



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

OCTOBER 20, 2004

VOLUME 52, ISSUE 18

FREE

## Boot Drive A Smokin' Success



Photo by Cpl Steven Bogue

(Above Photo) Firemen from 17 Wing participate in a Boot Drive for Muscular Dystrophy at the Whytefold Gate. Cpl Don Maclean (left) and Sgt Jaye Sheppard (right) The driver receives a sticker as reminder to check his smoke alarm. (Right Photo) Cpl Kevin Chapdelaine, 17 Wing Fire Inspector, presents Janice Godfrey of Wing Accomodations with her Firewarden of the Year Award.

By Jen Sharpe

On October 4th, 17 Wing officially kicked off Fire Prevention Week by recognizing three people who strive to ensure the safety of those living and working at the Wing.

Janice Godfrey and Kevin Ketchen of Wing

Accommodations, along with Cpl Adam Pankrantz of the 13th Field Battery in Portage, received the Firewarden of the Year Award from Cpl Kevin Chapdelaine, 17 Wing Fire Inspector.

According to Cpl Chapdelaine, Godfrey,

Ketchen, and Cpl Pankrantz were recognized for their "dedication and professionalism" in completing their Fire Warden duties at their workplaces.

This year the theme of Fire Prevention Week was "Check Your Smoke

Alarm." All proceeds from the Boot Drive—conducted at both 17 Wing gates for three hours on 4 October—went towards Muscular Dystrophy Canada. By the end of the day, 17 Wing personnel had donated over \$1852.24 to the cause.



Photo by Cpl Julia Whyte

### In This Issue:

50 Years Ago In The Voxair.....pg.2

Chaplains Open New Multi-Faith Prayer Room In B62.....pg.5

It's More Than A Job... It's A Way Of Life.....pg.7

17 Wing Will Host Blood Clinic To Mark Remembrance Day.....pg.10

Athletes Of The Month Slo-Pitch Stars Represent Wing At Nationals.....pg.12

### 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 - 1:30 pm

VISA M.C.

- Military Cuts .....\$8
- Perm & Cut.....\$39
- Flat Tops.....\$8
- Frost & Cut.....\$39
- Colour & Cut.....\$32
- Seniors.....\$7
- Children's Cuts.....\$9
- Ladies Cut.....\$14
- Facial Waxing.....\$9
- Ear Piercing.....\$13

### DOMENICA'S FLORAL DESIGN

2255-G Ness Avenue (at Whytefold Rd.) TELERFLO Ph.: 885-3665 or 832-6978

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

DAILY SPECIALS

Free Delivery to both North & South Base Locations

# 50 Years Ago In The Voxair

October 29, 1954

## Observation Post

By 'Scoop and Droop'

### QUESTION OF THE WEEK:

When are people going to realize that the Rec Hall Floor is for Sports only, and is not a short cut to the bus stop?

We hear that the Station Band has been making progress since the last parade. We haven't seen them since that time, but it is rumoured that the Bandmaster has substituted the cymbals for a sledge hammer and a filing cabinet.

Understand one of the local contractors has been alerted for immediate repairs to the Rec Hall. Reason: the station bowling league has again commenced operations.

Re: The rumour that Les Brown and his Band appeared at the Airmen's club a week-end or so ago, your reporters made the inquiries and found out it was the sensational new band of Stan Harris, who, incidentally, will be featured October 29th at the Hallowe'en Ball.

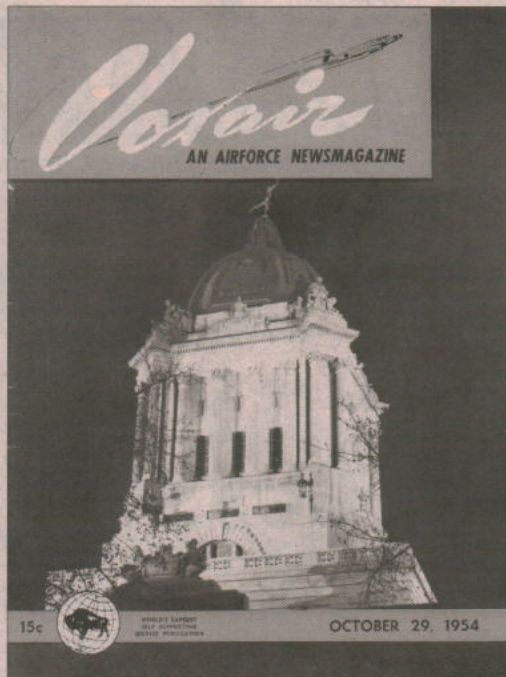
### HOOK, LINE AND SINKER

Two local airmen, fishing at a northern Manitoba settlement during their leave, had made a bet as to who would make the biggest catch. One of them got a bite and became so excited he fell out of the boat and into the lake. "Well," exclaimed his buddy, "if you're going to dive for them the bet's off!"

Has anyone noticed lately that the late meals have been excellent? Keep this up, fellows. We might even get to like working nights.

We have on this station an airman known as "Forgetful Harold." This lad, having been invited out to lunch recently, decided to hire a cab. Forty-five minutes and three dollars and fifty cents later, our hero returned—he had forgotten the address.

Notice any Flight Cadets missing lately? Possibly we can account for it. Observe the hole in the concrete



walk at the center entrance to the old G.I.S building!

These fellows working on the new Drill Hall really deserve a lot of credit. From early morning till late at night, through rain, shine, sleet and snow, they're going strong. Maybe the new recreation center will be a reality sooner than we expected.

Newcomers to the station need not go downtown for a scenic tour. Merely catch the bus every hour on the hour at the rear of the Rec Hall.

The new automatic washing machine now installed in the airmen's living quarters is a splendid gesture. Now if someone could only supply the dimes . . .!

### LOST WEEKEND

Whilst touring one of the well known downtown areas a while ago, your reporters observed a well known Station Winnipeg figure in one of the local cafeterias, bedecked in cook's hat and apron, ready to mangle two hamburgers. When questioned on what the getup was, this was his reply: "I dunno—I just noticed there wasn't anyone around to serve me, so I helped myself—d'ya mind?"

Who is there among us today who will say that the world does not still require to hear those selfsame words of peace and assurance that Christ once spoke to Mary the Magdelene, "And neither do I condemn thee; but go in peace. Thy faith hath made thee whole."

## Cinéma/Theatre

• Just Across the Bridge  
• 2 Blocks North Wytewold & Ness

8:00pm Showtimes

More movie listings can be found on the DIN.

888-6290 (Recording)

Child/Senior  
\$3.00  
Adults/Youth  
\$4.00



Matt Damon  
Franka Potente

THE BOURNE  
SUPREMACY

Fri-Mon  
Oct 22-23-24-25  
8:00 pm

122 Mins



Brittany Murphy  
Ron Livingston

littleBLACK  
BOOK

Fri-Sat  
Oct 29-30  
8:00 pm

105 Mins



William Hurt  
Joaquin Phoenix

THE VILLAGE

Sun-Mon  
Oct 31- Nov 1  
8:00 pm

109 Mins



### Party at the Museum!

Need a unique setting for a meeting, conference, wedding or birthday party? The rental space at the Western Canada Aviation Museum can accommodate small or large groups. No events planned? Then come just for the fun of it! See vintage aircraft, like our Avrocar flying saucer, explore interactive exhibits, learn through play in SKYWAYS and browse for books and gifts in the Windsock Shop.



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

## 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

Custom Sewing • Alterations

# SEW BIZ

Call Cynthia 275-5672

Repairs to Leather, Suede, Denim, etc.

**VOXAIR**

OCTOBER 20, 2004  
VOLUME 52, ISSUE 18

### 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

Andrew Hughesman  
Production Coordinator/ Layout  
204 833-2500 ext 6976  
voxair@mts.net

Misra Yakut  
Accounting  
204 833-2500 ext 4121

Jen Sharpe  
Journalist/Photographer  
204 833-2500 ext 6976

+News Desk@PersSvc@Winnipeg  
or voxair@mts.net

Traci Wright  
Proofreading

Jim Holland  
Advertising Sales  
204 832-0115

Printed By  
The Daily Graphic  
1 204 857-3427

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Steff Kummel. Opinions and views expressed do not necessarily reflect

those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair

Newspaper of products and/or services for exchange in donations.

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

DEADLINE FOR Voxair 19:  
22 October 2004



Lt Amy Tsai-Lamoureux, QETE 2-2-2, was presented with her promotion to Capt by BGen Davies, 1 CAD HQ A3 and Mr Fred Lottes, QETE 2-2 on 14 September 2004. Capt Tsai-Lamoureux was attending Basic and Advanced Flight Safety Courses held 13-24 Sep 04. On completion of the courses, Capt Tsai-Lamoureux will return to QETE to be the AERE officer responsible for aircraft accident investigation support to the CF Flight Safety Program.



At a recent Awards Ceremony held at Canadian Forces Northern Area (CFNA) HQ, Col Couturier, CFNA Comd, presented from left to right Capt Dale Maedel his CD1, Capt Rob Ramsay his CD, CD1 to Capt Bryan Sullivan and Lt Doug Hartt his CD. Capts Maedel and Sullivan are Reserve pilots with 440 Sqn who have a combined time of 16 years in Yellowknife and over 9000 flying hours on helicopters and the venerable Twin Otter. Capt Ramsay is a second year Reg Force pilot filling the Sqn's Training and Standards position, and Lt Hartt is an Infanteer working with 440 Sqn as O/c Mission Support and GSAR Flight. Due to an ongoing Search in Tuktoyuktuk, Capt Chris Denko was unavailable for his CD presentation.



