THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MARCH 30, 2005 | VOLUME 53, ISSUE 6 | FREE



Photos by Cpl J.A. Whyte

Gen Rick Hillier signs the 17 Wing Guest Book during his visit on 11 March 2005. Also featured are (L to R) WComd EA Capt Ed Roberds, 17 Wing WComd Col Stef Kummel, and 1 Cdn Air Div Commander MGen Charles Bouchard.

CDS Visits 17 Wing

By 2Lt V-G Winter

The Chief of Defence Staff Gen Hiller visited 17 Wing on Mar. 11, 2005 as part of a cross-country tour to explain his vision for the future of the CF as a force that would deal with more insurgency than conventional armies. His presentation was funny and personable. Hillier spoke of a number of items that have popped up in the news lately: a NORAD expansion to include Naval defence, the idea to acquire heavy lift helicopters and the fact that women can be tough enough for anything. The official Defence Policy review is expected out some time this spring.



CDS briefing 17 Wing Personnel in theatre.

In This Issue:

CFANS Celebrates BAC 0402 .....pg.3

435 Charity Hockey Game For Beloved Comrade pg.6

Breaking The Ice At West Hawk Lake pg.9

Goldeyes To Host Volunteer Awards: Organizers Request Nominations pg.11

April Is Cancer Awareness Month pg.12

DOMENICA'S FLORAL DESIGN

2255-G Ness Avenue (at Whytewold Rd.)

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



This Space Available

Come Soar With Us!

Call 833-2500 Ext 4120

Athlete Of The Month

Focus Paying Off For Winnipeg-born Soccer Star

By Jen Sharpe

Lt Stefan Szkwarek is a focused man. Since the age of four, the 1 Cdn Air Div Aircraft Engineer has survived high school forays into volleyball, basketball, and badminton and stayed true to his sport of choice: soccer. Now, with six years of CISM soccer behind him and the revival of the 17 Wing soccer team ahead of him, Lt Szkwarek is proud to showcase the passion that has guided his focus for over twenty years.

"I just love it—I love everything about it. I love preparing for it, I love playing it, and I just love it," the Winnipeg native says about soccer. "If you want to play at a competitive level, it's hard to focus on more than one sport. I know people here who play four or five sports, and to me, if you do that, you're not giving any of the sports their due. I know how hard I have to work for my one sport; I couldn't imagine doing it for another."

As a youth, Lt Szkwarek was one of the founding members of the Maples Juventus soccer team, a team that would eventually transition its way into the top division of the men's Manitoba Major Soccer League (MMSL). After playing with the Royal Military College team in Ontario and the 19 Wing Comox base team, the center midfielder/center defenceman returned to Winnipeg and, once again, joined up with Juventus.

Although Lt Szkwarek enjoys playing with Juventus—"They're a club that I've been associated with since I was a kid"—he admits that high-calibre soccer is difficult to find in a city with so few facilities.

"[The MMSL] is not of the level I would like it to be, but there's no where else to play in Manitoba ," he says. "Better facilities would definitely help. Right now the City of Winnipeg doesn't have one field with lighting . . .There's no pro teams, there's no university teams, but it's good enough . . . I have to play somewhere."

Right now—when all outdoor soccer pitches are covered in snow—that "somewhere" is one of the city's indoor soccer facilities. "They obviously don't have the realism of outdoor, but you gotta do what you gotta do," Lt Szkwarek explains. "I wish I didn't have to play there because it's really conducive to injuries, but leading up to a tournament, I have to get as much time playing as possible."

A few months ago, Lt Szkwarek could be found in an indoor facility getting ready for World Military Games qualifications, held this year in Victoria, B.C. in February. According to Lt Szkwarek, the event is unique because soccer is the only CISM sport that teams must qualify for before heading to Worlds.

Although the CF team did not advance to the next level, Lt Szkwarek says that they are constantly improving. "We are leaps and bounds better than we were when I started. When I started six years ago, we were so sub-par. Now guys are training two hours a day and recognize that we need to take this professionally."

It's that focus on professionalism—and the love of the game—that keeps Lt Szkwarek motivated throughout his grueling training regimen. To supplement the game skills he employs in indoor soccer, Lt Szkwarek works with 17 Wing Fitness Coordinator Lori-Ann Mundt to perfect his comprehensive conditioning program.

"The way I try to do my training is that every training session is geared to be like a game, meaning in terms of length and intensity," Lt Szkwarek explains. "What I've focused on in the last couple of years is developing my speed and quickness, and because of the volume of activity that I'm doing, I've kind of developed a different method of training than I've ever done, with the help of Lori-Ann."

The 1.5 to two hour sessions five to six hours a week are paying off, Lt Szkwarek says. "No one thing is more important than the other in my training, so when I got to this last tournament I could recover quickly. Because of the training I was able to compete and excel there."

Although he doesn't expect other soccer players on the Wing to match his level of dedication, Lt Szkwarek hopes other players show the kind of passion it takes to start up a base team from scratch.

"We haven't had a base soccer team in two years—to me that's appalling. We're a base of 2000 personnel and we can't get 20 people of those 2000 to come out. . . We have about 12 to 13 interested people now but I'd like to double that."

Currently, interested soccer players are meeting at Building 90 every Wednesday at 16h30 for training and team development. "We are going to have a team this year," Lt Szkwarek assures. "We're going to try to host Regionals."

But individual motivation and dedication isn't the only factor influencing the success of the 17 Wing soccer team—and the CF sports program on the whole: Lt Szkwarek says support from the chain of command is equally important.

"If bases are going to have sports—if the CF is going to have a CISM program, even—the athletes have to be fully supported because otherwise there's no point. There's no point in spending the money to send players all over the world to play their sports if there isn't the support back home to help them excel."

"Individuals have to make that commitment and show the units that they take it very seriously," he continues. "And units all over the country have to be like my chain of command and have to provide incredible support. They have to recognize that sports provide excellent leadership opportunities, excellent professional development opportunities . . . My chain of command here has been awesome."

Although Lt Szkwarek has seen success in his soccer career, he is the first to admit that there are only more training sessions and more games on the horizon: "The whole journey is very gratifying for me. I think it's fun to work at something and then see success. There's no time for me to rest."

For his dedication to and passion for the sport of soccer, Lt Stefan Szkwarek is the VOXAIR's Athlete of the Month. For more information on the 17 Wing soccer team, please contact Szkwarek at local 5066 or Sports Coordinator Chris Merrithew at local 5511, or visit Building 90 Wednesdays at 16h30.



VOXAIR

MARCH 30, 2005
VOLUME 53, ISSUE 6

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
+VOXAIR@PersSvcs@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 7: 1 April 2005

CFANS Celebrates BAC 0402

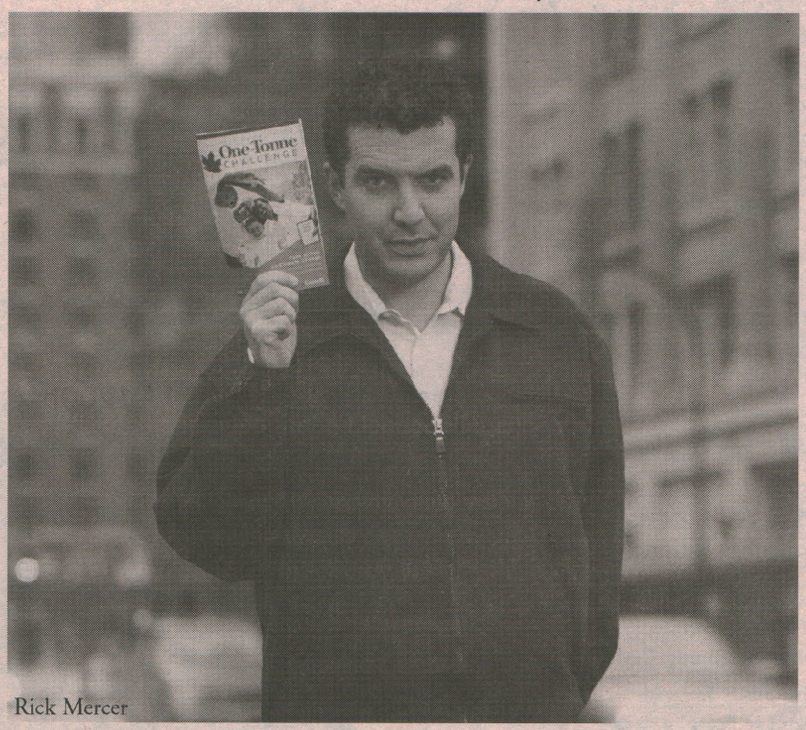
By Sgt Jean -Yves Boulay

A little while ago 8 students from different backgrounds of the military came together on a course labeled BAC 0402, better known as Basic AES Op Course 0402 (MOS 00019). They are mostly from down east and all have a multitude of life experiences. We have some old guys on the course and some (well, one) young guy. The years of service ranges from 6 yrs to 23 yrs. They cover all ranges of the military from the Navy, Air Force, and Army. This is the start of a long road of studying and hard work for these 8 students.

The course started on 14 Feb 05 with the usual introduction to the school and some last minute preparation for the weeks ahead. This was not a strenuous day at all. The next day was much the same except for one all-important thing, the review for the math test. Now the course has finally started and there is no looking back. The first test was upon these 8 men and they had to start to put their brains in gear. It was not that bad of a test; a few students had the misfortune to write it again but in the end all persevered and went on. The next few days were much the same, math and met classes. The students were talking about math and met at every opportunity of the day. This went on for about one week. Then a new subject was introduced Air Regs. Well this was a little more understanding and proved to be a lot of work to complete the workbook. But for the most, the students liked this class. We have some inside jokes and the instructors make the classes fun so we don't get tired or bored with all the brainpower we are using. We have had some interesting days too. Especially the Meet and Greet. Cpl Murphy had the longest speech, Cpl Murray had the politician speech with his opening greetings, and let's not forget Cpl Canning with offering to buy a round for the two Chiefs to get his choice of posting.. We got to meet and mingle with the other students and staff of CFANS. On Feb 25, we attended the grad parade of BAC 0401 and BANC 0308. This was a day where we all got dressed in our best uniform and paraded around and did all that drill. This was another day when we got to meet our fellow students from CFANS and make more new friends and develop the team that we are all a part of.

