THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
JUNE 22, 2005 VOLUME 53, ISSUE 12 FREE

Winnipeg Team Prepares For Rigorous Dutch Trek

By Angela Johnston



17 Wing Winnipeg members practice marching on the streets of Winnipeg before hitting the streets of Holland this July.

Photo by Angela Johnston

A team of military members representing 17 Wing Winnipeg will contribute to the Canadian contingent for Operation Nijmegen in Holland this year. The annual event, involving soldiers and civilians from around the world, is a four-day march with each day's distance reaching 40 km—a total of almost four marathons.

"We've got hard feet and big hearts," laughed Capt Rebecca Barton, the team's captain.

Canadians have participated in the celebratory march since 1952 and Winnipeg usually sends a team every other year. In all, there are 40,000 marchers from 50 different countries in Holland for the event—more than 1 million spectators watch the trek each year, according to an internal Op Nijmegen website.

Each day teams march in a route similar to a cloverleaf—they start and end in the same temporary camp, but march different paths.

Still, there is much training to be done here in Winnipeg. Capt Barton said that the team trains four mornings a week, marching through the Assiniboine Park and residential parts of town for an average of 20 to 30 hours a week—half on their own time, and half on the military's time.

After one practice in May, team members sprawled out in a circle in the grass near 17 Wing, stretching out their legs, recovering—one man lit up a cigarette.

Though each participant needs permission for this event, Capt Barton said commanders are accommodating: "People recognize the importance of the event and the training required."

Before the actual march, Capt Barton said the biggest challenge for the team will be the back-to-back 40 km marches two mornings in a row—a feat that will have the team marching for about 8 hours a day. To qualify for Nijmegen, team members must march at least 500 km, and complete the back-to-back 40 km treks.

Cpl Nathan Rody, the team's second-in-command, described the pain that comes with such training as a "general ache." Every muscle tightens, he said—shoulders, hips, knees, and ankles.

However, it is the mental challenge that is greater than the physical pain, said Cpl Rody. With long marches each day, often soldiers become bored: "Some people can't take the solitude," he said.

Cpl Jim Bell, who marched Nijmegen in 1998, said that he remained focused by talking to spectators as they pass en route, and simply taking in the European landscape—the narrow streets, cafes and people.

Cpl Rody, who marched in 2003, described the operation as a great opportunity to go abroad and meet people from other militaries. The event itself is unique, which is also a draw: "It's not natural, and everybody hurts," he said.

Capt Barton has never done the march—in fact, for most participants on Canadian teams, the trek will be their inaugural. But she said that it is something she has always wanted to accomplish; particularly with the historical significance, the role Canadians have played in the Dutch people's lives.

She said that the march is a great opportunity for soldiers of all elements and ranks to participate in a challenge together. Marchers will visit Vimy Ridge in France, and the large Groesbeek cemetery in the Netherlands—a Canadian cemetery. All Canadian soldiers stop at Groesbeek on the third day of marching. This event is the largest annual pilgrimage of Canadian soldiers, sailors and airmen to a foreign war cemetery, according to the internal website.

As the team captain, Capt Barton uses small incentives like stops at Tim Horton's, Jolly Rancher candies, weekend bonding and a visit to the hot tub at the base gym to help keep the team motivated and moving.. Cpl Rody added that the team also looks out for each other and passes the time by singing cadence songs.

Though still in training, Capt Barton said that the team is very focused and dedicated: "Nobody wants to go over and not finish," she said. Each team can send eleven members—17 are still training in Winnipeg, which presents a problem for Capt Barton. "There are so many great people, and everyone's capable, so it is going to be difficult to decide who will go".

Each individual member receives a medal for finishing, and if 90 per cent of the team finishes—10 marchers of 11—participants also receive a team medal.

The march originally started in the 1900s by the Dutch King as a way to promote leadership, stamina and teamwork in the Dutch army.

In This Issue:

Athlete Of The Month pg.4
Sports Award Ceremony 2004-2005 .....pg.5
Wing Administrative Officer To Leave Base pg.8
Thirty-fifth Anniversary Of 3 CFFTS pg.9
SAREX 2005 .....pg.12

DOMENICA'S FLORAL DESIGN
2255-G Ness Avenue (at Whytewold Rd.)
TELEFLORA 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



Photo by Cpl Bill Gomm

Colonel Kelly Woiden Commander of 38 Canadian Brigade Group, hands off the Commanding Officer's sword to Lieutenant Colonel Robert Poirier, the new Commanding Officer for all the Artillery within 38 CBG.



Photo by Cpl Bill Gomm

Lieutenant Colonel Robert Poirier signs off on the Change of Command scroll as Colonel Kelly Woiden looks on.

Reserve Artillery Come Under One Command

By Cpl Bill Gomm

WINNIPEG, Manitoba – 38 Canadian Brigade Group's Artillery came under a new command structure that was marked by a Change of Command ceremony during exercise Defensive Gunner in Shilo May 28.

Lieutenant-Colonel Charlie Miller, Commanding Officer of Regina's 10th Field (Fd) Artillery Regiment, Royal Canadian Artillery (RCA) (with 64 Battery in Yorkton) and LCol Dave Fraser the Commanding Officer of 26th Fd Artillery Regiment, RCA (Brandon, Mb.) (with 13 Battery in Portage La Prairie) and 116 Independent Fd Battery (Kenora, Ont.), handed over command of all three units to LCol Robert Poirier.

"We have challenges to face," said LCol Robert Poirier who went on to add "We have to have fun, because if you're not having fun, you're not having challenges given to you and it's not really worthwhile coming out, is it. We have to expand the size of the group, I would like to see that doubled from 150 of us now spread across the five Batteries. When we're done it would nice to have 300 spread across the same five Batteries."

Colonel Kelly Woiden, Commander of 38 CBG, officiated over the Change of Command ceremony, which was held in a trench overlooking six dug in guns.

"What we've done is tactically grouped the artillery units within 38 CBG," said Col Kelly Woiden. He added, "We have one Commanding Officer concurrently taking command of three units. It does not change the organization of the units. It now allows that leadership base to be developed."

The regrouping of the Artillery units is part of Land Force Reserve Restructure Phase 2 (LFRR Phase 2) which is one component of the overall transformation of Canada's Army.

Volunteers of The 26th Fd Pipes and Drums provided music.



Photo by Lt Shannon Woodward

Lt Tim Woodward, a recent graduate of the Advanced Rotary Wing flying training course, receives his promotion to Capt from the 3 CFFTS School Commandant, LCol Steve Bannister. Capt Woodward is posted to 408 Sqn in Edmonton AB.



Pte Bryce Hooper from the TEME Sqn-Tn Flight section, seen here with Maj Stephane Parent, the Transportation Electrical Mechanical Engineering Officer, is presented with Trades Person of The Quarter Award for Jan - Mar 2005.

3 CFFTS Reunion

3 Canadian Forces Flying Training School will be celebrating its 35th Anniversary the weekend of 15-17 July 2005. The School will be hosting a Reunion for all staff and students that may have served on the base in the past 35 years.

July 15th 2005 – Monster TGIF
July 16th 2005 – Golf Tournament and Party
July 17th 2005 – Brunch and Dedication Ceremony

Anyone interested in this event can contact Captain Steve Thompson at (AV) 257-8145 or (Com) 204-428-4145, email address thompson.se@forces.gc.ca

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 JUNE 24-25 8:00 pm 103 mins
Drew BARRYMORE
Jimmy FALLON
FEVER PITCH
PG

SUN-MON JUNE 26-27 8:00 pm 101 mins
STATE OF THE UNION
PREPARE FOR THE NEXT LEVEL
14A Violence

COMING ATTRACTIONS
~SAHARA ~RING 2
~KINGDOM OF HEAVEN

Per Ardua Ad Astra
"Through Adversity to the Stars"
Steven Fletcher,
Member of Parliament
Charleswood-St.James-Assiniboia
Phone: 204-984-6432
Fax: 204-984-6451
3111-A Portage Avenue
Winnipeg, Manitoba R3K-0W4
For regular updates on Steven Fletcher visit www.stevenfletcher.com
Steven Fletcher, Member of Parliament
Working for You

POSTED TO GREENWOOD?
www.valj.com
VAL JESSOME
Direct: (902) 848-6643
Toll Free:1-800-565-9994
Greenwood, NS
valj@ns.sympatico.ca
Earn 100 Bonus Miles Aboard the Maple Leaf AIRMILES
Century 21
Acclaim Realty Ltd.

THE VOXAIR
JUNE 22, 2005
VOLUME 53, ISSUE 12

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

Angela Johnston
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 13:
4 July 2005

Safe Kids Week . . . Is In June.

Here are tips to make sure that your child/children are playing safe this summer.

SWIMMING POOL SAFETY

Each year, many children drown in backyard swimming pools and in small kiddie pools. Children are in danger because:

- They like to play in water
- They move quickly
- They can drown in only a few centimetres (1 inch) of water

SAFETY TIPS:

- Put a fence around your pool, which includes a gate (keep the gate locked at all times)
- ALWAYS have an adult watching children in and around the pool
- Children under the age of 3 and children who cannot swim must wear a life jacket or PFD (personal floatation device)
- Send children to swimming and water safely lessons

IN-LINE SKATING AND SKATEBOARDING

In-line skating and skateboarding are popular activities. These activities can lead to serious injuries to the head, arms, and legs. Be smart, wear the gear and be safe.

SAFETY TIPS:

- Always supervise young children
- Make sure all equipment is in good condition and fits properly
- Always wear a helmet, and replace it every 2-3 years or after a major impact (bump or blow)
- Wrist guards will help to prevent wrist fractures in case of falls
- Cuts and scrapes can be reduced by wearing elbow and knee pads
- Teach children to choose a safe location, away from traffic, that has a smooth surface.

PLAYGROUNDS – DANGER OF STRANGULATION

Each year in Canada, thousands of children get hurt at playgrounds playing on slides, monkey bars or swings. Some children have died when their clothing or drawstrings got caught on playground equipment or fences. Some children have died when they became entangled in ropes or skipping ropes attached to playground equipment. Loose clothing, hoods, scarves, drawstrings, mitten cords, ropes and skipping ropes can strangle a child!

SAFETY TIPS:

- Remove cords and drawstrings from children's hoods, hats, and jackets
- Tuck in all clothing that can get caught on playground equipment
- Wear a neck warmer instead of a scarf
- Take off bicycle helmets before using playground equipment. Bicycle helmets can get trapped on equipment and strangle a child
- Make sure children do not tie ropes or skipping ropes to slides and other playground equipment
- Supervise children on the playground
- Teach children how to use playground equipment and play safely

FOR MORE INFORMATION OR TO PICK UP A SAFETY LOOT BAG FOR YOUR CHILD, CONTACT HEALTH PROMOTION:
Building 63, Room 147/148
Local 4160/4150.

STRENGTHENING THE FORCES
ÉNERGISER LES



Photo by Ms. Rose Malenchak

On 31 May 05, the Comdt 3 CFFTS, LCol Steve Bannister, presented unit Flight Safety Awards to four pilots at Southport. These presentations attest to the outstanding flying skill and professionalism displayed by these individuals while engaged in pilot instructional duties. The individuals, from left to right, together with the number of accident-free instructional hours are: Maj Gerry Bohemier, 2500 hrs, Capt Mike Duclos, 2000 hrs, LCol Bannister, Capt Klaus Meyer, 3500 hrs, and Capt Kevin Barnett, 2000 hrs.

3 CFFTS HCol 85th Birthday



On 22 Apr 05, the students and staff of 3 CFFTS gathered in the Combined Mess to wish a very happy 85th Birthday to the School Honourary Colonel, Col Wishart. The event was a Flight Suit Formal/TGIF. After drinks in the Lower Bar, all adjourned to the Dining Room for a formal dinner. After everyone had a piece of birthday cake, HCol Wishart received two gifts: a colour printer suitable for developing digital camera pictures, and a flight suit in the new Air Force colours.