CFNA Comd, Col Couturier presents Lt McLean's her CFR and promotion to Lt Although not actually a member of 440 Sqn, Lt McLean is an honorary "Vampire" due to geographic location and personal relationship. Lt McLean works remotely from 440 Sqn for a Reserve Unit in Regina. In addition, Lt MJ McLean and her husband Capt Steve McLean, a Sqn Pilot, are pleased to announce the arrival of their first son, Justin Angus on Friday, September 1st, the day after this photo was taken.



Public Service Alliance of Canada (PSAC) workers strike outside 17 Wing's Whytefold gate the morning of 13 October. Up to 125,000 PSAC workers have been on strike across Canada since late September, resulting in traffic snarls and other delays at federal workplaces like 17 Wing.

## SEDAN? OR HATCHBACK?

Introducing the 2005 Accent5, the first car with a split personality.

What do you get when you cross a hatchback with a sedan? A lot more than you'd expect. Introducing the all-new Accent5 from Hyundai. From the outside, Accent5 has all the style of a sleek sedan. But pop the hatch, fold down the 60/40 split rear seat and you'll discover even more room than you'll know what to do with. Accent5 also comes standard with an AM/FM/CD/MP3 player, dual front airbags and power rack-and-pinion steering. The all-new 2005 Accent5. Get into one from only \$14,245.\*\*

**0% Purchase Financing**  
up to 48 months

Lease From **\$165\***  
per mo./60 mos.  
\$1,495 Down Payment  
\$0 Security Deposit, Freight & P.D.E. incl.



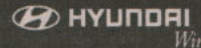
For your nearest dealer call 1-800-461-8242 or visit [www.hyundaicanada.com](http://www.hyundaicanada.com)

**CANADA'S BEST WARRANTY**

**7 year/120,000 km**  
Powertrain Warranty

**5 year/100,000 km**  
Comprehensive Limited Warranty\*

**5 year/100,000 km**  
Roadside Assistance Program<sup>†</sup>



\*Includes fuel delivery service, flat tire changing, lock-out service, towing service and more. Just one toll-free call away, 24 hours a day.

When you build them better, you can back them better.

\*Leasing program available from Hyundai Financial Services based on new 2005 Accent GL 5-Door MSRP from \$14,245, annual interest rate of 4.41%, \$165 per month for a 60 month walkaway lease. Total lease obligation of \$11,360 and optional purchase price of \$3,754. Down payment of \$1,495 plus first monthly payment required. \$0 security deposit on all models. Freight and P.D.E. included. All applicable taxes, dealer administration fee, license and GST/lease acquisition fee extra. 20,000 km allowance per year applies. Additional charge of \$0.10/km. \*\*2005 Accent GL 5-Door MSRP from \$14,245. MSRP price excludes freight, dealer administration fee, license, P.D.E. and all applicable taxes. Dealer may ask for less. †7% purchase financing available on all 2005 Accent models for up to 48 month term. Financing example: \$10,000 at 0% per annum equals \$208.33 per month for 48 months. C.O.B. at \$20 for a total obligation of \$10,200.00. All purchase and lease offers are for a limited time. D.A.C. and may not be combined with any other offer. Hyundai's Comprehensive Limited warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions effective for vehicles sold on or after March 27, 2004. See dealer for details.

Dealer Permit #7839

**Winnipeg HYUNDAI**

**3680 Portage Avenue**  
**774-5373**  
[www.winnipeg.hyundai.ca](http://www.winnipeg.hyundai.ca)

PHOTO: JAMES

**NEED A VEHICLE?**

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

LOCAL 774-4581

837 - 837

**NO PAYMENTS**  
**90 DAYS**

**APPLY ONLINE!**

[www.instantapproval.ca](http://www.instantapproval.ca)

ALL CREDIT APPLICATION ACCEPTED



Photo by Cpl WC Gomm 38 CBG HQ

Members of The Royal Winnipeg Rifles were on hand for the Winnipeg Rifles final home game of the season. Recently, the amateur football club changed its name to the Winnipeg Rifles because it wanted a meaningful name with a solid community connection. Both the team and the Army Reserve unit's names reinforce each other's operating principal: "Fight the good fight and win."



Photo by Cpl WC Gomm 38 CBG HQ

Pte Akousa Matthews, a trumpet player from The Royal Winnipeg Rifles Band, stands at attention as the Winnipeg Rifles football team runs onto the field.



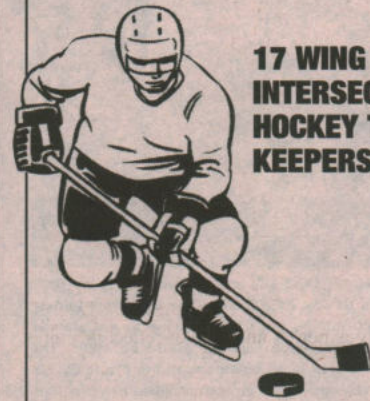
Photo by Cpl WC Gomm 38 CBG HQ

Corporal Ken Van Ewyk, a trombone player with The Royal Winnipeg Rifles Band, performs during the half-time show.



Photo by Cpl WC Gomm 38 CBG HQ

Corporal Todd Smeaton of The Royal Winnipeg Rifles fires his Martini-Henry rifle as the skirmishers clear the field before play commences.



## 17 WING WINNIPEG INTERSECTION ICE HOCKEY TIME KEEPERS NEEDED

The 17 Wing Intersection Hockey League needs time keepers for this season. Games are held between 1050-1300 hrs, Mon thru Fri. If you are interested or would like more information, please contact Chris Merrithew, Sports Coordinator at local 5511.

## THE GRACE GENERAL HOSPITAL AUXILIARY

CRAFTS & MORE SALE

FRIDAY, NOVEMBER 5TH, 2004  
10:30 A.M. TO 4:30 P.M.

HOSPITAL AUDITORIUM  
408 BOOTH DRIVE,  
WINNIPEG, MB

FREE ADMISSION & PARKING



GRACE  
GENERAL  
HOSPITAL



## 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 (Whytefold Rd.)

Autopac 889-2204

# This Space Available

For Information  
Call 833-2500 Ext 4120

# Chaplains Open New Multi-Faith Prayer Room In B62

By Jen Sharpe

A place to pray and connect spiritually is now only a short walk away for many Wing personnel, thanks to the newly created 17 Wing Multi-Faith Prayer Room. Located on the third floor of Building 62, the new facility is easily accessible during the workday because it is within the secure perimeter of the base.

17 Wing Padre Capt Bob Brinn says the Chaplains hope personnel take advantage of the Prayer Room's centralized location. "It is more easily accessed than the Chapel during the week-day so personnel can come

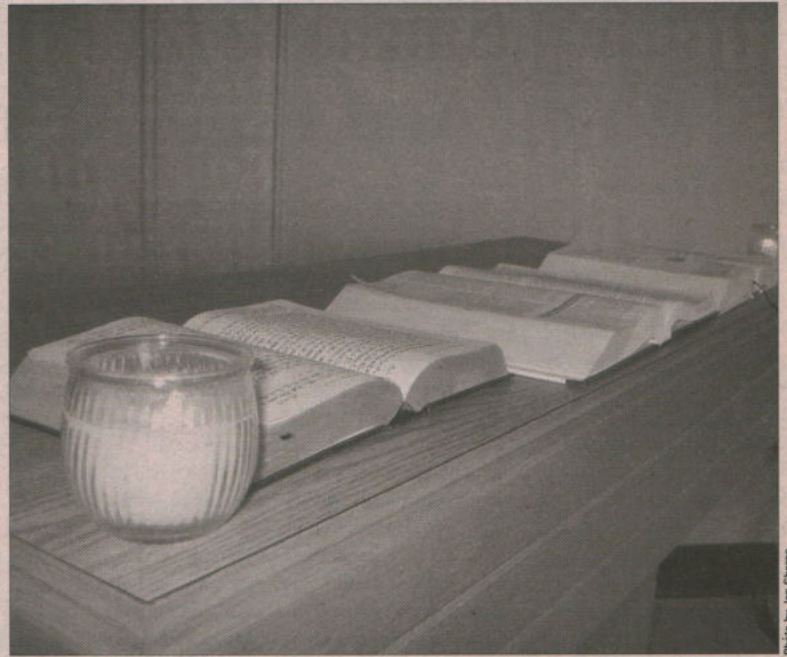
over on their lunch break and pray or reflect in a quiet place."

Between 12:15 and 12:35 each Wednesday, the Prayer Room will host a multi-faith service that all personnel are invited to attend. The first service—and official facility opening—was timed to coincide with the Feast Day of St Michael the Archangel, Patron of soldiers, paratroopers, police, pilots, and air forces.

According to Padre Capt Timothy Nelligan, St Michael was especially significant for a military multi-faith centre, not only be-

cause he is patron saint of the Armed Forces, but also because he is recognized by Judaism, Christianity, and Islam. Readings from Hebrew, Christian, and Muslim texts formed much of the 20-minute multi-faith service.

