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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

Winnipeg Hosts Prairie Region Soccer Championships



Photo: Alison Dickey

A player from the 17 Wing Soccer Team tries to head but the ball into the Moosejaw goal in the opening match of the 2011 Prairie Region Soccer Finals, held August 22-25. See page 7 for more.

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MND announces \$3.9M for 23 Health Services building

Sgt Bill McLeod
17 Wing Public Affairs

The Honourable Peter MacKay, Minister of National Defence, visited units at 17 Wing on July 26 after announcing a \$3.9 million renovation to the 23 Health Services Clinic.

"State of the art installations are essential for the Canadian Forces to continue to be able to provide first quality health care to our men and women in uniform," said the Honourable Peter MacKay, at a press conference held at 17 Wing to announce the project. "The improvements to 23 Health Services Centre will ensure that Canadian Forces Personnel stationed here at 17 Wing continue to receive full spectrum and first-class health services."

The renovations of the building housing the 23 Health Services Centre are designed to make more effective use of the space and to gain additional space for Primary Care and Mental Health Services. This will ensure the Wing meets the standards defined by Rx2000, the most comprehensive medical reform undertaken by the Canadian Forces.

Renovations will begin on Building 62 this fall and are expected to be completed in one year, but they are not the only improvements to come at 23 Health Services.

Minister MacKay noted that the renovations,

"While much needed, are an interim measure. They will improve care and support provided the members of 17 Wing until a new integrated Health Services Centre is built and opens its doors in approximately five years."

This is the second time this year the Minister has toured units on the Wing, but this time his tour focused on schools, support elements and lodger units.

Minister MacKay listened intently and occasionally made notes as he toured the Military Family Resource Centre (MFRC) Child Care Centre, the 17 Wing Central Heating Plant, the 23 Health Services Clinic, the Joint Personnel Support Unit (JPSU), and finally the Canadian Forces School of Survival and Aeromedical Training before departing the Wing.

The Minister discussed future expansion plans of the Child Care Centre with Director, Lois Johnson, MFRC Executive Director Don Brennan, and 17 Wing Commander Colonel Blaise Frawley. During the visit the Minister interacted with the children in the preschool and school age programs.

At the 17 Wing Central Heating Plant Minister MacKay was hosted by Wing Construction Engineering Officer Major Steve Cumpsty, who showed him an example of the valve that failed last year at the plant and discussed some of the future challenges with central heating plants across the Forces.

Medical Technicians at 23 Health Ser-

vices Clinic gave the Minister a very realistic look at what happens when a battlefield trauma case is first brought into a medical aid station. Minister MacKay was brought in to the exercise as an extra set of hands to help apply pressure to a simulated wound. After the exercise ended the Minister talked to the technicians and thanked all of them for their service to their country and their fellow Canadian Forces members.

The next stop on the tour of Wing support units was the JPSU where the Minister received a briefing from Major Richard Desjardins, the new Officer Commanding the unit, and met with two members returning to work after illnesses. The Minister also had the pleasure of seeing the Habs memorabilia of former 17 Wing Chief Warrant Officer Frank Emond (Ret.).

The final stop of the Minister's extremely busy day was the Canadian Forces School of Survival and Aeromedical Training where he strapped in to a flight simulator and attempted to follow another aircraft while his oxygen was slowly reduced, a sensation that all air crew must

be familiar with for early detection.

The Minister admitted to experiencing the mild hypoxic effects of a quicker heart rate and some effort in breathing during the simulation ride.



The Minister of National Defence compliments Private Myles Mohr on his acting abilities at the conclusion of a battlefield trauma exercise at 23 Health Services Clinic on 21 July. Sgt Bill McLeod



The Minister of National Defence, the Hon. Peter MacKay, jokes with a member of his staff and Warrant Officer Dale Coulson following their hypoxia experience at CFSSAT. Photo: Sgt Bill McLeod

A welcoming message from the new 1 Can Air Div Commander



It is with great pleasure that I return to take command of Air Force operations at 1 Canadian Air Division and the Canadian NORAD Region. During my time at CEFCOM over the past few years, I have witnessed first-hand the incredible accomplishments of Canada's Airmen and Airwomen on missions across the globe. Noting the outstanding work that you continue to do, day-in and day-out, I am truly looking forward to returning to the Air Force.

Being the operational commander carries with it great responsibility. At a time when the Air Force is reaching an operational tempo not seen in generations, I know that this position will be

challenging, yet extremely rewarding. The Air Force has experienced tremendous growth and advancement over recent years and every success is a result of the work of our Airmen and Airwomen. For that reason, I am thrilled to have the privilege of being your Commander.