A native of Winnipeg, HCol Hal Wishart joined the RCAF in 1940, and after receiving his pilot training, he logged many hours of flying on the East Coast in the Maritime patrol role. In 1942, the Hudson bomber carrying him and his crew crashed in a remote area of Newfoundland, and they survived in a blizzard for six days before being rescued. HCol Wishart left the Air Force in 1946 and later enjoyed a successful career in the financial services sector in Winnipeg. He was active in several community service organizations before assuming his duties as HCol of 3 CFFTS in Sep 1994.



CWO B. Roy (SWO CFS Met) presenting Sgt D. Baulne with the CF Physical Fitness Award for Aerobic Excellence.



Gov't Approved to represent the debtor

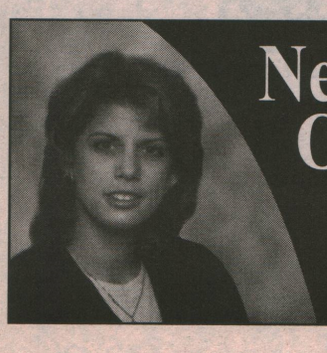
CANADA DEBT ASSISTANCE

We have the SOLUTIONS
Consolidate your debts into one affordable monthly payment
Call us for your free assessment today
Evening & weekend appointments available

DEBT

204-275-2350
101-2800 Pembina Hwy
or visit our website:
www.canadadebt.ca
Over 15 Locations Across Western Canada

Canadian Association of Independent Credit Counselling Agencies



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

Athlete Of The Month:

Winnipeg "Running Junkie" Receives Dedication To CF National Sports Award, As Nominated From CF National Running Peers

By Angela Johnston

When a major who has run 29 marathons supplies advice about running, people listen. As a competitive military runner who recently competed in the CF Running Nationals in Ottawa, Maj Bill Dymond's running peers felt that his contribution to the sport at a local, regional and national level was significant—they nominated him for the Dedication to CF Sports Award for running.

These national awards are given out to military members who foster their sport in each of the CF National 13 sports. Other competitors in the sport nominate the recipient.

This year's CF National Running Championships, where Maj Dymond received the award, paired up with Ottawa's National Capital Marathon. Maj Dymond—a self-described "running junkie"—placed 83rd out of 6813 runners in the half-marathon event, with a time of 1:27:32.

Maj Dymond said that participation in a civilian event for the military nationals pushed him to train harder. Often, he said, he knows the speeds of military runners, and who will beat him. But in a civilian event, it is impossible to keep track of all the military runners.

Maj Dymond wasn't always an elite runner—21 years ago, he took up running while posted in Germany to beef up his physical training. Describing himself as an overweight smoker, he felt that running was the quickest way to get in shape.

Since that time, Maj Dymond has run 29 marathons, half a dozen half-marathons and "hundreds" of 10 km races. He has clocked at least 62,000 km of running, virtually taking him around the world—the earth's circumference is just over 40,075 km.

His quickest time for a marathon, consistently broke a sub-three hour time, at approximately 2 hours and 47 minutes. Still, Maj Dymond said that someday he would like to be under 2:45.

Maj Dymond has practically mastered the CF Aerobic Excellence Award. Military members can track their fitness in units for this award—for example, in running, 1 km is one unit—and have the award presented to them by superiors. Maj Dymond is on his sixth award scroll—each scroll has six seals, which are worth 2,000 units.

He has raced in 18 CF National championships, participated in CISM events—a higher level of military competition—and two Canadian Cross-country Championships on the civilian side.

When he was 42 and finishing a Bachelor of Arts in political science and history at the University of Manitoba, he was the oldest member of the U of M track team, running with those half his age. His sage coach was but 35.

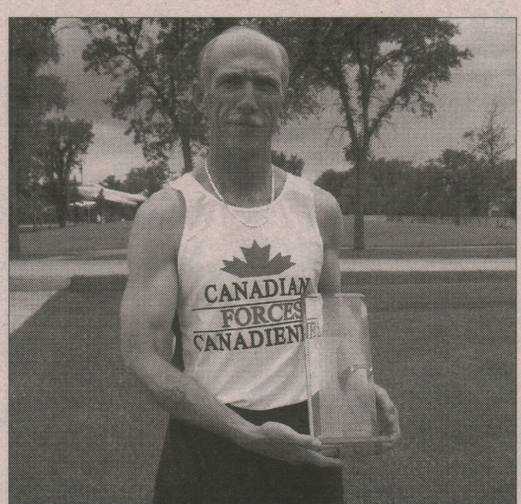
Still, though Maj Dymond's accomplishments are endless, his running has taken its toll—he is now facing injuries that he says come with the "wear and tear" of running. These are injuries he has been facing for the past six or seven years. He has tried to satisfy his running in other ways when he can't run—he has used the elliptical trainer and has run in the water.

He said that he is now focused more on running for fitness than competition, running approximately 40-50 km in a week over 6 days. When competing, he runs approximately 100 km.

Though he has competed in half-marathons, the full marathon remains his favourite event. He describes it as "by far the most rewarding," and said that it is the hardest race that he has faced in terms of training. Maj Dymond doesn't even consider racing in a marathon unless he is banking at least 50 km a week in his running before he commences a three-month marathon training program.

Though Maj Dymond said he is not currently training for any event—he would like to maintain his fitness level—he doesn't rule out that he may be racing again in the fall.

Maj Dymond is a contingency planner at the 1 Canadian Division headquarters at 17 Wing.



Maj Bill Dymond with the CF National Sports Award for running, an award he received at the CF running nationals in Ottawa this past May.

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 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

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

Calling all Paper Pilots!
A summer full of invention, adventure and things that fly!
Daily drop-ins welcome.
786-5503
Weekly Day Camps All Summer Long!
Western Canada Aviation Museum
958 Ferry Rd (corner of Ellice & Ferry Rd.)
Email: marketing@wcam.mb.ca
Website: wcam.mb.ca

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

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

Sports Award Ceremony 2004-2005

17 Wing Salutes Top Athletes, Coaches, Officials And Teams

On May 26, 17 Wing paid tribute to those individuals who, through their tireless efforts, enthusiasm and dedication were instrumental in the overall success of the Wing Sports Program this year.

Awards were given to members whose performance both on and off the playing surface typifies professionalism and sportsmanship. Whether through individual achievement or a team effort, each recipient displayed outstanding talents in his or her field.

The Fitness and Sports staff would like to thank all participants for their dedication to our 17 Wing sports program, and to all unit COs for allowing the time for their athletes to compete. Many thanks to the Wing Commander, Col Steff Kummel and the Wing Chief, CWO Claude Parent for participating in this ceremony and supporting the 17 Wing Sports program.



The 17 Wing Winnipeg Oldtimers hockey team, seen here with Wing Commander Col Steff Kummel, are this year's Team of the Year. The Oldtimers team won the Prairie Regional championships in CFB Shilo this year—for the fourth time in five years. At the CF National Oldtimers Hockey Championships, the Winnipeg team advanced to the playoffs, but could not defeat the Atlantic region team.



Maj Luc Guilette, seen here with Wing Commander Col Steff Kummel, is this year's Male Athlete of the Year. Maj Guilette has competed in the Triple Threat Provincial Triathlon, Morden Half Ironman, and Manitoba Half Marathon, where he finished 25th overall out of 2200 participants. He has also competed in the Ironman Triathlon World Championship in Kona, Hawaii.



LCol Tom Whitburn, seen here with Wing Commander Col Steff Kummel, is this year's Coach of the Year. LCol Whitburn is the head coach of the 17 Wing Winnipeg Oldtimers hockey team. He guided the team to the semi-finals of the CF National Oldtimers hockey championships. As a player, he played in five regional hockey tournaments, one CF National tournament and played in a Dutch civilian league while stationed in Geilenkirchen.



Sgt Claudette Siegnerschmidt, seen here with Wing Commander Col Steff Kummel, is this year's Female Athlete of the Year. Sgt Siegnerschmidt participated on the 17 Wing Winnipeg women's hockey team that won the 2004 Prairie Regional Hockey Championships. Sgt Siegnerschmidt was also instrumental in organizing the prairie region women's hockey team that competed in the CF National Championship.



Sgt Bill Hares, seen here with Wing Commander Col Steff Kummel, is this year's Official of the Year. Sgt Hares has been an active associate within the 17 Wing Hockey Referee organization. He is a level 3 hockey official and has been active within the Winnipeg Minor Hockey officials Association. He volunteers his time to mentor young officials and help them hone their skills.

Aboriginal Veterans Describe Personal Experiences In Military

By Angela Johnston

Growing up as a Metis youth was difficult for veteran Bob Carriere. His first teacher "spoiled" the school experience by asking Carriere his nationality—Indian, Canadian or French. Carriere's teacher informed him that he could be none of the above because of his mixed Metis heritage.

French school was no better. Carriere recalls attending school with three other aboriginal children: "We were the only three who got lickings that I can remember," he said.

Carriere recalled these experiences, and others, at a seminar for Aboriginal Awareness Week, jointly conducted by 1 Canadian Air Division and 17 Wing on May 24.

The purpose of the week is to increase public servants' awareness of aboriginal culture, tradition and diversity. This year's event paired up with Year of the Veteran activities, focusing on aboriginal veterans.

The two speakers—Bill Shead and Bob Carriere—spoke to a roundtable of attendees, and fielded questions afterwards.

Carriere served for three years in the army, with 13 months in Korea. His father was French and Cree, while his mother was American.

Carriere spoke mostly on his experiences as a child in Winnipeg. He used to play "Cowboys and Indians" with his comrades. He used to play a cowboy, until his friends decided he could play only the role of Indian.

Though he said he was friendly with everyone during his time in the Korean War, he said he had difficulties claiming land or education benefits after the war ended. He was cited technical problems—he was told that Korea was a "conflict" and not a "war," so his benefits were limited.

This highlights the combination of veteran and aboriginal awareness during this event.

Bill Shead also spoke at this venue. He said that he has had a "speckled" career in both areas. Shead spent 36 years in the in Navy, before retiring as a Lieutenant-Commander. Shead was at one time a Regional Director General for Veterans Affairs, and was the mayor of Selkirk in the 1980s.

Shead focused instead on the positive aspects of aboriginal peoples contributions to the military.

"I think you'll find that the aboriginal community is more than grievances, more than front-page stories," he said.

Shead highlighted personal anecdotes from his time in the Navy, and discussed the historical legacy local aboriginal peoples have had in the area, dating back to the times of Chief Peguis.

He said that the greatest legacy a CF member can leave—whether veteran or aboriginal—is one of community building.

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

Fort Garry Horse Live Fire Refresher Training

By Cpl Bill Gomm

Another typical spring day in Southern Manitoba brings fresh snow and a wind chill of minus 5 Celsius. Great weather for refresher training on the C6 general purpose machine-gun (GPMG), C9 light machine-gun (LMG), 84mm Carl Gustav and grenades.

Climbing a small hill on Prickly Pine, a field firing range in Shilo, soldiers climb into one of three firing trenches where two C6s and one C9 are set up, with targets set up from 200 to 900 metres away.

The soldiers have been given either one box of C6 ammunition or one drum of C9 ammunition depending on which weapon they will be firing. Once given the order to load and fire they begin to engage the various targets under the direction of safety staff.

"That was actually a pretty good shoot if we had some trace we could have probably engaged out to 500m," said Sergeant Dean Horne, one of the safety staff.