During the service, Capt Nelligan emphasized the importance of personal prayer and said that it can take many forms, including oral, written, meditative, and active. "Prayer is an integral part of the way many people express themselves in the faith dialog," Capt Nelligan explained.



Spiritual texts from a variety of religions can be studied in the new 17 Wing Multi-Faith Prayer Room in B62

The Multi-Faith Prayer Room is designed to facilitate the prayer practices of a variety of faiths, so chairs, tables, and podiums can be moved around the room. Wing Chaplains ask that the

room be returned to its blank state when visitors are finished.

Wing personnel can visit the facility between 08h00 and 16h00 Monday through Friday, excluding statutory

holidays. For access outside of those hours—or to book a time for special group prayer—please contact the Wing Chaplain office at local 5087.

**Why wait in line when you can go online?**

**Pourquoi attendre en ligne lorsque vous pouvez aller en ligne?**

If you have a problem and need help, visit [www.ombudsman.forces.gc.ca](http://www.ombudsman.forces.gc.ca)

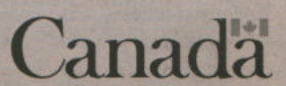
Si vous avez un problème et avez besoin d'aide, visitez le [www.ombudsman.forces.gc.ca](http://www.ombudsman.forces.gc.ca)

## Ombudsman

National Defence and Canadian Forces



Défense nationale et Forces canadiennes



# Distribution Of The First Four Items Of The Clothing And Equipment Millennium Standard

By Lt P.S. Stuebing

The distribution of the first four items from the Clothing and Equipment – Millennium Standard (CEMS) project will soon be rolled out across the CF. Following the successful completion of an initial sizing and issue trial at 19 Wg Comox, 1CAD is now preparing to begin sizing and issue across the Air Force. 17 Wg Winnipeg is eleventh on the 1CAD priority list for distribution to the Wings.

The 17 Wg Supply SAO (MWO Runge) has asked that SWOs provide him with the names of personnel re-

quiring the clothing, the blue thread rank epaulettes, and the blue thread name tags. Sizing parades for Winnipeg are tentatively scheduled for late October with distribution expected sometime between late January to February. The four items that will be distributed include: Light Weight Combat Clothing (three pairs to include name tags and epaulettes), 2 in 1 Rain/Wind Suit, Wide Brimmed Combat Hat, and Integrated Clothing Ensemble (ICE) which is the winter gortex outerwear in CADPAT pattern. 17 Wing

personnel who have already received their issue of combat clothing due to service on an operational tour are authorized to wear them in the interim (with or without the blue threaded epaulettes and name tags).

The goal of CEMS, as described on the project office website, is to "provide state-of-the-art operational clothing and equipment to Air Force personnel to promote interoperability and permit the conduct of joint and combined operations around the world in the mandated time frames."

Pronounced "seams," CEMS is the Air Force equivalent to the Army "Clothe the Soldier" project. The Army and the Air Force worked together to develop common operational clothing designs (converged pattern) where feasible/appropriate, however, the Air Force sought to maintain environmental identification and has taken into consideration ergonomic factors important for service with the Air Force. Environmental identification concerns were met through the use of blue threading on epaulettes and name tags, to

place an eagle on name tags, and to make a blue t-shirt standard rather than green (except for operational tours where green is required). Ergonomic factors were met by using technology to improve existing garments in the following areas: fire retardancy (FR), electro-static dissipation (ESD), moisture vapour permeability (MVP), and using more effective insulation properties. CEMS items also take into account the need to consider anti-FOD (foreign object damage) and Aviation Life Support Equipment (ALSE)

compatibility. The new "converged" CADPATs are used by both the Air Force and Army (including Navy personnel filling Air and Army designated positions).

For more information on the CEMS project including an image gallery of items see: [http://dglepm.ottawa-hull.mil.ca/dsspm/dsspm6/ce ms/site\\_map\\_e.htm](http://dglepm.ottawa-hull.mil.ca/dsspm/dsspm6/ce ms/site_map_e.htm). Also see NDHQ CAS OTTAWA DAR 67 221036Z Jul 04 (Subject: Distribution of CEMS garments) or the Project Implementation Plan for Capitol Project WBS 00002774-IMP-5-NCP.

## 435 Transport And Rescue Squadron Search And Rescue Technician Named SAR Tech Of The Year

By Capt Mary Lee, 17 Wing Public Affairs



Sgt Andrew McLean, SAR Tech with 435 T&R Squadron, completes parajump training during a SAR exercise in Gimli, MB. Sgt McLean has won the SAR Tech of the Year award for his outstanding contribution to the SAR community and for his excellence in physical fitness.

**17 WING WINNIPEG** – Sgt Andrew McLean, a Search and Rescue Technician (SAR Tech) with 435 Transport and Rescue (T&R) Squadron was awarded the SAR Tech of the Year Award at the National Search and Rescue Exercise (SAREX 04) held at 19 Wing Comox, B.C. September 21st to 25th.

Andrew McLean was presented the award at the completion of SAREX after

being voted best SAR Tech by the Para Rescue Association of Canada for his ultimate dedication to duty and for his superior level of physical excellence in competitive running.

Most notable in his exceptional skills as a SAR Tech is his professionalism that extends beyond the call of duty. In one specific incident, which earned him a nomination for this year's award, Andrew McLean used quick initiative and ap-

plied his medical skills effectively to save an injured man's life following a severe parachuting accident. Sgt McLean and fellow SAR Tech Cpl Shawn Harrison were conducting freefall-parachute training in Victoria, B.C. when they witnessed an experienced parachute instructor suffer a mishap on landing that led to multiple leg injuries and rendered the civilian jumper unconscious with severe bleeding. Andrew McLean came upon the scene immediately to take control, surveyed the extent of injuries and applied appropriate level of medical care for the casualty. His commitment to the accident scene and to providing medical care for his patient continued with arrival of the paramedics and did not terminate until the ambulance departed.

Outside of work Andrew McLean excels in his favourite sport of running – a personal testimony to his commitment to excellence. As a marathoner, Andrew

placed in the top 25 in each of the three Winnipeg Marathons he has competed in. As an untramarathoner, he continues to challenge himself with demanding races such as the 125 km "Death Race" in elevations of 17,000 feet through the Canadian Rockies. His latest feat took place Sept. 11, 2004 at the World Cup 100 km Race in the Netherlands where Andrew placed in the top third.

The Para Rescue Association has presented an award annually since 1992 to a SAR Tech for the purpose of recognizing outstanding service contribution to the SAR community in an outstanding rescue or for continued high performance. The recipient of the award is chosen from nominations submitted by the home unit where the SAR Tech is employed. Sgt McLean was nominated by 435 T&R Squadron where he has been serving as a SAR Tech since 2000.

**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**

**Freedom 55**  
Financial

**TAKE CONTROL OF YOUR FUTURE.**

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 advisor on our Freedom 55 Financial team.

**Give us a call and take control of your future.**

**Craig Thompson C.L.V.**  
Director, Market Development Ph: 489-1012 Ext 315  
Suite 300 1630 Ness Ave Fax: 489-1035

Freedom 55 Financial is a division of London Life Insurance Company

**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](mailto:info@commissionaires.mb.ca)

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

# It's More Than A Job... It's A Way Of Life...

By Sgt Bill Hares

I have seen this slogan on many recruiting posters over the years, however it never really seemed to hit home for me until January to July 2004. Let me explain what I mean. There was a time I would get up in the morning, get dressed in a blue uniform and head out the door for the office or workshops. I am sure that this sounds like a very common event for many of you that are reading this. The job is Monday to Friday, 8-4, and we all returned safely to our homes and private lives.

However, my life had changed, I now woke up in a foreign country and instead of blue I was putting on a tan set of CADPATs. Then the adventure began. Walking out of the air-conditioned barracks, my glasses fogging up as I am hit in the face with the +49C, 60% humidity and its not even

0630. My glasses would clear in the 50-meter walk to the mess hall for breakfast; however, my 24-hour protection should have been re-named to the 24-second fix, as I realized that my T-shirt is now soaked through as I stand in line for breakfast.

Yes, I was in Op Athena Camp Mirage, the Theatre Support Element (TSE) for Operations to the North in Kabul, Afghanistan (TFK). The Camp's mission was to form a vital link in the chain of transiting people and supplies in and out of the TFK theatre of operations. My part, as a member of the J6 Communications staff, was to maintain links to all communication systems back in Canada. The National Command, Control Information Systems (NC-CIS) mission was to provide connection to the national systems such as phones (secure and non-secure voice

circuits), message circuits, and data circuits for the secure network, similar to those in the 1 CAD Operations Center, the DWAN and Internet connections.

There was always lots to be done maintaining the communications requirements and needs of the Operation everyday and it seems there is never enough time in a day to get it done. The normal working time for NCCIS is 9 to 12 hours and then we would think about putting in some overtime. It was one of the RMS clerks that said it best, "A normal work day felt like we were moving at Mach 3 with our hair on fire..."

Within 2 weeks of my arrival at the camp, the reality of some of the dangers that are faced by Canadians while on deployment came to Camp Mirage. Late January 2004, Cpl Murphy



Camp Mirage TISS poses at the end of OP Athena Roto 1.

of the Royal Canadian Regiment, transited though Camp Mirage as his casket was repatriated back to Canada on route to its final resting place. Those members from his regiment present at the camp formed two ranks, flanking the casket on both sides as it proceeded between the C130 Hercules and the C150 Airbus. With the exception of the working Operation staff, every Air Force member of the Camp Mirage TSE and Cpl Murphy's Regiment paid their last respects to a fallen comrade as he made his final trip home to his loved ones. I personally never wish to witness this again. If my wish was granted, it would mean that no other Canadian service member would ever lose their lives on foreign overseas missions again.

