



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

SEPTEMBER 6, 2006

VOLUME 54, ISSUE 15

FREE



Photo by Cpl Bern LeBlanc

Driver Ryan Hlady races by in the CADPAT-wrapped car at the Red River Co-op Speedway.

Recruiting In The Pit

CFRC Partners With The Speedway

By Avery Wolaniuk

After he violently crashed his car in only the second race he'd ever driven, Ryan Hlady thought he was done at the speedway for the year.

At the same time, the Canadian Forces Recruiting Centre (CFRC) entered into a partnership with the Red River Co-op Speedway as a recruiting venue. The speedway identified Hlady to the CFRC as a rookie racer who needed support to get back on the track. Six days later, Hlady was selected by Speedway

officials, and the CFRC had a racecar wrapped in CADPAT.

Hlady and the car were showcased at the Military Appreciation Night on Thursday, 24 August at the Speedway. "We took a liking to him right away. He's a very hard-working young man who has a background in racing as a mechanic," said Cpl Jamie Anderson of the CFRC, one of the recruiters who heads out to the race track every Thursday night to cheer for Hlady and talk with the crowd. "This is his first year driving. He's still the underdog out there, but we enjoy pulling for the underdog and seeing him be able to race after his bad crash."

For Hlady and his wife Nikki, who acts as his manager and takes care of their corporate partners, the support from the military has been more than they expected. "They've been here for us. Anything and everything, they just want to make sure we're okay," said Nikki. The couple met at the track more than six years ago while pit crewing for Rick Lowey, who owned

the first car Ryan drove. Just a few short weeks before the season started, Lowey handed the keys off to the rookie. "All he's wanted to do is drive a race car," his wife said. And after the CFRC partnered with the Speedway, that dream became possible again. "We feel like we can't do enough for them to show our appreciation. Right away I wanted to do something at the track. We need to showcase them, show them off somehow and let people know what's going on with them."

Military Appreciation Night was a chance for that to happen. "Most of the racers that we're really tight with are in love with this," says Nikki Hlady. "A lot of the fans have stopped me tonight and said this is the coolest thing ever." More than 2000 fans came out for the evening, with a special discount for CF members and civilian DND and NPF personnel at the gates.

For the CFRC, heading out to the races every Thursday

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LGen Findley's Visit To 1 Cdn Air Div

By Maj Kelly Smith, USAF

One of the distinct pleasures we had here at Winnipeg was to host one of Canada's finest — LGen Findley, Deputy Commander, North American Aerospace Defence Command currently posted to Peterson Air Force Base in Colorado Springs, Colorado. On even a simple trip like this, everyone tried to optimize his time and focus the efforts of this VIP so he had the maximum impact on the people, mission and the community. We are grateful to have even a few moments to associate with the likes of LGen Findley.

Arriving a day ahead of a busy schedule gave LGen Findley the opportunity to mingle and mentor with a few key senior staff here at the 1 Cdn Air Div and 17Wg. These rare opportunities are precious for our senior leaders to pick a three-star's brain.

LGen Findley's purpose here at Winnipeg was to maintain relationships with the Canadian NORAD Region HQ (CANR HQ) and also with the 1 Canadian Air Division. Friday was definitely a busy day for him. He arrived early in the morning at the 1 Cdn Air Div for the traditional book signing with the A/Comd 1 Cdn Air Div, BGen Bill Neumann and members of his staff, after which he went straight to a working breakfast with BGen Neumann.

LGen Findley attended the Commander's morning briefing followed by a short tour of the Aerospace Operations Center main floor. He praised the men and women

in the 1 Cdn Air Div and their abilities to accomplish the NORAD and Canadian military missions. The mission to defend Canada and North America from air threats afar and within is a tremendously complex task, but the 1 Cdn Air Div and its supporting wings continue doing an exemplary job.

With the re-signing of the NORAD agreement, LGen Findley was able to offer privileged insight into our new maritime monitoring role. The Canadian NORAD Region will provide this capability in conjunction and coordination with Alaska and the rest of the U.S. Making these lines of defence work well while also minimizing the disruption of maritime and air commerce and pleasure crafts is a challenging task. However, the CF is making it work very well.

Furthermore, LGen Findley clarified and expanded on many other issues affecting the NORAD and CF missions. He was able to provide good discussion and feedback on the status and way forward for the new CF assets like the "C-17", "C-130J" and Medium to Heavy Lift Helicopter (MHLH). Although there are many challenges for the integration of these new capabilities into the CF Air Force, DComd Msn Sp, BGen Eldren Thuen and his staff have a plan to make it all work. Admittedly there are areas in which there are some unknowns, but in consultation with our chain of command, we are solving those issues and will be ready

to fully implement these new capabilities on time for the Government of Canada.

In addition to many other topics of discussion led by the 1 Cdn Air Div Director of Operations, Col Bill Veenhof, LGen Findley also offered some additional insight into the strategic level of play with the Russian air force. In the most recent major Russian exercise, in which their strategic bombers flew near the northern tier of Canada, he explained the philosophy and thinking behind NORAD direction. He also extended a warm thank you to the 1 Cdn Air Div Comd, MGen Charles Bouchard for his foresight and preparedness for that event. At no time was the 1 Cdn Air Div in a mode of catching up — the CF air assets were always close by and demonstrated the capability to easily engage the strategic air threat outside of Canadian territorial waters.

Shortly after noon, the 1 Cdn Air Div saw LGen Findley off to his awaiting helicopter bound for Portage (3 CFFTS) to be the guest speaker/guest of honour at a graduation ceremony, parade and mess dinner. We look forward to meeting with LGen Findley again to continue this worthwhile dialogue and exchange of ideas. Until then, we will continue to maintain a robust and impenetrable shield around North America with close cooperation with our American allies.



LGen Rick Findley, Deputy Commander, North American Aerospace Defense Command, signs the guest book at 1 Canadian Air Division.

PM Visits 17 Wing



Colonel O'Brien, Wing Commander 17 Wing, talks with Stephen Harper, Prime Minister, on his visit to Winnipeg 6 July 06.

P/MO photo by Deb Ransom

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SEPTEMBER 6, 2006
VOLUME 54, ISSUE 15

Deadline for next issue: 8 SEPT 2006

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0830 - 1600 hrs

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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 Ken O'Brien. 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.

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17 Wing Winnipeg,
PO Box 17000 Stn forces

Winnipeg, MB R3J 3Y5

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Publications Mail Agreement No. 1482823

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Serving With Their Army

By Avery Wolaniuk

“There’s a saying, ‘I thought I had it bad ‘cause I had no shoes until I met a man who had no feet,’” quotes Sgt Maggie Low, Acting Supply Admin Officer. “Here we are complaining about the little things we don’t have, and these guys are lacking the basic necessities of life.”

Sgt Low and a band of 22 volunteers from across 17 Wing helped the Salvation Army Booth Centre serve 1700 meals to some Winnipeggers in need on Wednesday, August 16.

It was a new partnership between the Booth Centre and 17 Wing, and by all counts a great one. The Salvation Army Booth Centre is a 253-bed facility for homeless men and women and families in distress. They also run an addictions program, and a Haven program for men with psychotic disorders. The kitchen there feeds 150 000 meals every year. Their soup van that drives through the streets serves 200 people nightly. This was their first street party, one of a couple larger feeding events that happen through the year.

Volunteers from the Wing met at Building 129 at 0515 that morning, and the bus was rolling at 0530 after a brief run-through of the day. Sgt Low instructed her crew that they were there to help in every way possible. That meant setting up the modular tents the group had brought along with them before meals got started. Once everything was set up, breakfast was served. And served. And served. “You could not see the end of the line; it was amazing,” she said.

Capt Wayne Williams, Executive Director of the Booth Centre, said the day far exceeded their expectations. Originally they expected to feed 600-800 people; instead, by 1400 hours they had served twice that number. “That’s 2200 pancakes, 4000 sausages, 900 hot dogs and trimmings, 400 L of juice and 30 L of water,” Capt Williams said. “It was our first annual street party, and it was incredible — marvellous.”

For Sgt Low and the other uniformed volunteers, who came from WTIS, Wing Imaging, 402 Sqn, Wing Readiness Training Flight, Wing CE, Wing Supply, and the Military Police, it was incredible in a different way.

“I knew there were people doing without, but I had no



Sgt Maggie Low (left) and Capt Rebecca Barton serve up breakfast at the Salvation Army Street Party.

idea the magnitude,” she says. “To see the little kids — it was heart-breaking. It felt good to be able to actually do something about it.” The volunteers helped serve meals, greet people as they arrived, clear tables and do whatever else needed to be done.

Capt Williams says a big thank you to the volunteers on behalf of the Booth Centre. “They were a source of pride for the community,” he said. “Their presence truly contributed to the success we had that day.”

Having done tours overseas, Sgt Low says it’s great to give back to the community here.

“Despite the fact that we just had 85 of our own people deploy to Camp Mirage — even though we’re all doing more with less — it’s so nice to do something for your own. Charity starts at home,” she says. She strongly encourages people to go out and volunteer, and to take their teenagers along to help. “It was a big eye-opener. It made me appreciate what I have.”

Plans are in the works for a possible Christmas partnership with the Booth Centre, Sgt Low says. “Down the road we will definitely be assisting them again, I have no doubt.”



Pte Paul Vielfaure (left) and Cpl Jamie Upshall man the grill, preparing for the lunch crowd. More than 1700 meals were served that day.

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"Popeye," Fida Mohamad, and his 14-year-old son Attulah, stand proudly on the front porch of their new home at Camp Nathan Smith in Kandahar, flanked by the Operation Archer Roto 1 medics who built it in their spare time using leftover construction materials. Canadian Forces photo by Capt D.A. Mural, PRT PAO.

Medics Use Tools Of A Different Kind

By Capt Dave Mural, PRT PAO

Camp Nathan Smith, Kandahar -- It's a story that makes you search for a saying... something like a cross between "physician heal thyself" and "the longest journey starts with the first step." Some Canadian medics help one Afghan man and his son take an important step when they handed him the keys to a new house in Camp Nathan Smith on

Aug. 16.

Using building materials left over from several construction projects on the camp, the Roto 1 medical section of the Kandahar Provincial Reconstruction Team worked on their own time for several months to build a house for camp caretaker Fida Mohamad, known by the nickname "Popeye," and his 14-year-old son Attulah.