"I couldn't see through the scope where the rounds were hitting, 200m was on, went to 500m, couldn't see the splash, couldn't see anything so I finished it off at 200m," said Corporal Kyle Beverley as he finished firing the C9.

Over the noise of the C6 and C9 machine-guns firing, Sergeant Jeff Carswell, one of the safety staff, could be heard shouting instructions. "Reference 12 o'clock, 400m, six times infantry in open ground, on"

As soldiers finished firing the C6, C9 and finished the background activity which consisted of throwing practice grenades, they moved on to the Rocket Range where they fired the 84mm Carl Gustav.

According to the Commanding Officer of The Fort Garry Horse LCol Sabatier, "It was good refresher training for the soldiers."

The following day the soldiers would practice rappelling at the new rappel tower in Shilo under the watchful eye of Petty Officer Brad Gillespie of HMCS CHIPPAWA and Sgt Carswell.

Cpl Bill Gomm is a Photojournalist with 38 CBG HQ PAO.



A soldier from The Fort Garry Horse prepares a 84mm Carl Gustav round for firing.



Corporal Grant Walkin strips down the pistol grip of the C6 general purpose machine-gun (GPMG) to properly align the safety mechanism.

Your Insurance Plan Is Changing Are you affected?

Financial Services
SISIP RARM
Services financiers
A Division of the Canadian Forces Personnel Support Agency
Une division de l'Agence de soutien du personnel des Forces canadiennes

Votre régime d'assurance est modifié Êtes-vous concernés?

As of July 1st, 2005, if you are a Canadian Forces (CF) member or a spouse and have term life insurance coverage with SISIP Financial Services (SISIP FS) under the Optional Group Term Insurance (OGTI) or the Reserve Term Insurance Plan (RTIP), you may receive a reduction in your premiums.

As well, all OGTI and RTIP participants will benefit from a new Accidental Dismemberment clause added to their policy at no additional cost, which will provide benefits for injuries for:

- Members whose injuries are non-attributable to military service to a maximum of their life coverage in force at the time of the accident;
- Insured spouses to a maximum of their life coverage in force at the time of the accident; and
- Dependant children to a maximum of $10,000.

With these changes, SISIP FS continues to offer premiums that are among the lowest in the insurance marketplace for comparable coverage. In fact, on a weighted average basis, the serving members premium rates are 8% to 15% lower than the lowest comparable rates in the industry.

In addition to the new Accidental Dismemberment coverage and low premium rates, OGTI and RTIP participants are offered the following important benefits:

- No war or terrorism exclusion clause;
- No exclusions for dangerous occupations, hobbies, volunteer activities or sports;
- Less stringent medical underwriting requirements; and
- A life insurance for dependant children for an amount of $10,000.

SISIP FS licensed insurance representatives are available to answer your questions in regards to these improvements to your SISIP FS life insurance plans and can help you review the coverage you need to protect your loved ones. You can contact your local SISIP FS insurance representative in one of our 18 offices throughout Canada, call 1-800-267-6681 (233-2177 in Ottawa), or get more detailed information by visiting our web site at www.sisip.com.

Your Financial Protection for Today... and Tomorrow!

À compter du 1er juillet 2005, si vous êtes un membre des Forces canadiennes (FC) ou un conjoint possédant une assurance vie temporaire des Services financiers du RARM (SF RARM) aux termes de l'Assurance collective facultative temporaire (ACFT) ou du Régime d'assurance temporaire de la Réserve (RATR), vous pourriez bénéficier d'une réduction de primes.

En outre, tous les adhérents à l'ACFT et au RATR profiteront d'une nouvelle clause de mutilation accidentelle ajoutée à leur police sans frais additionnels. Celle-ci prévoit des prestations en cas de blessures pour les personnes suivantes :

- les membres dont les blessures ne sont pas attribuables au service militaire, jusqu'à concurrence de la couverture d'assurance vie en vigueur au moment de l'accident;
- les conjoints assurés, jusqu'à concurrence de la couverture d'assurance vie en vigueur au moment de l'accident;
- les enfants à charge, jusqu'à concurrence de 10 000 $.

À la suite de ces changements, les SF RARM continuent d'offrir les primes parmi les moins élevées sur le marché de l'assurance pour une couverture comparable. En fait, selon une moyenne pondérée, les primes des membres actifs sont de 8 % à 15 % moins élevées que les primes les plus basses sur le marché pour une assurance comparable.

En plus de la nouvelle protection en cas de mutilation accidentelle et des faibles primes, on offre aux adhérents de l'ACFT et du RATR les importants avantages suivants :

- aucune clause d'exclusion du risque de guerre ou de terrorisme;
- aucune exclusion relativement aux métiers, passe-temps, activités de bénévolat et sports dangereux;
- des exigences de tarification médicale moins rigoureuses;
- une assurance vie de 10 000 $ pour les enfants à charge.

Les représentants en assurance agréés des SF RARM sont disponibles pour répondre à vos questions à l'égard des modifications apportées à vos régimes d'assurance vie des SF RARM et ils vous aideront à examiner votre couverture afin de veiller à la protection de vos êtres chers. Veuillez communiquer avec le représentant en assurance des SF RARM de votre base ou escadre parmi les 18 bureaux partout au Canada, composer le 1 800 267-6681 (le 233-2177 à Ottawa) ou vous rendre à www.sisip.com pour obtenir de plus amples renseignements.

Votre protection financière pour aujourd'hui... et pour demain!

Monthly Rates Per $10K Coverage/Primes mensuelles par 10,000 $ de couverture

	Non-smoker/Non-fumeur			Smoker/Fumeur		
Age/ âge	Current/ actuelles	New/ nouvelles	Same/pareilles Lower/moins élevées	Current/ actuelles	New/ nouvelles	Same/pareilles Lower/moins élevées
<25	0.70	0.70	S	1.05	1.05	S
25-29	0.60	0.60	S	0.95	0.95	S
30-34	0.65	0.65	S	1.10	1.10	S
35-39	0.85	0.80	L	1.40	1.25	L
40-44	1.15	1.05	L	1.95	1.80	L
45-49	1.75	1.35	L	3.15	3.00	L
50-54	2.80	2.00	L	4.90	4.90	S
55-59	3.60	3.40	L	5.40	5.40	S
60-64	4.30	4.30	S	6.45	6.45	S
65-69	4.30	4.30	S	6.45	6.45	S
70-74	4.30	4.30	S	6.45	6.45	S

Sparky's Corner

Recreational Residential Fire Pits



Everyone loves a warm fire, and it's easy to enjoy one safely and conveniently. Looking to stay warm outside on cool nights? A portable fire pit may be your answer! These pieces of outdoor furniture can be used to generate heat on a cool evening at any time of the year. Portable outdoor fire pits and fireplaces are the safe alternative to creating a bonfire in your backyard. With a steel mesh fire pit or outdoor burning receptacle, you can roast marshmallows or even cook hotdogs over an open flame, just as if you're out on a camping trip with friends or family. All portable fire pits or outdoor burning receptacle keeps flames contained within a limited area, allowing you the maximum benefit of heat, with little risk of creating an uncontrollable fire.

You can find a wide variety of outdoor portable fire pits and fireplaces at many retailers or a more limited selection may be available at your local home and garden center. When shopping for outdoor fireplaces, you want to make sure you are getting a safe fire pit or outdoor burning receptacle. Home made fire pits will not be permitted on Married Quarters Property.

The 17 Wing Fire Prevention Bureau has established and adopted standards and requirements for portable fire pits or outdoor solid fuel receptacles, which is regulated under the City of Winnipeg's Fire Prevention.

Any Married Quarters occupant who wishes to utilize the use of portable outdoor fire pits must register with the 17 Wing Fire Prevention Office at local 5501. An on site inspection allowing any 17 Wing Fire Dept staff to enter and inspect the premises for compliance with the applicable regulatory guidelines will be required in order to obtain a Permit. Occupants must retain the permit at the site and produce such permits for examination upon request.

The following regulatory guidelines shall be utilized for the location, installation and use of outdoor portable fire pits and outdoor solid fuel receptacles

The outdoor portable fire pit or outdoor solid fuel receptacle shall be located on a flat, level, noncombustible base and vertically clear of any overhead combustible materials such as eaves, tree branches, utility wires.

A non-combustible spark arrestor, grill mesh with openings no larger than 12mm shall be used to cover the entire area of the outdoor fire pit. Be at least 150mm (6 inches) but not more than 600mm (24 inches) in height when measured from the bottom of the pit opening to the top of the pit opening.

The outdoor solid fuel fireplace chimney shall be equipped with a non-combustible spark arrestor, with openings no larger than 12mm and cover the entire surface area of the chimney opening. Have a side opening of the fire chamber which does not exceed .056 square meters (6 square feet) in area, and in which neither width nor length is greater than 750 mm (2.5 feet)

A minimum clearance of 3 meters (10 feet) measured from the nearest fire pit edge shall be maintained from any combustible buildings or sheds or other combustible structures such as fences, trees, hydro poles. A minimum distance of 3 meters (10 feet) shall also be maintained from neighboring property lines.

Outdoor solid fuel receptacles shall be installed as per manufacturer's instructions if available and conform to all the required clearances to combustible structures and materials. In no instance shall the required clearance be less than 3 meters (10 feet)

When in use, outdoor fire pits and outdoor solid fuel receptacles shall be continuously supervised by an adult.

Outdoor fire pits and outdoor solid fuel receptacles shall not be utilized during wind conditions exceeding 25 kilometers per hour (15 miles per hour) or during a fire ban with extreme drought conditions whereby such utilization may cause an undue fire hazard.

Only clean, dry wood or charcoal briquettes may be burned in outdoor fire pits and outdoor fire receptacles. Outdoor fire pits or outdoor solid fuel receptacles may not be utilized for burning garbage, rubbish, debris, previously painted or treated wood or any other fuel which when burned, may result in the release of dense smoke, or obnoxious odors.

A means of extinguishment such as a portable fire extinguisher, pail of water, sand or garden hose shall be readily available on site. All fires must be completely extinguished before leaving the site.

Smoke from outdoor fire pits and outdoor solid fuel receptacles shall not negatively impact neighboring properties. If neighboring properties do complain, the use of the fire pits shall cease. Do not burn wet or damp wood, which may contribute greatly to heavy smoke propagation.

All fires must be limited in size so that they are readily controllable. If at any time the fire extends beyond the outdoor fire pit or outdoor solid fuel receptacle, call 911

Don't be surprised if your guests pull up an Adirondack chair or bench to sit near the fire as they enjoy each other's company! But remember, you're dealing with fire, so every precaution is necessary. All queries can be directed to the 17 Wing fire Prevention Bureau at 833 2500 ext 5501.

Tidbits From The Other Side – WTISS CCSS Flt

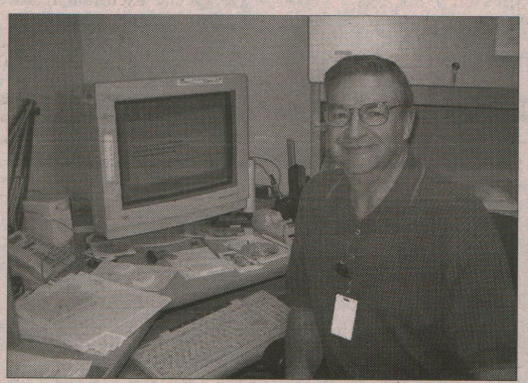
Another NORAD Operational Evaluation (NOE) has come and gone and CCSS Flt can now realign their focus to other projects that were underway. We would like to thank everyone for their patience and understanding during the NOE. We won't have a lot of time to enjoy the nice weather we're having or to ponder if the upcoming APS is bringing good news; with major projects such as the RED distribution system upgrade throughout Bldg 25, as well as the DEMS II and MMHS implementation throughout the wing awaiting our immediate attention.