You may think I have painted a very dim picture of life in Camp Mirage, and why would anyone want to go there, let alone volunteer for a second tour. Almost everyone returning from Camp Mirage suffered from PST, Post Shopping Trauma. Yes going to town and entering the markets, 'souks', was an experience. The 'shopping event' was often referred to as the national sport. The Host Nation is a wealthy country, and everyone hoped to make the best deal they could. Bartering is the way business is done and as always, some of us Canadians were better athletes than others. However, even those of us unaccustomed to this style of buying could find deals on anything from gold and shiny things to rugs, clothes, leather jackets, watches, electronic equipment, and souvenirs of every shape and size.



Maj Vadon (right) presents Cpl Jason Bishoff with a farewell certificate on behalf of WTISS.



Maj Vadon (right) presents Cpl Gina Tackley with a farewell certificate on behalf of WTISS.

The R&R in the area was excellent. Many people took the guided tour known as the "Desert Safari", a trip that really got your attention as the drivers hurled the Jeeps over mountainous sand dunes. As we, his passengers, were treated to the roller coaster ride of seeing sky and, a moment later, sand as the vehicle plunged over the crest to the dune. The more adventurous of us opted for the "U-drive" version, driving their own dune buggies. (Roto 1 records set for "broken buggies" - EME 1, Padres 2)

The best part of the tour was the friends and bonds you form with people. Would I go again? Yes... if for no other reason than it only rained for 10 minutes one day in the entire six months and it really was an experience of a lifetime.

with deployments, there comes the time to say goodbye to close friends. Since the last WTIS article, our squadron has had to say 'adieu' to two members; Cpl Gina Tackley retired Aug 2004 after 20 years of service and Cpl Jason Bishoff who left 'sunny' Winnipeg for a posting to CFIOG Ottawa.

Gina has moved to Halifax, where she and her husband have built a new home. Gina's hopes to return to the CF as a Public Service employee, a CM4, working in the Communications Center in Halifax, or to put the uniform back on as a Reserve RMS clerk. Good luck, Gina, in which ever route your life may now take you.

Jason, everyone here wishes you the best of luck at your new posting and we know we will see you again.



**What do you see in your future?**

The Canadian Forces Group Retirement Savings Plan can help keep your target in sight.

For more information please contact:

[www.sisip.com](http://www.sisip.com) or visit your local SISIP Financial Services office.

You can also call the Group Retirement Services Access Line at 1-800-724-3402.

**Selon vous, que vous réserve l'avenir?**

Le régime d'épargne-retraite collectif des Forces canadiennes peut vous aider à ne pas perdre de vue votre objectif.

Pour de plus amples renseignements, consultez le site [www.sisip.com](http://www.sisip.com) ou visitez votre bureau local des Services financiers du RARM.

Vous pouvez aussi joindre la Ligne d'accès des Services de retraite collectifs en composant le 1 800 724-3402.

Endorsed by:

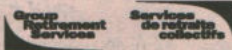


Avec l'appui de:

The Canadian Forces Group Retirement Savings Plan is offered by Group Retirement Services, a division of The Great-West Life Assurance Company, London Life Insurance Company and The Canada Life Assurance Company.

A Division of the Canadian Forces Personnel Support Agency  
The Division of the Agency de soutien des Forces canadiennes

GREAT-WEST • LONDON LIFE • CANADA LIFE



GREAT-WEST • LONDON LIFE • CANADA-VIE

Le régime d'épargne-retraite des Forces canadiennes est offert par les Services de retraite collectifs, une division de La Great-West, compagnie d'assurance-vie, de la London Life, Compagnie d'Assurance-Vie et de La Compagnie d'Assurance du Canada sur la Vie.

# Ahoy!



CANEX celebrated their 3rd birthday this year. We held our celebration the 18 Sep 04 along with the MFRC family day. Our theme for the birthday was pirates, so we dressed up in our costumes and provided everyone with a hearty meal of hotdogs, drinks and, of course, birthday cake. There was over 450 people taking part in the many entertaining events held by the MFRC staff and volunteers.

We would like to thank everyone for making our birthday special and a special thanks to the MFRC for letting us join in their family day celebrations. We had a great time!

Serving those who serve!



Colonel Cleland, A1 Training, presenting 2Lt Stephanie Taylor with her commissioning Scroll.

2Lt Stephanie Taylor is originally from Toronto, Ontario. She enrolled in the CF in August of 2003 under the DEO program. She completed her IAP and BOTP in St. Jean in November of 2003. Before joining the CF, Stephanie completed her Masters of Education in Toronto. She was a high-school teacher for three years prior to joining the CF. She has taught both abroad and in Canada. She is currently heading to St-Jean where she will complete her second language training, after which she travels to CFB Borden to begin her Basic Qualification Course.



Brigadier General McCabe, A4, presenting 2Lt Julien White with his Commissioning Scroll.

On August 19th, 2004, 2Lt Julian K White received his commissioning scroll from Brigadier General P.J. McCabe at I Canadian Air Division HQ in Winnipeg. During the presentation, BGen McCabe read out the directives of the scroll and made mention of its importance. 2Lt White has ceaselessly aspired to become a military pilot. 2Lt White started flying in Alberta in August of 1996. He completed his first solo trip in November of the same year. He acquired his private pilot licence in January of 1997. 2Lt White attended the University of North Dakota where he graduated at the top of his class with a Bachelor of Science and Aeronautics degree. At the age of nineteen, he began instructing other aspiring pilots. In 2001 he was promoted to Assistant Chief Flight Instructor. Currently 2Lt White has accumulated over 2000 flying hours. 2Lt White applied to the Canadian Forces in 2003. He completed his Basic Officer Training course at CFLRS St. Jean in Quebec in April 2004. Currently 2Lt White is returning to St. Jean to complete his OPME course before he begins his Basic Flying Training (BFT) course in Moose Jaw. 2Lt White is slated to begin his BFT in the spring of 2005.



Committed to our communities

## Unbank Yourself.™

Do you feel valued at your Bank?  
If the answer is NO maybe  
it's time to  
**UNBANK** yourself.

6 months **FREE**  
account service package

Visit one of our 6 Branch locations

1907 Portage Ave      1038 Keewatin St  
3393 Portage Ave      844 McLeod Ave  
1855 Grant Ave      200 Meadowood Dr

# 982-1470

[www.astracu.mb.ca](http://www.astracu.mb.ca)

# CANEX

[www.canex.ca](http://www.canex.ca)

# do Not pay\*



# until March 2005

\*on approved credit. see brochure for all the details.

# HURRY...ON NOW!

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

For the purchase of 1st, 2nd and 3rd hand cars, used 17' motor and 20' 17' motor. Maximum amount of \$20,000. Maximum of 100% financing. Maximum of 60 months. Interest rate of 12.99% (variable). Subject to credit review. Terms, conditions and restrictions apply. See brochure for details. © 2004 CANEX. All rights reserved.

AUTHORIZED PARTS ONLY  
**ON NOW**



ADVERTISED MERCHANDISE  
POLICY

For the purchase of 1st, 2nd and 3rd hand cars, used 17' motor and 20' 17' motor. Maximum amount of \$20,000. Maximum of 100% financing. Maximum of 60 months. Interest rate of 12.99% (variable). Subject to credit review. Terms, conditions and restrictions apply. See brochure for details. © 2004 CANEX. All rights reserved.

# HAPPY HALLOWEEN

from the Voxair

## Operation Sugar Rush...

... Well, it's that time of year again, OCTOBER 31, and it is a time for trick or treating, candy and goblins. The Military Police and volunteers of the Military Community want to make this a fun and safe event for you and your children. Here are a couple of things you can do to help...

### PARENTS:

- Supervise children under age 12.
- Educate children on proper Halloween and traffic safety.
- Ensure children do not eat treats until they are inspected.
- Only trick or treat in familiar, well lit routes.
- Ensure children eat an early meal prior to trick or treating.
- Establish a return time, and stress importance of maintaining this time.
- Report any suspicious activity or persons to the Military Police, 833-2633.

### COSTUMES:

- Ensure they are made of fire retardant material.
- Costumes should not be too long so as to cause falls.
- Warm clothing should be worn underneath.
- Reflective tape, Glow sticks and or flashlights should be used to help your child be seen.
- If wearing a mask, ensure there is adequate eye space so the child can see.
- Makeup would be preferred.

### ON THE WAY:

- Walk on sidewalks to avoid vehicle traffic.
- If children are not with an adult, ensure they travel as a group.
- Never enter a home/apartment without adult supervision.
- Walk, do not run.
- Place your child's name and address on a piece of paper and place it in their pocket in case they get separated from their group.

... These are the major points of interest that as parents you should be aware of. If these reminders are followed then everyone will be able to enjoy Halloween. The Military Police, along with Military Community Volunteers will actively participate in foot patrols at both North and South PMQ areas.

From the Military Police...



THE ROYAL  
CANADIAN  
LEGION

**LEGION**

**THINKING ABOUT  
YOUR FUTURE?**

We've been a part of your past and we belong in your future because we can play an important role, not just for retired members, but serving military personnel too.