Until this point, Popeye and Addy had lived in 10 by 12 foot plywood shack that he had constructed for them. Operational security was strictly maintained during the construction process, with no one letting on to Popeye or Attulah that the new quarters were theirs.

Following a short delay in the program while one of the camp cats and her kitten

were gently ushered out of the way, PRT Commander LCol Simon Hetherington presided at a ceremony where Sgt Christopher von Schmeling, who was the foreman for the project, handed Popeye the keys to his new home.

"He's a super trooper," said Sgt Von Schmeling. "It's good to do something nice for someone who has done so much for the troops."

LCol Hetherington echoed those sentiments. "No matter how late you go to bed or how early you get up, you always see Popeye working around the camp."

Attulah has also made significant contributions to the mission of the PRT, by assisting the medical section as an interpreter to help the medics communicate with their Afghan patients.

One other gift was presented to Popeye -- a framed rendition of the famous spinach-eating sailor to hang beside the door of his house.

Sgt von Schmeling summed it up best, saying "We're Canadians. If we can make something better, we do. It's what we do."

Letter To The Editor

Military/RCMP Pensioners Against Benefit Reduction At Age 65

The purpose of this letter is to advise Military/RCMP Veterans that Bill C-221 was re-instated in the House of Commons on April 20, 2006.

Our aim is to terminate the unjust policy where the Annuity benefits received by members of the Canadian Forces and RCMP Personnel are reduced when they attain age 65.

This situation is the net

result of the Government decision in 1965 to unilaterally impose an integrated plan rather than a "Stacked method of contributions. This unfortunate misguided policy also affects our Disabled Veterans. Their Annuity is reduced immediately upon receiving CPP disability benefits. We regard this to be a disgraceful way to treat our Disabled Veterans.

In order for this worth-

while project to succeed, it will require the support of most Members of Parliament; therefore, the support of all MP's in the House of Commons is being solicited.

Let's give Military/RCMP Veterans the financial dignity to live their remaining Golden Years as they so richly deserve.

Sincerely,
John Labelle

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Wing Logistics Overview

17 Wing Logistics Branch is a diverse and large organization with more than 600 personnel in 56 military and civilian trades. The Branch has a small HQ and four main squadrons (CE, Supply and Food Services, TEME and TISS). In broad terms, the Branch ensures the support to missions, operations and training for a substantial Area of Responsibility (AOR). The spectrum of support provided by the Logistics Branch is, for the most part, an unknown entity. This overview will help readers better understand the Branch.

Wing Transportation Electrical and Mechanical Engineering Squadron consists of 167 highly trained and dedicated civilian staff and military members, in Electrical and Mechanical Engineering and Transport flights. The Sqn ensures the operational capability of the land-based equipment through maintenance support and transportation requirements of 17 Wing, its dependencies, 1 Canadian Air Division and the CF.

Electrical and Mechanical Engineering Flight is responsible for providing maintenance support for all aircraft/airfield ground support equipment (AAGSE), aircraft maintenance support equipment (AMSE) and land technical equipment held by 17 Wing lodger and Militia units. EME Flt performs the equipment management function for AMSE and general responsibilities of EME are evolving more and more toward the inclusion of overall equipment management of items previously only maintained by EME.

EME Flt performs Annual Technical Inspections (ATIs) for all 17 Wing supported Units in Manitoba and Ontario across Vehicle, Weapon, Electronic Optic (EO), Mat and Telecommunication trades. ATI services are also provided for Saskatchewan in the FCS and Telecommunication trades as well as weapons on an as required basis.

Transportation Flight consists of a team of approximately 90 military and civilian personnel who are responsible to provide aircraft refuelling, heavy equipment, vehicle safety programs and general heavy and light transportation. The Flight consists of a General Purpose Vehicle (GPV) Section, Heavy Equipment Section, Refuelling Section and MSE Safety Section.

Transportation support extends nationwide to meet operational requirements. GPV, Heavy Equipment, and Refuelling Sections provide support to the Wing and its flying squadrons in training and operational deployments, as well as other 1 Canadian Air Division and Canadian Forces taskings. The MSE Safety section offers expert MSE and vehicular safety advice to the Wing, controls the issue of DND driver permits, implements the MSE Safety Program at the Wing and conducts accident investigations.

Wing Construction Engineering (CE) Squadron exercises overall facility and infrastructure management for the Wing. Assets under management include facilities and armouries throughout Saskatchewan, Manitoba and as far as Thunder Bay, Ontario. Management responsibilities extend from legal services to contracting, design and implementation of work by in-house carpentry, electrical, mechanical, water and waste treatment, roads and grounds and electrical generating system shops. Assets include buildings, utilities, power plant and steam distribution, and road and grounds. Specialized management in fire prevention and environmental services is also within the CE mandate.

The CE Squadron is made up of non-commissioned military trades personnel from the Canadian Military Engineering Branch (CME) representing both army and air force environments. Skilled civilian technicians and clerical staff comprise roughly half of CE's workforce. They provide specific knowledge and skills, as well as continuity to CE. With an annual



Cpl Andrew Opray, MCpl Eric Cowan and Mr. Kristian Busby preparing meals.

operating budget exceeding \$25 million when special projects are included, CE is easily responsible for one of the largest budgets on the Wing and its activities impact everyone in significant ways.

The military personnel have a significant alternate role as Airfield Engineers. The Airfield Engineering Flight (AEF) is the unit charged with the military roles of base defence and deployed operations. While the AEF deploys rarely as a unit, it trains regularly for roles in Hazardous Materials response and deployment-related activities and is the nucleus of the Wing's Damage Control Team.

Wing Telecommunications & Information Services Squadron (WTISS) services all 17 Wing Integral and Lodger units. The Squadron is divided into three flights, a Planning & Projects section and an Information Systems Security section. The Planning & Projects section liaises with Wing CE on the design of all new or modified buildings to ensure the provision of adequate communications infrastructure. The Information Systems Security Section is responsible for ensuring certification and accreditation documentation of all IS assets and provides Threat and Risk Assessments and security advice to all operational authorities and system managers.

The Telecommunications and Maintenance flight is responsible for the technical maintenance and administration of telephone switches, operation of the Wing telephone switchboard, provision of cellular telephones and Blackberries. The flight is also responsible for the installation and maintenance of telecommunications cabling, Audio Visual services, VTC maintenance, and support for miscellaneous non-tactical radios and electronic equipment.

The Information System flight services encompass the technical maintenance and system administration of various unclassified networks, including over 2700 users on the Wing Metropolitan Area Network. This flight is responsible to provide the engineering design, testing, implementation and system administration of specific or individual user demands of IS networks. The IS flight is responsible for the implementation of national project initiatives and is the advisor to users and organizations in matters relating to IS purchases.

The Command and Control Systems Support Flight is responsible for the provision of technical maintenance and system administration of all command and control information systems located at 17 Wing, 440 Sqn (Yellowknife) and its principle lodger units in the CFB Winnipeg AOR. The flight is also responsible for the operation of a 24/7 Communications Centre serving Western Canada; one of the last still in service in the CF.



Cpl Dave Hoddinott performing maintenance in a telecom room.

Wing Supply & Food Svcs Squadron is comprised of two flights.

Wing Supply Flight provides material and supply support to 17 Wing integral and lodger units and 1 Canadian Air Division Headquarters. The main Wing Supply services are provided from the Wg Logistics Complex and include the Main Warehouse, Repair & Disposal, Material & Distribution Centre, Clothing Stores, and the Customer Services Unit. Aircraft Maintenance Supply Group which is located on the ground floor of Hangar 16 provides supply services to the flying operations of the Wing. 17 Wing Supply also has a small detachment in Thunder Bay that provides primarily clothing support and limited vehicle spares support. Additionally, 17 Wing Supply provides clothing support to thirteen units outside Canada (referred to as OUTCAN Units).

Finally, Wing Supply has just taken under its Flight the domestic aircraft handling responsibilities that were formally assigned to 1 Air Movements Squadron. Wing Supply is honoured to have this new section within their lines. A small group of traffic technicians numbering 11 in total have the task of maintaining the strong tradition of superb Air Movements support on this Wing. Now known as 17 Air Movements Section, the focus of the unit will shift from deployed operations to support to domestic Air Mobility ops on the Wing. They are responsible for the provision of domestic Air Mobility support to NORAD operations and exercises, CANADACOM, National SAR taskings, MAJAID response, other domestic disaster commitments and all routine airlift requirements at 17 Wing. Wing Supply welcomes them to our Support Team!

Wing Food Services operates three facilities on the wing; the Combined Mess and Flight Feeding kitchens, and the Officers' Mess kitchen. The food services support is provided to both integral and lodger units at 17 Wing, as well as to units within the Manitoba/Lakehead and Saskatchewan Regions. The majority of food services support outside 17 Wing is contract oversight, although we do operate a small kitchen in the Springer Lake area, on an as required basis, in support of the Canadian Forces School of Survival and Aeromedical Training.



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W^o ON THE Wing THIS WEEK



2Lt Dan Arsenault, OCdt James Wilson and OCdt Kam So wade through the 3000+ books donated to the Manitoba Military Aviation Museum. All the books need to be unpacked and catalogued before they're shelved.



402 Sqn Band Drum Major Mr. Cliff Cooke leads the parade at the 402 Sqn Change of Command Ceremony on 21 July 01.



Winnipeg author Lauren Howell looks through her book "If I Was the Mayor" with eager young readers Sara (left) age 6, and Eryn, age 7.



The Gelinas family enjoys MFRC Coffee (first Thursday of every month). Catherine Chatterley of the MFRC (centre) hands over the prize to Selena (bottom). (from right) Lance, Veronica, and Starlene, who had the lucky number for the morning's draw.



Kids from the MFRC Kidventures camp splashed it up in the pool this summer.

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Photo by 2Lt Barrie Ransome

LCol Gary Hook toasting his final flight (as Commandant of Central Flying School and as an Air Force Pilot) in the Raytheon C-90B King Air. As the reader will note, it was "raining" heavily on that part of the ramp!