It seems that Santa came a little late this year for us. With FYE happening around the NOE, much needed equipment purchases and services upgrades have finally arrived under the tree. For all of our users that are eagerly anticipating their presents, Capt Kerber has been busy making his list and checking it twice so that we don't miss anyone. Rumour also has it that Capt Kerber has some special gifts under the tree for Cpl's Lafleur and Franklin.

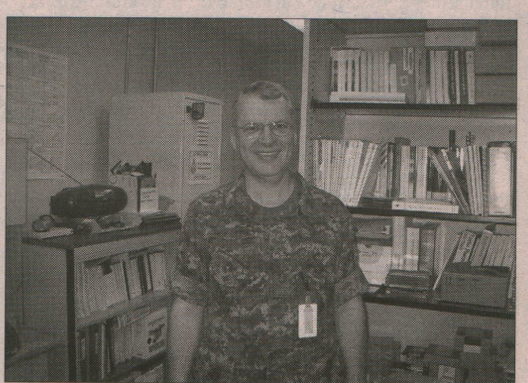
We start the summer by saying farewell to Mr. Roger Boisjoli and MWO Robert Gaumond who are both retiring after long and dedicated service. Unfortunately, we haven't been able to find out how long because they didn't keep records that far back. All kidding aside, we wish them all the best in their retirement. Word is, they're both polishing up their golf clubs, so expect to see them as you head into work; they'll probably just be teeing off at the fourth hole.

After the recent grand opening ceremonies of the new Flight Sergeant Semon Lievense building (WTISS) on the 12th of May, we here in the CCSS Flt are envious seeing the bright new offices and workspaces. If you haven't been over yet to see the new LOG or WTISS buildings you should take the time and drop by, they are truly state of the art.

Well that's it for now, until next edition from one of the Capt's elves.



Mr. Roger Boisjoli retiring on 29 June 05, after 36 years (20mil, 16 civ) of service.



MWO Robert Gaumond retiring on 2 Aug 05, after 32 years of Military service.



Photo by Angela Johnston

LCol Neville practices a sonatina in the Officers' Mess at 17 Wing.



Photo by CWO Frank Emond

During her entire stay in Winnipeg, LCol Neville was often seen with her mentor, the Honorary Colonel. He promised that he'd look after her throughout her stay in Winnipeg and that one day, he'd make her famous. He told her that riding her bike around town would be good for her as she'd get to learn so much about Winnipeg and the prairie region. In this picture, she is biding farewell to her mentor as he headed to Camp Mirage to visit the troops.

Wing Administrative Officer To Leave Base

New Posting In Ottawa

By Angela Johnston

Anytime a soldier grabs a drink in the junior ranks mess, breaks a sweat in the gym or retires for the evening to his private married quarters, LCol Shirley Neville has played a large part in making it possible. As the Wing Administrative Officer for 17 Wing, her work affects the personal lives of almost all members on the Wing.

LCol Neville's next move will be to Ottawa, where she is posted at the end of the month. This ends a tenure in Winnipeg that has spanned almost four years.

For LCol Neville, leaving Winnipeg is bittersweet: she said in interview that she has enjoyed dealing with the "pointy end" of administration—what she jokingly calls "kids crying and dogs barking."

In Ottawa, LCol Neville will work in the personnel management section at National Defence Headquarters for the Chief of the Air Staff. She will work on grievance policy that affects personnel, in areas ranging from harassment to the Canadian Forces Housing Agency.

LCol Neville grew up in Pictou, N.S., a fishing village of approximately 5,000. Much of her family still lives in the province. She said she still misses lobster fishing, salt water and the roaring sea today: "Our whole life rotated around the sea."

She joined the Forces 31 years ago, enrolling first as an Air Traffic Controller. Military service was appealing, she said, because she was told she would travel the world. Indeed, during her time in the Forces, she has been posted to Argentia, Nfld.; Chatham, N.B.; Heidelberg, Germany; Greenwood, N.S.; Baden-Soellingen, Baden, German; Toronto, Ont.; Borden, Ont.; Moose Jaw, Sask.; Alert, N.W.T.; and S.H.A.P.E. Belgium.

In 1984, she made the decision to reclassify to personnel administration—a very different field from air traffic control. She compared the two in the following way: in air traffic control, moments exist of panic and confusion, but "once you've worked at that peak level, it's all over. You go home … in administration, you have moments of sheer stress that you carry with you for a long time."

But LCol Neville continues to view administration as a rewarding field. "You can contribute personally to the betterment of someone's life," she said, noting that she has watched many people grow to become productive members of the Canadian Forces.

CWO Frank Emond has spent much time with LCol Neville. Now in the reserves, he was once the Wing Chief Warrant Officer for 17 Wing.

"She's a people person," he said, noting that the relationship between the Wing Chief and Administration Officer had to be very good. Both positions required sensitive people skills.

CWO Emond said that often LCol Neville and he would share what they called their "morning prayers"—meetings where they would exchange ideas on how to make dealing with particularly members' cases speedy and efficient to support families on the Wing.

But work on the Wing wasn't always all business. CWO Emond remembered LCol Neville's knack for dressing up every Halloween: "I think she has shares in Walt Disney," he joked. On one particular Halloween, LCol Neville dressed up as CWO Emond's turtle, Zappy, shell and all.

Still, CWO Emond said that acts like this are an important part of her job—that humour motivates people to appreciate lighter sides of military service.

"It's going to take someone a long time to re-develop all those relationships," said LCol (ret'd) Jim Kerr of LCol Neville's rapport with various units on the Wing. Kerr and LCol Neville worked very closely when he was the Acting Wing Commander for 17 Wing for much of last year.

In a telephone interview, Kerr laughed and called LCol Neville "gregarious." Describing her as both frank and honest, he joked, "She is by no means a shrinking violet."

Still, Kerr said that it was this nature that helped the two to get a lot done on the base.

One accomplishment LCol Neville said she was particularly proud of was her work in developing a comprehensive program for the care of injured soldiers.

When 2PPCLI remained in Winnipeg, 17 Wing acted as the releasing authority for soldiers. This process involved medical benefits, Veterans Affairs entitlements, transitional services and sometimes work with the Ombudsman.

"I've been very happy with how my branch has worked to provide a comprehensive tracking system and benefits," she said. In the past, a member would have to make appointments with various departments on his or her own—now, the administrative branch is active in telling the member when to meet with organizations to ensure that he receive the maximum entitlements possible.

She is also pleased with the work done on the Wing Human Resources sub-committee. The Wing Commander-mandated committee assists in the funding, staffing and military establishment in Winnipeg. It ensures that hiring processes are efficient, on time and competitive and that the Wing is efficiently staffed.

Such work includes the recent amalgamation of the CF Air Navigation School and the CF School of Aerospace Studies, or the recent move of 17 Wing's top brass into the new Wing Headquarters.

"The Wing has postured itself very well to be prepared for changes in the future," she said.

But outside of her 6-day, 70-hour workweek, LCol Neville has also acted as an Honourary Aide-de-camp for Manitoba's Lieutenant Governor, The Honourable John Harvard. Local military members nominated her to the position in 2001, which is like an executive assistant to the Queen's provincial representative.

LCol Neville accompanies the Lieutenant Governor to events, introduces him to those in charge, and informs him on everything from his role at the event to the location of his seat. She attended university convocations, Air Cadet dinners in Melita, school presentations and music awards—she described this as an opportunity to have witnessed Manitoba's multi-faceted diversity.

She has also taken up piano lessons—something she had not done since she was a child. Those in the Officers' Mess by a stiff 6:30 a.m. can listen to LCol Neville's rendition of Beethoven's "Moonlight Sonata" on a piano acquired by Winnipeg's mess from Baden-Baden. She attends lessons every Monday night—though she may have more enthusiasm that some of her younger counterparts.

At one lesson, LCol Neville waited as a young student struggled with her pieces. After a stern lecture from her piano teacher about the virtue of practice, April turned to LCol Neville and demanded, "Does your mother make you come here too?"

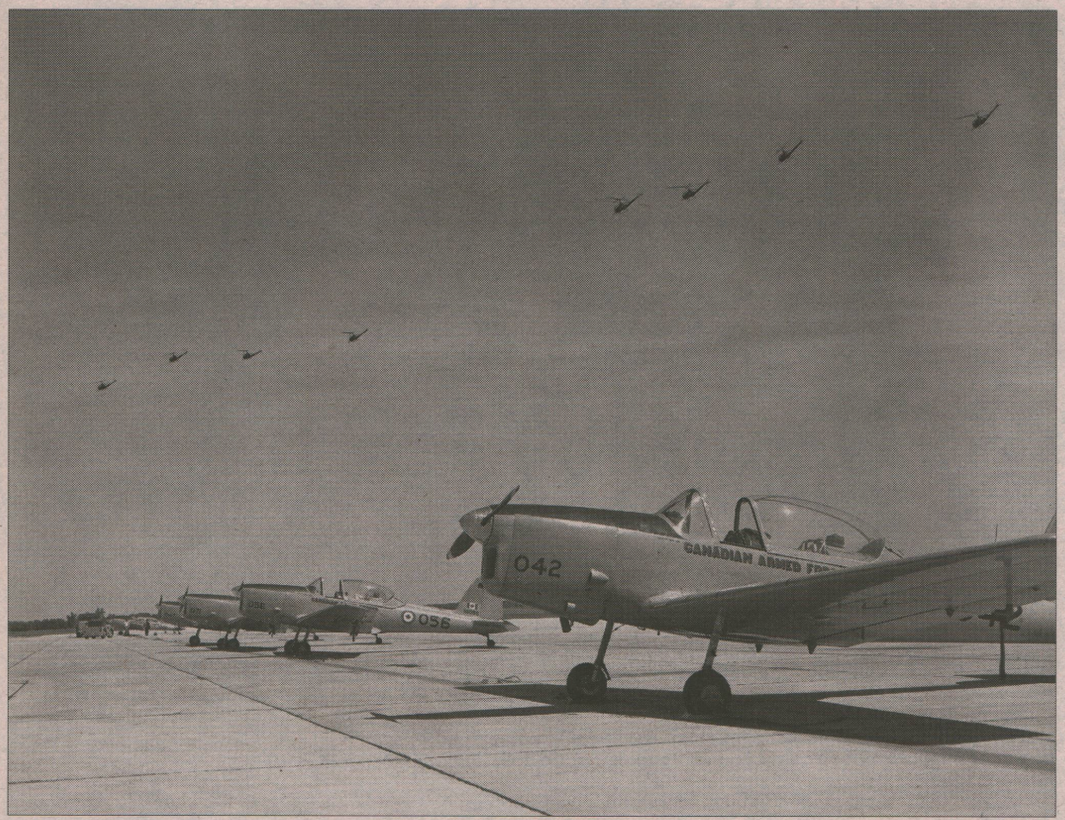
Still, all jokes aside, LCol Neville does not hesitate to speak highly of her branch in Winnipeg—all 193 members.

Kerr said that the Wing will "lose an officer who is extremely talented and knowledgeable"—one he described as possibly one of the most experienced Administrative Officers in the military.

Still, Kerr noted that what would be 17 Wing's loss would soon be Air Command's gain.