**THINK LEGION!**

The Royal Canadian Legion ensures that you and yours will be taken care of when the need is there. We've got more than 75 years' experience in making sure that Canadian service people get a fair shake while they are serving and when they retire. Our mission was passed on to us by those who, like you, served Canada in its time of need, and in return, worked to secure the benefits they deserved. The Legion also strives to make sure that what you do in war or peace is never forgotten.

**WE'RE THERE**

Injured while serving? We have a national network ready to assist you with any claim you may have. Interested in getting more involved with your community? We have programs that need your expertise.

**FOR YOU.**

There's a lot more to the Legion than you may think. We're an extended family of more than 400,000 people across Canada who share a vision in our country and our communities. Why not visit a Legion Branch or join as a Military Member at Large by contacting your local branch or visit our web site at [www.legion.ca](http://www.legion.ca).

**JOIN US.**



We'll Solve Your Storage Problems Like Magic!

**453-0000**

**545 Hervo St.**

(easy access off Chevrier Blvd.)

- Car Storage
- Household Goods
- Packing Supplies

- 24 hour Video Camera Security
- On-Site Management
- 7 day Access

email: [merlynss@shaw.ca](mailto:merlynss@shaw.ca)

# Taking The "DIE" Out Of DIET Part 3

STRENGTHENING  
THE FORCES  
ENGAGERS

By Jennifer Taylor, RN, BScN, Health Promotion Director

Last week, we looked at the mechanics of digestion and discussed the body's ability to manage combinations of foods with ease. This week, we will explore energy and discover the not so secret or earth shattering solution to achieving and maintaining a healthy weight.

We all know that food gives us the energy we need to stay alive. Specifically, the body gets its energy from carbohydrates, fat, and protein. This energy is measured in the form of kilocalories, what we affectionately call calories. The average healthy adult, according to Health and Welfare Canada's Guidelines for Healthy Eating, requires at least 1800 calories per day. It is preferred that we get these calories by eating a well balanced diet so we also receive the vitamins and minerals we need. How many calories our bodies need depends on a few things like activity level, body size, and health status. Having said that, life is too short to count calories! Especially if it becomes obsessive and we forget to enjoy food and the rest of our lives. Remember, this is about what we can live with!

Luckily we have Canada's Food Guide to Healthy Eating to clarify what a "well-balanced diet" really is. And hey, not only is it researched and supported by scientific evidence, it is

FREE. There aren't any pre-made foods with fancy logos to buy, no pills to take. Following this Healthy Eating Guide will ensure that we receive the number of calories (energy) we need as well as the nutrients, vitamins, and minerals our bodies need to function (no supplements needed!). Allow yourself some time to get reacquainted with it (you can find it on the internet or call me for a copy), note the four food groups, number of servings per day, and SERVING SIZE!

So, what is the equation to dropping a few pounds to achieve a healthy weight? Calories burned must be greater than calories in! ALL calories taken in are converted to fat if they are not burned off. Again, that is ALL calories, regardless of the source, healthy or unhealthy. It also includes beverages. Everything counts, so make it count! Choose healthy, nutrient dense foods more often.

Nutrient density means you are getting more nutrients for the amount of calories. For example, a brownie has 227 calories and gives you 16 mg of calcium. A 175 g cup of yoghurt (1-2% Milk Fat) with fruit on the bottom has only 177 calories and gives you a whopping 214 mg of calcium. Yoghurt also gives you more potassium, vitamin A, and folate than a

brownie. It doesn't mean a brownie is forever out of bounds, it just means choose it less often. Make it a treat.

Think about where you get most of your nutrition. Try writing down everything you eat for 7 days, including beverages, and size of each serving. Then compare it to the recommended amounts on the Food Guide. Where are you at? What is one thing you can change? Then work on changing that one thing for the next week.

Tune in next week when we look specifically at carbohydrates and low carb/low carb diets.

Information for this article was obtained from the following resources:

Canada's Food Guide to Healthy Eating., Health Canada.  
Health and Welfare Canada., Action Towards Healthy Eating...Canada's Guidelines for Healthy Eating and Recommended Strategies for Implementation, Minister of Supply and Services Canada, 1990.  
Sizer, F. S., and Whitney, E.N., Nutrition Concepts and Controversies, Wadsworth/Thomson Learning., 2003.

For additional information contact Health Promotion: Penny @ 4150 or Sheila @ 4160

# 17 Wing Will Host Blood Clinic To Mark Remembrance Day

Canadian Blood Services Seeking a New Kind of Hero

Next month, the nation will pause to remember those Canadians who made the ultimate sacrifice in defence of liberty. Remembrance Day will also allow us to pay tribute to the Canadian Armed Forces now in service at home and abroad.

Here at home, Canadian Forces personnel and families have a unique opportunity to underscore the importance of Remembrance Day, and to honour comrades past and present.

On Wednesday, Nov. 10th, 17 Wing will partner with Canadian Blood Services for a special mobile blood donor clinic on the base. Canadian Blood Services in Winnipeg will be open on Remembrance Day, but with reduced hours of operation. This makes the 17 Wing clinic very important to maintenance of an adequate blood inventory.

Eligible military personnel and their families are encouraged to attend the Nov. 10 clinic, which will be held in the gymna-

sum of Building 21, from 11:30 a.m. to 3:00 p.m.

Canadian Blood Services is hoping to attract as many as 70 donors.

In recognition of Remembrance Day, donors will be invited to sign "In Honour" cards that will be forwarded to National Defence Headquarters.

For decades, Canada's blood program has enjoyed a strong link with Canadian Forces. During World War Two, Canadian blood donors were unprecedented in support of our troops abroad. Between 1940 and 1945, a total of 2.4 million units of blood were donated in Canada, which had a population of only 11.5 million. The per capital rate of donating blood was three to four times higher than in the United States or Great Britain.

"The rate of public participation during wartime was heroic," said Susan Shimla, Acting Director of the Canadian Blood Services' Prairie Region. "Unfortunately, in 2004, more than 96 per cent of eligible Canadians don't give blood, so again we're looking for Canadian heroes to step forward."

"And what more appropriate time than Remembrance Day?"

asked Shimla.

To minimize the length of the individual donation time, donors are encouraged to make an appointment for the clinic, although donors without appointments are welcome.

To make an appointment, or for more information on the blood program, donors can call Canadian Blood Services, toll-free at 1 888 2 DONATE (1 888 236 6283).

To ensure donor safety and the safety of the blood supply, some restrictions are in place. To avoid the disappointment of being turned away, or "deferred", prospective donors should consult information posters placed strategically around the Base. The posters will give them what they "need to know" about donor eligibility before visiting the clinic.

In addition to two pieces of identification, donors should bring information on which immunization they've had, and a listing of countries in which they've travelled.

Information on restrictions is available by calling the 1-888-2-DONATE toll-free line. Donors can also visit the Canadian Blood Services website. ([www.bloodservices.ca](http://www.bloodservices.ca)) Click on "Temporary Deferrals".

## Chess On Postage Stamps

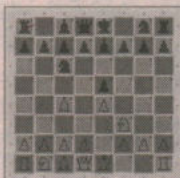
By Alf Brooks

There are still some stamp collectors who try to collect all stamps issued in the world, an almost impossible task, given the number of stamps issued every year. Most of us specialize, selecting a limited

learning all we can about them. Many collectors select a theme or a topic, and topical collecting is a popular way to go.

One popular topic is chess on stamps; estimates are that over 1 000 stamps have been issued on this topic, and there are many

others picturing related games. In September Hungary added to the total with the 64 stamps pictured here, the complete sheet making a chess board. Each stamp has micro printing that tells something about chess history in Hungary. The sheet itself sees the



stamps arranged in such a way as to form the start of the 'Hungarian Defence', a strategy which helped the Hungarians defeat France during a series of matches in the 1840s.

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

17 WING

HAIR FORCE

BARBER SHOP

- SPECIALIZING IN MILITARY HAIR CUTS -  
BLDG. 90 WHYTEWOLD RD.

Mon - Thurs 9 am - 5 pm Closed on

Friday: 9:00 am - 2:30 pm Weekends

ph: **832-5581**



## Better Health Care for Canadians: A 10-year plan

## De meilleurs soins de santé pour les Canadiens : plan d'action sur 10 ans

Working together, the Prime Minister, Premiers and Territorial leaders have signed a 10-year plan, supported by \$41 billion in new federal funding, that will lead to better health care for Canadians.

### Better Health Care

- ☑ **Reduce waiting times**
  - Improve access so that Canadians don't wait as long for key tests, treatments and surgeries
- ☑ **More Doctors, Nurses and other Health Professionals**
  - Plans to train and hire more health professionals while also developing faster accreditation for foreign-trained health professionals
- ☑ **Expand home care**
  - Provide better support for people being cared for or recovering at home
- ☑ **Improve access to family and community care**
  - Increase 24/7 access to doctors, nurses and other health professionals
- ☑ **Better Access to Needed Medicines**
  - A commitment to manage drug costs and ensure that no family is forced to choose between needed medicines and financial ruin
- ☑ **Improved Aboriginal Health**
  - New investments and better planning to close the gap between Aboriginals and other Canadians in terms of health

### Shorter Waiting Times

The federal, provincial and territorial governments have committed to report clearly on the progress we are making in health care and, for the first time will report on progress in reducing waiting times.