LCol Gary Hook's Final Military Flight

By Capt Rob Chapman

Wednesday, 02 August 2006 marked an important milestone in the career of LCol Gary Hook, former Commandant of Central Flying School: LCol Hook flew his last military flight as Comdt and as a Canadian Air Force Pilot. This historic flight took place in the Raytheon C-90 B King Air, with Maj Jeff "Book" Butterworth, Standards Flight Commander, acting as the co-pilot. A graduate of Royal Military College, LCol Hook has flown numerous aircraft over a 35 year Air Force career: These aircraft include the CT-114 Tutor, the CF-5 Freedom Fighter, the CF-18 Hornet, the Raytheon C-90 A/B King Air, and most notably, the CF-104 Starfighter. Additionally, LCol Hook has amassed over 1500 instructional hours. LCol Hook retires from the Regular Force in early September and has accepted Reserve Employment as a Special Project Officer with the Director of Air Force Training, in the 1 Cdn Air Div HQs.

Of course, no flight of such historical significance can take place without a little fanfare upon termination! In keeping with fine Cana-

dian and United States Air Force tradition, Maj Kevin McGowan, our USAF Exchange Officer, organized an appropriate "reception." LCol Hook was met by a hand-picked team of "greeters" who were armed with water buckets, water fire extinguishers and hand pump water cannons. Despite the best efforts of the water bucket brigade and the water fire extinguisher team to remain hidden in the Fire Hall, and despite the skilled use of tactical deception (LCol Hook's wife Charmaine Lyons, and son Nicholas were present, as was Lisa Stetina, [LCol Hook's Secretary], with daughter Sierra), LCol Hook intuitively knew we were up to no good! Undoubtedly, his first clue was the Fire Truck escorting the aircraft as it taxied back to the ramp. The second clue was the hand pump water cannon crew, lead by our AdminO Capt Brenda Crucq, hiding their "weapons" behind their backs.

The water bucket brigade and the water fire extinguishers team had now emerged from concealment, and had strategically hidden themselves under the tail of the King Air. Upon deplaning, it was clear from his body

language that LCol Hook sensed danger, and like any good Fighter Pilot, he tried his best to bravely run away! But thanks to the interference provided by Maj Butterworth, LCol Hook had no choice but to stand there, and "take it like a man." The first wave of attack was lead by the water bucket brigade. All salvos found their mark. Next, the fire extinguisher team unloaded. Realizing he was cornered and out-numbered, he fought back by trying to confiscate one of the "weapons." He was unsuccessful. Some of us did get wet however. The final volley came from the hand-pump water cannon team. Our jobs complete, it was now time for the formal portion of the reception to occur. Maj McGowan presented LCol Hook with a celebratory bottle of champagne, after which handshakes, hugs and congratulatory remarks were exchanged.

This was a very memorable and fun way to acknowledge LCol Hook's final military flight as Commandant, but also to informally recognize him and acknowledge his outstanding career as a Canadian Air Force Pilot. Thanks, Boss, for being such a good sport.

GCWCC Campaign Update

What an exciting time at 17 Wing as things are really moving full steam ahead with this year's commitment to the Government of Canada Workplace Charitable Campaign (GCWCC). A group of dedicated committee members have formed together and are meeting weekly to put together an exciting campaign. This year's campaign is from 15 September to 15 November 2006 and has the theme, "Because We Live Here."

September 15 is our official kick-off and the highlight is our Hercules airplane pull as organized by the 435 Squadron. The two teams with the best times will have a final pull, and the winner will have the prestigious honour of representing the 17 Wing later in the citywide airplane pull to be held on September 22, 2006. Watch for an email asking for teams of 20 members to participate in the timed trials.

Other events that are still in the planning stag-

es include: Sponsored Breakfast, Book Fairs, Craft & Other Stuff Sale, Casual Fridays and more. Please note that the details about how Casual Fridays will work are forthcoming, and will be addressed in an email. However,




the actual participation will be at the discretion of individual units and/or branches. If your unit wants to host an event but simply is without an idea, we can help! Just contact either one of the GCWCC co-chairs.

We also need canvassers and the deadline for sign-up is September 8, 2006. The canvasser plays a crucial role in the GCWCC, as they will reach all members through face-to-face canvassing. Train-

ing will be offered so that all canvassers are able to answer any questions regarding use of donations.

If you want to help but don't feel canvassing is your forte, we are still in need of an Incentive Coordinator. If you are interested in this position and would like more detailed information, please call Mrs. Sherry Liley at local 5980. Also, anyone needing any other information please contact either Capt Ryan Setter (Setter.RL@forces.gc.ca) and/or Mrs. Sherry Liley (Liley.S@forces.gc.ca).

Be sure and keep reading the Voxair for further information related to the 2006 17 Wing GCWCC and the campaign. For more details, or easy reference, we are also launching the first ever website for the 17 Wing GCWCC. This website will provide you the links to information, important campaign dates and deadlines, as well as links to other sites with information about the various associate agencies.



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Update On Op HAMLET - The CF In Haiti

CEFCOM

OTTAWA — (August 17, 2006) Four Canadian staff officers are currently serving in Haiti with the United Nations Stabilization Mission in Haiti (MINUSTAH), which was authorized on April 30, 2004 by UN Security Council Resolution 1542. The initial six-month term for the mission set by UNSCR 1542 has been extended four times, most recently in August 2006 until January 2007.

The mandate of MINUSTAH is to support the constitu-

tional process in Haiti and help maintain a secure and stable environment.

The four staff officers are serving in senior positions at MINUSTAH Headquarters, in Port-au-Prince, including one serving as Chief of Staff. The Canadian Forces' participation in MINUSTAH is called Operation HAMLET.

In November 2005, following a request from the United Nation, another CF officer deployed, to work with the MINUSTAH Electoral Assistance Section as part of the Elections Assistance Task Force, which provides support to the

Provisional Electoral Council (CEP) of Haiti. The MINUSTAH Elections Assistance Task Force facilitates the timely integration of existing mission resources that will enable an increased level of assistance to be provided to the CEP for the conduct of elections. The first round of elections occurred early in 2006 and this officer has since returned to Canada.

The Canadian commitment in Haiti immediately preceding Operation HAMLET was Operation HALO. This operation began in March 2004 with the deployment of 450 personnel and six CH-146 Griffon Helicopters with the United Nations Multinational Interim Force to help bring stability to the country. Operation HALO ended in August 2004.

Speedway Continued from page 1

night is an opportunity to reach a new group of people in the appropriate age demographic. As they returned over the weeks, racetrack regulars — fans and pit crews alike — grew more comfortable approaching the people in uniform and asking questions. "We discovered that a majority of the demographic are professional people who are engineers, architects, business owners. This is their creative outlet for fun and they're putting their technical skills to use in the racing environment," said Cpl Anderson. "We're getting good feedback from this demographic, with respect to perhaps joining the forces and bringing those same technical skills to the many technical trades that we're looking for in the Army, Navy and Air Force."

"It's our exact target audience," said Capt Chuck Cadick of the CFRC. "When we came out the first time to see the races, we realized that this is an excellent event opportunity for us." With educational institutions closed for summer — the recruiting centre's usual audience throughout the year — the recruiters are always looking for new ways to reach groups of people who could either join the military, or influence someone else to — parents, grandparents, mentors. At the racetrack, they found both.

"It's not the old boys' club anymore. It really is for moms and dads, grandmas and grandpas and kids," said Guy Budel, Director of Race Operations at Red River Co-op Speedway. For them, the night was incredible. "It was an above average turn out spectator-wise. The phones have been ringing non-stop this week. We've got a lot of old spectators back, a lot of new spectators who were curious — who I believe are probably very patriotic — and wanted to come out and see something that was a little different."

And it was definitely a little different. With race track staff dressed in CANADIAN FORCES Racing Team shirts provided by CFRC Winnipeg and camouflage-printed bottoms that many had gone out and bought to show their support, the patriotic tone was set. The Air Command Band played before the races and the national anthems, which were followed by a Howitzer fired by members of 1 RCHA on the track. The Commander of 38 Canadian Brigade Group, Col Kelly Woiden, spoke briefly to the crowd about the military, and the crowd observed a moment of silence for the troops overseas. There was a LAV-3, G-Wagons, Duke airfield snow blower, Canada bus, HLVW Wrecker and various other military vehicles parked inside the track and on display after the races were done after the fireworks had finished. The MFRC had a booth set up next to the recruiters and sold "Support The Troops" items. Also helping out with the evening were members from 17 Wing EME and Transport, 2 PPCLI in Shilo, 735 Communication Regiment, 13 Military Police Platoon, 402 Squadron, and 17 Air Reserve Flight.

The response to the event was immediate. Recruiters saw a 25-application spike in numbers the following morning, results that are directly attributed to the night at the track. "As much as we were a vehicle for that driver to continue racing this year, he's been a vehicle for us to get our message out there," said Cpl Anderson.

For Ryan and Nikki, the night epitomized the support they've received. "You took a chance on a rookie," Ryan said to the CFRC in an address to the crowd. "Without your support I couldn't be here." He and Nikki have another message for the troops serving overseas. "We want to let the guys know we support them, and to come home safe."

This Fall at Loyalist College

NEW – Diploma in Military Arts and Sciences (DMASc, On-line Delivery)

Beginning September 2006, Loyalist College will deliver this new and exciting on-line diploma developed through an innovative partnership between OntarioLearn, the Royal Military College and the Canadian Defence Academy. The (DMASc) is intended for Non-Commissioned Members of the Canadian Forces in addition to members of the Canadian Forces and their dependents, DND personnel, and the general public.

The DMASc is designed to provide participants with the essential skills and knowledge required to excel in the modern military or in large organizations by focusing on leadership, critical thinking, military studies, resource management and communication. DMASc graduates may qualify for advanced standing in the Bachelor of Military Arts and Science offered at the Royal Military College.

Admission Requirements:

Military Status or Mature Student or OSSD

Core Courses (mandatory):

DMAS1000	Canadian Military History: A Study of War and Military History, 1867 to the Present
COMM1010	Communications 1
DMAS1001	Fundamentals of Human Psychology
WRIT8020	Writing Grammatically
BUSI8209	Leadership in a Team Environment
COMM1000	English 1
DMAS1002	The Law of Armed Conflict
DMAS2001	The Canadian Forces and Modern Society: Civics, Politics and International Relations
DMAS2000	Operations Planning Process
BUSI8207	Critical Thinking (prereq English 1)
DMAS2002	Management: Principles and Practices in a Canadian Defence Setting

Elective Courses (must complete 9):

COMM2002	Business Communications II (prereq English II)
BUSI8183	Developing Leadership Capacity
BUSI8205	Dispute Resolution (prereq Fundamentals of Human Psychology)
LANG8019	English II (prereq English 1)
BUSI3011	Introduction to Project Management
BUSI8184	Leadership and Communication
BUSI8206	Learning, Thinking and Problem Solving (prereq Communications 1)
BUSI8189	Management Principles
BUSI8024	Management/Leadership Skills
BUSI8210	Organizational Skills (prereq Fundamentals of Human Psychology)
LASA1000	Principles of Ethical Reasoning
BUSI8164	Technical Mathematics
DMAS1003	Technology, Society and Warfare
BUSI8208	The Political Geography of World Affairs
LAWS8007	Racism and Discrimination
COMP1000	Computers 1, Intro to
POLI8017	Cults and Terrorism
POLI8013	Intercultural Communication

DMAS course codes are credit transfer courses to be taken on-line through RMC.