The students of BAC 0402 have been doing a lot together. They seem to always go to meals at the same time and they tend to visit the local hangouts on Friday night together. This makes it a great time to build the team and the friendships that will be there for years to come. With all this said, the students would like to thank CFANS for the great opportunity in trying to get their wings and becoming a part of the brotherhood of the AES Op trade.





Rick Mercer

Every Canadian loves a challenge, right?

On average, each Canadian produces five tonnes of greenhouse gases a year. Driving, heating and cooling our homes, using appliances…almost anything we do that uses fossil fuels for energy also creates greenhouse gas (GHG) emissions. And these emissions are causing our climate to change.

Take the One-Tonne Challenge – reduce your energy use and your GHG emissions by 20%, or one tonne. You'll save money, and help to protect our climate and our air quality.

Get your Guide to the One-Tonne Challenge.
Visit **climatechange.gc.ca** or call
1 800 O-Canada (1 800 622-6232), TTY 1 800 465-7735.

One-Tonne Challenge **Take action on climate change**

Government of Canada Gouvernement du Canada

Canada

Talk Amongst Yourselves

By 2Lt V-G Winter

The spring season is upon us and as is the Winnipeg tradition people will soon start selling tickets for socials. It is discouraged to talk at such occasion about sex, religion and politics. The fear being that you might risk offending people. If, however, you wish to discuss more controversial topics than the weather and the latest thing to happen on the O.C. I have a suggestion. One field that is ripe for discussion, with our advances in modern medicine is more and more relevant, is bioethics.

Here are some conversation starters you may or may not want to try:

1) You are breastfeeding and your father-in-law is undergoing cancer treatment. Knowing the beneficial effects of breast milk for the immune system and cancer fighting, your family asks you to provide breast milk to your father-in-law. What do you do?

2) Your sister/brother, can't conceive and requires an egg/sperm donor. She/he wants to be related to the child as much as possible and therefore asks for a donation from you. Knowing that you would then have a child with your sister-in-law/brother-in-law, and you would be your own nephew or niece's father/mother do you agree?

3) You are sick and require a replacement heart. The doctors give you two options. They can grow a heart out of frozen embryo that they revived or they can implant the heart of a pig that was bred to have no immune system of its own and then injected with your DNA. Which option do you choose?

4) Prenatal screening has determined that your unborn child has a double Y chromosome. This genetic defect coupled with the risk of fetal alcohol effect caused by some early-pregnancy binge drinking give the child a 50% chance of being repeatedly institutionalized for violent behaviour. What do you do?

5) You meet a clone of yourself at the supermarket. Your clone is suffering from genetic disorders, caused by the cloning process, that make them unable to work. The clone wants to move in with you so that you can support them. If you don't help them, your clone threatened to do lots dumb stuff to get you in trouble. What do you do?

Of course these questions are not to be asked when people are eating. You may choose not to use them at all except for some quiet personal introspection.

Let me know how you would answer these questions. I would also like to know if you have encountered any other sticky medical questions such as these. Please send them in to the Voxair by e-mail voxair@mts.net, mail, or phoned in at 6976.

Upcoming Lunch And Learn Sessions

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

1. ***Sleep Disorders*** — Monday, April 25/05
Dr. Meir Kryger, St. Boniface Sleep Disorder Clinic - To be held in the Military Family Resource Centre, 1st floor

2. ***Reaching E-Quality Employment Services—Disability*** — Wednesday, May 11/05
By George Wilhelm, Reaching E-Quality Employment Services - To be held in the LCC, Bldg. 135

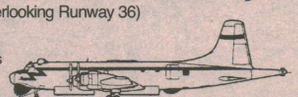
3. ***Superannuates Association*** — Wednesday, June 1/05
Presenter: Anita Cox - to be held at Bldg. 25, 1 Canadian Air Division

4. ***Feng Shui*** — Thursday, June 16/05
By Patrick Chau - To be held in the LCC, Bldg 135

5. ***Cooking*** — Wednesday, July 13/05
With MWO Dulude - To be held in the Church Hall

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 (Whytewold Rd.)
Autopac 889-2204

Museum Lottery Calendar – The Gift That Keeps on Giving!
- Commemorative D-Day Calendar highlights classic aircraft like the Spitfire, Mosquito and Avro Lancaster
- 72 chances to win cash prizes from $100 - $1,000!
- Only 2,500 calendars printed to increase the odds of winning

The calendars are only $20 each (plus $2 S&H on mail orders) and proceeds support the Western Canada Aviation Museum. Call or visit the Museum to buy your calendar today!



Lottery License Number MCCC 2192 RF
Hangar T2, 958 Ferry Road - Winnipeg, Manitoba R3H 0Y8 - Tel (204) 786-5503 - Website www.wcam.mb.ca

Jim's Classic Corner



- Heated & Secure Storage for your cars, boats & trucks or the contents of your house.
- A Selling service for your Classic or Antique Car or truck.

Jim Higham
Direct: (204) 997-4636 E-Mail: jimh@quixnet.net
Toll Free Voicemail: 866-660-0964
www.jimsclassiccorner.com

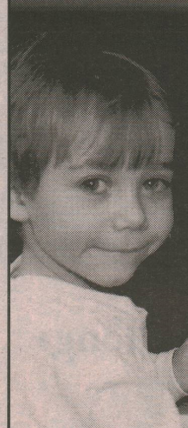
NATASHA KOUK



Reliable
Resourceful
Referred

Thinking of buying or selling, call Natasha today.
Office Top Producer
453-7653
E-mail: natashakouk@mts.net
Century 21 Bachman & Associates
Your Military Expert

Bienvenue en Ontario!
Moving to Ontario? Choose a French-language public school for your child.



Inscription en tout temps

Kingston
Maternelle à la 6e année
Madeleine-de-Roybon 531-8160
7e à la 12e année
Mille-Îles 544-7252

Trenton
Maternelle à la 6e année
Cité-Jeunesse 394-1398
7e à la 12e année
Marc-Garneau 394-0617

Pembroke
Maternelle à la 12e année
L'Équinoxe 732-1525

www.cepeo.on.ca
Conseil des écoles publiques de l'Est de l'Ontario

Blue-Eyed Workshop Highlights Roots And Results Of Racism

By Jen Sharpe

A tough-talking former school teacher –with an apparent dislike of blue-eyed folks—was the star of a racism workshop at the Learning and Career Centre (LCC) on 21 March, the International Day for the Elimination of Racial Discrimination.

Jane Elliot, an American anti-racism expert, is the creator of the controversial Blue Eyes/Brown Eyes workshop, an experiment that alienates blue-eyed participants from brown-eyed participants in an attempt to show the triviality of race-based discrimination.

Throughout the workshop, Elliot calls blue-eyed people lazy, evil, and stupid in an attempt to show how racial hierarchies are created and propagated in Western society. Eye colour, Elliot emphasizes, is determined by the amount of melanin in a person's body, the same process that determines the colour of a person's skin; stereotypes based on eye-colour, as ridiculous as they may seem, are therefore founded on the same biological principal that forms the basis of racial stereotypes and racism.

Although Elliot wasn't able to attend the LCC's "Essential Blue-Eyed" workshop in person, workshop facilitator Teresa Menzies presented a video of Elliot's efforts and encouraged discussion on the issues it raised.

"The video can be difficult to watch at times, and so I like to say that it's a bit like IMAX: if you find yourself growing a little uncomfortable, you can just close your eyes," Menzies explained at the beginning of the workshop. "Unlike IMAX, though, closing your eyes and ignoring what she talks about doesn't actually make it go away. It continues despite the fact that we may be uncomfortable by some of the issues she raises."

And, at times, it was uncomfortable to watch. Throughout the video, Elliot addresses the subconscious biases that affect us all and points out the consequences those biases can have on affected individuals.

"It is the subtle forms of racism that people don't think about," Menzies said after the video. "I think we all know the big forms of racism and sexism, but I think some of the other 'isms' are a lot more subtle. And until you see some of what Jane Elliot draws out, I don't think we really focus on the little things . . . If we're not focusing on the little things, those are what slip through the cracks."

Near the end of the video, Elliot reduces a grown, blue-eyed man to tears by emphasizing that he has no rights and that nobody cares about his feelings or opinions. This blue-eyed man, Elliot says, gets to escape this critical environment in a few hours; people of other races, however, must live with it for a lifetime.

To help persecuted individuals overcome our culture's critical environment, the government and organizations like DND have created equity laws and support groups, many of which are available at 17 Wing.

"Notice that we don't have a support group for white, Anglo-Saxon males, we don't have a support group for tall people, we only have support groups for portions of society who have traditionally been alienated," Menzies said. "Jane Elliot talks about how the people she was persecuting were not supporting one another because the idea is 'As long as you're picking on them, you're not picking on me,' but there is a need for people who are traditionally alienated to come together."

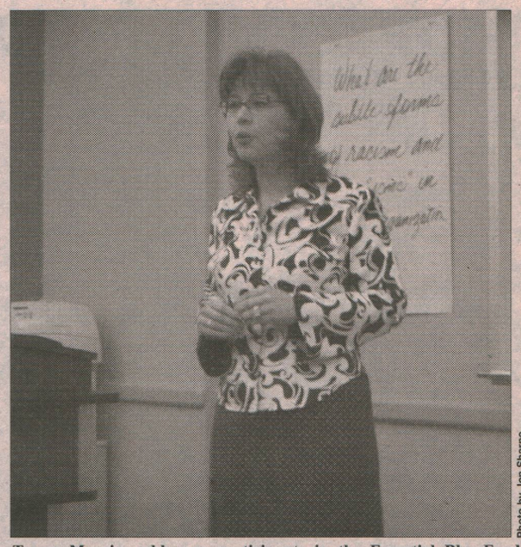


Photo by Jen Sharpe

Teresa Menzies addresses participants in the Essential Blue-Eyed workshop at the LCC on 21 March.

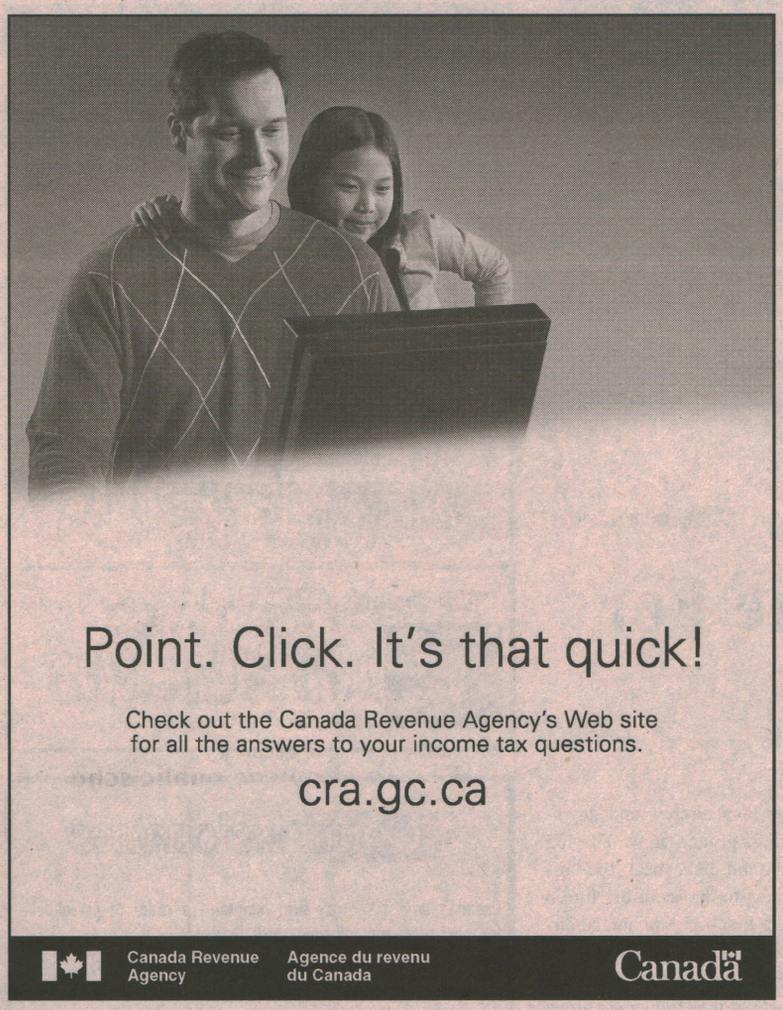
As the Chair of the 17 Wing Defence Diversity Advisory Group (DDAG) and ex-officio on the Defence Aboriginal Advisory Group (DAAG), Thea Haut knows all about the importance of coming together and creating change. The DDAG is responsible for addressing issues affecting women, people with disabilities, and people of visible minorities—issues that can sometimes overlap with those of the DAAG.

"The DDAG is made up of volunteers who have an interest in the employment equity and diversity issues of the four groups represented," Haut explained to workshop participants. "Our role is to advise management and promote employment equity practices for the designated groups, and this may involve issues such as mobility for persons with disabilities, eliminating racism for visible minorities, and ensuring that gender, nationality, and cultural practices are not in conflict with the policies and practices of the CF and DND."

According to Menzies, the DND's current practices are exactly what is needed to encourage change within the organization and society. "I think that organizations can be large and impersonal and quite abstract. What does 'The Organization' mean? Well it means me and it means you and these things happen to me and to you and to other people just like us within this organization."

"I'm pleased that this organization continues to make this commitment," she explained. "I think DND is doing it right by allowing people to personally experience and share their personal experiences. It makes it more human."

At the workshop, Menzies displayed a variety of quotes from Jane Elliot and other sources to encourage discussion and the sharing of experiences. One quote—"The only thing good people have to do to perpetuate racism . . . is nothing"—was especially powerful to workshop participants. Anyone who can relate to that comment is asked to consider being a volunteer on the DDAG or DAAG committees. For more information, contact Haut at local 5958 or by email.




Nervous About Buying Or Selling On Posting?
"Ask someone who's been there. With many military moves under my belt I can offer you personal insight into the unique process of a military relocation"
Tracey Anderson
987-2100 • 1-888-880-2121 • www.gerrycarriere.com
Century 21
carrie.com



Photo by Cpl J.A. Whyte

Ron and Donna Spragg drop the puck at the charity hockey game hosted by 435 Sqn for their son Rick.

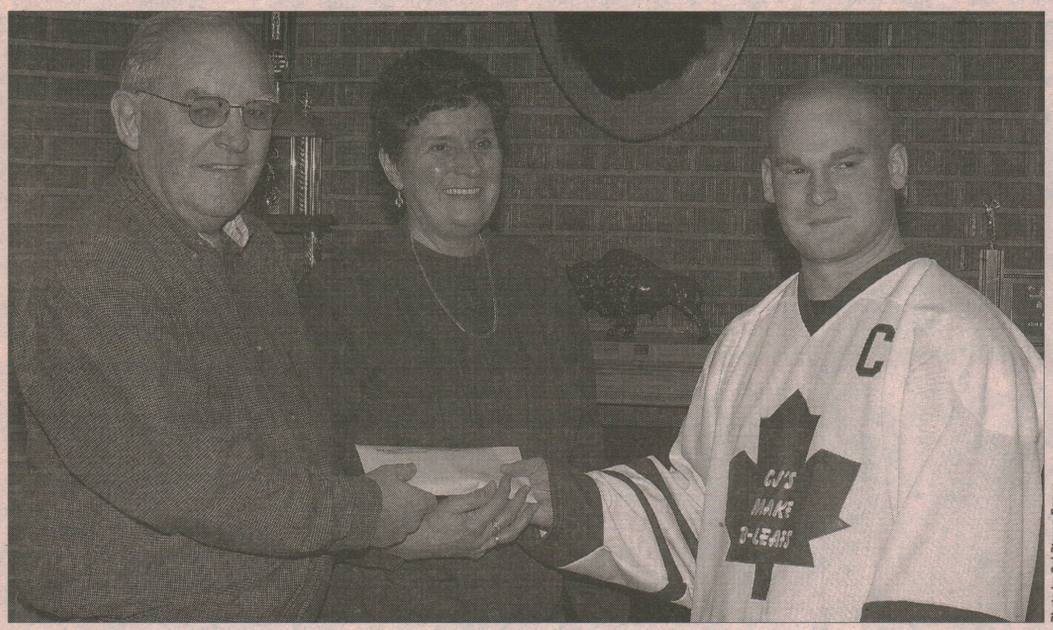


Photo by Cpl Steven Bogue

Pte CJ Butcher hands over the $1100 raised at the hockey game to Ron & Donna Spragg.

435 Charity Hockey Game For Beloved Comrade

By 2Lt V-G Winter

435 Sqn comes skating to the rescue to help one of its own and out of a tragedy comes an annual hockey tournament. When Sgt Rick Spragg, a flight engineer with 435, was injured on Feb 26 in hockey game and suffered a non-permanent spinal injury, the idea came up for a charity hockey game to raise money for Spragg's family to help offset the cost of travelling to Winnipeg.

"His family is here now from New Brunswick but when they're not here we're his only family," said LCol Dan Chicoyne, 435 CO. "435 is one big family, that takes care of each other. We were worried that Rick was far from his family in this tragedy but know we can see that 435 is his family," said Donna Spragg, Rick's mother.

The idea for the hockey game came from Pte CJ Butcher and Sgt Spragg, good friends who both play in the same no-contact hockey league. The game raised $1,100, which was given to Spragg's parents, Ron and Donna Spragg, to help offset the cost of travelling to Winnipeg. The money was presented at a reception at the WOs & Sgts after the game.

Spragg's parents came from New Brunswick to aid their son. "What 435 did for our family is just awesome," added Ron Spragg. Spragg's parents are confidant he will make a full recovery. "Everyday he's improving," said Donna. "He can't wait to fly again," said Ron. It is expected Rick will make a full recovery and return to active duty.

The hockey game played on the rivalry between the upstairs aircrew and downstairs ground-crew. The 435 ground-crew beat the aircrew to the score of 10-6 in the first 435 Sqn annual aircrew vs. ground-crew hockey game. The game was held at the Highlander arena on March 18, 2005. About 40 members of the squadron participated or attended the game. "For 75% of the game was a very close game tied 4-4, 5-5, 6-6 but the youth of the ground-crew gave them the endurance to outlast the aircrew and take it 10-6," said LCol Chicoyne.

MATERNELLE À TEMPS PLEIN
Full-time Kindergarten Registration

3e rencontre d'information pour les inscriptions à l'école française 2005-2006 en maternelle, en pré-maternelle (3 et 4 ans) et à la garderie française (avant et après l'école)

École Roméo-Dallaire

jeudi le 7 avril 2005 à 18h30
367, rue Hampton, 2e étage
Winnipeg MB
tél: 885-8000 téléc: 885-8005
courriel: lvallee@atrium.ca
directrice: Patricia Thibodeau

Nous acceptons les inscriptions pour tous les niveaux de la maternelle à la 8e année
Student registrations accepted for all levels K-8

Prière de nous téléphoner ou de passer à l'école.
Please give us a call or come and visit us.

L'éducation française, un atout pour la vie!