Thirty-Fifth Anniversary of 3 CFFTS

By Capt David Fouts



Hiller 'Nomad' helicopters fly over Chipmunk trainers in the early 1970's

The tradition of flying training at Southport has its roots in the Second World War. The aerodrome was built in 1942 as part of the British Commonwealth Air Training Plan, and in the years following, it played host to a wide variety of aircrew training. The 1950s saw jet pilot training on the Canadair T-33 Silver Star and the 1960s were an era of multi-engine aircraft pilot training. In 1970, coincident with the Centennial of the province of Manitoba, 3 Canadian Forces Flying Training School (3 CFFTS) was born. The expeditor twin-engine trainers that had belonged to the old No. 3 Flying Training School were retired, to be replaced by the Hiller helicopters, which moved to Southport from No. 4 Flying Training School in Rivers, Manitoba. At the same time, the Primary Flying School moved from Borden with their Chipmunk trainers. These three flying schools were combined to form a multi-role flying school – 3 CFFTS – that was tasked with both primary fixed wing pilot training and basic helicopter pilot training.

The current 3 CFFTS mandate is similar to what was established 35 years ago. The Primary Flying School – now Primary Flying Training – is equipped with the Slingsby Firefly and its purpose remains the selection and initial training of CF pilots. Although Bombardier civilian instructors carry out the actual training, they do so under the watchful eye of 3 CFFTS. The Hiller helicopter was replaced initially with the Bell Kiowa helicopter, and later with the Bell Jet Ranger that is used to provide training to Wings standard for helicopter pilots. Finally, in 1992 the multi-engine pilot training program was resurrected using the Beechcraft King Air aircraft in the provision of Advanced Multi-Engine training to Wings standard. It should be noted that all Canadian Forces pilots, regardless of their final operation flying, receive at least some of their training at 3 CFFTS. Additionally, the school continues the proud wartime tradition of providing pilot training for several foreign air forces under a number of international arrangements.

In 2005, 3 CFFTS stands upon the cusp of a new era. Drawing from the proud legacy of the past, the School enters a new 20-year contract with the Allied Wings consortium. Together with our civilian partners, 3 CFFTS moves forward to deliver world-renowned excellence in military pilot training to both the Canadian Forces and to our allies abroad.

This 15-17 July, 3 CFFTS will hold a 35th Anniversary and Reunion where we will celebrate our past and present achievements and herald our bright future. We will start things off on Friday with a Monster TGIF. On Saturday morning, there will be displays by 3 CFFTS, Southport Aerospace Centre Inc, and our supporting contractors. This will be followed by golf, museum and shopping events in the afternoon and a dinner and dance in the evening. On Sunday, there will be a dedication ceremony followed by a Brunch. For further information contact Capt Steve Thompson at (CSN) 257-8145 or (Comm) (204) 428-4145, or email at Thompson.SE@forces.gc.ca.



THAT'S not an SUV....
THIS is an SUV.
$285 a month*

If you thought that today's SUV's were way out of your budget, think again.
Now you can get everything you want in an SUV, including yourself.

The Award-Winning 2005 Tucson can be yours for as little as $21699**

MILITARY SPECIAL!

Buy or Lease any new Tucson before July 15th and we'll give you $300 worth of Gas!

5-5-5 WARRANTY
GRADUATE REBATE PROGRAM
HYUNDAI Drive your way
HYUNDAI OWNER LOYALTY REBATES UP TO $1000

Credit Issues? Let our Credit Experts help you rebuild your Credit!

Winnipeg HYUNDAI
www.winnipeghyundai.ca
774-5383
3680 Portage Ave.
Just Across the Street From Unicity Mall

* Payment of $285 per month is a 60 month lease and excludes Applicable taxes and fees. Ask dealer for details
**Sale price of $21,699 excludes Metallic Paint and applicable taxes and fees but INCLUDES freight and pdi costs. Ask dealer for details.
PAYMENTSAND INCENTIVES REFLECT ALL FACTORY REBATES TO DEALER.

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

Fair Winds And Following Seas At CFS MET

By MWO Rick Carleton

One of the shortest and "most intense" courses held here at CFS MET, the Meteorological Technician Course QL5A Serial 0501, graduated five students on Friday March 11th, after nine fun-filled weeks. These students who came from various units across Canada, were quickly reminded how much they truly missed our wonderful city and its unique weather.

The QL5A Course, formally named "The Advanced Observers" course, which began on January 13th, is very interesting and challenging. The main purpose of this course is to provide operational commanders with Met Techs who can provide quality control of weather observations and present basic environmental briefings to support military operations. Subjects taught include meteorological theory; presentation of meteorological information to aviation, marine and climate users; quality control procedures; instrument maintenance and administration. Upon successful completion, most graduates can anticipate a posting to either a land or marine unit, where they will further hone their new skills.

We were privileged to have LCdr N.A. Turl from CFSAS as our Guest of Honour. A naval officer, LCdr Turl provided many words of wisdom and shared his sea going experiences particularly as a Navigator with our aspiring sailors. LCdr Turl also assisted in presenting Cpl Dominique Tremblay of 3 ERE Bagotville and Cpl Eric Vanderhulst of 4 Wing Cold Lake as co-winners of the Canadian Forces School of Meteorology "Certificate of Achievement", for obtaining the highest academic mark. This is the first time that we actually had co-winners and the whole graduating class should be commended for their overall success and academic achievement. No doubt, they will be very valuable team members wherever they go.

This summer will bring a few changes to our staff. After six years in sunny Winnipeg we bid farewell to our course co-ordinator, WO Gerry Arsenault who will set sail aboard HMCS Charlottetown and enjoy the fog on Canada's east coast. Gerry, we wish you "fair winds and following seas."

We would also like to take this opportunity to give a hearty Winnipeg welcome to WO Guy Rivet and his family from Land Forces Central Area Headquarters, Toronto as the new course co-ordinator. Guy, I know it's not Toronto but at least you can afford a house in Winnipeg and remember "it's a dry cold." Welcome to the Team. Till next time "Cognitio Caeli."



Front Row L-R: CWO Roy (SCWO), Mr. Redekopp (COMDT), LCDR N.A. Turl (CFSAS Development Flight Standards Officer), MWO Carleton (STDS WO), Sgt Baulne (CC)
Middle Row L-R: Pte Conrad, Pte Williams, Cpl Vanderhulst, Cpl Tremblay, Pte Larsen
Back Row L-R: Sgt Vivian (Instr), MCpl Fournier (Instr), Sgt Siegnerschmidt (Instr), WO Arsenault (Instr)





CPL Dominique Tremblay (left photo) and CPL Eric Vanderhulst (right photo) shared the certificate of achievement on QL5A 0501 for the highest academic mark of the course presented by LCDR N.A. Turl (CFSAS Development Flight Standards Officer)



(left to right) Maj J.F. Mahon, Wing Pers Services Officer; Karen Kristjanson, Manager, Learning and Career Centre; Nancy Domstad, JET applicant; Jacquie Ell, Supervisor, A6 Support Group; LCol B.J. Lamb, A6, 1 Cdn Air Div HQ; and Mary Jane Fisher, Learning Advisor.

Nancy Domstad recently began a 3-month Job Experience Training (JET) Assignment in A6, 1 Cdn Air Div HQ. Nancy was encouraged to take this opportunity by her Substantive Manager, Maj J.F. Mahon and, while on assignment, is being managed and supported by LCol B.J. Lamb and Jacquie Ell.

What is JET? It is a program designed to meet short-term vacancy needs for staff and is open to all indeterminate employees, in all categories, within the Department of National Defence. It assists employees by providing assignments, which allow them to practise and broaden their competencies. At the same time, the program allows DND to have capable, trained, and confident employees, with a variety of skills ready to meet the ever-changing operational requirements. To enter the program, you require indeterminate status and two fully satisfactory Performance Reviews and/or a letter of recommendation from your current supervisor/manager, a Resume, and a completed JET application form.

For more information, please contact Mary Jane Fisher, Learning Advisor, in the Winnipeg Learning and Career Centre, 833-2500, local 4213.

Safe Kids Summer Safety Fair

On Friday, June 3rd Health Promotion partnered with the MFRC and Community Recreation to host a Safe Kids Summer Safety Fair. The fair kicked off this year's Kids Summer Safety Campaign, which focused on swimming, biking, blading, boarding, and playground safety. The event took place at Lipsett Hall with a variety of activities for children to participate in (a safety course with the MP's, a helmet fitting booth, Red Cross display, and a variety of information booths). Children and their parents/guardians left with loot bags of information and fun activities to remind them of playing safe this summer. Kerri Martin was the lucky winner of the Health Promotion prize, which included a water bottle, pedometer, a stress ball, and more. Congratulations Kerri!

I would like to thank everyone who came out and supported this event and we hope that you and your family have a safe summer!

If you would like more information on summer safety please contact Health Promotion at local 4160/4150 in building 63.

STRENGTHENING THE FORCES
ÉNERGISER LES

Want to stretch your paycheck?

Then spend it carefully...
Call The Personal, your official group insurance provider for a quote

- Auto
- Home Owner
- Renters Military

Vous voulez profiter encore plus de votre chèque de paie ?

Alors ayez-en plus pour votre argent...
Appelez La Personnelle, votre fournisseur officiel d'assurance collective, pour une soumission.

- Assurance automobile
- Assurance habitation
- Assurance pour locataires de quartier militaire

And just for calling for a quote, you are automatically entered in the contest

1 888 476-8737

Un simple appel vous rend automatiquement admissible à notre concours !

thePersonal Together for over 20 years!

CANEX

Partenaires depuis plus de 20 ans-! laPersonnelle

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

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

You Could Win! $52,000

Vous pourriez GAGNER! 52 000$

SAREX 2005

By Capt Rae Joseph



Photo by Cpl Steven Bogue

Sgt St-Laurent jumps in on an exercise crash site in the Rockies. The Sgt is from 435 Squadron Search and Rescue.

A well-oiled machine is what comes to mind when you watch the men and women of 435 Transport and Rescue Squadron, Winnipeg work. Whether on exercise or real world from the pilots to loadmasters to ground crew everyone has a job to do and takes pride in doing their part to accomplish the mission.

This was never more evident than during SAREX 05 when more than 50 personnel from 435 deployed on two CC-130 Hercules to Calgary, Alberta on May 13 until May 17. Joining the squadron in this major search and rescue exercise were the Civilian Air Search And Rescue Association from western Canada and NWT, a CC115 Buffalo from 442 Squadron, Comox, B.C. and air crews from the 39th RQS, USAFR at Patrick Air Force Base, Florida.

The purpose of SAREX 05 was three fold. First, it was to upgrade three Search Masters through an actual search scenario, including setting up and controlling a search headquarters, coordinating aircrews – military and civilian, handling media and next of kin.

The second goal was to improve the aircrews' SAR skills, especially their mountain flying – an essential skill – considering the squadron's prairie location, 435 Sqn has an area of responsibility which extends from the US/Canada border to the North Pole and over to the Rockies.

And its third purpose involved rescue training for the squadron's SAR technicians including casualty assessment, parachuting into mountainous areas and high angle rope rescue work.

However, planning for SAREX 05 began a few months prior to the first Herc receiving clearance from the tower to take off.

"We began planning in February," said Captain Sylvain Graveline, Deputy Squadron Aircraft Maintenance Engineer Officer as well as the detachment commander for SAREX 05. "But the last month was fast and furious with last minute activity – making sure everything was in place. There were some glitches – not enough rental cars, last minute equipment purchase – but we carried on as business as usual. Things went smoothly with some manageable glitches."

Even with the best laid plans one can't control fate – all one can do is roll with the punches and adapt. And that's exactly what this squadron did with every twist fate turned.

During the exercise, 435 Sqn also responded to four separate real-world callouts – two visual searches and two electronic searches for ELTs – an electronic locator beacon of an aircraft that goes off signalling a crash. One of those ELT callouts came in just as the first chalk was arriving into Calgary, delaying the exercise start time by two hours.

"That number was surprisingly high for a four-day exercise," said Captain Gillian Parker, a SAR pilot and the Unit information Officer.

This was Capt Parker's first SAREX, having been with 435 for only a year and it was her crew headed by aircraft captain, Capt Kashe Bryngelson, that was called out on a search to Rankin Inlet.