Course descriptions and fees at www.loyalistfocus.com

On-line classes begin September 8th. Register now. For further information and to register contact Karen Quinney at 613-969-1913, ext. 2383 or e-mail kquinney@loyalstc.on.ca

Loyalist College – the leader in DMASc program development.



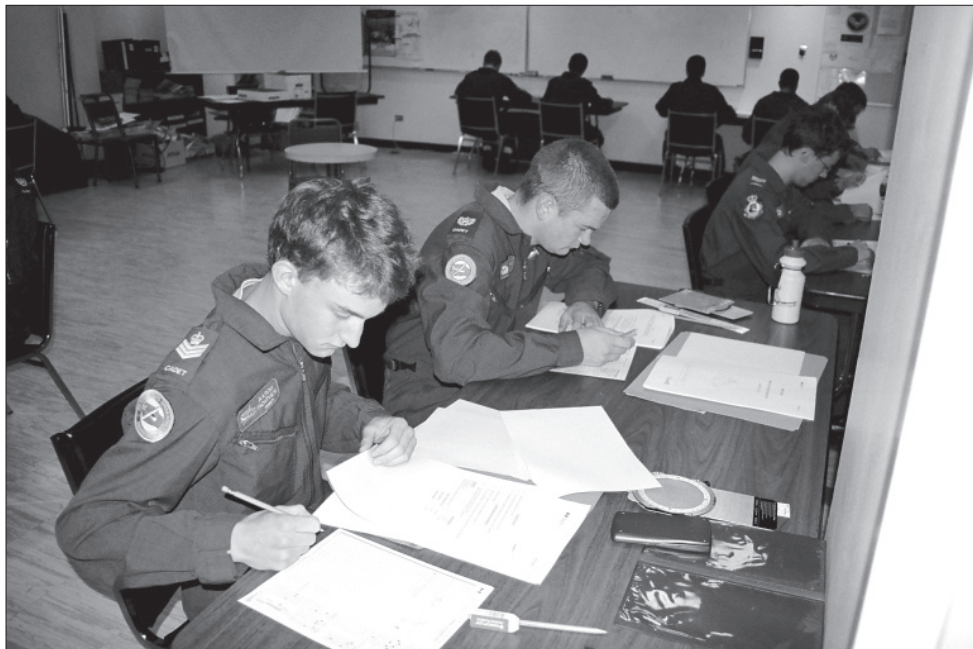
Final Days Of Flight

By Lt(N) S. Olson

Sixteen air cadets have just completed their Power Flying Scholarship course at Harv's Air in St. Andrews this week. They have all passed their exams and flight tests, and have earned their Transport Canada Private Pilots License.

The road to their success has not been easy. Each candidate had to apply for a position on the course, provide school transcripts, be recommended by their Commanding Officer at their home squadron and then proceed through a "selection board" interview that will ultimately decide if they have earned a scholarship position. If they win a scholarship, they are off to one of three scholarship locations within Prairie Region. The Power Flying Scholarship is offered at Harv's Air which is located in both Steinbach and St. Andrews, MB and at Skywings Aviation in Penhold, AB.

Once on course, a candidate must complete 45 hours of flying time in seven weeks. For some, this is very intense. "The course has been harder than I thought, mostly due to being on the



Cadets Fichtner and Ashcroft focus on writing their exams.

go, all the time, mentally it can be very stressful," says C/Sgt Steven Shaw from 107 RCACS in Saskatoon, SK. Cadet Shaw can relax now as he completed his course earlier this week. When asked about his overall experience, he says, "It was really rewarding. I had lots of fun and this is an excellent group of cadets to train with. Everyone wants to work and everyone wants to be here. It's been worth it for me."

Not only do the cadets learn to fly, but there are other opportunities as well. Cadets had the chance to see

tower operations at St. Andrews Airport and to meet the air traffic controllers who have been the "voices" that these cadets relied on for their clearances throughout their flights. Not only are the cadets impressed with the operation, many of the civilian staff are impressed by the cadets. "I totally support this program," says Mr. Gil Gobert, Supervisor at the St. Andrews Tower, who has seen many faces pass through the scholarship program. Capt Mark Delmage, the supervising officer of the St. Andrews group, agrees. "The cadets

who attend this course must remain focussed for the entire seven weeks. They must meet the standards for their licence as defined by Transport Canada and they must do so with only 45 hours of flight training. This is far below the number of hours taken by the average student who obtains a private licence."

The Graduation Parade for the scholarship cadets who trained in St. Andrews and in Steinbach was held on Friday, August 18, 2006 at 4:00 p.m. on the tarmac of Harv's Air, which is located at the St. Andrews Airport.



The staff and students of Manitoba Space Adventure 2006 pause for a group photo.

17 Wing Hosts Local Winnipeg "Space Camp"

By Capt Wayne A. Ellis

During the period of 10-14 July 2006, 17 Wing Winnipeg was host to 27 Manitoba High School students who attended a space awareness camp called "Manitoba Space Adventure 2006". The space camp itself was coordinated and conducted via the Canadian Forces School of Aerospace

Studies (CFSAS) which regularly conducts space awareness courses for the Air Force and DND. The Manitoba Space Adventure 2006 served as the starting point for a larger provincial educational project called Win-Cube, in which selected Winnipeg and area high school students under the

leadership of local universities and other partners will be involved in the planning, design, building and launching of a cube satellite. In addition to attending a number of lectures on orbital mechanics, space environment and satellite design, the students participated in model rocket building and

launching, orbit modelling and simulation, amateur satellite communications, and satellite-aided navigation.

Want more information on Space Education and Training? Please contact Captain Wayne Ellis, Instructor, CFSAS Space Training, at Ellis.WA2@forces.gc.ca or CSN 257-4162.



Fall Fitness Classes

Activity Pass Classes:

Activity Passes are \$45 for 15 classes
Non-member guests are welcome to join their friends for \$60 for 15 classes

Aqua-Fit

Wednesdays 1800-1900 (6:00-7:00)

Aqua-fit classes are designed to meet your individual needs to set your own pace. Classes utilize the full pool to incorporate a wide variety of movements and training techniques. The cushioning and buoyancy of the water benefits all ages, all body types, and all individuals recovering from injuries, without any intimidation.

Sculpt & Tone

Mon/Tues/Thurs 1700-1800 (5:00-6:00)

A great introduction to our facility and fitness using free weights, stability balls, bosu, and bands. The focus of this class is to increase muscle and core strength and endurance using a variety of equipment. Challenge yourself and work at your own pace.

Registered Classes:

All registered classes are \$45 for 10 weeks

Yoga I

September 19 – November 21

Tuesdays 1815-1915 (6:15-7:15)

A great intro class on Hatha Yoga focusing on flexibility, relaxation, stretching and breathing. Individuals are responsible to bring a personal yoga kit.

Yoga II

September 21 – November 23

Thursdays 18-15-1915 (6:15-7:15)

For experienced yoga participants, this class works on cardiovascular, posturing and increased muscular strength. Individuals are responsible to bring a personal yoga kit.

Essential Pilates

September 20 – November 22

Wednesdays 1700-1800 (5:00-6:00)

Using your own body resistance, pilates is a deep muscle strengthening exercise for improved spinal and pelvic alignment connecting your mind with muscle concentration. Participants should wear comfortable clothing and bring a towel and pilates/yoga mat.

For registration call the Community Recreation Office at ext. 5976

Leaders In Training

Do you have what it takes to be a leader?

Do you want to meet new people?

Are you looking to try something new?

Then L.I.T.'s is the right opportunity for you! Come out and join us. We meet the 1st and 3rd Thursday of every month at the 17 Wing Community Recreation Centre starting Sept 21st. Every week we do something new and exciting, so make sure you register by calling Lindsay at 833-2500 ext 2057. Registration is only \$25. Hope to see you there!

Eleven 3 CFFTS Graduates Receive Pilot Wings

By Capt M. Babin

Friday 28 July 2006 was a memorable day for eleven student pilots of 3 CFFTS, Portage la Prairie, as they were awarded their Canadian Forces pilot wings. Lieutenant-General EAR Findley, Deputy Commander-in-Chief NORAD was the Reviewing Officer for this special event. The eight graduates of Basic Helicopter Course 0602 were: Lt Martin Bergeron, posted to 103 Rescue Unit in Gander, NF to fly the CH-149 Cormorant helicopter; Lt Mike Girard, posted to 408 Sqn in Edmonton, AB to fly the CH-146 Griffon helicopter; Lt François Lachance, posted to 430 Sqn in Valcartier, QC to fly the CH-146 Griffon helicopter; Lt Geoff Layton, posted to 427 Sqn in Petawawa, ON to fly the CH-146 Griffon helicopter; Capt Jean Leroux, posted to 413 Sqn in Greenwood, NS to fly the Cormorant helicopter; Lt Marc Saucier, posted to 424 Sqn in Trenton, ON to fly the CH-146 Griffon helicopter; 1Lt Steinar Utne, Royal Norwegian Air Force and; Lt Jack Wesselo, posted to 408 Sqn in Edmonton, AB to fly the CH-146 Griffon helicopter.

The three graduates of Multi-Engine Course 0602 were: Lt Max Dares, posted to 436 Sqn in Trenton, ON to fly the CC-130 Hercules; Lt Frank Smyslo, posted to 436 Sqn in Trenton, ON to fly the CC-130 Hercules and; Lt Tom Turk, posted to 440 Sqn in Yellowknife, NWT to fly the CC-138 Twin Otters.

Four awards were presented at the ceremony. The Gos Goulding award commemorates Group Captain Gos Goulding's outstanding service to Canada in two World Wars and is presented to the best overall helicopter student. The Gos Goulding award was presented to Lt François Lachance. The second award presented was the City of Portage-La-Prairie award, presented to the student that demonstrated the most officer-like conduct throughout the course. This award was presented to Capt Jean Leroux. The third award presented was the Top Hat award, presented to the student who has contributed the most to improving the flying standard, morale and good fellowship of his course. Capt Jean Leroux was the recipient of the Top Hat. Finally, the Hal Wishart trophy was presented to the Top Multi-Engine student of Course 0601, Lt Max Dares.

Congratulations to all graduates and good luck on the challenging and rewarding adventure you are about to embark on.



(left to right) Back row: Lt François Lachance, Lt Marc Saucier, Lt Mike Girard, Lt Frank Smyslo, Lt Geoff Layton, Capt Jean Leroux, Lt Jack Wesselo, Lt Tom Turk, Lt Max Dares, Lt Martin Bergeron.
Front row: Hon Col Van Ruiten, LCol Shyiac, LGen Findley, Col O'Brien, Hon Col Wishart.

CFS Met Change of Command



From left to right is Major Skinner (Incoming Commanding Officer), Col O'Brien (17 Wing Commander), Mr. Redekopp (Outgoing Commanding Officer). Canadian Forces School of Meteorology Change of Command. Major D.J. Skinner, CD takes command of the School from Mr. K. Redakopp.



WO Mike Landers receives his Canadian Forces Decoration Second Clasp (CD2) from LCol Tom Whitburn.



MSS UPDATE: Members of the Admin Flight of the MSS (left) and the Camp Orderly Room (right). There are 85 personnel from 17 Wing serving with the MSS in Camp Mirage until December.

Survival Exercise In God's Country

By Maj Mike Kleppe



The dark sky lit up as lightning flashed, followed by the distant rumble of thunder. Then, as if on cue, three wolves howled as if to signal each other they were all right.

This was the experience on the last night of CFSAS's adventure training trip in Jul 2006. Four brave souls, Maj Mike Kleppe, Maj Don McLeod, Maj Scott Guenther, and Maj Ingrid Lum journeyed for 10 days into the back country in Ontario's Quetico Provincial Park, one of the world's greatest canoe parks. Quetico is located just south of Atikokan ON, and runs along the US Canadian Border. The park covers 4800 sq km of untouched wilderness mostly comprised of lakes interconnected by portages.

The trip began on 6 Jul, with an eight-hour drive to Canoe Canada, Quetico's premier canoe outfitter. The staff at Canoe Canada are top notch, providing overnight accommodations, transportation in and out of the park, route planning, and to top it off — choice of beverage for the ride out.

The CFSAS crew teamed up with four members of DRDC in Ottawa and entered the park on 7 Jul. Over 67 km and seven portages later, the group emerged as navigation and survival experts, and in desperate need of a shower. The goal of the trip was to exercise navigation and survival skills in a remote, wilderness setting. Over the nine-day adventure, members of CFSAS refined their topographic map and

compass skills, and learned some GPS and celestial navigation as well. Members were also introduced to canoeing in an open water setting and the art of portaging. Dehydrated food packs were the meals of choice, as members carried ample amounts of food to sustain themselves for the trip, supplemented by daily fresh Walleye, Bass, or Pike. "I've never caught so many large fish in one setting," said USAF Maj Mike Kleppe, the team's expedition leader. "This is one of the most beautiful places I've ever been to."

The trip was fully funded by CFSAS to include canoe rentals, food supplies, and a rental vehicle. "I find that giving people the opportunity to challenge themselves physically, through Adventure Training, is an excellent way to re-energize folks," said CFSAS Acting Commandant Maj Andy Sawatzky. WTISS provided a satellite phone for emergency purposes, and the Wing Pharmacy provided a first aid kit. Individual team members provided all other supplies.

The trip was a fantastic success, and plans for next year's trip are already in the works. "I'm bringing my family back here," said Maj Scott Guenther who was very impressed with the solidarity of the park.

Interested in canoeing in Quetico? Canoe Canada offers several different packages for all types of aquatic explorers. They'll even haul your gear for you. Who knows, maybe you'll get to hear the wolves too.



A Change Of Pace

From Under An Aircraft To In Front Of A Camera

WINNIPEG – Corporal Jennifer Henderson receives her new rank of Officer Cadet from Major Mike Lagace, the 1 Canadian Air Division Senior Public Affairs Officer. After working over eight years as an AVN technician, most recently at 435 Squadron, OCdt Henderson is transferring occupations to Public Affairs under the Special Commissioning Plan. OCdt Henderson will soon be off to Saint-Jean, Que., to undergo her Basic Officer Training. Following the initial training and second-language training, she will advance to the Basic Public Affairs Officer Course in Ottawa, Ont.



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Eight Casualties In Afghanistan

Maple Leaf

In one of the toughest days of fighting in Afghanistan, August 13, four Canadian soldiers were killed and 10 others injured in three attacks near Kandahar. Also another Canadian soldier was killed in a vehicle accident August 5 just outside the Kandahar base.

The four deceased are Corporal Christopher Reid, Cpl Bryce Keller, Private Kevin Dallaire, and Sergeant Vaughan Ingram, all members of Edmonton-based Princess Patricia's Canadian Light Infantry. Killed in the vehicle accident was Master Corporal Raymond Arndt, a Reserve Force member serving with The Loyal Edmonton Regiment also based in Edmonton, Alberta.

"It is with great sadness that I extend my condolences to the loved ones of four Canadian soldiers who were killed in Afghanistan in a series of tragic events," said Defence Minister Gordon O'Connor in a recent statement.

"The resolve of these brave men to face continuous challenges in the theatre of operations speaks to their love of Canada and Canadian values."

Cpl Reid died when his armoured vehicle struck a roadside bomb, and later that day Sgt Ingram, Cpl Keller and Pte Dallaire were killed by a rocket propelled grenade on the outskirts of Kandahar.

As a result of this ongoing engagement, Canadian and Afghan National Security Forces have inflicted severe casualties upon the Taliban and disrupted their leadership in the Pashmul area. Coalition forces will continue to apply co-ordinated pressure in an effort to establish the security conditions necessary for reconstruction and development to continue. The operation is also focussed on removing Taliban influence from this area so that local citizens can live without the fear of Taliban intimidation and violence.

MCpl Arndt was killed when his G-Wagon was involved in an accident with a civilian truck about 35 kilometres southeast



MCpl Raymond Arndt



Sgt Vaughan Ingram



MCpl Jeffrey Walsh



Private Kevin Dallaire



Cpl Bryce Keller



Cpl Christopher Reid

of Kandahar City. Three other soldiers were injured in the same incident, which occurred when their resupply convoy was travelling to the Canadian Forward Operating Base at Spin Boldak.

An accident in Afghanistan on August 9 claimed the life of MCpl Jeffrey Walsh who was the 25th Canadian soldier to die in Afghanistan. The accident happened during routine operations on a highway about 20 kilometres west of Kandahar. MCpl Walsh, 33, was with the Princess Patricia's Canadian Light Infantry CFB Shilo, Manitoba. He grew up in Regina and Avonlea, about 80 kilometres southwest of the city.

Another Canadian soldier was killed August 11 when a suicide bomber attacked the vehicle he was driving in, approximately 100 km southeast of Kandahar City, Afghanistan. Cpl Andrew Eykelenboom was a member of the medical unit, 1 Field Ambulance Edmonton.



Cpl Andrew Eykelenboom



Cpl David Braun

MND On The Death Of Cpl David Braun

National Defence

"A young Canadian soldier, Corporal David Braun, was killed Tuesday in Afghanistan when the LAV III in which he was riding was attacked by a suicide car bomber. I extend my deepest condolences, and those of all Canadians, to his family and friends.

Cpl Braun, based in Shilo, Manitoba, with the 2nd Battalion, Princess Patricia's Canadian Light Infantry, was on patrol in Kandahar City with his fellow soldiers at the time of his death. Three of his comrades were injured, and we hope for their swift recovery.

Canadians will not forget the dedication and courage Cpl Braun demonstrated in our name. We are humbled by his willingness to serve Canada in this theatre of operation.

While there are risks involved in this selfless work, our personnel are fully prepared for the demands they face. They are among the best-trained and most experienced soldiers in the world. Canadians everywhere honour their unwavering commitment to our country, and we pray for their safe return."



THE NEW
VETERANS
CHARTER
For CF Veterans and their Families



On April 1, 2006, Veterans Affairs Canada introduced the New Veterans Charter for Canadian Forces (CF) members, CF Veterans, and their families. To learn more about its services and benefits, please visit our Web site at www.vac-acc.gc.ca.



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Canada

Anciens Combattants
Canada

Canada

402 Sqn Hammers It Home

By 2Lt Jasmine Ramratan

Through the week of July 8th to the 15th a group of dedicated 402 Squadron members participated in the Habitat for Humanity build in Transcona. The members, many of whom are long time participants, helped in this project that is intended to supply affordable, decent housing to families in need in our community.

Habitat for Humanity is a non-profit organization that depends on charitable donations — corporate sponsors to supply materials and community members to give their time and muscle to do the work. Six homes were built this year, and 402 Sqn members saw one house through the process from beginning to end.

The 11 volunteers from 402 City of Winnipeg Squadron varied in experience from members who have participated in up to eight builds, to newbies who bought their first hammer and tool belt the day before the build. When participating in Habitat, experience is only one ingredient and can be made up for with a large helping of enthusiasm.

Everyone with minimal experience, like me, still had a fantastic time and learned a lot. Having only ever built a bird feeder in a high school woodworking class, I left knowing how to put in wiring, lay shingles, hang drywall and even build walls and install windows and doors (with a little supervision of course).

The first day of the build began at the All Saints Ukrainian Catholic church in Transcona. Church groups who donated their time and effort to the build provided most of the meals and coffee breaks. Every morning a hearty breakfast was provided at the church that also gave time for volunteers to register.

The 402 contingent, working at the Lutheran Church site, was paired with other volunteers from the Meeting Place from downtown Winnipeg to build a home with the homeowners David and Ballegrie. The homeowners worked alongside the volunteers to see all the hands helping to build a home for them and their two young daughters. The blitz build was amazing to see on the first day with all of the enthusiastic volunteers eager to get hammering. More amazing was the fact that the first walls went up before lunch the first day; a home was taking shape as many of us had never seen before.