For now, I wish you all the best in the posting season as we welcome some and bid farewell to others. As I return to the nerve centre of Canada's Air Force, I look forward to what the future holds and to reuniting with my Air Force family.

**- Major-General Alain Parent
Commander 1 Canadian Air Division and the Canadian NORAD Region**

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Royal Canadian Air Force restored



Defence Minister Peter MacKay (centre), and LGen André Deschamps (left), Commander RCAF, present F/Sgt (ret'd) Michael Nash Kelly with the historical ensign of the RCAF. Credit: Cpl Dan Bard.

Joanna Calder

With files from Alison Dickey

The three elements of the Canadian Forces will have their historic names restored: Maritime Command will now be known as the Royal Canadian Navy, Land Force Command will be the Cana-

dian Army and Air Command will be the Royal Canadian Air Force."

With these words from Defence Minister Peter MacKay on Aug. 16, the Royal Canadian Air Force returned to its historic name, which was first granted on April 1, 1924 – the date the Air Force still celebrates as its anniversary.

Here in Winnipeg, 17 Wing Com-

mander Col Blaise Frawley said he welcomes the name change, "I was very excited to hear about the restoration of the historic names of the three services, obviously in particular for the reintroduction of the Royal Canadian Air Force (RCAF) title. I think it is a great initiative; while our airmen and airwomen have always been rightfully proud of their history, the recognition of our heritage in this manner connects them more directly to those who have come before. I am extremely pleased to be able to use the RCAF title, and look forward to the development of this initiative in the coming months."

"In 1968 the government of the day passed a Canadian Forces reorganization act which unified the Royal Canadian Navy, the Canadian Army and the [Royal] Canadian Air Force into a single service, the Canadian Forces," said Minister MacKay during the announcement in Halifax. "An important element of Canadian military heritage was lost when these three former services were required to relinquish their historic titles.

"Restoring these historic identities is a way of reconnecting today's men and women in uniform, and the proud history and traditions that [they] carry with them as members of the Canadian Forces."

The name changes take effect immediately. "You can now proudly say you are a member of the Royal Canadian Air Force," said Lieutenant-General André Deschamps, Commander of the Royal Canadian Air Force, told Air Force members.

He emphasized, however, that the return to the historical names for the three services does not undo or change the 1968

unification of the forces. "This does not represent a divergence from the unification of our Canadian Forces," he said. "We continue to be a tri-service, unified force with no change to our organization."

Reaction to the change was greeted positively by members of the Canadian Forces, veterans and many Canadians. While some expressed concerns about the potential costs and the return to the designation "royal", others were plainly delighted.

"It's a proud moment," said Lieutenant-Colonel (ret'd) David Bashow, a former fighter pilot and associate professor of history at Royal Military College in Kingston, Ont. "My flying training course (6907) was the last to get issued RCAF pilot wings for wear on the (old) blue flying suits!"

The reintroduction of the historical names is intended to be carried out at minimal cost and with no impact to the activities of the Canadian Forces.

"The reintroduction of the RCAF as our official name will be carried out in a phased approach, and will have no impact on our capabilities, rank structures or rank insignia, command relations, organization or operations," said LGen Deschamps.

"Over the coming months, we will, however, make necessary changes to documentation and staff titles and adjust the current insignia, motto and colours, which were specifically designed for Air Command.

17 Wing Fire hall gets a new truck

Sgt Quinn Bailey

17 Wing Public Affairs

Fire fighters from 17 Wing Winnipeg are happy to have a new weapon in their emergency response arsenal: a second crash truck from the CF Fire Academy (CFFA) at CFB Borden. The additional vehicle will be used as a backup when the primary truck is out of service.

The truck became available when CFFA was no longer utilizing the vehicle, and agreed to loan it to 17 Wing. It is not anticipated CFFA will ask for its return as this particular vehicle is being phased out, to be replaced by an E-ONE in 2012.

In the past, 17 Wing's only Crash Truck has been deployed to another Wing or Forward Operating Base or out of service for planned maintenance, making it difficult to provide services to Winnipeg Airport Authority (WAA) as well as 17 Wing assets. The new vehicle will be used to cover during these times.

17 Wing fire department personnel

are trained in rescue and extrication of personnel from aircraft, and WAA relies upon this specialty for emergencies involving domestic and international flights. 17 Wing Fire Chief Sgt Dennis Matthews says that he and his personnel have an excellent working relationship with the fire fighters for WAA and the city of Winnipeg.