"A 77-year-old local hunter had gone north from Rankin Inlet with a planned destination of McManaman Lake," she described. "But the weather took a turn for the worse. He had been missing two days when we were called out to join in the search."

Besides the aircrew, four members from the Calgary CASARA joined the team as spotters.

"CASARA is an organization made up of civilians who train with the military to assist in searches in a variety of capacities," said Capt Parker. "They were a tremendous asset to have along, especially given the amount of time we spent searching – we were able to cover a lot of ground."

The search proved successful. The victim was airlifted to Rankin Inlet for treatment. As for the crew, it was a four-hour flight back to join the SAREX again.

"After some rest, our crew was able to go out and get in some good mountain training, and participate in the rest of the SAREX," she said.

According to Major Tony Meikle, 435 Sqn Air Leader and OPI for SAREX 05, real world missions take priority and the impact of these operations on the exercise is minimal.

"Our ability to adjust crews and draw upon the resources in the field to augment our air exercises, specifically we piggy backed on the SAR Techs that were conducting their own field ex and were thus able to save the time we would have had to spend deploying our own field team," he said, adding the personnel of 435 sqn "…are always ready."

But it wasn't all work. There was some friendly competition that has become a tradition between 435 and the 39th. The coveted Trophy ended up heading south with the 39th air crew, but Major Meikle plans on bringing it back home.

"The SAREX was great and a great opportunity for all resources, personnel and services – both civilian and military – to work together on a major accident scenario, to hone their search and rescue skills, " said Capt Parker.



Photo by Cpl Steven Bogue

WO Curtis, a Search and Rescue Tech with 435 Squadron, prepares for a landing at Ram Falls Alberta.



Photo by Cpl Steven Bogue

Sgt St-Laurent (left) and Mcpl Toutant prepare to drop a bundle on an exercise drop zone in the Rockies.

2005 Canadian Forces National Running Championships

By Cpl Jim Thompson

For five members of 17 Wing, the CF Nationals Running Championships were held in conjunction with The National Capital Marathon Weekend in Ottawa this year. In previous years, the annual event was held in Toronto during the third week of October. While the Toronto course was well received, in the past, the logistics of getting the athletes to the venue from Borden, along with accommodations (the dreaded bunker), was not the ideal situation and there was a need for improvement, and improve they did.

Representing 17 Wing with the Prairie Region this year were, Maj Bill Dymond, LCol BJ Lamb, MWO Dave Hiscock, Capt Steve Robertson and Cpl Jim Thompson, all, of which, have past experience with the National Championships.

The four individual events to qualify for were the 5km, 10km, Half Marathon (21.1km) and the Marathon (42.2km). Capt Steve Robertson was the lone entrant from Winnipeg in the 10 km race. MWO Hiscock persevered in the Full Marathon, and the Half Marathon was achieved by Maj Dymond, LCol Lamb and Cpl Thompson.

Every aspect of the weekend was greatly appreciated. The Pasta Dinner held at the Marriott Hotel on Friday was excellent, as well as the two after dinner speakers. We had the privilege of listening to Frank Shorter (1972 Olympic Gold Medalist in the Marathon), and John Stanton, founder of the Running Room. The following day brought us to the Sports and Fitness Expo held at Carleton University for registration and picking up our race packages. That evening, in unusual start times, the 5km at 1700hrs and the 10 km at 1830hrs, the first two races of the weekend went off without a hitch. Capt Robertson did very well against some of Canada's best runners, and obtained a PB (Personal Best) in the 10km, with a blistering time of 37:20. Sunday morning saw the start of the 42.2km Marathon, a gruelling endeavour in its own right; however, MWO Hiscock took the challenge and completed the distance in an awesome time of 3 hours and 12 minutes. While he was finishing that task, the final race of the weekend, the half-marathon, was preparing to start at 1015hrs. Unfortunately with the later start time, the sun saw fit to turn up the heat to 20C with 72% humidity by 1100hrs, and made the race quite the endeavour. Being from Winnipeg, we don't get a lot of time to train in the heat, so we had our work cut out for us. With that said, the three of us ran our best and fared very well against just under 7000 other runners. Maj Dymond, who also garnered the 2005 Dedication to CF Sports Award, finished in 83rd place with a time of 1:27:32, and LCol Lamb, who prefers to run without any "high-tech" gear, was not far behind in 94th place with 1:28:03, and running a few minutes behind those two seasoned vets, and left some room for improvement, was Cpl Thompson, who finished with a PB of 1:30:55, and in 158th place. Congratulations to all runners for doing 17 Wing proud.



Prairie Team members included (L-R) Capt Steve Robertson, MCpl Al Verzyl (Shilo), Cpl Jim Thompson, LCol BJ Lamb, MCpl Derek Corkum (Shilo), Maj Bill Dymond, MWO Dave Hiscock and PO1 Don Paterson (Edmonton). This photo was taken in front of Ottawa's City Hall and in the background to the right is, very fittingly, NDHQ.

Overall, the venue change from Toronto to Ottawa was a great move, and all of us runners at 17 Wing hope that it remains there for years to come. This change was largely due to the PSP staff here in Winnipeg and around the country. A very heartfelt and well deserved thank-you to Al Brazeau for all his combined work in bringing this race to fruition, and to Chris Merrithew and Frank Charest for arranging all the administration and logistics. Without these people no race would have taken place for us. Not to be left out are other 17 Wing PSP personnel who helped out with either training or moral support like Andy Oxley offers, or just by offering advice with running injuries and race strategies. These dedicated people are, Lori-Ann Mundt, Don Mills and Cathy Scott. With support like this, it is easy to see that PSP stands for " Pretty Super People."

As always, if you are interested in running, either for fitness or fun, or have any questions about the Championships qualifying times or races, please don't hesitate to call any of the above people and they will be happy to assist you.

17 Wing Transportation Electrical Mechanical Engineering Sqn – TN Flight

By Sgt P.J.Babcock



The 17 Wing Transportation Flight Truckers Roadeo was held on the 27 May 05. The winners of each event (1st – 3rd place) will proceed to the Regional Roadeo to be held at 4 Wing Cold Lake from the 7th - 11th August 05. The Regional winners will then have the opportunity to take part in the Canadian Forces Professional Drivers Championship (the nationals) being held at CTC Aldershot from the 28th Aug – 1st Sept 05.

The winners in the order of their placing for each event are as follows:

T/T

1st	Cpl Taschereau
2nd	Cpl Laviolette
3rd	Cpl Robinson

HLVW

1st	Cpl Laviolette
2nd	Cpl Lustig
3rd	Cpl Taschereau

BUS

1st	Cpl Laviolette
2nd	Cpl Beal
3rd	Cpl Fleury

5 Ton

1st	Cpl Laviolette
2nd	Cpl Taschereau
3rd	Cpl Fleury

Road Rally

1st	Cpl Lustig & Cpl Robinson
2nd	Cpl Piauk & Pte O'Connor
3rd	Cpl Bouchard & Pte McDuff

Spam, Spam, Spam

Recently, there has been an increasing amount of spam emails reported to our organization. Could you please make them stop? This is what 17 WTIS Squadron has been receiving for the last little while and here is what might help you reduce these frustrations.

Below are some frequently asked questions and answers on how best to protect yourself and the DWAN from these potentially dangerous emails. This information will also help you protect yourself from Spam and viruses on any private internet accounts you may have at home.

Q: How do I tell the difference between spam and an e-mail virus?

A: Most instances of spam will attempt to sell you something, direct you to a website that is selling something or promise you something. An e-mail virus usually will attempt to get you to open an attachment. Fortunately, our virus scanners restrict these self-executing messages/files so malicious attachments are removed from the message before it reaches you. As for the others, do not open any attachments if you do not know the person who sent them to you.

Q: How do spammers get my email address?

A: Spammers may use many ways to get your email address. Some of these are:

-Harvesting e-mail addresses when you fill out online forms and provide your e-mail address. They then sell this information to advertising firms or business partners.

-Your e-mail address is also contained as the "reply to: address," in any e-mail that you send out. Spammers can collect it when you send an e-mail to them. For this reason it is vital to never reply to spam messages.

-Harvest the email addresses from newsgroups or message boards to which you may have posted a message.

-Randomly generate email addresses for a domain using popular names and initials. Eventually, the spammers find a combination that matches a real forces.gc.ca address.

Q: Why do I keep receiving those annoying messages and can you make it stop?

A: Presently, we are blocking almost all spam and e-mail viruses targeted at DND users. Unfortunately, there is currently NO way to stop every single one. To minimize the amount of spam you receive, see questions and answers below.

Q: What can I do to limit SPAM at my desktop?

A: Unfortunately, there is NO way to prevent all spam, but there are ways to limit the amount that you receive:

-Be selective about who you give your email address to. Do not use your DND email to subscribe to non-business related newsletters and mailing lists. Many organizations will in-turn sell your email address to other organizations, including spammers.

-Do not respond to spam, even if the e-mail contains instructions for 'unsubscribing'. Responding usually serves only to inform the sender that the e-mail address is active and in most cases increases the amount of spam you receive.

-Make use of your email client's filtering tools to filter out common or repetitive messages.

Q: What can I do to limit my receipt of email viruses at my desktop?

A: Presently, DND blocks almost all e-mail viruses by removing attachment types used to spread the virus. However, the remaining harmless portion of the message may reach your inbox. Most e-mail viruses are sent from the computers of people who have been unknowingly infected by a virus. Most viruses search the infected computer for e-mail addresses, including those in the user's e-mail address book and automatically send out copies of themselves hoping to infect others. The number of infected computer will grow exponentially until virus scanning software can be updated to block said virus. The number of virus related messages you receive is directly related to how many people outside DND have your e-mail address.

- Be selective about who you give your email address to. Refrain from giving your DND email address to home users as the majority of viruses originate from home computers that are not running virus scanners or have not been configured properly.

- Only give your DND email address to colleagues within professional organizations as such organizations are most likely to have and maintain proper virus scanning software for their users.

-The less people outside your organization that have your DND email address, the better. As the number of people that have your DND email address increases, the chances of you receiving an email virus also increase.

Q: What should I do if I receive spam on my DWAN account?

A: First, DO NOT respond to the message and DO NOT try to "unsubscribe" from it by clicking on a link in the message. This only confirms to the spammer that your e-mail address is active. Second, send the offending e-mail as an attachment to preserve the e-mail header information to the +HelpDesk@WTISSqn@Winnipeg or call at 2244. DO NOT simply use Outlook's "forward" button, as this will overwrite the e-mail header needed for tracking.

If you receive Spam or viruses on any private accounts, contact your service provider.

Q. I keep getting e-mail with an attachment, "Renamed ####.txt." When I open it, the text says that the attached file was deleted?

A. Some so called spam is actually a virus generated on another computer and sent to all users within that computer's address book. Our virus scanners detect almost every virus and delete the malicious attachment. The renamed attachment is just a text-file telling you that part of a message destined to you was stripped of a potentially dangerous attachment.

If you have any more questions, please contact Diane Matt, 17 Wing ISSO at local 2151.

The VoxAir
For Information
Call 833-2500 Ext 4120
This Space Available

CFB PETAWAWA
HOMECOMING WEEKEND
100 PETAWAWA CFB • BFC • 1905 • 2005
Friday, Saturday & Sunday
JULY 1ST, 2ND & 3RD, 2005
Come Celebrate The
100th Anniversary Of CFB Petawawa
Meet Old Friends & Join In The Events
• Freedom of the Town Parade • Kids' Activities • Tug of War
• Museum Opening • Gun Race • Snow Birds
• Fireworks • Unveiling Of Arch Museum
• Canadian Guards Reunion • CF Day
• Airborne Meet and Greet • Centennial Golf Tournament
• Pancake Breakfast • Governor General Visit
• 3RCR Para Jump • Gun Race
• Sky Hawks • Dancefest
• Airborne Reunion • PLUS More!
• 100 Years Of Pride Multi Media Show
• 2nd Annual Jamie Murphy Softball Tournament
Watch The Petawawa Post For Event Timings!