When we reconvened on Monday, after taking a day of rest to recuperate the sore muscles from the first day, there were enough projects to occupy all of the 30 something volunteers. When broken up into smaller teams, anyone with home renovation experience was considered a “resident expert.” Site foremen with the plans and the know-how ultimately supervised the build, but every smaller group had a makeshift team captain to assign jobs. After the first few



402 Sqn volunteers in front of the Habitat for Humanity house they built.

(top): Sgt Fred Coad, Capt Jason Milani, 2Lt Jasmine Ramratan, Cpl Stephane Joly, Pte Brian Hines, MCpl Vipond.

(bottom): MCpl Rob Robichaud, WO Rick Hanes, Sgt Guy Lyrette, MWO Marty Wohlgenuth, Cpl Wong.

(missing): Cpl Favel, Cpl Cormier.

days the roof was ready to go up, and anyone with guts was welcome to help out on the rafters. The rest of us ground-dwellers were content to help with projects a little less subject to the earth’s gravitational field.

Every day our group tried out our skills in all areas of the house. Working inside on everything imaginable: wiring, insulation, drywall and even that black gook used for the vapour barrier that seems to get everywhere. It was the perfect place to learn the skills for future home renovations. Everyone had something to offer the team – I paired up with my tallest friend and we worked from the ceiling to the floor as an unstoppable team!

Morning and afternoon coffee breaks split up the day and gave us time to take refuge from the sun. The blitz continued through record high temperatures, exhaustion and thirst, but we couldn’t help wanting to finish the next little bit, making the structure more and more solid everyday.

Having experienced team members paid off, we came in second place, having the second most complete of all the houses. There’s a conspiracy theory floating around that the leader of the most complete house didn’t sleep, and made his

volunteers build through the night! Those rumours are still unconfirmed. Plus, people keep saying that it isn’t a competition.

The last day finished off by welcoming home the Cycle of Hope riders, who rode from Marquette, Michigan to Winnipeg in time to witness the completion of the homes. Two squadron members participated; MCpl Vipond as a rider, and Cpl Wong as a driver to help raise \$127,000 for the Cycle of Hope Habitat home.

402 Sqn is always looking to increase our group participation in the build. It is a fabulously rewarding experience; a great chance to get to know your squadron members, meet with other habitat volunteers, and the most fun you’ll have this side of the provincial line!

A special thanks to our CO LCol Schock for supporting this activity, MWO Hanes and Cpl Joly for organizing the 402 contingent, and WO Wohlgenuth, the carpool commander and his space age minivan and DVD player who kept the “kids” in the back quiet on the ride home. We would also like to give an honourable mention to all of the 402 volunteers that took time out of their schedules to participate.

WTISS This Week

By Ashley Sy

There are many stereotypical views of government workers. Before coming to work for DND, I had no opinion on the matter. Most of my friends work labour-intensive, minimum wage jobs. They think my job in an office is ridiculous, because I don’t perform actual physical labour work as they do. There are many perks to working for the government (some of which I am not entitled to because I am only here for the summer), and geography aside, working on the base was not much of an adjustment, after all, pushing paper

is pushing paper.

When I told acquaintances that I work on the Air Force base, the general reaction was one of curiosity: “What do you do there?” “Well, in a nutshell, I stick tags on computer equipment.” I really do much more than that, but that’s what it all boils down to. After I “stick-the-tags,” I then enter all applicable info into a database and herein it begins to be tracked. If you’ve had any IT asset purchased through WTIS (and it should have been most every IT asset you have in the office), then it’s come past my desk at one time or another. It

sounds relatively simple but it’s actually quite involved, time consuming and critical when it comes time to planning life cycle replacement. I suspect that my friends would like me to say I’m not allowed to disclose any of that information. Or at the very least, that I stamp “TOP SECRET” on folders. Unfortunately, or perhaps fortunately, I don’t deal with protected information. In terms of a job description, working at DND has been no different than any other administrative job I have held, with the exception, of course, of being surrounded

by the guys and gals in green, which I found to be surreal for the first week or so (especially during spring cleanup).

A good friend of mine likened my job to the protagonist George in the TV show *Dead Like Me*. George works at a temp agency, where all the office stereotypes are pushed to the nth degree: the endless cubicle farm, the reassuring boss, the awkward employee social gatherings. I do not have it as bad as George as my boss is great and the people I work with are wonderful; my affinity for Post-its has resulted in my enjoy-

ing the job. However, there are moments where I feel as though I am lost in a “Dilbert” comic: unsure of my significance in the large infrastructure of the IT world. What is interesting about my job is not what my job entails, but the workplace dynamics inherent in any office job, where the daily amusements come from interacting with others and co-worker wit. Needless to say, this quality is not unique to DND, but makes DND the epitome of the modern-day office environment...excluding the nice people in green of course.

I am here until September, so it is possible that by then the novelty of working at the base might wear off and I will experience one or more of the following: a) mild insanity from four months of doing an endless amount of never-ending tasks; b) an existential crisis upon realizing how much of a small cog in a much larger wheel I really am; and/or, c) concern that my arts degree will likely result in 30 years of working out of a 12 x 12 cloth walled cubicle. But if I get to work in an office that’s as surprisingly fun and busy as DND, it won’t be so bad.

Going Green

Transport Tries Out Fuel-friendly Hybrids

By Avery Wolaniuk

With gas prices and green house emissions rising, Wing Transport is going miles to reduce both. Literally.

They've purchased hybrid vehicles to replace some of this year's out-going fleet, a choice that saves gas and the environment. "If we can burn less fuel, we're spending less money, and there's less pollutants out there," says MWO Gary Noseworthy, MSE controller and Fleet Manager for 17 Wing.

Wing Transport has made conscious efforts to come in line with federal policies that prohibit unnecessary idling by purchasing a variety of hybrid vehicles. "We've got to meet certain milestones by certain dates. One of the ways that I'm going about doing it is alternate-fuel vehicles — hybrids," MWO Noseworthy says. With the new vehicles, 17 Wing is not only following policy and looking eco-friendly, but also saving money spent on fuel and the amount of green house gas emitted into the environment.

DND vehicles are replaced every three to four years, depending on the number of kilometres on the car and the required maintenance. Over the 17 Wing Area of Responsibility (AOR), that means that every year about 100 light vehicles, or a third of the light fleet is auctioned off and new vehicles brought in. About 25% of this year's purchases were hybrids. Vehicles have started arriving already, and should all be here by September.

Smaller hybrid vehicles coming in are Honda's Civic and Toyota's Prius, as well as a Ford Escape. The vehicles combine gasoline-powered engines (which burn regular unleaded fuel) with an electric motor to cut emissions produced and fuel burned. You never need to plug them in: the batteries recharge when you hit the brakes and while cruising. The engine cuts back in when you accelerate.

Because the engine is not engaged all the time, less fuel is burned. The less gas you burn, the less times you have to gas up. So do the math. Evaluate a regular Chevy Cavalier against a hybrid Toyota Prius, a comparable vehicle. The Cavalier burns 10.2 litres of fuel per 100 kms of city driving; the Prius burns 4.5 litres per 100 kms. That's less than half the amount of fuel burning, and money burning out of the pocket. DND vehicles have an expected service life of 80 000 to 100 000 kms before they are sold.

Or, compare three years of city driving in the regular Civic to the hybrid Civic. Gas prices on 8 August 06, according to winnipeggasprices.ca and the boards on the way in to work, were 1.17.9/litre. The Civic you saw on the way in to work (automatic transmission, 2006, 1.8L engine burning regular fuel) will have burned 3 500 litres more fuel after 100 000 kms, or approximately three years, than the Civic hybrid. That's \$4126.50



Capt Amanda Ives, Transport Electrical Mechanical Engineer Officer, in front of the new hybrid Civic. 17 Wing Transport is making the move to eco-friendly vehicles.

more — assuming gas prices don't rise in the next three years.

On the highway, while the numbers aren't as drastic (because hybrids save you money with the starting and the stopping rather than while cruising), a hybrid Civic still gets 1.4 L/100 km better than the regular Civic.

And then there are the measurements we don't see. The hybrid isn't just good for the wallet, it's also easier on the environment. Again, comparing the Civics, a hybrid produces 1248 kgs of CO₂ less every year it runs — that's more than a 36% reduction in green house gas emissions.

Wing Transport has also started replacing pick-up trucks with semi-hybrid versions. While they don't save as much fuel as the cars, the 14 new 4x4 and 4x2 extended cab Chev Silvados coming in burn 20% less gas and save on green house gas. The plan is to see how they do this year before purchasing an entire fleet of them. "I'm not going to put all my eggs in one basket for one vehicle," says MWO Noseworthy. "I have to have back-ups." These vehicles are going to have to prove their worth in Manitoba. "I think the winter will definitely play a factor in whether or not there's going to be any major issues," says Capt Amanda Ives, the Transport Electrical Mechanical Engineer Officer (TEMO). "That'll definitely be the season to find out if they're suited for the Winnipeg area."

The trucks run with the same horsepower as a normal truck, but they don't idle when the battery is fully charged, which is where the fuel is saved. They also come equipped with two 110 V plug-ins, meaning that a crew could plug in a drill or a light out on a work-site without having to lug a generator around, too. The battery runs continuously for 36 hours before needing

to be charged; like the hybrid cars, the trucks recharge automatically as you drive.

However, the hybrid isn't going to work for everyone. "Most people have been really receptive, but it's not good to buy a vehicle just because it's a hybrid if it doesn't suit their needs," says MWO Noseworthy. For example, there are ranges in Dundurn, Saskatchewan where the bulk tanks only distribute diesel fuel (which is in itself an alternate fuel), and currently there are no hybrid vehicles available that run off diesel. For them, a hybrid isn't practical.

There is also a new treasury board policy, effective November of this year, that says all bulk tanks on federal establishments (including DND, penitentiaries, hospitals, etc) must distribute E10 gasoline — the same kind you'd get at Mohawk or Husky. The E10 is designed to cut green house gas emissions, without requiring major adjustments to your vehicle or your fuel source. "If you gas up here on base with one of our staff cars and you fill it up with E10, and then you're heading to Thunder Bay and there's no gas stops that sell it, you can still gas up at the local gas station and it's not going to cause any harm to your vehicle," Capt Ives says. Wing Transport's goal is to transfer over as soon as a distributor is available. "We're trying to get compliant as fast as we can, the most cost effective as we can," says MWO Noseworthy. "If you look at the hybrid vehicle, where we're saving over half the fuel already, you go to E10 and we're cutting the emissions even more.

What's important is the air we breathe, says MWO Noseworthy. "Everything comes down to the environment. What's coming out of your pipe at the end — that's what's measured."