Cinéma / Theatre
• Just Across the Bridge
• 2 Blocks North Wytewold & Ness
8:00pm Showtimes
Child/Senior $3.00
Adults/Youth $4.00
More movie listings can be found on the DIN.
888-6290 (Recording)

FRI-SAT-SUN-MON NITES APR 1-2-3-4 8:00pm 115mins
Robert De Niro, Ben Stiller, Dustin Hoffman, Barbra Streisand
Meet the Fockers
DREAMWORKS PICTURES
PG

FRI-SAT NITES APR 8-9 8:00pm 110mins
In Good Company
Dennis QUAID Scarlett JOHANSSON Topher GRACE
Mature PG

SUN-MON NITES APR 10-11 8:00pm 142mins
Andrew Lloyd Webber's
The PHANTOM of the OPERA
Not recommended for young children PG

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.

40 Years Ago In The Voxair

April 2, 1965

RCAF Tragedy At Sea

The Honourable Paul Hellyer, speaking to the House of Commons on the 24th of March as Minister of National Defence, confirmed that an RCAF Argus had crashed at sea the night before with total loss of life.

At the same time he paid tribute to the outstanding work of the officers and men of the Maritime Air Command.

The Argus, from 404 Squadron, RCAF Station Greenwood, N.S., was exercising with the Halifax-based British submarine Alcide about 60 miles north of San Juan, Puerto Rico, when it crashed into the sea shortly before midnight of the 23rd.

The submariners, who saw the glow of the crash reflected in the night sky, surfaced and headed for the area to investigate, meanwhile calling for help. The Alcide was joined by the Canadian destroyer escorts Gatineau and Terra Nova and later by the helicopter destroyer Annapolis. In all, six ships, two submarines, and carrier and shore based aircraft searched in vain in the floating aircraft debris for survivors of the 16 persons who had been on board. In addition to the 15 crew members, the scientific advisor to the Air Officer Commanding, Maritime Air Command, Dr. C.L. Piggot, was lost.

Mr. Hellyer in his announcement said of the Maritime command personnel, highly skilled and dedicated to their work they have maintained in all types of weather over the years, constant anti-submarine patrols at very low altitudes over the waters off our shores both in the Atlantic and Pacific.

Due to the calibre of the men and the level of their training, he continued, Maritime Air command has achieved a record of flight safety that is second to none. Indicative of this is the fact that Argus aircraft which came into service in 1958 had not been involved prior to last night in any major accident or loss of life while flying a total of more than 132,000 hours.

While our sympathy goes out to relatives and friends, Mr. Hellyer concluded, the loss of such men is not only theirs but of Canada as a nation.

An investigation into the circumstances was immediately launched. The Argus was one of about 18 in six detachments which had operated from the U.S. Naval Air Station, Roosevelt Roads, at Puerto Rico. Ten RCN ships and two Canadian-controlled British submarines were also involved in the Caribbean exercises which began in mid-January and continue to the end of March.

The exercises were code-named Maple Spring for the Canadian forces, which involved some 4,000 personnel, and Maple Springboard, for the joint Canadian-U.S. anti-submarine exercise taking place in the same period.



Pierre Lebeau

Relevons le défi partout au Canada

Chaque Canadien produit en moyenne cinq tonnes de gaz à effet de serre par année. Chauffer et climatiser nos maisons, conduire, se servir des appareils électriques… presque toutes les activités qui requièrent de l'énergie provenant de combustibles fossiles produisent aussi des gaz à effet de serre (GES). Et ces gaz contribuent aux changements climatiques.

Relevons le défi d'une tonne: réduisons notre consommation d'énergie et nos émissions de gaz à effet de serre de 20 %, soit d'une tonne. Tout en économisant de l'argent, nous contribuerons à protéger l'environnement et la qualité de l'air.

Demandez votre Guide du défi d'une tonne.
Consultez le site **changementsclimatiques.gc.ca** ou composez le **1 800 O-Canada** (1 800 622-6232), ATS 1 800 465-7735.

Défi d'une tonne **Agissons contre les changements climatiques.**

Gouvernement du Canada Government of Canada

Canada

NEED A VEHICLE?
CALL 1-888-6-YES-YES
LOCAL 772-7502
937 - 937
NO PAYMENTS 90 DAYS
ALEX AND MARTY CREDIT MECHANICS
ALL CREDIT APPLICATION ACCEPTED

Promotions And Certificates



Cpl Melissa MacDonald receiving her new rank from Maj Chris Conway effective 1 Jan 2005.



MCpl Lou Carpan receiving his new rank from LCol Dan Chicoyne effective 1 April 2005.



LCol G.T. Hook, Commandant of Central Flying school, presented 2Lt Dave Coulter with his commissioning Scroll on 17 December 2004. 2Lt Coulter was posted to CFSATE Borden on 16 February 2005 for AOBC Course 0601 followed by the PPT 2 Course at 1 Air Movement Squadron, Cold Lake. Congratulations and best wishes from the staff of CFS.



Cpl Iain Campbell receiving his new rank from LCol Dan Chicoyne (left) and MWO Kalaigan (right).



Pte Michael Fleury from the TEME Sqn-Tn Flight section, seen here with Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer & Capt Amanda Ives the MSEO, is presented with his promotion to Cpl effective 15 Mar 05.



Photo by 2Lt M. Pelletier

Capt Dave Horvath, RCSU (Pra) Det Winnipeg Assistant Area Cadet Officer (Air), was promoted to the rank of Capt on March 20th, 2005. Capt Horvath was presented his rank by Maj J. Forestell, Commanding Officer of 199 "St Vital" RCACS and Mr. Doug Rogers, Sponsor Chair of the 199 RCACS Parents' Committee. Capt Horvath joined 6 "Jim Whitecross" RCACS in 1976 as an Air cadet before moving on to 249 "Beausejour" RCACS where he ended his cadet experience after attaining the cadet rank of Sergeant. Capt Horvath currently volunteers as the Aviation Trg O at 199 RCACS in Winnipeg.



Photo by Capt M.A. Huypungco

LCdr T.G. Hurley, Det Comd RCSU (Pra) Det Wpg, was presented his CD2 by LCol D. MacGillivary, CO RCSU (Pra), on 1 Dec 04. LCdr Hurley was eligible for this award 22 Sep 04 and marks 22 years of service as a CIC officer in the CF.



Photo by Capt M.A. Huypungco

Lt(N) S. Knight, Mov O RCSU (Pra) Det Wpg, was presented with a Commander's Certificate of Achievement by LCol MacGillivary, CO RCSU (Pra) on 1 Dec 04. The certificate recognizes her expertise in assisting to develop, implement and instruct a trailer towing course for CIC officers within RCSU (Pra).

Breaking The Ice At West Hawk Lake:
HMCS Chippawa Hosts National Ice-Diving Exercise

By Jen Sharpe



MS Russ Parker of HMCS CHIPPAWA using a chainsaw to cut through the 2ft thick ice at West Hawk Lake MB. LS Roger Windatt also of HMCS CHIPPAWA tends MS Parker as he cuts.

Once a year, in the middle of winter, dozens of CF Reserve Force members meet in the centre of Canada to strap on air tanks, slip on some fins, and SCUBA dive in sub-zero temperatures. Although southern Manitoba lacks ports and busy seaways, the province has an abundance of iced-over lakes and snow-covered trails—exactly what PO2 Brad Gillespie is looking for.

PO2 Gillespie is the I/C of the HMCS Chippawa's Port Inspection Dive Team and leader of the CF's annual ice diving exercise, held this year at West Hawk Lake, MB from 12 to 20 March. According to PO2 Gillespie, the exercise gives divers a chance to brush up on winter operational skills while learning the specifics of diving in an overhead environment.

"This exercise started with a very basic level ice-diving, so we came out and learned how to set up an ice-diving spot, how to cut holes, chainsaw safety and maintenance—basically to set up a dive site that allows you to rotate a number of divers through," he explains. "The first weekend we completed 33 hours of submerged dive time."

Following the first few days of diving, the divers attended a presentation by Dr. Gordon Giesbrecht (a.k.a. Dr. Popsicle), a hypothermia expert from the University of Manitoba, completed cold weather weapons training, reviewed ice-diving operational orders and setup, and deployed to West Hawk Lake for a final two days of winter survival and ice diving training.

"We have a number of reserve divers across Canada, I believe in the vicinity of 130 reserve divers," PO2 Gillespie, one of 13 HMCS Chippawa divers, says. "We try to get all the divers every year, or at least every two years, through ice-diving operations."

According to PO2 Gillespie, ice-diving training is important in the CF because ice poses a risk to military members and operations in colder climates.

"An example of when ice-diving would be required would be if a member of a port security unit either snowmobiling or crossing a lake surface were to fall through, or valuable equipment were to fall through the ice," PO2 Gillespie explains. "Our job would be to set up an ice dive to recover a body or equipment."

"Every year we deploy to Alaska as part of our port security unit and train with the Americans on an exercise called Northern Edge," he adds.

As the West Hawk Lake ice-diving exercise proves, ice-diving is an activity that requires regular training and strict safety procedures and deployment practices. "Diving in an overhead environment is a big issue," PO2 Gillespie says. "There are different diving techniques that we have to use, including paying special attention to lifelines."