- ☑ **Comparable indicators ... so we can measure**
  - Federal, provincial and territorial governments will use comparable information to report their progress in improving access to doctors, and to diagnostic and treatment procedures
- ☑ **Benchmarks ... so we know what we are striving for**
  - Federal, provincial and territorial governments will set medically acceptable waiting times – based on advice from medical experts – starting with cancer, heart disease, diagnostic imaging, joint replacement, and sight restoration
- ☑ **Targets ... to drive change**
  - Provincial and territorial governments will set their own targets and report annually to citizens on progress in reducing waiting times

Canadians will see for themselves where their health care money is going and how it is making a difference.

Le premier ministre du Canada et les premiers ministres provinciaux et territoriaux ont de concert adopté un plan d'action décennal qui, grâce notamment à un nouvel investissement fédéral de 41 milliards de dollars, consolidera les soins de santé pour tous les Canadiens.

### De meilleurs soins de santé :

- ☑ **réduction des temps d'attente**
  - améliorer l'accès pour que les Canadiens obtiennent plus vite les tests cruciaux, les traitements et les chirurgies essentiels
- ☑ **d'avantage de médecins, d'infirmières et d'autres professionnels de la santé**
  - élaborer des plans plus former et recruter davantage de professionnels de la santé, et accréditer plus rapidement ceux formés à l'étranger
- ☑ **élargissement des soins à domicile**
  - améliorer le soutien aux personnes soignées ou en convalescence à domicile
- ☑ **meilleur accès aux services de santé à la famille et communautaires**
  - augmenter l'accès en tout temps à des médecins, infirmières et autres professionnels de la santé
- ☑ **meilleur accès aux médicaments essentiels**
  - gérer les coûts des médicaments afin qu'aucune famille n'ait à choisir entre les médicaments et la déchéance financière
- ☑ **amélioration de la santé des Autochtones**
  - investir de nouveaux fonds et mieux planifier pour combler l'écart entre les soins de santé offerts aux Autochtones et aux autres Canadiens

### Réduction des temps d'attente :

Les gouvernements fédéral, provinciaux et territoriaux ont convenu de rendre compte des progrès accomplis dans le domaine de la santé et, pour la première fois, dans la réduction des temps d'attente.

- ☑ **des indicateurs comparables... pour mesurer les progrès**
  - les gouvernements fédéral, provinciaux et territoriaux utiliseront des indicateurs comparables pour rendre compte de l'amélioration de l'accès aux médecins, aux services de diagnostic et aux traitements
- ☑ **des jalons... pour préciser le but visé**
  - les gouvernements fédéral, provinciaux et territoriaux établiront des temps d'attente médicalement acceptables – fondés sur l'avis d'experts – d'abord dans les domaines du cancer, des maladies du cœur, de l'imagerie diagnostique, des remplacements articulaires et de la restauration de la vue
- ☑ **des objectifs... pour susciter le changement**
  - chaque gouvernement provincial et territorial établira ses propres objectifs pour les temps d'attente et rendra compte annuellement aux citoyens des progrès réalisés

Les Canadiens pourront constater à quoi sert leur argent affecté aux soins de santé et les résultats déterminants qu'il produit.

To obtain a copy of "The 2004 Health Care 10-Year Action Plan at a Glance", call **1 800 O-Canada** (1 800 622-6232) or, to see it on the web, click [www.canada.gc.ca/healthplan](http://www.canada.gc.ca/healthplan).

Pour obtenir un exemplaire du document « Aperçu du plan d'action décennal sur les soins de santé 2004 », composez le **1 800 O-Canada** (1 800 622-6232). Vous pouvez aussi le consulter sur Internet à [www.canada.gc.ca/plansante](http://www.canada.gc.ca/plansante).



## Sports & Fitness

# Athletes Of The Month Slo-Pitch Stars Represent Wing At Nationals

By Jen Sharpe

Two years ago, fast-ball—the longtime CF national sports staple of summer—was replaced by the more casual slo-pitch. Many fastball diehards criticized the change and claimed that the new sport lacked the competitiveness and intensity of its wind-mill-pitching cousin.

However, because many CF fastball teams were having trouble finding wind-mill pitchers, some otherwise great teams struggled at Regionals and Nationals. The change to slo-pitch made the pitching position more accessible, and thus improved the turnout and overall quality of play at CF softball tournaments.

Former fastball player Capt Ed Roberds, 17 Wing - Wing Commander's EA, eagerly made the transition to slo-pitch and has excelled at the sport since his arrival at the Wing in July 2003. Capt Roberds, along with Pte Alex Gelinas of Wing Transport, led the 17 Wing slo-pitch team at Regionals this summer; both powerful players were picked up by Regional champions Wainwright to

play at the National Slo-pitch Championships in Borden September 11-15.

For Capt Roberds, the chance to play at Nationals was an opportunity to gauge the caliber of play of teams from across the country. Slo-pitch has been played at the inter-section level for years in the CF, and Capt Roberds says it was obvious which regional teams had the most competitive softball leagues.

"You could tell the teams who played in slo-pitch before. Because of our terrible summer, the 17 Wing team didn't get a lot of chances to play together and get our game together," he says. "It would be nice to win at Regionals next year; we had good talent this year, but we hadn't played together enough."

According to Pte Gelinas, the week at Slo-pitch Nationals in Borden was "amazing. There are some strong teams from around the country, and I want to go back next year an all-round better player, hopefully with the 17 Wing team. . . We have the talent here, we just need to put it



Capt Roberds poses after winning the home run contest at the slo-pitch regionals this past summer. Capt Roberds and Pte Alex Gelinas were selected to play with the champion Wainwright slo-pitch team at nationals in Borden.

all together."

Although both men admit that the experience would have been better had they been representing 17 Wing, they are both quick to say that the Wainwright team couldn't have been more welcoming or encouraging.

"You have to trust everyone on the team, and Wainwright made us feel like we were part of the team from the beginning," Pte Gelinas says. "We went to win, but we still went to have fun."

Capt Roberds says that he was a little nervous joining an opposing team right before Nationals, but his worries were ultimately unfounded. "I was a little bit surprised; I thought they might try to put us on the bench for a while in the beginning, but we played right from the start," he explains. "They picked us up for our playing skills, and they didn't waste any time getting us in the game."

At shortstop and third base respectively, Pte Gelinas and Capt Roberds helped enforce the left side of Wainwright's team. Wainwright also picked up a leftfielder from Shilo who further augmented the left side.

Aside from their excellent defensive skills, Pte Gelinas and Capt Roberds

impressed the Wainwright team by showcasing their running and batting skills in the skills competition at Regionals. Pte Gelinas, along with teammate Pte Vince LaChance, placed first in the base-running competition with a combined time of 25.15 seconds. "My running is good and my defensive game is good, but there are always improvements to make. I'd like to improve my batting for next year," he explains.

With five homeruns out of a total of ten swings, Capt Roberds decidedly won the homerun competition at Regionals. "I'd still like to improve my hitting though," he says. "I know that I don't hit as well as I could."

Although Capt Roberds and Pte Gelinas excel at and thrive in competition, both say slo-pitch allows them to relax and enjoy time with friends. "It's a very good social sport," Capt Roberds explains. "It's a sport where you can play for the social aspect, but it's also a sport where you can play and be extremely competitive."

Any 17 Wing personnel interested in playing slo-pitch next year can contact Chris Merrithew, 17 Wing Sports Coordinator, at local 5511. Inter-section slo-pitch starts up again in May.

# Wing Judo Club Spawns Budding Champ

By Cpl Dawn Lustig



(L to R) Sensei Otto Kionke, Tonia Lustig, and Sensei Barrie Woods celebrate one of Lustig's many Judo wins.

Tonia Lustig joined the Legion Athletic Camp held at the International Peace Gardens and the Saskatchewan Summer Camp of Champions held in Fort Qu'Appelle, SK. The St. James Legion, Branch #4, the 1 Winnipeg School Division, and Judo Manitoba have been her sponsors for many years.

Tonia would like to thank Sensei Otto Kionke, Sensei Barrie Woods, and Sensei Gary Sova for all her achievements. She would also like to thank her sponsors—without them, Tonia would not be where she is today.

The 17 Wing Judo Club is currently looking for more military personnel to join their 26-member strong organization. The Club currently meets Mondays and Wednesdays from 19h00 to 21h00 in Building 21.



**RONALD HABING**

*Barrister & Solicitor*

*Serving the needs of the  
military community for  
20 years & counting.*

- Real Estate & Mortgages • Family Law
- Wills & Estates • Business Law

**R. HABING & ASSOCIATES**

- 2643 Portage Avenue •
- Phone: (204) 832-8322 •
- Fax: 832-3906 •

# Military Family Resource Centre

## MFRC Annual Newcomer Event

This year's event was held on Saturday 02 October at the Officers' Mess. The morning began with introductions, followed by a great breakfast, a presentation from John Chabih, the MFRC Employment and Education Coordinator, and some games before 75 of us boarded the buses. Our tour guides from Heartland International Travel and Tours, Giselle and Ray, shared their knowledge of the city with us. However, it was the sweetness from Fred Morden of Morden's of Winnipeg Chocolate that truly gave these Newcomers a taste of Manitoba's kindness. We were served Russian Mints, and given a souvenir of a chocolate Bison. Volunteers Jodi Chappel, Charmaine Lyons, Evelyne Reitsma, Diana Vandehoef collectively donated their time and energy towards

the success of this event. Staff members, Louise Cameron, John Chabih and Teresa Morris, Thank-you! Our next destination was at the IMAX Theatre where we viewed a showing of Heartland while enjoying lunch. Ginette Lavack from Destination Winnipeg enlightened us with information about some of the newest restaurants, nightclubs and highlights of "things to do" in Winnipeg. More sightseeing and fantastic manoeuvring thru our construction site season by our bus drivers, Pte Larry Martin and Cpl Jean Madore. After a full day, we returned to the Mess for some refreshments and some prizes. The Childcare centre deserves a hearty thanks for providing childcare. Thanks to Staff Melodie Nelson, Trisha Broszeit and Lana Redmond-Skaftfield and Volunteers Caroline Hook and Juliana Guenter Also

thanks to Youth Centre Staff Kathy Alexiuk for ensuring the youth had some fun while in care. The generosity of Winnipeg is apparent as most everyone received something. We hope that although you never came to the Newcomer Event, that you will stop by the MFRC for our next coffee break dedicated to all the Newcomers on the 4 Nov @ 10 am. Children are welcome to accompany you. Calling all Newcomers (Posted in Jan 04-present) if you did not attend the event, you will still have an amazing opportunity to enter a draw for a chance to win two air-lines tickets donated by Jetsgo. There will be another draw for everyone to enter as well. Hope to see you there. The following sponsors contributed to our event, and we THANK-YOU.

## What Can The MFRC Employment & Education Service Do For You?

- Provide families of CF members with career planning, employment and education resources
- Provide current labour market trends
- Provide pre-employment support
  - Resume
  - Vocational Assessment
  - Academic upgrading
  - Cover Letter
  - Career Planning
  - Employment Preparation Workshops
- Employment and Education Advocacy
  - Employment Insurance
  - "speak the language"
  - Transfer of academic credit
- Career Centre
  - Canadian College and University Calendars
  - Career and Education Resources
  - Community Internet Access
  - Employer Profiles and Labour Market Information
- Financial Assistance
  - Self Improvement Loan
  - Scholarships and Bursaries
  - Education Assistance Loan
  - EI Programs for Unemployed or Parents with a child under the age of five

**ALL MFRC EMPLOYMENT & EDUCATION SERVICES ARE COST FREE**  
Contact John Chabih at Local 4511 for more information

## Gym And Movement

This program was developed to provide parents and their young children the opportunity to play together in the gym. It includes creative movement, parachute games, cooperative games and a circle time. Large muscle skills and interpersonal skills will be enhanced as well as the opportunity to socialize and to run off some steam, especially as fall turns into winter.

Location: Lipsett Hall  
Time: 1:15 to 2:15p.m. Thursdays  
Cost: \$20.00 per family for a ten-week session. The drop in fee will be \$2.50.  
This program will run until November 25th. It will start again in mid January.

## Building Blocks

Free Books and Snacks  
Bring your children for some fun as we explore why military families are special.  
Location: Lipsett Hall  
Time: 1:15 to 3:15pm on Tuesdays  
Start date: October 5th

- Academy of Learning
- Astra Credit Union
- Boeing Canada
- Delta Winnipeg
- Fazes Hair Studio
- Edward Carriere Salon
- Folk Arts Council
- Grapes
- Leon Centre
- Holiday Inn
- Holiday Kia
- Imax Theatre
- Jetsgo
- M & M Meats
- Kingswood Golf & Country Club
- Manitoba Opera
- Mariaggi's Theme Suites
- Image Fitness
- Manitoba Museum
- John Chabih
- Leaders General Store
- YMCA
- Jodi Chappel
- Alex Tremblay
- BFI
- Assiniboia Downs

- Brick Shirt Warehouse
- Manitoba Lotteries
- Academy Massage
- Catherine Chatterley
- StarBucks
- As You Like It Spa
- McDiarmid Lumber
- Jim Ronde Assiniboia MLA
- Pizza Hut
- Place Louis Riel All-Suite Hotel
- Prairie Theatre Exchange
- Running Room
- Portage Meat & Sausage Deli
- The Fort Garry
- University of Winnipeg
- Travel Manitoba
- Western Canada Aviation Museum
- Winnipeg Dodge Jeep
- Xerox
- Wendy's
- Scientific Marvel
- Brio's Art Gallery
- MPI
- Massage Works
- U of W Continuing Education
- Jim Rondeou Assiniboia MLA

## 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.

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

## Together in Church



### CATHOLIC

#### Chaplains

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

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

**Administrative Assistant**  
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 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

**Padre Paul Southen**  
(United Church)

Office 833-2500 ext 4277

**Administrative Assistant**  
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 Chapel 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 info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

#### Interfaith Prayer Room

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

## Padre's Corner On Being Posted

By Padre Paul Southen

On Saturday October 2, I took part in an excellent event for newcomers to Winnipeg. Run by Linda Belisle, the Information and Referral Coordinator at the MFRC with a handful of very helpful and enthusiastic volunteers, about 65 newcomers, including both CF members and their partners, spent Saturday getting a bit of a snapshot of the city via a bus tour and an IMAX film about the province, called "Heartland". We started the day off with breakfast at the Officers' Mess, followed by an "icebreaker" and a bit of an overview of the programs and services of the MFRC, in particular the support available to spouses from John Chabih, the Employment Assistance Coordinator. We then went on our tour, had lunch as we watched the IMAX film, continued our tour and ended the day back at the mess, where we had refreshments and almost everyone received gifts - courtesy of many generous sponsors in our community. It was a good opportunity to meet other folks who are also trying to find their bearings as they adjust to a new city, house, job, school for their chil-

dren, and in the case of many spouses, adjust to having left family / friends / rewarding work, etc. behind, and find themselves in a strange place far from home, feeling "adrift".

As we all know, though over time forget, it is very hard to move to a new place. It is an emotional time. If you have been wanting to move somewhere specific, for family or career reasons, and it happens, although it may be difficult, it is also very exciting. If you have badly needed to go somewhere, especially for family reasons, it can be extremely disappointing if you have to remain another year (at least). However, if you are one of those who hope to stay where you are for much longer; one of those who have put down roots; whose spouses have fulfilling jobs, whose children have made friends and are established in their schools, and now find yourself living in a strange place you didn't want to come to, there is a whole grief process that must be gone through. Upon initial arrival it all feels a little surreal - you are in mild shock, feeling disconnected from your surroundings, even as you are forced to

settle in. As time goes on however, you hopefully find yourself increasingly able to let go of your hold on the old, which you must do, in order to take hold of the opportunities and unique blessings of the new.

While I would never suggest that the career manager's posting choice is the same as God's choice of location for you, I have nevertheless taken comfort in the apostle Paul's testimony, that "God works for good in all things, with those who love him, who are called according to his purpose". In other words, Paul is saying that, while much happens in this world that God does not will, God can nevertheless use that situation to bring us blessings that we would never have received otherwise. Those blessings may be things like the making of new and dear friends, having a spiritual awakening, or experiencing places or events that we may never have done otherwise, if we had remained determined to not relinquish our tight control over where our lives will lead. Indeed, if we are open, we will probably find some aspects of our lives that are an improvement over our old

setting!

So, "Bloom where you're planted"! God's grace continues to be with you and yours, and good things can and do come your way from God's gracious hand, even (or perhaps especially) out of difficult circumstances.

And now for a commercial break... Remember, whether you are newly posted here or are continuing to stay put, the community chapel provides a "home away from home"; a community of acceptance and understanding about what life is like for military families, and a commitment to do all they can to support and nourish you and yours in whatever circumstances you find yourselves. Here in Winnipeg, the Roman Catholic chapel community meets on Saturdays at 4:30 pm, and on Sundays at 9:00 am. The Protestant congregation gathers on Sundays at 11:00 am. Both Protestant and Roman Catholic church families enjoy a wonderful warmth of fellowship, and are always delighted to welcome you (or welcome you back!). We are waiting for you, and so is God!

## 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

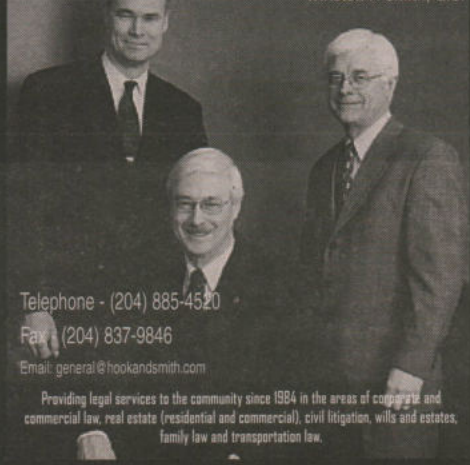
Phone: 889-2204

## 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](mailto:general@hookandsmith.com)

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

## 17 WING WOODWORKING CLUB

- Located:** Building 33 (WestWin Community Centre).
- Hours:** 24 hours a day 7 days a week.
- Cost:** \$50 + GST per year individually or \$75 + GST family (dependants over eighteen).
- Equipment:** Full compliment of stationary and hand tools.
- Sales:** Limited supply of hardwoods.
- Discounts:** Hardware store discount cards and access to wholesale lumber.
- Contacts:** Pres: Capt Steve Wilson-loc 6674  
Vice Pres: MWO Bill Lasko-loc 2149  
Treasurer: Capt Lawrence Klepacheck-loc 5952  
Secretary: Sgt Linda Jardine-loc 6522  
Equipment Manager: Cpl Rob Nevers-loc 6053

# Classifieds

## For Sale

**2 Winter Tires w/Rims**  
For Taurus, 205/65/R15, \$175 OBO, Call 453-5870

**Universal Gym**  
Weider 8530, \$450 OBO, Call 453-5870

**Halex Air Hockey Table**  
Excellent Condition, Asking \$70, Call 487-1372

**4 Winter Tires On Rims (5-bolt steel)**  
Michelin Arctic Alpine P205/70R15 load index 95Q, 15000km, \$200 OBO, Call Evenings 489-6329

**1983 Volkswagen Westphalia Camper Van**, Good condition, \$10,900 OBO, Call 298-0465

**Blue 7 pax 1994 Dodge Caravan**, Good running condition, 3.0L V 6, ps, pb, ac, \$2800.00 OBO, Call Dan or Elaine 885-3639 or local 5467.

**CKC Reg Shetland Sheepdogs (Sheltie pups)**, Family raised, Written guarantee, First shots, Tattooed, Info 487-3342

**Car Seat Infant To Child Up To 40 Pounds**, \$40, Call Colleen at 487-3016

**1988 Ford Extended Cab**  
\$1200 OBO, Call 779-4013

**Sewing Machine Table & Stool**  
\$70 OBO, Call 779-4013

**Children Safety Gate**  
\$20, Call Alain at 489-3940

**Hotpoint Stove**  
3 yrs old, Cost \$950 new, White, Self-cleaning, Black ceramic top, Nearly new condition, Asking \$400, Call Mike or Melissa at 489-7861 or Mike at local 5056.

**Hotpoint Portable Dishwasher**  
1 Year old, Cost \$600 new, White, Cutting board top, Good condition, Asking \$300, Call Mike or Melissa at 489-7861 or Mike at local 5056.

**Baby Prego Highchair**  
Adjustable height levels, Good Shape, Asking \$50, Call Mike or Melissa at 489-7861 or Mike at local 5056.

**Nintendo System**  
w/ 3 Games (1 includes 50 separate games) and pistol, \$40, Call Alain at 489-3940

**Fence - Approx 150 feet**  
(green chain link with wood posts and frame), \$150 OBO, Call Pam at 896-1925 (leave message)

**Child Seat For Bicycle**  
\$25, Call Pam at 896-1925 (leave message)

**Reel For Garden Hose**  
\$10, Call Pam at 896-1925 (leave message)

**1990 Ford Escort, 1.9L, 4cyl, Auto**  
224,000kms on body, approx 100,000kms on engine, 4dr, Hatch, New timing belt, tires and much more, Asking \$1000 OBO, Call Dave at 284-1335

**1990 Pontiac Sunbird LE 2L, 4cyl, Auto**, 27000 original kms, Brand new condition, 4dr sedan, pwr locks, Asking \$6500 safetied, Call Dave at 284-1335

**Moving - Must Sell**  
Stove/Oven - \$250, Microwave - \$100, Fridge - \$100, Air Conditioning (window unit) - \$400, New Single Bed (w/ frame) - \$225, All reasonable offers will be considered, Call Guy or France Lecuyer at 896-8251

**VW Jetta Factory Roof Rack and 2 x Barracuda Bike Stands**, locking bars paid \$750 asking \$500 obo call 297-0134 or 772-3164

**Browning 308 Cal Rifle**  
W/ scope and 2 boxes of shells, \$450, Call 489-8096

**1993 Dodge Spirit w/Gold Package**  
4 cyl (2.5l) Automatic, 167,000 Original Kms, PS, PB, PD, PW, Air Conditioning, Command Start, Tow Package, V.G. Condition Inside and Out, Asking \$2900 OBO, Call Eric at Local 2301 or 453-2599 after 6pm

**Alterations, repairs dressmaking and home decor, all done at reasonable rates.**

40 years sewing experience and Military tailoring

**Call Patti: 831-1440**

## Auto Sales

You supply the energy, we supply the training and support

A fun, exciting, and rewarding career.

**Winnipeg HYUNDAI**

204-774-5373, or

cdaman@winnipeg.hyundai.ca

www.winnipeg.hyundai.ca

## Wireless Nanny Camera

Brand new in box, Up to 200 feet range! Just find a spot and plug the receiver into your VCR!!! Priced at 200US, I will sell for 85.00CDN. (I have 6) Call 896-9144

**1983 Chevy Van 1/2 Ton Work Van**  
Camper top, Runs well, \$1000 OBO, Call 487-7847 /lve msg

## Posted To Shilo



**BEV POWELL 729-3554**  
www.bevpowell.com

**Brandon Residential Expert with Real-Life Experiences.**

## 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 Saturday 4:30 pm - Midnight  
11 am - 11 pm Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)

Phone: 888-3133 for reservations

Catering Service Available

## Dr. Philip S. Pass B.S.C., D.M.D. Complete Family Dentistry

Preventative/Cosmetics/Orthodontics

Crowns/Dentures/Root Canals

Extractions/Emergency Care

Evening and Saturday Appointments Available

420-3025 Portage Ave. ph: 987-8490

ALL DENTAL PLANS ACCEPTED

## mmmm. MARIGOLD chinese restaurant & lounge

Great Lunches, Great Dinners

## Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

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



# TAROSCOPES BY NANCY

**ARIES (March 21 - April 19):** A long and difficult time is finally coming to an end and even though it was stressful, it did lead to someone's growth and development. Maturity and awareness will prevail. Expect surprising revelations and information as the past actions of others are fully revealed.

**TAURUS (April 20 - May 20):** Use your intellect but also take an intuitive leap. Trust your gut and you'll experience joy beyond anything you could have expected. Have faith in your success and believe you are entitled to it. If you work hard and persevere you will get there. Aim high. Nurture your dreams.

**GEMINI (May 21 - June 21):** Investments are paying off. An artistic endeavor will bear fruit so take the time to incorporate original touches into creative work. If you want to go on a vacation, see if you can get off the beaten track or take a side-trip to a sacred site to inspire inner transformation.

**CANCER (June 22 - July 22):** Peace of mind that security is necessary for happiness. If you expect that things will work out, then you'll instinctively make decisions that ensure they do. Remember there are little annoyances in everyone's life. You are not alone.

**LEO (July 23 - August 22):** It's important to reassess your career path to avoid getting stuck in a rut or remaining in a dead-end job. To meet your increasing needs and realize your potential be open to information about other possibilities. Be realistic about what's required to sustain your lifestyle.

**VIRGO (August 23 - September 22):** Search out alternative routes to a goal. There's more than one way to succeed. Look for unconventional answers. Break your own rules and see what happens. Remain focused on your success even as you switch from Plan A to Plan B, then you won't lose your momentum.

**LIBRA (September 23 - October 23):** Though it may seem tedious, unexciting and frustrating, slow down and do things carefully and methodically. Learn the importance of timing; some things can't be rushed and the up-side is that in the end you won't be too burned out to enjoy what you attain.

**SCORPIO (October 24 - November 21):** Failing to get what you want does not make you poor. You're in a phase where you are compartmentalizing and magnifying everything. Transforming wants into needs puts too much pressure on your pocketbook. Step back and review your situation honestly.

**SAGITARIUS (November 22 - December 21):** Use your worries to find out how you can better prepare. When you feel your fear fully you can also discover what's really driving you. Sometimes it's the fear of losing control that's actually getting in your way. Total chaos won't result from your loosening up a bit.

**CAPRICORN (December 22 - January 19):** Issues in relationships revolve around money and shared interests. Avoid starting an argument until you've really checked out the other person's point of view. Cultivating empathy and awareness serves you well. A loyal friend is better than a rich acquaintance.

**AQUARIUS (January 20 - February 18):** It's time to get focused. You prepare better when you have a clear plan instead of a vague idea. Dreams need energy and money to be turned into reality. Start applying yourself in a more disciplined way. One step at a time you get done everything required to succeed.

**PISCES (February 19 - March 20):** Complete a project to get a sense of accomplishment. Expanding into new ventures brings unexpected benefits. You don't have to invest much as you have most of what you need already. Before you start, brainstorm on the best way to proceed to avoid the trial and error stage.

**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

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  
RCAF/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.

Proudly Supporting Our Military  
Call For Your Discount!

**Stephen Patrick**

PH: (204) 832-8226 www.winnipegrealstate.ca



**PATRICK REALTY LTD.**

"Serving Winnipeg for almost 50 Years"



stephen@patrickrealty.mb.ca



**For Information**

**Call 833-2500 Ext 4120**

# This Space Available



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: info@cgklaw.ca Website: www.cgklaw.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](mailto:terie@homesinwinnipeg.com)

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



## Relocation Specialist

Trudy M. Johnson B.A.

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

**28TH 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](mailto:trudyj@mb.sympatico.ca)  
or visit [www.trudyj.com](http://www.trudyj.com)



#1 Real Estate Team in Manitoba 1996-2003

Guaranteed Sold!

**JUDY LINDSAY TEAM**

REALTY

**Military Only**  
**Receive \$500 Cash Back**

- Relocation Specialist
- VIP Service in Every Canadian City

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



CALL NOW FOR A FREE HOME EVALUATION

925-2900