Family Fun Day Promises Something For Everyone

Get your calendar out. Mark it down: Saturday, September 16. Rain or shine, there's fun to be had for everyone at the free 17 Wing Family Fun Day.

The morning kicks off with the Amazing Race, hosted by Fitness and Sports. The event is family-friendly and everyone is invited to come out with their team of four, registration at 8:45 am in the sports field behind Building 90.

At noon, the free food, pony rides, giant inflatable

bouncers, tattoos, petting zoo, and oodles of other activities will start off. There's a registration fair, which is a great chance to check out all the clubs and programs Community Recreation and the Military Family Resource Centre are offering this year. Some of the clubs will be hosting demonstrations throughout the afternoon. The Youth Advisory Council will be holding a fundraiser prize draw throughout the afternoon.

"Everybody should come — young, old, single, married.

This is a perfect opportunity to meet your community, and to get involved," said Diane Brine of the MFRC. "That's what it's all about." Last year, more than 500 people came out for the day.

For the first time, the day will include the Helping Professionals Showcase, an opportunity for you to find out some of the services available in the community. Health Promotions, Addiction Services, the Dispute Resolution Service, SISIP, the Fire Department, Heart and Stroke Foun-

dation and Veteran Affairs are just a few of the services who will be part of the day.

Kids, bring along your favourite stuffed friend to get their check-up at the Teddy Bear Clinic. Just look for the ambulance at the Helping Professionals Showcase. There will also be a place to make cards for peacekeepers serving overseas, and a chance to walk through the Fire Department's Smoke House.

Parents, stop by the ID centre to get your kids finger

printed and photographed for your own home records. Or, wander over to see the Corvette Club, who are bringing out their cars for the afternoon.

The all-day event has activities for everyone. Teens should plan to hang out in the evening at Building 90. The pool will be open, there will be a movie in the Theatre and local bands will be jamming in the gym. Events are from 7-10 and there are no admission costs.

Also in the evening,

there's an adult dance outside under the big tent, with live music and beer gardens from 6:00pm – 1am. Childcare is available from 7:00-10:00 pm for children 18 months and up at the Childcare Centre. Call Lois at 837-3626, to reserve your spot.

The MFRC is still looking for volunteers, so if you can help out for any part of the day, please call Louise Cameron at 833-2500 ext 4515.

Make plans to be there. It's a full day of fun, and it's all free.

Grace Hospital Auxiliary Annual Used Book Sale

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Hospital Auditorium - 408 Booth Drive
September 19th to 23rd, 2006

Tuesday, Wednesday & Thursday
Sept. 19, 20 & 21 - 9:00am to 8:00pm
and
Friday & Saturday
Sept 22 & 23 - 9:00am to 4:00pm

Free Parking - Validated in Auditorium. | Proceeds go to Patient Care.

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Friday, Sept 8
Building 21
11:30 - 3:30

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Dr. Lorraine Walker
Dr. Shannon Steuart

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17 Wing Family Day

Saturday, September 16, 2006
Sports Field behind Building 90

MFRC Family Fun Day: Noon - 3 pm
Ponies, Inflatables, Tattoos, Free food & Lots more.

Com. Rec. Registration Fair: Noon - 3 pm
Clubs, Demos, Information on fitness programs

Just for Teens: 7 - 10 pm
Building 90
Music, swim & gym

Helping Professionals Showcase: Noon - 3 pm
Info booths, Giveaways, See what your community has to offer.

Beer Garden & Tribute to Rod Stewart: 7 - Midnight
Childcare available from 7 - 10 pm

Fitness & Sports Amazing Race: 9 - 11 am
Registration starts @ 8:45 am
Teams of 4 needed for the challenge.

17 Wing Golf Team Victorious At PR Championships

By K.P. Seeker

On a beautiful Sunday morning in July, the 17 Wing Golf Team pointed their vehicles and hopes of a victory northwest towards Saskatoon and Dakota Dunes Golf Club. The team was made up of: Team Captain OCdt (nee MCpl) Bob, Rob, Bobby or Homer Young, Sgt Dave Hightet, Capt Rang Phan, Capt Mike Lillico, POI Yves Riopel and LCol Lesley Mahon. A team unknown, so therefore discounted by the Prairie Region golf heavyweights, Cold Lake and Edmonton. But little did they know, this team could play.

The team arrived at the golf course and found, as advertised, a beautiful inland links golf course with manicured fairways, greens that were smooth and true, and not to mention lightning quick located in the rolling dunes of the Whitecap First Nation. There was little wondering why Golf Digest rated this course the No. 1 new course in Canada last year.

On Tuesday, all the competitors gather in the wee hours of the morning for the opening ceremonies. Chief Darcy Bear of the Whitecap First Nation and Col O'Brien, 17 Wing Comd, welcomed all the players. Col O'Brien kicked off the event by piping his open ceremonies drive down the fairway. Impressive to say the least, as we all know that hitting a good shot is inversely proportional with the amount of eyes watching you, Ad Metam Col O'Brien.

With all the pomp and circumstance done, the players set off to do business. The men played from the gold tees, 6815 yards in length, and the ladies from the reds, 5154 yards. What they found on this first day was that, with Prairie winds, 30-40 km, lightning greens, and lots of bunkers, you had better be accurate and mentally tough for a long three rounds.

With the first round complete, Lesley Mahon, who shot a stellar 85, had a commanding 23 shot lead. The men were disappointed with their performance, even with Rang Phan (80) tied for second and Dave Hightet (81) in fourth. They both know that they had let good rounds slip through their grasps. Mike Lillico (90), Rob Young (91) and Lil' Yves (96) rounded out the rest of the team scoring, with only the top five scores counting, Yves score was dropped, Lesley's counted for a first day total of 427, five behind Cold Lake and 12 in front of Edmonton.

That evening Team Captain Bobby Young called for a team meeting at Montana's Grill house. The day's events were discussed, and after a lengthy talk it was determined that the team should sit in the Bar and have the Wings and Beer special. Good call, Bobby!

With the new day brought a renewed sense of purpose as it was "moving day." Again the Prairie winds were up, but the Winnipeg group was prepared and learned from the previous day. The first man out for Winnipeg, Yves Riopel foreshadowed the day for Winnipeg, by carding an 82. Next in Bob Young shot 77, like Yves improving by 14 shots. Mike Lillico went a few lower with an 84. Lesley backed up to a 90 but her lead grew to 38 strokes. Rang played a steady round of 79 and Dave Hightet shot 73 and took the Men's lead by two strokes. With all this stellar golf, Winnipeg vaulted ahead in the Team event with a two-day total of 822 and a lead of 21 strokes on Cold Lake and 31 on Edmonton.

As the final round started the 17 Wing Golf Team was loose, leading in the Team, Women's and Men's events, knowing that they were in the driver seat and 18 holes to go.

Lesley Mahon and the women teed off first to a lovely sunny and amazingly calm day. Lesley fired a closing 91 for a three-day total of 266 and a Tiger like 46-stroke win. On the men's side, Yves finished his first Regional Golf Championships with



Col O'Brien pounding his opening ceremonies tee shot.



LCol Lesley Mahon being presented the Women's Championship trophy from Det CO Maj Bob Barrett.



17 Wing Paraire Region Champions (L to R) Dave Hightet, Mike Lillico, Robert Young, Det CO Maj Barrett, Lesley Mahon, Rang Phan, Yves Piopel).

a 91, total 269 and 28th place. Mike stayed consistent with an 84, total 258 and 18th. Rob followed up his strong second round with a 79, total 247 and 9th place. Rang playing in the second to last group hit the ball solid all day, but was not rewarded with any luck, finishing with an 82, total 241 and 6th place. Dave leading going in to the day took the turn at +2 and a slimming led, as Cpl Jeff Simpson of Cold Lake was charging hard at -3 for the day. Going into 18, Dave was +4 and thinking he had to make birdie to tie, hit a solid drive to allow him to go for the green, but like Van de Velde and Mickelson before him, fortune was not with him this day, a series of event and poor decisions led to a nine, final round 80, total 234 and 3rd place behind a solid playing MCpl Rick Patterson of Wainwright and the Prairie Region Champ Jeff Simpson.

The team title was made a little closer by a strong finish by ASU Edmonton and 4 Wing Cold Lake, but 17 Wing was too solid for the week and was crowned Prairie Region champion for 2006.

The Team would like to thank our Host 17 Wing Det Dundurn for their outstanding hosting duties, the Whitecap Dakota First nation for providing a wonderful venue to compete and the 17 Wing PSP staff, especially Chris Merrithew and Rick Phillips for their great support from playdowns to regionals.



Photo by Cpl Bern LeBlanc

Family members and friends wait for the soldiers to arrive at 1 Air Movement Squadron.

Glad To Be Home

By Layne Thiessen / Adapted from the Shilo Stag

Four groups of soldiers have returned home to Shilo from tours in Afghanistan in the past couple of weeks.

"It's been a long six months for them and their families are obviously excited to have them back. The battalion is also excited to have them back. The families and soldiers will be going through quite a range of emotions, there is euphoria and then they are adjusting back into family life," said

DCO 2 PPCLI Maj Stephen Joudrey in a welcome to the troops on August 16. He encouraged all of the soldiers to enjoy some downtime with their families and friends.

Brandon-Souris MP, Merv Tweed, was on hand at the August 16 arrival. "Through the media we tend to see only the negative things that happen. They're (Canadian troops) making progress in education systems and giving women equal status within the com-

munities. I have to say I'm very proud of that. That's the story we have to tell people. The troops believe in what they're doing and they're making progress."

With the large quantity of yellow ribbons displayed in local communities and even along the highway as the troops traveled home from the Winnipeg airport, it seems clear thousands of Manitobans agree with Tweed's sentiments.

Welcome home.



Photo by Cpl Bern LeBlanc

Members of Second Princess Patricia Light Infantry Battalion (2PPCLI) arrive in Winnipeg from their tour in Afghanistan.

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Applied Suicide Intervention Skills Training

WORKSHOP
28 & 29 SEPTEMBER
0800 TO 1600 HOURS
Building 62, Rm 309

ATTENDANCE AT THE FULL TWO DAYS IS ESSENTIAL

The emphasis of the ASIST workshop is on first-aid, on helping a person at risk stay safe and seek further help. Learn how to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Increase caregivers' knowledge and confidence to respond to a person at risk of suicide
- Link people with community resources

For additional information and to register contact Health Promotion:
Christa or Penny @ extension 4160 & 4150

Open to military members, civilian personnel and family members at no cost.