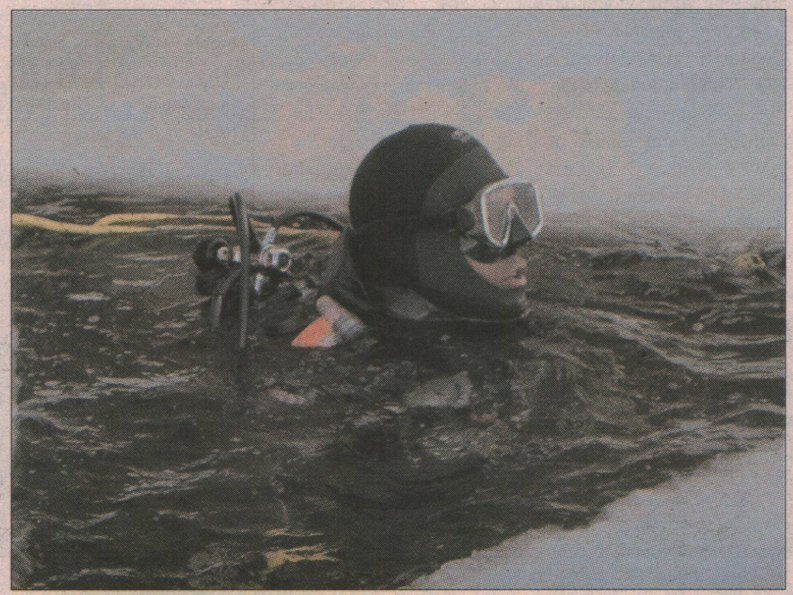
"Being in an overhead environment, if you have an emergency you simply can't just swim to the surface, you have to swim to the surface and then try to find your way back to the hole," he continues. "We also do lost diver drills and practice deploying our standby diver to search for divers who come off the lifeline or who have emergencies under the ice."

Although Winnipeg is the hub of CF ice-diving, PO2 Gillespie says his team isn't often utilized for ice-diving operations; more common operations include conducting security sweeps at important summits or events, such as American presidential visits.

"When important people visit, our teams would deploy to search all the jetties and set up regular security sweeps, so anywhere they go, our job would be to sweep the jetties at regular intervals to make sure there haven't been any explosives placed," PO2 Gillespie says. "That's the primary focus of our trade—our primary role is mine countermeasures in a harbour defence scenario."

"We deploy to the coast six to ten times a year to train," he adds.

Although he didn't deploy halfway across the country to conduct this training exercise, PO2 Gillespie has high hopes for the West Hawk Lake ice-divers: "I hope that they attain a competent level of ice-diving operations and learn that although on the surface conducting a remote diving operation in extreme weather conditions may seem daunting, it is a feasible task given appropriate training and equipment."



LS Mike Donald of HMCS YORK prepares to begin his ice dive.



Flowers For Spring

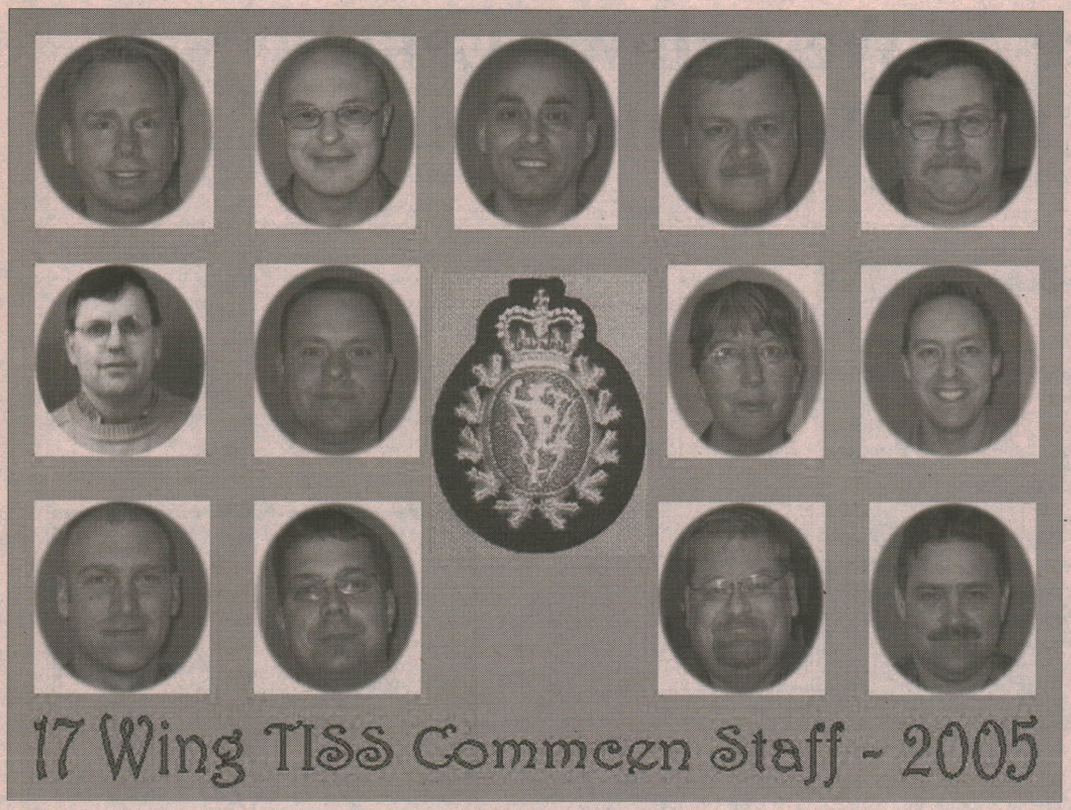
By Alf Brooks

Here we are in March and we still have snow! Can we be blamed for being impatient for true spring?

If you collect stamps, help is on its way. Flowers on stamps is a popular topic, and many collectors will specialize even further by saving stamps with particular flowers, roses being one of the most popular blooms to collect on stamps.

On the fourth of April, Belgium Post will issue three stamps picturing roses to celebrate this year's Ghent Flower Show. The show is held only once every five years at the Flanders Expo in Ghent and features an enormous variety of fascinating flowers and plants.

Three stamps have been designed by Bernadette Voz and are as follows: 44c: Rose 'Belinda', 70c: Rose 'Pink Iceberg' ,80c: Rose 'Old Master'



From top to bottom, left to right, MCpl Daryn Sherlow, MCpl Ian Arnett, Sgt Paul Parsons, Sgt Rick Pitt, MCpl Don Reid, Mr. Bill Rudy, Cpl Dave Daigle, Cpl Debbie Monteith, Mr. George Mayers, Cpl Ben Mitchell, Cpl James Macmillan, Mr. Mike Brandes and Cpl Dave Dingman.

17 WG TIS Winnipeg ComCen - Communications Centre Of The West

By Sgt Paul Parsons

The 17 Wing Telecommunications & Information Services (WTIS) ComCen, known locally as the ComCen of West, has had a long and distinguished history. A centralized ComCen first opened in Winnipeg in 1945 as part of the Canadian Army Signal System (CASS) Major Tape Relay providing support to Winnipeg, Fort Churchill, Camp Shilo and various other RCAF stations. In April 1965 CASS closed and the 733 Comm Sqn ComCen moved under the Canadian Forces Communications Command (CFCC). In 1994 CFCC also closed and all ComCens were transferred under the Defence Information Security Organization (DISO). A few years later, in 1997, they were de-centralized and left to the responsibility of local Wings or Bases. 733 Comm Sqn ComCen became the 17 WTIS ComCen or ComCen Winnipeg.

Over the years, ComCen Winnipeg has undergone several changes in systems and procedures due to numerous advances in technology and policy. One of the few ComCens left in Canada offering 24/7 service, it currently provides full time service to Winnipeg, Moose Jaw, Regina, Kenora and Thunder Bay clients. We also assume the after hours (evenings, weekends and holidays) guard of ComCens North Bay, Shilo, Cold Lake, Edmonton, Suffield, Wainwright, Yellowknife and Comox.

Averaging 1400-2000 messages per week, ComCen Winnipeg is responsible for the receipt and transmission of all classified and unclassified message traffic over the Automated Defence Data Network (ADDN). Upon receipt of a message, operators utilize a variety of delivery methods to pass traffic to clients including AFCCIS, unclas Message Sorter, secure/unclas fax, mail or courier. Our operators must always remain sensitive to information security, ensuring all messages are handled appropriately, and within the time constraints dictated by the precedence and classification of each message. ComCen Winnipeg is also responsible for arranging all the videoconferencing needs of 1 Canadian Air Division HQ. This includes bookings, set-ups/tear downs, faultfinding and training of new conference OPIs. Last year 432 videoconferences were conducted with a 99% success rate. The number of conferences continues to grow every year.

Winnipeg ComCen currently employs fourteen personnel overall. We have three civilian CM04s who have had previous service as either SigOps, RadOps or TelOps in the Regular or Reserve Force. The remaining eleven are Regular Force Signals Operators (2 Sgts, 4 MCpls & 5 Cpls). Eight of our operators are shift workers providing services on a 24/7 basis. Collectively between our civilian and military operators, we have a total of 236 years service and experience in the Communications and Electronics Branch.

With the implementation of the Military Message Handling System (MMHS), ComCen Winnipeg is expected to close sometime in the late summer or early fall of 2006. The handling and retention of message traffic will be left to individuals and units. Although losing the ComCen will be a sad day for WTIS and the WLOG Branch, MMHS, once implemented, should prove to be a reliable, and much faster means of relaying message traffic. As communicators we welcome these advances and look forward to the numerous challenges ahead.

POSTED TO TRENTON?
Call André (Andy) Martin, CD1
ROYAL LEPAGE
ProAlliance Realty
1-800-263-2177
253 Dundas St E
Trenton, Ont
"Service Bilingue"
Committed To Client Satisfaction
Helping DND Members Buy Or Sell Homes Since 1990
Lifetime Award Of Excellence
amartin@royallepage.ca
ANDRÉ (ANDY) MARTIN, CD1
RCAF/CF Ret'd
Sales Representative

STURGEON CREEK DENTAL
Dr. Steven Lawson
Dr. Aaron Kim & Dr. Mark Scoville
COMPLETE FAMILY DENTISTRY, ORTHODONTICS & TMJ THERAPY
New Patients & Emergencies Welcome
INCLUDING
• White Fillings/Whitening
• Crown & Bridge • Root Canals • Dentures
Evening & Saturday Appointments Available
240-3025 Portage Ave. 958-9500

POSTED TO GREENWOOD?
www.valj.com
VAL JESSOME
Direct: (902) 848-6643
Toll Free:1-800-565-9994
Greenwood, NS
valj@ns.sympatico.ca
Century 21
Acclaim Realty Ltd.

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

Posted to Ottawa?
Need a Great Realtor?
Children's Wish Foundation
RE/MAX
Do It Right Call Anne & Dwight
• Full relocation package couriered to your home or office
• Serving members and their families since 1983
• Organized HHT designed to provide outstanding results
• 9 Team members with one focus…OUR CLIENTS
• Approved suppliers to DNDIRP Program
1-800-267-7653
Email: anneanddwight@msn.com
Web: http://www.anne-dwight.com
RE/MAX metro-city realty ltd.
Marie-Anne Gagnier & F. Dwight Delahunt Sales Representatives

SCAN Seminar 20 & 21 Apr 05

Registrations for the 20 - 21 Apr 05 SCAN Seminar are now being accepted. Please complete and submit the SCAN Registration Form found at Unit Orderly Rooms or from the WPSO OR. Email, mail or fax (2738) to Sgt Shemko WPSO CClk Bldg 135 Room 221 by 14 Apr 05. Questions with regards to the SCAN Seminar can be addressed to Sgt Shemko/Sgt Moore at local 2459.

Posted to Kingston in 2005?



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

NEW HOMES BY "CARACO"
For a complete information package of new homes 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*

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
OR Email: donwyld@kos.net

Century 21
TOWN & COUNTRY REALTY INC.

Goldeyes To Host Volunteer Awards: Organizers Request Nominations

By Jen Sharpe

A fun-filled day is coming up for 17 Wing volunteers and their families, and organizers are confident the springtime event will be a grand slam hit with invited guests.

For the fourth year in a row, 17 Wing is thanking its volunteers with the SISIP Volunteer Appreciation event; for the second year in a row, that event is moving off base to incorporate an informal, family-oriented activity.

This year, that activity is the first exhibition game of the season for the Winnipeg Goldeyes on 14 May. Invited guests can expect a BBQ and awards presentation at Canwest Global Park before moving to the stands in time for the opening pitch.

Louise Cameron, Volunteer Services Coordinator for the Military Family Resource Centre (MFRC), emphasizes that Volunteer Appreciation plays an important role in the military community. "The volunteers do so much for 17 Wing, and we need to say 'Thank you' to them for that. We couldn't do everything that needs to be done without volunteers."

"We want to say 'Thank you' to the families as well for letting their volunteers stay involved," she adds. "It's important to include the families in the celebration."

Maj John Mahon, OPI for the Volunteer Appreciation Awards, agrees. "Without volunteers, the majority of our clubs and groups would not exist simply because our current staff could not administer all the programs themselves," he says. "Volunteers are necessary for the continued strength of the military community."

The event is important for two reasons, Maj Mahon adds: "If you show appreciation to the volunteers, you are making sure communities recognize the efforts volunteers are making . . . Secondly, if you recognize the volunteers and the efforts they make, you ensure that the programs will continue. The majority of volunteers don't do it for the credit they get, but out of the goodness of their hearts. But it's nice to pat people on their backs once in a while."

That is exactly why event sponsor SISIP is involved in CF-wide volunteer recognition. "You can't really run anything without volunteers, so they are certainly important to our community," 17 Wing SISIP Branch Manager Gord Moore says. "We have an excellent program here and I'm glad that SISIP promotes it."

In support of the Canada's 2005 volunteering theme –Volunteers Grow Community—the 17 Wing volunteer recognition program has expanded this year.

"The biggest difference between this year and previous years is that we want to recognize all members of 17 Wing who volunteer in their own community," Melissa Davidson, 17 Wing Community Recreation Director, explains. "So they don't perhaps volunteer within our own 17 Wing, but they could be coaching hockey, building houses for Habitat, volunteering at St. Amant's Centre, all other areas."

"We want to recognize them as well because they are working within their own communities to make them a better place," she says.

To recognize the different forms of volunteering, the Volunteer Appreciation Awards feature a variety of categories for which people can be nominated, including Volunteer Family of the Year and Volunteer Male and Female of the year in youth, teen, and adult categories.

Nominations for the 4th Annual Volunteer Appreciation awards can be found at the MFRC, Building 90, Lipsett Hall, the Post Office, and Online on the DIN as well as the 17 Wing Community web page (www.pspwinnipeg.ca). Nominations will be accepted until 13 April.

"It doesn't have to be the COs nominating members; anyone can nominate," Davidson concludes. "It's everyone's responsibility to make sure that we recognize the volunteers."



Pointez, cliquez, le tour est joué!

Visitez dès maintenant le site de l'Agence du revenu du Canada et trouvez toutes les réponses à vos questions sur l'impôt.

arc.gc.ca

Agence du revenu du Canada | Canada Revenue Agency

Canada

Getting Married This Year?

If you are a member of the Canadian Forces, or the DND family, and are getting married in 2005,

A Marriage Preparation Course Is Required.

The Chaplain Team of 17 Wing will be offering

One Course This Year.

April 29 - May 1, 2005
17 Wing Community Chapel Annex

Topics to be discussed are:

- Finances
- Values and Expectations
- Issues from your "Family of Origin"
- Conflict and Conflict Resolution
- Communication
- Intimacy and Sexuality
- Family and Parenting Issues
- The Uniqueness of Military Marriages
- God and Your Marriage

To Register, call Carol at 833-2500 ext. 5087.
Cost: $30 per couple

Clubs

17 Wing Ceramics Club

Club open for anyone with a recreation services card

- Over 600 Molds
- Lots of space
- 3 kilns
- Qualified instructors
- Supplies available at the club

Open:

- Tuesdays & Thursdays from 6:30 to 9:00
- Sometimes on weekends
- 18+ Yrs of age can get the key 24hrs a day, 7 days a week

Prices:

Memberships

- $10.00 / 10 - 15 yrs of age
- $20.00 / 16 - 20 yrs of age
- $42.80 / 20 yrs and up

Memberships are good for one year

Box of slip - $10.70

Firing - Average cost for 1 piece is between $1 & $5

Club during operational hours - 2496
Joanne Joyce 833-2500 ext 4034

Flying Tigers Swim Team

The Flying Tigers Swim Team is a very active 17 Wing Club. We consist of approximately 50 swimmers. We train up to 6 days a week at Lipsett Hall. Our swimmers range in age from 6-17 years and are at all levels of swimming ability. We have competitive swimmers who take part in many fun swim meets throughout Winnipeg and in nearby cities as well. Some swimmers choose not to compete and enjoy the opportunity to swim on a regular basis, improve their strokes and endurance, make new friends and simply have fun being active. We are fortunate to have a great head coach, Iga Ziendalski, and she is assisted by superb, dedicated coaches as well. If you have a child that is interested in our swim club, please contact us. Swimmers can join at any time on a trial basis to see if it is right for them.

If interested please contact our President—Denise Gipp 489-7965 or our Treasurer---Andy Sawatsky 488-0232 or our Secretary---- Karen Sawatsky—488-0232.

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).
Equiptment:	Full complement 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 Lesko - loc 2149 Treasurer: Capt Lawrence Klepacheck - loc 5952 Secretary: Sgt Linda Jardine - loc 6522 Equipment Manager: Cpl Rob Nevers - loc 6053

17 Wing Judo Club

Mondays & Wednesdays
7:00 p.m. - 9:00 p.m.

Building 21 (1CADHQ GYM)

9 years of age or older

Annual fees: Youth: $25 / Adult: $50

For more information contact:
Stephane Robbinson
H. 488-0356

Barrie Woods
3rd Degree black belt
H. 889-3444
W. 833-2500 ext 6564

Norbert Pachet
H. 775-1584

New Members Are Always Welcome

April Is Cancer Awareness Month

By Christa Zappitelli

Research shows that overall 30 to 35% of all cancers can be prevented by:

* EATING WELL
* BEING ACTIVE
* STAYING AT A HEALTHY WEIGHT

Making simple changes to the way you eat and becoming more active are two of the best defences against many types of cancer such as colon, uterine, breast (post-menopause), kidney, esophageal, and gallbladder.

YOU CAN LOWER YOUR RISK BY:

* Being a non-smoker and avoid tobacco smoke
* Eating a healthy diet
* Being physically active every day
* Staying at a healthy weight
* Limiting alcohol use
* Reducing your exposure to UV rays from the sun or tanning beds
* Knowing your body and report any changes to your doctor or dentist
* Following health and safety instructions when using hazardous materials at home and at work

REMEMBER THAT LOW RISK DOES NOT MEAN THAT YOU WON'T GET CANCER. IT MEANS THAT THE CHANCES MAY BE LOWER, BUT IT DOES NOT MEAN THAT YOU WON'T DEVELOP CANCER.

WHAT YOU CAN DO:

* Make small, gradual changes to your eating and activity habits.
* Build in variety. Healthy eating can include many different foods, plan ahead, make a menu, make a shopping list that includes at least 5 to 10 servings of vegetables and fruit each day.
* Eat foods that are good for you, most of the time. Be sure to balance treats with healthy choices.
* Eat at home more often and choose smaller portions. This helps control the amount of food you eat and the type of fat, salt, and fibre you eat.
* Be aware of when you eat and why. Listen to your body and eat when you are hungry.
* Look at physical activity as fun, not hard work. Activities do not need to happen at the gym.

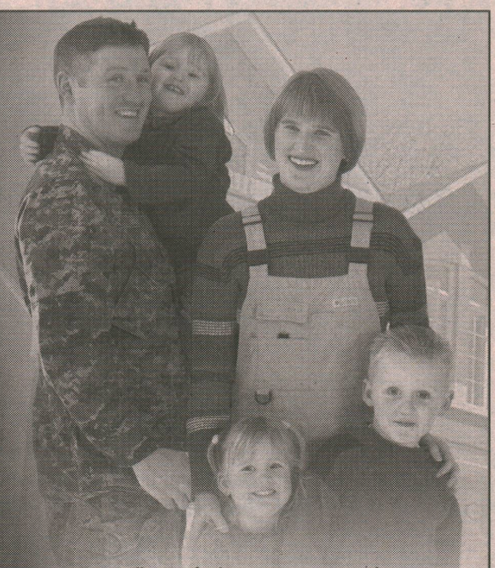
FRUITS AND VEGETABLES CAN HELP REDUCE YOUR RISK OF CANCER, HEART DISEASE, AND STROKE. . .

By providing protective substances such as vitamins, minerals, and fibre, as well as plant compounds called photochemical. For example, a diet high in vegetables and fruit may help reduce the risk of cancer by stopping normal cells from changing into cancerous cells. Also, vegetables and fruit help reduce the risk of heart disease by protecting artery walls from damage. What's more, when you fill up on vegetables and fruit, you may not be as hungry for less healthy foods. Eating five to ten servings of vegetables and fruit per day as a part of a healthy diet can help reduce your risk of cancer, heart disease, and stroke. It is estimated that over 20% of all cancers are related to what you eat. Diet, including alcohol, has been linked to cancers of the breast, colon, mouth, lung, stomach, pancreas, and prostate. It is estimated that between 30 – 40% of all cancers are preventable with a combination of a healthy diet, regular physical activity and maintaining a healthy body weight. Canada's Guidelines for Healthy Eating contain key lifestyle messages. By following these guidelines, you are on your way to better health!

For more information about Cancer, or any other health related awareness, contact the Health Promotion Team at local 4160/4150 or drop by the office in building #63 room 147/148.

PSP
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

Is your family's financial future protected?
Take comfort in knowing your family will be financially secure with affordable term life insurance products that are tailored to your military lifestyle.
Financial Services
SISIP RARM
Services financiers
L'avenir financier de votre famille est-il protégé?
Vous pouvez être rassuré en sachant que votre famille bénéficiera d'une sécurité financière grâce à des produits d'assurance vie temporaire abordables et personnalisés en fonction de votre style de vie militaire.
CANADIAN FORCES PERSONNEL SUPPORT AGENCY
CANEX
AGENCE DE SOUTIEN DU PERSONNEL DES FORCES CANADIENNES



Call us to find out more or to apply.
Téléphonez-nous pour obtenir plus de renseignements ou présenter une demande.
Winnipeg: (204) 889-4656 • 1-800-267-6681
www.sisip.com

Military Family Resource Centre

"Op-portunities" to connect with others experiencing work related Family Separation & Reunion

The Art of Care Packages

A great way to stay connected during family separations is through a care package from home. Bring all your care package goodies and join us on the first Monday of each month to wrap up it up. From journals to treats, each month we will share ideas and put together great items to add to your care package. We have everything you need to get your parcel on its way…. Paper, tape, markers, addresses, etc.
Free childcare can be available on site. Please call to pre-register.



MFRC, 102 Comet St
Mondays 7pm – 9pm
April 4th – Stamped Greeting Cards
May 2nd - Chocolate Treats
June 6th - Picture Journals

Homecoming & Reunion

Is your loved one returning home from a deployment? Do you have feelings of excitement, anticipation and uncertainty?
Join us as we share resources and ideas that can help you and your family have a smooth homecoming and reunion.
Free childcare can be available on site. Please call to pre-register.



MFRC, 102 Comet St
Tuesday 7pm – 9pm
April 12th

Winnipeg Military Family Resource Centre Presents:

"Now that I'm all grown up… what do I want to be?"

An interactive discussion group and workshop for adults on how to develop your career and education plan

Date: Tuesday, April 19, 2005 Where: MFRC 102 Comet Street
Time: 6:30PM – 8:30Pm Cost: $5.00

Please call 833-2500 Ext. 4500 by April 15, 2005 to register or call 833-2500 Ext. 4511 for more information.



We know it is not always easy to get away from work…

….many of the MFRC's best resources can be found on our web site.
Drop by on-line at YOUR convenience.

www.mfrc.mb.ca

The Community Connections……Our Newsletter – all the CURRENT programs and what's new at the Centre on-line now



Lights…Camera…Action….

Now available for on – site use at the MFRC!
Families and Units may book a room at the MFRC and use our Video Camera to record messages to be sent to deployed loved ones. For more information call Nicole at ext 4507.

* The MFRC has a digital camera available for on-site use as well.

Some NEW resources now available at the MFRC

Great Books and guides to address many issues faced by families. Call Haley at 4512 for more information!

Yikes! a smart girl's guide to surviving tricky, sticks, icky situations
Sex, Puberty and all That Stuff: A Guide to Growing up
Smart Girls Starting Middle School
The Stars Program, Learning about anger & Learning about anger more (For Children)
The Anxiety and Phobia Workbook (relaxation techniques and more coping techniques)
What's Wrong with Spanking (pamphlet)
Emotional Abuse (national clearing house on family violence)
Violence Issues: An Interdisciplinary Guide For Health Professionals
Breaking The Pattern: How Communities Can Help (Family Violence)
The Effects of Media Violence on Children
Television Violence: A review of the effects on children of different ages

Winnipeg Military Family Resource Centre Presents:

Jobs for Teens



April 5, 2005 The World of Work

Welcome to the world of work (Course outline)
Check-in and class housekeeping
What is work?
The benefits of work
Who am I?
How do I learn?
Paving the Career Path
Motivations (likes and dislikes)
Checkout and homework

April 6, 2005 Skills Unlimited

What am I good at?
Just the Facts – Cover Letters
The Resume Reason
If I could be…
Checkout and homework

April 12, 2005 Knock, Knock, Knocking on Employment's Door

Check-in and homework review
The Secret World of Job Searching
The Interview
What's it all about?
Interviewing Secrets
Film: Career Search – "The Interview"
Mock Interviews

April 13, 2005 Opening the Door of Opportunity and Keeping it Open

True Interview – Employer Interviews
The Taxman Cometh
Unions and Associations
Employment Survivor – Workplace Behaviour
Questions and answers
Graduation and Pizza Party!
Check out and the real homework begins!

PLEASE CALL LOCAL 4500 BY MARCH 18TH, 2005 TO CONFIRM PARTICIPATION OF YOUR YOUTH OR LOCAL 4511 FOR MORE INFORMATION

Class will run from 6:00pm – 8:30pm each evening.
Cost is $10.00 which includes workbook and snack

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.

Office Manager
Mona Currie 4500

Reception
Teresa Morris 4500

Youth Centre North 4502

Youth Centre South 488-8563

Executive Director
Don Brennan 4504

Deployment Services
Nicole Johnson 4507

Youth / Adult Services
Diane Brine 4508

Information & Referral
Catherine Chatterley 4506

Children's Programs 2491 or
Wendy Richardson 6846

Emergency Childcare
935-7733

MFRC Childcare Centre
837-3653

Lois Johnson (Director)
837-3626

Employment & Education Services
John Chabih 4511

Social Work Services
Haley Schroeder 4512

Francophone / Volunteer Services
Louise Cameron 4515

Thunder Bay MFRC
Evelyn Harrison
(807) 345-5116

Winnipeg MFRC Fax 489-8587

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 apointment. 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.

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 c haplain 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.

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

Spring Library News

Submitted by Michelle Wohlgemuth

Spring! It's around the corner… Hooray I do believe I can honestly say that I do not like the colour white. I want COLOUR, actually, I will take anything that comes my way brown grass, sand, green shoots, crocuses anything to break up the white.

After such a long white winter, many people are itching to get out into their gardens. Mowing instead of shovelling sounds like a wonderful thought.

Listed below is a selection of gardening books to start planning.

If you prefer "Do it yourself renovations" or building projects for the house and yard, the library has a selection of weekend project books as well as wood working books.

The library has a wide selection of books to read in the sunshine. Books are available in both languages, fiction and non-fiction. Light or serious, mysterious, romantic or outer space, the library has a book for you.

DROP BY AND CHECK US OUT

Hours of Operation April 2005

Sun 1-4 • Mon – Thu 4-8 • Fri 4-7

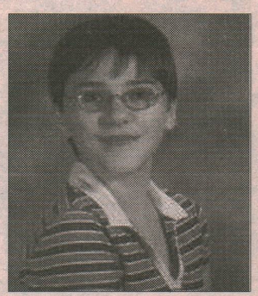
Gardening books:

Complete Book of the Garden by Reader's Digest
Container Gardening by Sue Phillips
Easy Water Gardens by Alison R. Francis
Gardening under Glass by L.N. & V.L. Flawn
Illustrated Guide to Gardening in Canada
Joy of Gardening by Dick Raymond
Kids Gardening by Kevin & Kim Raftery
Making things Grow by Thalassa Cruso
Northern Flower Gardening by Lois Hole
Perennial Favorites by Lois Hole
Proven Tips for Lazy Gardeners by Linda Tilgner
Rock Gardens by Katharine Ferguson
The Colour Dictionary of Garden Plants by the Royal Horticultural Society
The Prairie Gardener by H.F. Harp
Vegetable Gardening by Sunset Books

April

By Andrea Morris

Flowers grow,
As the rain,
Falls down,
Nice outside,
Wear no Jacket,
Swimming,
In the pool,
Wearing,
Bathing suits,
Spring,
Break,
April,
Fool's day,
Comes around,
Enjoy practical,
Jokes,
Gag gifts,
Pranks,
And hoaxes,
Apples grow,
April Fool's day,
Happens on,
April 1st,
April Fool's day,
Is usually,
On Sunday,
Or Monday,
So have fun,
In the month,
Of April.



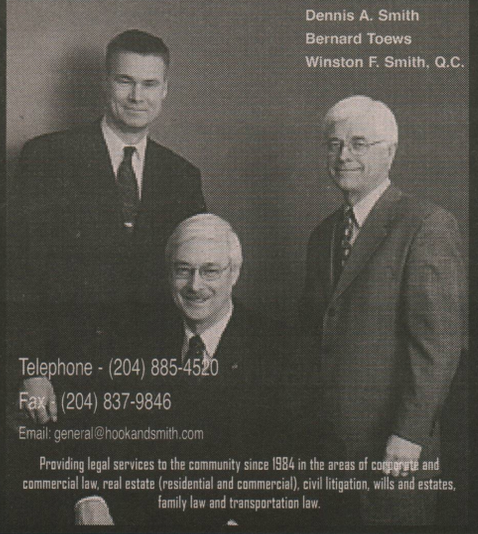
Andrea has been a member of Youth Creative Writing now for 4 years. Andrea is a prolific writer who excels at poetry.

To participate contact Michelle at 17 Wing Recreational Library for more information. 833-2500 loc 2490

Is Winter Over Yet?

Celebrate the start of Spring or get rid of the end of Winter Blah's on Saturday, April 9.
Everyone's welcome (partners included) at Rumour's Comedy Club.
The show starts at 1945 and features:
The Incredible Boris - a hypnotist
Tickets are $15
Please RSVP to Dana (2057) by March 16.

HOOK & SMITH
Barristers, Solicitors & Notaries Public
201-3111 Portage Ave,
Winnipeg, Manitoba R3K 0W4



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

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

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

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 •

A Benefit Concert for Winnipeg Harvest

CADET HONOUR BAND OF PRAIRIE REGION

Presented by

CADET HONOUR BAND
OF
PRAIRIE REGION

Saturday April 2nd, 2005
7:30 p.m.
Crescent Fort Rouge United Church
585 Wardlaw Aveue

Admission: Cash donation
or Non-perishable food item for

HARVEST

Presented by Regional Cadet Support Unit (Prairie)
in partnership with the Navy, Army Cadet, and Air Cadet Leagues of Canada

Classifieds

For Sale

White Frigidaire Frost Free Fridge 8yrs Old, Exc Cond, $200, Call Dan at (h)837-8524 or (pgr)932-4843

10,000 BTU Newer Window A/C Exc Cond, $200, Call Dan at (h)837-8524 or (pgr)932-4843

5 1/2ft Tall Wooden Fence 130ft in length, Includes Gate, $600 OBO, Call Dan at (h)837-8524 or (pgr)932-4843

Looking To Purchase, Baby furniture, Baby boys clothing, and ammenities, Also looking to purchase a baby car seat, Play pen, Swing, etc. Please contact Laura at 487-2431

Man's Air-force Mess Kit, Chest 40-42 and waist 34-36, Call John at 295-0399

ACS Scanner $75.00 Get A Hewlett Packard Colour Printer Model #697 Free, Call After 5pm at 338-4117

Fuji Digital Camera 6x Optical Zoom, 2.5 Digital. Internet; Battery Charger; and manuals. $190.00 OBO, Call 453-5870

2 Winter Tires on Rims 205/65/R15. $180.00 OBO, Call 453-5870

Microsoft Combat Flight Simulator 3: Battle For Europe + Logitech Extreme 3d/Twist Handle Force Feedback Joystick, $70, Call 889-4442

Danby Countertop Dishwasher White, Connects To Sink, Holds 4 Place Settings, 1 Yr old, Great Cond., $150, Call 253-0342

Dolomite Adjustable Extra Low Walker, Was $595, Seat /Tray /Basket, $350, Call 889-4442



FAMILY HOME/SHILO
Features 3 + 1 bedrooms, large open living-dining-kitchen area. Large family rumpus room, two full baths, patio doors to new tier deck, large 168´ x 155´ treed yard plus more.
$134,900
BEV POWELL 729-3554
bev@bevpowell.com
MLS #2503418
RE/MAX®

Manitoba Military Aviation Museum

17 Wing Winnipeg - Building 66

Open Mondays, Wednesdays, and Saturdays 1pm - 5pm

People and schools interested in tours should contact Capt Rozak at 833-2500 ext 2429

TAROSCOPES BY NANCY

ARIES (March 21 – April 19): Thinking too much about the future can make you anxious. You want to develop strong, vibrant relationships but you're not keen to make the first move. Relax, you don't have to; just don't hide when opportunity comes your way. Honest communication is the key.

TAURUS (April 20 – May 20): You're keen to throw caution to the wind, however you need to consider and consult with others. Embrace life to the fullest and honor your commitments. Temper impulses and plan carefully because you can't do it all yourself and the outcome of your actions isn't obvious yet.

GEMINI (May 21 – June 21): Investing in your future can mean enhancing your environment at this time because when your workspace is aesthetically pleasing you're inspired and productive. Just watch your cash flow. Some aspects of your lifestyle need to be re-evaluated. Concentrate on what is truly relevant.

CANCER (June 22 – July 22): You may think your desires are not in sync with reality but that's only because you are limiting yourself. Your wishes are realistic. Change your perspective. You don't have to choose between what you love and what is sensible. Look for ways to put some spark into a relationship.

LEO (July 23 – August 22): You're more hopeful and focused than ever these days because you have a goal and you've developed a system for achieving it. Exciting new ideas do take long-range planning though, so set aside the necessary time and funds. Your hard work will be rewarded.

VIRGO (August 23 – September 22): Responsibilities weigh heavily on you. Watch for signals and stay alert around moody people, you'll have to respond quickly to situations as they arise. Someone's inner turmoil is obvious to all but you're the one who must cope with it.

LIBRA (September 23 – October 23): You may be feeling the need to protect parts of yourself consequently you're careful about opening up to others. You'll thrive, and other will benefit as well, if you volunteer for an organization where you can express your ideals and values and not fear censure.

SCORPIO (October 24 – November 21): Facilitate open discussions where people can share their feelings and express concerns. Listen carefully to feedback, especially when you might have labeled this a sign of dissention from radicals. You need the valuable information you'll gain.

SAGITARIUS (November 22 – December 21): Feeling angry or hurt blocks your common sense. Connect with your feelings but don't let them consume you. You know from personal experience that emotions are at the heart of everything. Use your deeper awareness of human nature to deal with others.

CAPRICORN (December 22 – January 19): You'll push hard to realize a goal. Even though it may seem unrelated, one of the best ways to smooth the way for progress is to put your finances and home in order. You're having fascinating dreams; listen to them, honor them, use their guidance.

AQUARIUS (January 20 – February 18): Establish a balance between spending on what you need now and saving for the future. Make the necessary changes to ensure that all aspects of your life are coordinated. Planning is required if you want to get where you want to go. Take control of your life.

PISCES (February 19 – March 20): Work is required to realize your potential. You need to be realistic and act now, not just dream about attaining what you desire. Take the time to do the ground work properly and you'll find things flow readily to you. Create the life you want by taking the initiative.

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 2 - 4 pm

Canadian RESIDENTIAL INSPECTION® SERVICES
Pre-Purchase Home Inspections
Home Inspection Franchises available throughout Canada
www.HouseSpec.com
902-827-5010

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

FOR APPOINTMENTS CALL 775-8368

GASTHAUS GUTENBERGER
GERMAN RESTAURANT
•Authentic German & Continental Cuisine
•Schnitzel •Beef Rouladen •Homemade Spaetzle
•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

mmmm. . .
MARIGOLD
chinese restaurant & lounge
Great Lunches, Great Dinners
Cantonese & Szechuan Cuisine
Dine In • Take Out • Catering
Serving since '62 Winnipeg
1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St
487 St. Mary's Ave
245 King St
885 Henderson Hwy

GRAND&TOY®
FOR YOUR OFFICE / COMPUTER / FURNITURE NEEDS
Call Charell Oliver
Kama Assistant
Tel: (204) 487-5561
Fax: (204) 452-8791
Email: oliverc@grandtoy.com
John Gatta
Blair Russell

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 executives realty
3505 Roblin Blvd., Wpg., Man. R3R 0C6
BUS: (204) 987-9808 / FAX: (204) 987-9844
TOLL FREE: 1-877-778-3388
WEBSITE: www.buywinnipeghomes.com
E-MAIL: clements@buywinnipeghomes.com
kellyandgrant@remax-clements.mb.ca

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

George E. Chapman
Alan R. Goddard — Kelly P. Land — Michael J. Law
Donna G. Kagan — Almer N. Jacksteit — 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

2005 MOVING THIS YEAR?

I look forward to assisting with your real estate needs.

ONE GREAT CITY! WINNIPEG QUELLE BELLE VILLE!



terie langen

- Moved extensively throughout North America & Europe as a military family and have special empathy for family concerns.
- Resident of Winnipeg for 30+ years, working in the city & surrounding areas.
- Member of a Network of Professional Realtors at every Base / Wing, call for a referral to a professional contact at your destination.
- RE/MAX AWARDS: Hall of Fame, Platinum Club
- WINNIPEG REAL ESTATE AWARDS: Medallion Club

- Experienced Military Relocation Specialist
- Accredited Buyer Representative
- Bachelor of Social Work

(204) 779-7000
1-877-778-3388
(204) 987-9844 - fax

BRINGING FAMILIES & HOMES TOGETHER
YOU WILL RECEIVE PROMPT AND PROFESSIONAL SERVICE FROM OUR TEAM.

RE/MAX 3505 roblin blvd. winnipeg, mb r3r 0c6

WEB SITE www.homesinwinnipeg.com
E-MAIL: terie@homesinwinnipeg.com

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.winnipegrealestate.ca
PATRICK REALTY LTD.
"Serving Winnipeg for almost 50 Years"
stephen@patrickrealty.mb.ca

Century 21
carrie.com

My clients have been #1 with me since 1973.

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

THE VOXAIR

For Information
Call 833-2500 Ext 4120

This Space Available

Relocation Specialist



Trudy M. Johnson B.A.
WREB AWARD WINNER I RE/MAX HALL OF FAME I 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
or visit www.trudyj.com

#1 Real Estate Team in Manitoba 1996-2004 — Guaranteed Sold!

JUDY LINDSAY TEAM
REALTY

FREE HANDYMAN SERVICE
FREE HOUSE CLEANING SERVICE

- Relocation Specialist
- VIP Service in Every Canadian City

www.judylindsay.com



CALL NOW FOR A FREE HOME EVALUATION — 925-2900