Both Crash Trucks are OSH KOSH 6000s, and approximately 14 years old. They carry a compliment of 6000 litres water, 379 litres foam agent, and 225 kilograms of dry chemical, commonly referred to as "Purple K". Two personnel, a driver and an operator, typically respond to emergencies however the vehicles have seating for three. All fire fighters at 17 Wing are experienced in the operation of the vehicle.

For information on becoming a military fire fighter please visit:

<http://www.forces.ca/en/job/firefighter-62>



The new Osh Kosh 6000 fire truck at 17 Wing. Photo: Sgt Quinn Bailey

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CFS Met Commandant forecasts big changes ahead

Capt Yvonne Decaire

Major (Maj) Lysane Martel, the new commandant of Canadian Forces School of Meteorology (CFS Met) says there are changes ahead for the school. According to Maj Martel the shortage of Meteorology Technicians (Met Tech) is a problem for the CF and CFS Met will have to play a major role in returning the occupation back to healthy numbers.

Maj Martel states that in order to achieve the increase of Met Techs there will be no decrease in qualifications of any kind. "The school will maximize the number of students loaded on each course and work at achieving an 80-90% success rate without lowering current standards," she says.

During her tenure, Maj Martel plans to work on oth-



Incoming CFS Met Commandant, Major Lysane Martel (r), signing the Command Certificates, along with Major Doug Lawrie (l), and Colonel Louis Meloche (r). Photo: Cpl Piotr Figiel

er changes as well like ensuring the number of qualified personnel meets the needs of the CF in both official languages. "We will prepare the school to teach the new Meteorological Observer Briefer course in French for the first time in 2013."

The third change planned by Maj Martel for the CFS Met programs will be to facilitate the development and introduction of a Meteorological Forecaster course scheduled to run in January 2012.

Major Martel assumed Command of the Canadian Forces School of Meteorology in June 2011 after a tour as the Chief Exercise Coordinator at 1 Canadian Air Division.

The long range forecast for CFS Met is now high probability of hard work with excellent chance of success in the next two years.

St-Jean-Baptiste Day: What a success!

On June 24, military families of the 17 Wing Community were invited to celebrate the St-Jean-Baptiste Day at the Officers' Mess. We are happy to say over 300 people attended the celebrations! The event was organized by the Winnipeg Military Family Resource Centre, in collaboration with the 17 Wing Messes.

The festive family atmosphere highlighted our dynamic Francophone Canadian community. The Craig & Ash Band presented a special musical performance; adults stomped their feet and the kids had fun moving to the beat of the French and English music selections. It was a great opportunity for Francophones to share the values of their culture.



Poutine was one of the items on the menu at the St. Jean Baptiste party at the 17 Wing Mess. The event was a huge hit with both the francophone and anglophone attendees.

La Fête de la St-Jean-Baptiste : Une soirée couronnée de succès!

Le 24 juin dernier, les familles de la communauté militaire de la 17^e Escadre ont été invités à célébrer la Fête de la St-Jean-Baptiste au Mess des officiers. Plus de 300 personnes ont pris part aux festivités qui se sont avérées un grand succès! L'événement fut organisé par le Centre des ressources pour les familles de militaires, en collaboration avec les Mess de la 17^e Escadre.

L'ambiance familiale et festive offrait une soirée à l'image du dynamisme de la francophonie canadienne. Craig & Ash Band a présenté une performance musicale exceptionnelle où les gens ont pu découvrir une sélection de musique francophone et anglophone. Alors que les adultes tapaient du pied, les enfants ont pu s'amuser et bouger au rythme de la musique! Ce fut une belle occasion pour les francophones de partager les valeurs de leur culture bien vivante.

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Military World Games put on spectacular sports event in Rio

Jen Dalziel w/files from Alison Dickey
Communications Advisor

With 6000 military athletes, 111 countries, 20 different sports, and 8 days of competition, the recent 2011 Military World Games in Rio de Janeiro, Brazil was a sports showcase unlike any other.

An Olympics-style multi-sport event, the Military World Games is organized by CISM, the Conseil International du Sport Militaire, an international organization that aims to promote peace and friendship through sport. The Games have been held every four years since 1995, always one year earlier than the Summer Olympic Games. This year's Military World Games was hosted by Brazil, a sunny, picturesque setting for the largely outdoor events.

One of the participants from 17 Wing was Capt Julia Rantz who played on the Women's Volleyball team. There were six countries in total participating in the sport including; Brazil, China, Italy, Germany, the United States and of course, Canada.

"It was a historical moment for us as we had never previously won a game," says Rantz about her team's victory over the United States.

Rantz also said being involved in the Games was a great experience as it offered exposure to different sports and cultures.

The Military World Games marked the first in a series of international sports events to be hosted in Rio de Janeiro in the coming years – in 2014, the FIFA World Cup will be held there, and in 2016, Rio will host the Summer Olympic Games. Given these upcoming high profile events, the Military World Games provided a perfect opportunity for Rio to test its hosting skills. Thousands of staff members and volunteers tackled the challenge with energy and enthusiasm.

The Games kicked off in style with the opening ceremony on 16 July. Thousands of sports supporters and local fans poured into Rio's newly-constructed Olympic Stadium to take part in the party. The cere-

mony featured military music and marching, lively dance performances, music from several Brazilian artists, as well as speeches from Brazilian President Dilma Rousseff and CISM President Colonel Hamad Kalkaba Malboum of Cameroon. The ceremony also gave the athletes the chance to join their peers in a Parade of Nations, marching behind their national flags in full military regalia.

After the torch was lit, eight days of non-stop sporting events began. The Canadian Forces was well-represented at the Games, with teams competing in men's basketball, women's soccer, men's and women's volleyball, and men's sailing. Individual male and female athletes competed for Team Canada in fencing, taekwondo, swimming, track and field, marathon, shooting and triathlon.

Since many nations include their Olympic and world champion athletes among the ranks of their militaries, the Military World Games provided Canadian athletes with an unparalleled opportunity to push their limits while competing and learning from the best. Whether by achieving a personal best time, placing in the top five or top ten of an event, or simply by taking full advantage of the opportunity to connect with other top-tier athletes from around the world, all of Team Canada's athletes performed admirably throughout the Games.

Two Canadian athletes achieved exceptional success, rising above the ranks to win medals. Master Corporal Jean Le Lion of Montréal was the first Canadian to reach the podium, winning a bronze medal in the Men's Épée fencing competition on 20 July. Canada's winning streak continued on 23 July, when Ordinary Seaman Yvette Yong of Coquitlam won Canada's first gold medal in the taekwondo competition, besting Vietnam, Germany and China to win the Women's Under 46 Kg category.

Sports competition aside, the spirit of the Military World Games was perhaps best embodied by the way it concluded. At the closing ceremony, rather than holding



OS Yvette Yong goes for the gold medal in the Women's Under 46 Kg Taekwondo category at the 2011 Military World Games. Photo: Cpl Jasper Schwartz, Imagery Technician

a formal Parade of Nations, all of the athletes marched into the stadium together. It was a joyful sight to behold: thousands of athletes from every corner of the globe rushing into the stadium in their national colours. For a while, everyone just blended together, a blur of laughs, high-fives and hugs, while everyone shared a sense of pride and accomplishment, and indeed, friendship through sport.



OCdt Garret Campbell goes for a rebound in the Canada versus Trinidad and Tobago men's basketball game. Photo: Cpl Jasper Schwartz, Imagery Technician



17 Wing Golf Team Wins Prairie Regionals

Maj Doug Chess

The CF Prairie Region (PR) Golf Tournament was hosted by 4 Wing Cold Lake 19-21 July 2011. A total of 40 men and 4 women competitors from 9 different units across the region attended the event to determine the winning team and to select the top 5 men and 2 women to compete at the CF Golf Nationals in Borden (20-25 Aug). 17 Wing completed base play-downs over 2 rounds at the Bel Acres Golf Club on 23 and 30 June to identify team members. The members of the 17 Wing Base Golf Team for 2011 were MCpl Dave Tower, MCpl Jeremy Chapman, Major Doug Chess, Captain Blair Keiver and 2Lt Evan Shields.

The PR tournament was planned for three rounds of golf, with each team in the region competing for top honours by using the lowest 4 scores from each day of play. At the end of Day 1, 4 Wing Cold Lake was in first place with 17 Wing

Winnipeg a mere 3 points behind, followed closely by CFB Edmonton one further point behind. Unfortunately, Day 2 was cancelled due to constant rain that fell overnight and a severe storm in the morning, rendering the course unplayable. The final day was bright and sunny, despite the water-logged conditions and incessant mosquitoes.

At the end of play, 17 Wing Winnipeg took top honours in the team competition with a total team score of 684. Edmonton placed second with 690 points, followed by the host team from Cold Lake with 694 points. Not only did 17 Wing win the team competition, one of our members, MCpl Dave Tower, won the individual Gold Medal with a low score of 163. