would like to register, please contact Haley Schroeder at 4512.

O Canada Day

We are always looking for individuals and children's groups who would like to provide decorations, letters, cards or pictures to send to our CF personnel deployed around the world on Canada's birthday. Children's words, always charming and eloquent, bring huge smiles in far away places. Get your child's class involved — any "flat" craft, card or letter making use of the maple leaf or anything Canadian is ideal. Please drop off any donations at the MFRC before May 30, 2004 to be included in this mailing. We will take donations anytime to be included in packages mailed in the future!



For more info call Catherine at 833-2500 ext. 4506

Célébration de Pâques

De retour par la demande populaire!

Dimanche le 11 avril 2004 de 13h à 16h, joignez-vous aux autres familles francophones pour célébrer la Pâques. Chacun apportera un plat pour partager avec les autres membres de la communauté. La fête se tiendra au centre de transition coté sud (immeuble B-12)

- Activités pour enfants (bricolage, divertissements)
- Chasse aux œufs
- Opportunité pour socialiser entre adultes
- Et pour dire bonjour aux gens mutés

Réservez au 833-2500 poste 4515 avant le 23 mars

Toi, moi et la Mère l'Oie (Nouveau programme en français)

Ce programme est une expérience de groupe, pour parents, bébés et enfants de 0 à 4 ans, qui se réunissent pour connaître et partager la joie des comptines, des chansons, des rondes et des contes.

Où : École Roméo-Dallaire

Quand : les mercredis matins du 14 avril
au 16 juin 2004

Heure : 9h45 à 10h45

Inscrivez-vous au 833-2500 poste 4515 avec Louise.
C'est gratuit

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 6846 or
Employment Assistance	John Chabih	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francophone Services	Louise Cameron	4515
Thunder Bay MFRC	Donna Hrycyszyn (807) 345-5116	

Sisters of the Holy Rock Fundraiser

BACK BY POPULAR DEMAND! The Sisters of the Holy Rock will be performing on Friday, 16 April at 7:30 pm at the Base Theatre. Tickets are now on sale at the MFRC, 102 Comet Street. **Tickets are only \$10.00 each**, so buy your tickets early! We were sold out for last year's performance. Seating is not assigned and is on a first come rush seating.



For more information
Call 833-2500 ext 4500

Attention All Book Lovers! You are invited to Chapters, Polo Park

(695 Empress & Maroons Road) for a fabulous MFRC fundraiser.

Make a book purchase on April 20, 2004 between 6:30 and 9:00 and a percentage of your sale will be donated to the MFRC. It's a win, win situation. You have an excuse to buy that new book and you are helping support the MFRC and its great programs. The MFRC staff and volunteers will be on site at chapter with lots of surprises.

Chapters
www.chapters.ca

Keep your eyes and ears open for further information.

If you have any question please contact Haley Schroeder at 4512

Together in Church



CATHOLIC

Chaplains

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

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

Secretary

Carol Cochrane
Office 833-2500 ext. 5087

Masses

(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 20 minutes before mass and by appointment. Contact the Chaplains' 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 WOps Duty Centre, 833-2700, or 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.

Volunteers Bring Life to New Museum

By Angela Johnston

The new air force museum, which is being constructed in the dining room the Warrant Officers and Sergeants' mess is coming to life with help from many volunteers. The volunteers have been hard at work in Building 66 since the end of Christmas, preparing for the grand opening on April 1.

"We love airplanes, and we love military life," said Gerald Johnson, a volunteer who used to work in the insurance industry. Many of the volunteers at the museum have an interest in aircraft and are members of the Air Force Association.

Johnson and Jack Blair, a former aerospace engineering officer who retired from 14 Training Group, belong to the 17 Wing Ghost Squadron. Members of the Ghost Squadron maintain the display aircraft in the Air Force Heritage Park, located on Air Force Way on the Air Division side of the Wing.

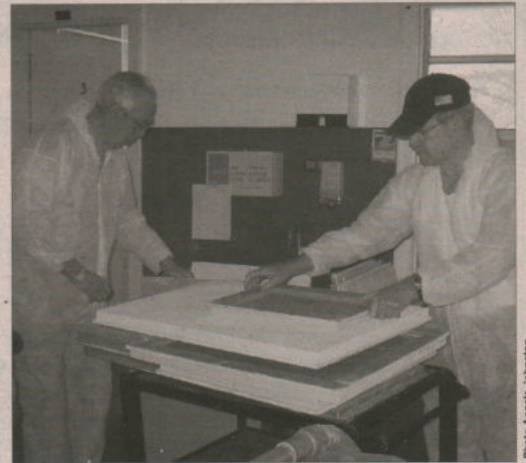
On Feb. 27, a Friday morning, Johnson and Blair were joined by Paul Shepherd, a former RCAF I&E technician who once worked in Air Command Headquarters, to sand some new display cases. Said Shepherd, "We like to volunteer whenever we have some time."

The museum's theme is military aviation in Manitoba, and will feature a WWII Tiger Moth training aircraft a 20mm cannon from a WWII Hurricane fighter, old uniforms, photographs and up to 150 model airplanes from the Air Force Association in Colorado Springs, said Capt Mike Rozak, Wing Heritage Officer.

Rozak has developed plans for the new museum for the last three years. "I've been pushing for a museum on the base for awhile," he said, "and had hoped to open a small display area in the basement of Building 61 to help celebrate the 80th anniversary of the RCAF. The space in Building 66 will allow for much larger displays, inclusion of the Tiger Moth, and a heritage reading room."

Though the museum will initially open in Building 66, there are plans for a new building to be constructed near the Air Force Heritage Park.

The project, which cost under \$30,000, has been greatly aided by both the volunteers and donations. Rozak said that at least \$6,000 worth of display cases were donated by the Winnipeg Art Gallery and there is a possibility that the Bay will donate several used mannequins. "This



Volunteers Shepard and Blair prepare panels for sanding.

project would not have been possible without anyone wishing to volunteer on the project or people donating artifacts to us and without the help of the Ghost Squadron volunteers," he said. Anyone wishing to donate items of interest can call Wing Heritage at 833-2500 extension 4098.

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.

NATASHA KOUK



Recognized

Respected

Recommended

Thinking of buying or selling, call Natasha today.

453-7653

E-mail: natashakouk@mts.net



Your Military Expert

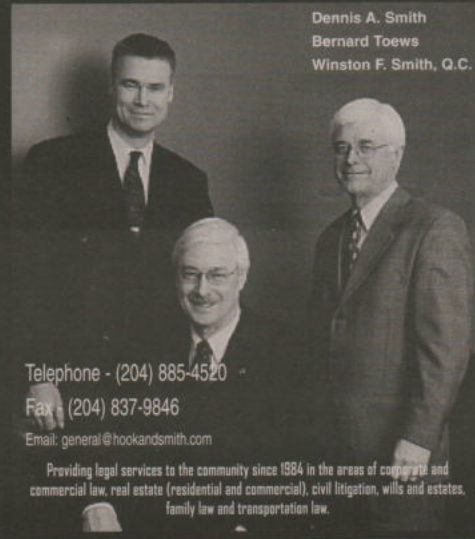
HOOK & SMITH

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 1884 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.

NEW ARRIVALS

Puzzled about Manitoba License Plates?



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

autopac

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

Call us or drop in to:

BALDWINSON AGENCY

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

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

Phone: 889-2204

Classifieds

Newly Licensed Home Daycare in St. James is now accepting children aged 24 months to 12 years. Call Kristine at 885-4061.

For Sale

2000 Ford Ranger Truck - less than 40 000 kms, exc. condition, asking \$11,000. Call 489-0519 (home) or 833-2500 ext 5612.

Beige Couch - 7 ft w/single hide-a-bed. \$75 obo. Call after 5 pm at 338-4117.

Snowblower, 7HP Craftsman single stage - electric start, good condition - recent tune-up. \$350 obo. Call 292-9937/864-2138.

Lloyds Stereo with turntable and Cassette. \$75 obo. Call after 5 pm at 338-4117.

Paradigm Monitor 9 vers 3 speakers, excellent condition, under 1 yr old, cherrywood finish. See <http://www.paradigm.ca> for specs. Original owner, new- cost \$1,255 with tax, asking \$795. Call Stephen at 488-7209, evenings.

Pet Shipping Kennels. Air Canada approved kennels for shipping pets. 1-XL, 1-LG. Asking \$300 each, brand new. 883-2590 or ext 5611.

NEW Command Car Starter, \$40 obo. **2 Zebra Finch birds, cage & acces.**, \$40 obo. Call Rick/Cathy 488-9485.

Playstructure by Little Tykes "Wave Climber". Like new. 2 levels w/slide, for ages 3 & up. Asking \$125. 888-4526.

2000 Ford F150 XLT, V-6, 5 Spd, Reg cab, 60,000km, loaded, exc. cond. great deal \$13,800 obo. Bob 292-1763 days or 885-7345 evngs.

8 acres - \$23,500. Beautiful Treed Lot, 20 min east of Shilo. 5 Miles west of Carberry on hwy #351 Oak Sands Dr. Call 834-2859.

Accommodations

2 Bedroom Apt Wolsley Area sec, bldg. all utilities included, pkgng avail. Male or Female wanted. \$400.00 month 1st & last. Call 297-0134.

Shared Accommodations. Male/ Female roommate needed. Georgous 2 bdrm character apt. on the Red River, sec bld, hrdwd flr, all util, \$420 per/mo., inc. pkgng. 297-0134 or 772-3164.

Job Opportunity

If you're self motivated, driven, and have the ability to build business and relationships, there's a huge opportunity waiting for you as a financial security officer on our Freedom 55 Financial team.

Give us a call and take control of your future!

Call Craig at 489-1035 ext. 315

Spacious Tuxedo Condo Living on Swindon Way. 1 bedroom, Living Room/Dining Room combo, Fireplace, Garbarator, dishwasher, full size washer & dryer, Lots of storage. Pool & tennis courts (On Site). Parking included. \$675.00. Call 231-3843 or 471-1814. (Scott)

Electrician
St. James, River Heights, Charleswood, Tuxedo, etc.
Rec. Room, Kitchens, Garages, Electric Heat, MB Hydro Financing, and Repairs. 24 Hrs.
Ph/Fax: 895-2999, Cell: 793-4929

VOXAIR 2004 PRODUCTION SCHEDULE

ISSUE	DEADLINE DAY	PUBLISH
06	19 Mar	31 Mar
07	02 Apr	14 Apr
08	16 Apr	28 Apr
09	30 Apr	12 May

Century 21
carrie.com

360 McMillan Avenue
Winnipeg, Manitoba R3L 0N2
Office: (204) 987-2121
Fax: (204) 987-2129
Email: minnieann@escape.ca

FREE Airmiles when you buy, sell or refer to me!

"Honest, Loyal, Trustworthy"



MINNIE ANN PIERCE
Master Emberal Award Winner
B.N.M.Ed. Realtor/Consultant

SELF STORAGE

TRANS CAN **MINI-STORAGE**

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

10% DISCOUNT FOR MILITARY PERSONNEL
We appreciate your business!

BRANDON

VISA
MasterCard

Moving to North Bay??

Free Relocation Package

- maps •
- directories •
- school districts and •
- computerized list of homes for sale •

Prudential
Kleimaker & Bruse
Realty
705-475-2222

Cleo Laframboise
claframboise@kbrealty.com

Murray Powers
mpowers@onlink.net

www.thehomesolutionsgroup.com

MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine
Dine In • Take Out • Catering

1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St

487 St. Mary's Ave
245 King St
885 Henderson Hwy

Serving since '62
Winnipeg

TAROSCOPES BY NANCY

ARIES (March 21 – April 19): It's time to quit giving away your time or resources. Expect to be reimbursed for your efforts. Respect yourself and others will too. Focus on your own success. Commit to initiatives that will produce more balanced work and home situations for you.

TAURUS (April 20 – May 20): Rely on your own efforts if you want something accomplished. Others are not as team oriented as you had hoped. Hidden and obvious aspects are equally important. Watch to see if people's actions are congruent with what they say. Hidden emotions are revealed.

GEMINI (May 21 – June 21): There are subtleties in the politics of your environment that you may not be aware of. Before you criticize those in charge for not acting promptly, try and identify their motives or priorities for stalling. Don't assume anything. Your appearance is more important than usual right now.

CANCER (June 22 – July 22): Circumstances are putting limitations on you. You can't think of a way around the hurdles. Time and a change in attitude are necessary. Make sure your own outlook isn't contributing negatively to the situation. It's very liberating when you get the chance to do the unexpected.

LEO (July 23 – August 22): There is a time for everything. Your main task right now is to determine your own sense of timing. To move or to stay put can be decided easily if you look at where you need to be in order to learn more or to advance yourself. Either way change is all around you.

VIRGO (August 23 – September 22): Emotional outbursts may cause complications. Consider other points of view before you vent. What kind of image do you want to present? You don't have to agree, to be agreeable and showing empathy doesn't mean you've adopted others' issues.

LIBRA (September 23 – October 23): A confident approach is a winning approach. Many will have faith in you, however your positive attitude and sense of responsibility may get taken the wrong way. Continue to stand up for what you believe in. Show others by example how to overcome their anxieties.

SCORPIO (October 24 – November 21): There's a whole world of possibility waiting if you are willing to take a risk and to fight for what you feel is yours. Show respect and gratitude even when progress is slow. Taking a trip gives you the chance to reconnect with forgotten aspects of yourself.

SAGITARIUS (November 22 – December 21): An idea must be financially feasible first, as resources are frozen just now; but necessity is the mother of invention. Never mind the extras – determine what is needed. Bail yourself out of an embarrassing situation instead of looking for someone else to help.

CAPRICORN (December 22 – January 19): Your words carry like wildfire so be accurate when relaying information and if possible put it in writing. This prevents someone, who has their own agenda, from trying to use you. Look honestly at the history you have with confidants to avoid feeling betrayed.

AQUARIUS (January 20 – February 18): You'll surprise those who have underestimated you. You may not see a monetary return for what you've done but rewards are coming your way. Others will finally recognize the value of your contribution and offer their support.

PISCES (February 19 – March 20): If you're overwhelmed by unexpected expenses try and put off a few decisions or delay dealing with situations. Consider future plans carefully before you take action. Believing that what is meant to be, will be, frees you from the frustration of unmet desires.

FOR APPOINTMENTS CALL 775-8368

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

GRAND & TOY
FOR YOUR OFFICE / COMPUTER / FURNITURE NEEDS

Call Charell Oliver
Kama Assistant
Tel: (204) 487-5561
Fax: (204) 452-8791

John Gatta
Blair Russell

Email: oliverc@grandtoy.com

SERVICE IS THE SECRET OF OUR SUCCESS

CALL TODAY FOR YOUR FREE RELOCATION PACKAGE



- 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

GRANT & KELLY CLEMENTS

FATHER & DAUGHTER TEAM
CD, FRI, R.R.S, SRES
RCAP/CAF RETIRED



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



Presents

The Avalon 03 Series – 1660 Sq Ft. Spring Possession

- Most popular Cab over Bi-level design with great room. Maple Shaker Cabinets, Maple Frosted French Pantry Door, Gas Fireplace with Entertainment Unit, Island. Built on piles, concrete Drive & walk, plus much more.

For appointment to view & Information Call:

Ray Smyth 791-8631
Kingsford Realty Group Inc.

Jackie McClintock 793-3818
The Hyatt Realty Group Ltd.



My clients have been
#1 with me since 1973.

carrie.com

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

Call Don now for your Complimentary Package

Toll Free: 1-877-220-4122
Office: (204) 987-2121
E-mail: donc@mts.net



Market Value
Appraiser
Residential



Don Carriere

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



SENTINEL SELF-STORAGE

Western Canada's Largest storage
company is proud to offer

694-9578
Keewatin & Inkster

15% off
to military personnel

269-8800
Pembina & Perimeter



My clients have been
#1 with me since 1973.

carrie.com

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

Call Don now for your Complimentary Package

Toll Free: 1-877-220-4122
Office: (204) 987-2121
E-mail: donc@mts.net



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