Owners Retiring...
Close-Out Sale!
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

WHAT'S YOUR FEAR?
If you have a fear of public speaking than

17 WING WESTWINNERS TOASTMASTERS

Is the place for you to learn to "jump" over your fear, and make the butterflies in your stomach fly in formation.

Join us on Thursday's from 12:15 p.m. to 1:15 p.m.
Building 33 – 17 Wing Community Recreation Centre
(Summer meetings are every second week – call for dates)

Military, Civilian and Guests always welcome!

For more information call President Terry Stoddart at 478-1000 or Vice President Public Relations Thea Haut at 833-2500 ext 5958

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

Advisory Group Secretariat (AGS)

http://hr.d-ndhq.dnd.ca/dmgiee/agsec/engraph/home_e.asp?sidecat=2

DID YOU KNOW?

What does DND/CF do to assist Advisory Groups?
The AG Secretariat was established in 1999 within ADM(HR-Mil) and co-funded by ADM(HR-Civ) to provide administrative and financial support as well as communications co-ordination to the National Executives of the four AGs. The National committee is headed by a Mil Co-Chair and Civ Co-Chair. The Regional chairs are members of the National Executive. The local Defence Diversity AG (DDAG) combined committee for Women, Persons with Disability and Visible Minorities has been in existence since 2002. The Defence Aboriginal Advisory Group (DAAG) has been in existence since 2000. Both follow similar TOR's as outlined on AGS site below.

Advisory Group Terms of Reference.
http://hr5.ottawa-hull.mil.ca/dmgiee/agsec/engraph/Agsec_download_e.asp?sidecat=2&docid=2

What do Advisory Groups do?
The role of the AGs is to provide unfettered advice and grass roots insight to the leadership of DND and the CF on issues relevant to their AG on the implementation of employment equity. This advice may affect or assist in:

- policy development on issues related to recruitment, retention, promotion and training;
- employment equity initiatives; and
- identification of systemic barriers.

In addition, the AGs are mandated to help establish similar groups at DND/CF establishments across the country and wherever DND/CF personnel are employed. In locations where there are small numbers, Bases/Wings/Stations are encouraged to establish one group to represent all employment equity designated group members, rather than trying to create four separate groups. The single Employment Equity Advisory Group (EEAG) may evolve into separate AG's over time, as increasing numbers warrant.

The DDC has approved Terms of Reference that provide direction on the operation of the AG's. Each AG also has the authority to develop a more specific Charter that provides more detail on the governance and operation of their respective AG.

Who can I call for more information?

Region 17 Wing and associated Units
DDAG – Chair – Thea M. Haut, ext 5958
DAAG Mil Co-Chair – Cpl Corena Letandre MacKay ext 5424
DAAG Civ Co-Chair – Glenn Arthurson ext 4167



Aircraft Maintenance Supply Group

By Pte Tucker

At Aircraft Supply, we provide support to both 435 and 402 Squadrons and issue Immediate Operational Requirement (IOR) parts to Trenton, Greenwood and Op Athena. This sometimes includes getting parts to 435 techs located wherever they may be on any given Operation throughout Canada or overseas using whatever means possible.

Over the last year, Aircraft Supply has been planning for the installation of a new mezzanine to properly store our entire inventory. The mezzanine that was within Aircraft Supply was a conglomeration of 3 different mezzanines put together about 12 years ago. Unfortunately, it was neither efficient nor safe. Removal of the old and installation of the new mezz was a huge project that had to include a workable plan so that we could continue top-notch customer service to the flight line with minimal disruption.

With the cooperation and patience of both 435 and 402 Sqns and Wg Ops, we are now finished this very arduous project. We have been working out of triwalls, located in 3 different buildings, a huge inconvenience, since Jan 2005. A 10 minute job to check for stock sometimes turned into a much more time consuming activity because of the different locations and the huge hope from the Supply Tech that the item being sought is on the top and not the bottom of the triwall. Night staff had more disadvantages because they work alone and must ask the techs to assist them in attaining parts held in the different buildings. By the end of June, Wg Ops will also have their clean breezeway once again.

The benefits of this new mezzanine include increased productivity and convenience for all concerned. As we watched the installation come closer to completion, you could see the increased motivation and all wanted to see this job to its conclusion and get on with the next step of relocating all the parts and doing some house cleaning. We spent weekends painting the walls, floors and adding a new location system that works with our new warehouse. It's surprising to see what a fresh coat of paint and some new desks and chairs to sit on can do for morale.

All in all, the project looks like it will be a huge success. 435/402 Sqns' support will no doubt benefit from the rewarehousing and simultaneous stocktaking that has taken place over the last few months. Combining the relocating of stock and stocktaking is a feat in itself but the end will be well worth it. If anyone is interested in seeing our new mezzanine, drop by and check it out for yourself. We have a staff that is quite proud of the job that they have done.



The End Of An Era!

The hill located behind the Fitness & Rec Center, Bldg 90, a favourite winter activity spot for decades, will soon be removed to make room for future Wing projects. Wing TEME Heavy Equipment section will begin removing material from the site, the former Barry Street Landfill acquired by 17 Wing in the early 1950's, on 22 June 2005. Work is expected to continue throughout the summer, and finish sometime in summer '06. For more information contact 17 Wing TEME Sqn, local 5794.

Clubs

17 Wing Ceramics Club

Club open for anyone with a recreation services card
- Over 600 Molds & 3 kilns
- Lots of space
- Supplies avail. at the club
- Qualified instructors

Open:
- Tuesdays & Thursdays from 6:30 to 9:00
- Sometimes on weekends
- 18+ Yrs old can get the key 24hrs a day, 7 days a week
- Wednesday: 1:00 to 3:30

Prices:
Memberships
- $10.00 / 10 - 15 yrs of age
- $20.00 / 16 - 20 yrs of age
- $42.80 / 20 yrs and up
- Casual: $3.00

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

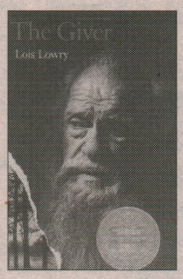
New Members Are Always Welcome

Off The Shelf



Zel by Donna Jo Napoli
3 1/2 Books up
By Kaitlynn and Breana Meadows

Zel is an excellent book to read if you have a day with nothing to do. From the first chapter you will not be able to put this down. There is a surprising twist at the end, which may explain your favourite fairy tale!!!



The Giver by Lois Lowry
3 Books up
By Michelle Wohlgemuth
Been told that I "have to" read The Giver. The concept is unique, story line is very fast paced. I can understand why it won so many awards. The ending is not what I expected it to be. It takes two more books for this trilogy. I do recommend you read this book. Anyone with the other two books, will you let me borrow them so I can finish the series? www.loislowry.com

I encourage you not to take my word for it and read it yourself, then let us know how you found the book. If you have read any books lately that you would like to share good bad or indifferent, drop us a line at the Library and we will put it in the "Off the Shelf ." Contact Michelle @ Wohlgemuth.MKE@forces.gc.ca or 833-2500 loc 2490. Enjoy a Book!

Drop by and Check us out
Library Hours: Sun & Holidays 1-4 / Mon – Thu 11-5

Library Friends Picks

Angela's Picks:
River God by Wilbur Smith
When the Bough Breaks by Jonathan Kellerman

Miranda's Picks:
This Place has no Atmosphere by Paula Danziger
The Crystal Cave, The Hollow Hills, The Last Enchantment by Mary Stewart



Take a trip back in time to Jerusalem Marketplace. 17 Wing Community Chapel welcomes you to join us for the Vacation Bible School experience of a lifetime. The "Holy Land Adventure" puts you in the middle of Jerusalem during Jesus' life and times. At Jerusalem marketplace, meet people who have met Jesus, heard His teachings, or witnessed an actual miracle. Engage all your senses of sight, sound, taste, smell and touch to experience how Jesus lived. Step back in time to walk with Jesus today.

During this week, we will occupy your child with constructive supervised activities, in a Christian environment. Through songs, crafts and stories, children will learn to understand the life of Jesus, to build friendships with other children, and to discover the joy of God's love. VBS is open to children ages 4 and up. Parents of 4 year olds will need to accompany them.

DATES: 11 - 15 JULY
TIMES: 9:00 AM – 12 NOON (EACH DAY)
COST: $7 PER CHILD or a maximum of $18 PER FAMILY before 30 June
$10 PER CHILD after the deadline.
Payable to "17 Wing Roman Catholic Community" (Fee is for refreshments; the VBS is free.)

PLEASE REGISTER BY 8 JULY. SPACE IS LIMITED TO 50. (CHILDREN WILL BE ACCEPTED ON A FIRST-COME, FIRST-SERVED BASIS)

For more information, please call Padre Bob Brinn at 833-2500, loc 5349.

The Most Expensive Object In The World?

By Alf Brooks

Sweden issued its first postage stamps in 1855, a group of five stamps valued at three to twenty-four skilling. The three skilling value was green, but an error occurred, likely when a die for the three skilling green value was printed by mistake in a plate of eight skilling yellow values, resulting in the printing of a three skilling yellow (there is only one known, there could be more). The stamp was discovered by a schoolboy in 1885; since then it has changed hands several times. It was last sold at auction to a private collector for US$ 2,240 000. The stamp has its own web site at http://www-.treskillingyellow.com.

Why "the most expensive object in the world?" One source states its value at US$17 billion a pound. Calculating to metric, the weight of the stamp is 6/100th of a gram. Means nothing to you? A paper clip weighs a gram.

The stamp and other philatelic rarities will be on display at a Washington, D.C. exhibition in 2006.



WWW.MFRC.MB.CA



MFSP MILITARY FAMILY SERVICES PROGRAM PSFM PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES

102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5

Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

Our Programs

- Volunteer Services
- Personal Development & Community Integration
  - Information and Referral Services
  - The Newcomer Program
  - Employment & Education Assistance
  - Services Francophones/Second Language Services
- Prevention & Intervention Services
- Family Separation & Reunion
- Child & Youth Development
- Parenting Support

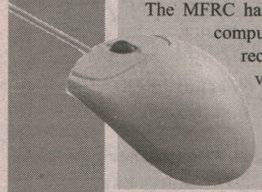
MFRC Monthly Community Coffee Break



The 1st Thursday
of EVERY month
10-11 AM
102 Comet St.

Resources

The MFRC has internet ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.



Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502

Military Family Resource Centre

For all your Yard Sale and Summer Entertaining needs...

The MFRC offers 6ft tables for rent at $5 each + $25 refundable deposit.
More info at loc. 4500

Keep Your Eye On This Space...



Coming soon …a great new resource for CF Families brought to you in partnership with the Better Business Bureau. Your link to;

BBB

- -Consumer tips
- -Product Reliability reports
- -Local business member directory
- -Valuable coupons
- -Super links
- -Dispute resolution services

Pack up the little ones and head out to ….

Great Programs for Parents and Young Children

CREATIVE TOT SHOP



This program provides the opportunity for parents and children to come together to create and play. The children can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. Feel free to drop in. It is a great opportunity to meet other parents and make friends. School aged children are also encouraged to come out and make it a family activity.

Westwin Children's Centre
Wednesdays 10:00am to 11:30am

July 6 to August 31
The cost is free. The St. James Neighborhood Resource Network is funding the program. Please bring a snack for your child.

* Watch for the Family Literacy Olympics activities starting July 13th.

CASUAL CHILDCARE

The summer schedule for this program is Tuesdays from 9:00am to 12:00pm at Westwin Children's Centre and Thursdays from 9:00am to 12:00pm at Lipsett Hall. We provide childcare for children from 18 months to 6 years.

Fees: $8.00 per child or $12.00 per family
Please bring a snack for your child. Remember that we are peanut free and children under 5 cannot be served popcorn or nuts.

There are spaces in all of our nursery school programs and our Casual Childcare program provides a great opportunity for you to get a break and the kids benefit from experiencing a professionally led program



For further details on these programs and our nursery school and casual childcare program, please see the Community Connections or visit our website at www.mfrc.mb.ca or call Wendy at loc 6846.



We Need To Hear From You!!!

Measuring client satisfaction & identifying community needs

At the WMFRC we believe that community member involvement is critical to the success of our programs and services. As a member of the Winnipeg military community, you are the experts in this field! You know your family, your lifestyle and your concerns…we need to hear from you!

You can be a part of the planning, designing and evaluating of our programs and services by:

- Completing a Community Survey - on our website www.mfrc.mb.ca; the next time you visit the Centre or the next time you attend a program.
- Becoming a key informant – if you live 16 kms or more from the MFRC, we would like to learn more about the programs/services your family uses in that community and/or hear what programs you think that community lacks.
- Let us know how we did – if you are posted, while clearing out of the WMFRC, take an extra minute to fill out our exit survey.

For more information on how you can become involved call the WMFRC Research Committee at 833-2500 ext 4512.

"When members of a community are actively engaged in the life of their community, the community as a whole benefits." MFSP Parameters for Practice

Calendar of events

Wed, June 22, 7pm
102 Comet St.
MFRC ANNUAL GENERAL MEETING

Thurs, June 23, 7-9pm
102 Comet St
Yellow Ribbon Mosaic Tile
Contact: Nicole 4507

Friday, June 24, 10am
102 Comet St
It takes a village – workshop topic TBA
Contact: Diane 4508

Fri, June 24
102 Comet St.
Girl Talk Year End Party
Contact: Haley 4512

Thurs, June 27, 1:30-3pm
Lipsett Hall Nursery School
Creative Tot Shop-
Contact: Wendy 2491

Friday JULY 1
EVERYWHERE!
Happy Canada Day

Thurs, July 7, 10-11am
102 Comet St.
Community Coffee Break – everyone welcome!

Thurs, July 7, 7pm
102 Comet St
Op-Portunity –Workshop TBA
Contact: Diane 4508

Fri, July 8, 10am-noon
102 Comet St
New & Expectant Mums Group
Contact: Haley 4512

Wed, July 13, 6-8pm
102 Comet St.
Newcomer Nite

Wed, July 13, 10-1130am
(weds/5weeks)
Westwin CCPlaygroup - Family Literacy Olympics begins
Contact: Wendy 6846

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 birthr 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 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.

17 Wing's Bear Den

By 2Lt V-G Winter

Multi-coloured bears have been spotted all along Broadway in downtown Winnipeg. The bears seemed to have woken from hibernation and moved from the Bear Den to their locations in the morning of May 26th, 2005. They are expected to remain in place until the fall when they will settle down elsewhere for some rest from the spectators. The bears are a fundraising initiative for CancerCare Manitoba.

17 Wing provided the Bear Den where the bears were painted by the artists and stored before their big debut. The Bear Den was B17, the motor pool garage. "17 Wing's Bear Den was a crucial part of the enterprise," said Barry McArton, executive director for CancerCare Manitoba. "B17 was an ideal location because there was lots of natural light, large doors and ample parking."

"Looking back we could not have made a better choice. The artists love the natural light and the community feeling of working side by side," said Doneta Brotchie, the project director for the Bears. "Many of the artists were inspired by each other and the creative energy they felt when they enter the building."

The concrete bears weigh in at 4,000 kg each and are six and a half feet tall. In addition to fundraising they are also raising cancer awareness in Manitoba. The project began last year with CancerCare visiting different sponsors. Similar initiatives have occurred for different charitable organizations with moose in Toronto, pigs in Regina, bison in Edmonton, orcas in Vancouver, and cows in Calgary. CancerCare choose concrete because the animals in the other initiatives were made out of fiberglass, which was susceptible to vandalism and light enough to steal. A special kind of Concrete paint had to be brought in from Amserdam, as normal paint just flakes off concrete. There are 60 bears in all sponsored for $10,000 or $12,500 each. Bears cost $3,000 to make and the artists were paid a $1,000 honorarium. CancerCare Manitoba expects a contribution of over $325,000 from the Bears on Broadway.

The artists are from the local Manitoba artistic community. Some are painters, sculptors, or mural artists. For them it was a collaborative effort working together learning how to paint concrete. "Painting on concrete is challenging because the paint doesn't blend and dries too fast," said Agnes Jorgensen, the artist who painted Bling Bling. Still, for Jorgensen it was a matter of heart. "I have some friends who have cancer and this is great opportunity to help them by supporting CancerCare."

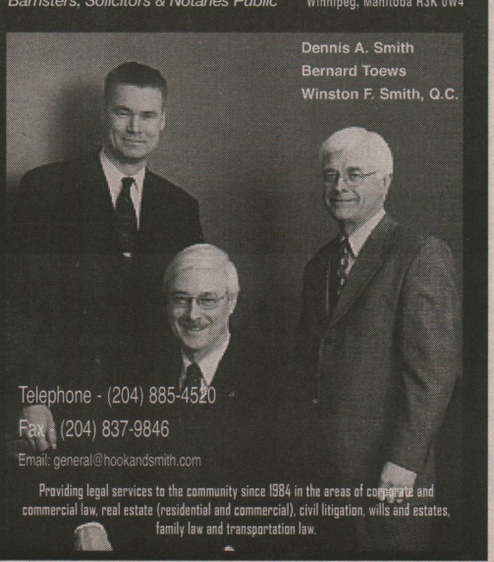
"This is a wonderful opportunity to try out a new form of art," said Hubert Theroux, a landscape painter who painted the Qualico's Homebear as well as three other bears. "For the local artist this is also a great way to get some high profile publicity and exposition of their work."

"This is a great opportunity to showcase the incredible talent of the local Manitoba artists," said Brotchie. "CancerCare also gives its sincere thanks to 17 Wing for the use of B17. A special thanks goes out to Pam Homenick and LCol Gauthier for their support for this project."



Qualico's Homebear, painted by Hubert Theroux, always roots for the home team.

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



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

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

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

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 •

NOTICE

CHAPEL SUNDAY RELIGIOUS SERVICES

Effective 3 July, Protestant service of worship will commence at 0900 hours each Sunday and Roman Catholic mass will commence at 1100 hours. Saturday afternoon mass will remain unchanged.

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.

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.

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

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

Classifieds

For Sale

Two Windsurfers Including Sails And Hardware
Windsurfer Freestyle - $200, Obrien Elite - $300, Call Loc 5142 or Home 889-6115

Kenmore 30" Electric Range
Exc cond, Digital timing, Almond in colour, $300.00, Call 889-1168

Hitachi 20 " Colour TV
$150, Excellent condition, Call 889-1168

Baby Crib
Excellent condition, Solid wood, White with engraved design, Does not include mattress, Asking $185, Call 487-2013

High Chair
Excellent condition, Plastic and vinyl with large tray, Asking $50, Call 487-2013

1999 Starcraft Venture Tent Trailer
Excellent condition, 3-way fridge, furnace, Indoor/outdoor stove, Screened awning, Ice chest, Spare tire, Dinette, Couch, Sleeps 8, Asking $8000, Call 487-2013

Sharp Carousel II Microwave
800 Watts, Purchased 1993, $40, Call Loc 6395 or Home 489-3816

20" RCA Colortrak TV
Purchased 1989, $60, Call Loc 6395 or Home 489-3816

Cap For A 1990's Nissan Truck
75"x 60"x 19 1/2" (outside), Call 895-8191

1986 BMW 318i Baur Top
162 k orig km's, Car has a 3 in 1 Baur Top / Full convertible, Great shape, Dark blue, Safetied, No rust, 4 cylinder, Automatic, Pwr win, etc. Only a few hundred made, Asking $7000 and serious inquiries only! Call Mike at local 5056 or at home 489-7861.



Brandon
18 SPRUCE DRIVE - LINDEN LANES

Family bungalow featuring 3 main floor bedrooms, spacious livingroom, remodeled kitchen, comfortable sunroom, newer furnace, C/A and water tank, hardwood floors under carpet, excellent location.

BEV POWELL 729-3554
view pictures www.bevpowell.com
MLS#2508656

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): Embrace all that life offers. You're entering a time when it seems your wishes are all starting to come true, not because of luck but because of all the self-development work you've done. You are a more confident, well rounded, interesting person. Like attracts like.

TAURUS (April 20 – May 20): You sense that things are happening and being said behind the scenes and that how you're perceived is not totally under your control. Avoid being drawn into negative thoughts by accepting that this is just part of life. Be who you are. You wouldn't want to conform to fit in anyway.

GEMINI (May 21 – June 21): Look at ways of incorporating a special skill into day-to-day activities so that you're taking steps towards a sense of fulfillment. As well as working in your area of proficiency, seek to grow and develop a weaker skill. This allows for greater flexibility in all areas of life.

CANCER (June 22 – July 22): This is a good time for creative pursuits. Spend time enjoying diversions that add beauty to your surroundings. Consider experimenting with a new technique or following a lead that will be the seed for what will dominate the next phase of your life. A shift is coming soon.

LEO (July 23 – August 22): Your efforts at organization are working well right now and if you review your records you'll see where further improvements can be made. You're also getting better at reading people's body language and noting conversation subtleties so communication improves.

VIRGO (August 23 – September 22): Focus on what will bring in the greatest return and where to find the best bargains. Share this practical knowledge with others who need tips on how to get by. Ways to address environmental concerns could become part of your work. Innovative ideas are winners.

LIBRA (September 23 – October 23): You need to move past what you have and forge on. The level you've attained is good but there is more ahead. Life must be stimulating. Raise your own standards or you will start to stagnate. If work doesn't provide a challenge find a personal accomplishment to best.

SCORPIO (October 24 – November 21): Pass on what you know. You have something to offer. It's worth the time and effort because what you receive in return will compensate you. Nurture respect in others by teaching them to have a sense of personal value and to appreciate that life takes work.

SAGITARIUS (November 22 – December 21): You're eager to take the lead in organizing a new project or social event. Put others first. People will see how connected you can be and how aware you are of their needs. In return your own need for recognition is met when you are commended for your maturity.

CAPRICORN (December 22 – January 19): You may be so caught up in your own agenda that you don't realize you are upsetting others. Not everyone is at the same place as you, or as comfortable dealing with intense issues. Be sensitive to this. You can't force healing or speed up the process of letting go.

AQUARIUS (January 20 – February 18): Send up a message that you want more out of life than you have now and your wish will be granted. An evolved, wonderful person is coming into your life making you feel very lucky and very rich. This is a magical time. Enjoy.

PISCES (February 19 – March 20): Face fears that keep you stuck. Look for healthy ways to release pent up energy. Tension increases if you try to conform to who you think you have to be. Don't limit yourself like this. Even if it's scary and it could change the image others have of you, communicate from the heart.

FOR APPOINTMENTS CALL 775-8368

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



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!

- 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



terie langen

- 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 Shona Goulden Team



Shona Goulden
RE/Max Executives • 987-9808



Catherine Augustine
Home Loans Canada • 291-2924

Welcome to Winnipeg!

Real Estate and Banking is our business!

To make your move efficient and stress-free, put your worries aside and let our team lead the way.

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
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