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THE CANADIAN FORCE SMOKING CESSATION PROGRAM

BUTT OUT IS A SMOKING CESSATION PROGRAM CONDUCTED IN SMALL GROUPS AND LED BY TRAINED FACILITATORS.

INFORMATION SESSION:
20 September
Building 63, Conference Room
1130 hrs – 1300 hrs

You don't have to be smoke-free at the start of the program

For more information or to register contact:
Penny, 4150, or Christa, 4160

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WEIGHT WELLNESS PROGRAM

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WHERE: Headquarters Bldg, Rm 204A

FOR MORE INFO OR TO REGISTER CALL HEALTH PROMOTION AT 4160 OR 4150. Space is limited so register early!



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Military Family Resource Centre

CRAFTERNOON Drop-in

Every second Wednesday
1 - 3 pm, at the MFRC
4 & 18 October
1, 15 & 29 November
13 December



Registration required one week in advance. Each week we will create a variety of easy craft projects. No Experience required! Bring your ideas for future crafts! There will be snacks to feed your body, unique projects to feed your creativity and the company of great folks. just for fun Most activities will be free! (Minimal cost for supplies/childcare if required) Call Catherine at ext. 4506.

CHILDREN'S PROGRAMS



Quality kid's programs, open to everyone! Please call 833-2500 ext. 2491 for information.

www.mfrc.mb.ca

Look for our playgroups and casual childcare too!

CREATIVE TOT SHOP

This program offers parents and young children the opportunity to explore the world of art, music and stories. Registration is not required. Feel free to drop in with your children to 102 Comet Street. Times: 9:30 to 11:30am on Tuesdays from July 11th to August 29th. This program is funded by the St. James Parent Child Coalition.

NURSERY SCHOOL PROGRAMS

Our nursery schools offer the opportunity for the preschool child to develop emotionally, socially, physically and intellectually in a happy stimulating environment where children can develop and learn through a play based curriculum. Children are free to choose from various activities including learning centres, stories, music and movement, arts and crafts, games, drama and free play. Children must be three by the end of December to start nursery school in the fall.

Cost: \$75.00 per month
Annual registration fee: \$15.00
Location: Westwin Children's Centre
(684 Whytewold Road)
Mon., Wed. and Fri.
9:00a.m. to 11:30a.m.

FRENCH IMMERSION NURSERY PROGRAMS

This program will help prepare your child for a French Immersion kindergarten. It will give your child the unique opportunity to be exposed to a French environment during our nursery program.

Westwin Children's Centre
FALL 2006 Lipsett Hall Nursery School will Reopen at Ecole Tuxedo on Corydon
Mon, Tues and Thur.
1:00pm to 3:30pm.
French Immersion will be offered Wed. Fri pm
1:00pm to 3:30pm Cost:\$60.00

Welcome NEWCOMERS



Stop by the Centre to pick up your Welcome package.....full of resources, handy numbers, Maps and Winnipeg information to make you quickly feel at home!

Make your package as unique as your family with additional materials from children's stories about moving, to consumer information. Pick up education and training guides, deployment support information, special service resources and much more. The Resource Library is open Monday to Friday, 8:30 to 4:30.

Want to learn more about Winnipeg? It is our pleasure to provide one on one, or group orientation sessions on our Great City. Call for an appointment or join us for "Newcomers Nite" October 18, November 15 & December 6. Registration required one week in advance.

WWW.MFRC.MB.CA



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 a.m.
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

CF Family Consumer
Info Line: 989-9019

CRAVINGS - dining outside the box



Beginning on September 18th, one evening each month we will visit a different Winnipeg restaurant for fun, good eats and new friends. Join us the third Tuesday of each month. Register at least one-week prior at loc. 4506

GRAND RE-OPENING of the MFRC RESOURCE LIBRARY



Thursday October 5, 10:30am

Our Resource library has a new look! Drop in and HELP YOURSELF to some great new features! A wide variety of resources are available to you and your family just by stopping by 102 Comet Street. A quick browse through the resource library will yield a wealth of information and a keen bag filled with goodies chosen by you.



Get to know your HOME.....

- City maps,
- Entertainment guides,
- Travel information,
- Wing/CF services,
- Tourist attractions,
- Consumer info,
- Local magazines,
- Leisure guides and more

Stuff For YOU.....

- Self help guides,
- Education and training resources,
- Career development assistance,
- Variety of current magazines,
- Community access computers,
- Health information,
- CF publications

Stuff For Your FAMILY.....

- Parenting resources,
- Family separation and reunion information,
- Postal Packing Station,
- Local services,
- CF family programs,
- Children's storey/coloring books,
- Teaching guides,
- Family attractions,
- Local publications,
- Current magazines



Calling All Volunteers!
We need your help...

We have all kinds of jobs! We are seeking volunteers of all ages and skills to come out and help us on September 16, our annual Family Fun Day. Anyone willing to give up a couple of hours or the whole day would be greatly appreciated. It's your chance to help make a difference in your community, and of course have lots of FUN!!

Together in Church



CATHOLIC

Chaplains

Padre Lance Magdziak
Roman Catholic
Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Masses
(English only)
Sunday 1100 hrs

Religious Education
Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information on registration.

Confessions
The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms
We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Weddings -Marriages
Contact the chaplain at least six months in advance. A marriage-preparation course is a requirement.

Catholic Women's League
Meets in the Chapel Annex the third Monday of each month at 1830hrs.

Protestant

Chaplains

Padre Bruce MacKenzie
(United Church)
Office 833-2500 ext 5417

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) 0900 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.

Other Phone Numbers:
For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN 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.

24-Hour Relay



The Joint Task Fundraisers (JTF) ran in the Easter Seals 24-hour Relay on June 24-25. The team of 25 raised approximately \$1700 for the relay, which raised more than \$115 000 total for kids with disabilities in Manitoba. The JTF won the trophy for the 24-Hour Relay's Most Metre award, running 420 laps over a period of 24 hours. Runners up for this title, the Blue Barons, ran 334.

Sparky's Corner Fire Safety House



The 17 Wing Fire Department will be holding a static display of fire trucks, various equipment and the Fire Safety House from the WFPS, on 16 Sep 06 from 12:00 p.m. until 3:00 p.m. in conjunction with the MFRC Family day. We will be located in the surrounding area of the Wing Chapel.

Sparky the Fire Dog and Firefighters will be present at all times to answer any questions you may have regarding Fire Safety.

There will also be a Portable Fire Extinguisher display, which will be held from 2:00 pm- 3:00 pm. Anyone wishing to receive some hands on experience on the use and operation of a PFE may take part.

The fire safety house was designed to show children how to react in case of fire. Under the direction of Firefighters and in a safe environment, children can visit the fire safety house to experience the different situations that may occur before and during a fire. These include noisy fire and smoke alarms, hot doors, safe smoke accumulation, unattended kitchen risks and how to evacuate the simulator via an escape ladder.

The firefighters will teach the children safety techniques such as developing an evacuation plan and establishing a meeting place. They will also be shown what important behaviours to do in the event of a fire such as STOP, DROP and ROLL, if clothing catches fire, how to cool a burn and what to do if they find a lighter or matches.

We encourage the public to partake in this innovative fire prevention program, which promotes fire safety and prevention through creative projects and educational materials; also the children are having fun, while learning the fire prevention message.

On behalf of the 17 Wing Fire Prevention Office we are pleased to be providing you with our services in fire prevention and education. For further queries contact Fire Prevention Office@ Loc. 5501.

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TAROSCOPES

BY NANCY

Aries (March 21 - April 19): Avoid headaches by staying one step ahead of what's going on with people around you. Take into account that emotions run high and dramas occur during hectic times. Be prompt in dealing with others' assumptions. You resent the labels you're given by those who don't understand you.

Taurus (April 20 - May 20): Calmly consider and it will be easy to see the potential for progress in your situation. Take a long-range look at current choices so that you are heading for a solid position in the future. If you are anxious you'll stop the flow of knowing. Stay open to all that comes your way each day.

Gemini (May 21 - June 21): Turn off the chatter in your head that keeps you going over and over the "what ifs" and just revel in the moment. Sometimes you work so hard at appearing "smart" you miss the joy of an experience. It is possible to relax enough to enjoy yourself while keeping your wits about you.

Cancer (June 22 - July 22): When all is going well you may not see that you need to take care. You can easily fall into the habit of coasting along in a relationship. Don't over-extend yourself; work at compromise. Listen to and consider advice concerning investments instead of doing all the talking.

Leo (July 23 - August 22): Life is full of trials but it is how we respond to them that determines the outcome and impact. Patience and understanding are required in situations when you don't get your way. Review your plans carefully. Be honest about where things are going to avoid disappointments or surprises.

Virgo (August 23 - September 22): Life is full of promise with an abundance of possibilities. How much you are willing to accept determines how much you get. Still, with so much offered, you must choose carefully. Use what you've recently learned about yourself to guide you when making decisions.

Libra (September 23 - October 23): It seems like divine intervention occurs, but really it's that authority figures put their power to good use. Their actions indicate they are aware of your abilities. Through perseverance you unearth something important allowing you to see things from a new perspective.

Scorpio (October 24 - November 21): This is a time of slow change, so be patient. Prepare to pay for commitments you've made. There is an opportunity to further your education coming up. Read all the fine print before you sign any documents right now to avoid mix-ups and misunderstandings.

Sagittarius (November 22 - December 21): If you fear that time is running out you will feel overwhelmed. You care deeply but take care not to become overly conscious of what is expected of you. Be responsible to others but also to yourself. Use a calm and balanced approach to all you take on.

Capricorn (December 22 - January 19): Follow a hunch to find what truly excites you. Deal with your dragons. Even though you are fired up about something, you may experience self-doubt. You will prevail if you maintain enthusiasm and drive. Don't give in to fear. You'll know what is right for you.

Aquarius (January 20 - February 18): Be assertive. Claim your power in the areas of your life where you have control. You are a force to be reckoned with. Let people see how strong and dynamic you are. Don't wallow in whining and drama or resort to emotional game playing even if others do.

Pisces (February 19 - March 20): Open up to your feelings and to emotional connections even if it means walls that have seemed necessary crumble around you; love and life await. You'll soon experience more of the joy of living, instead of trying to stay safe. Trust that it really will be worth the initial anxiety.

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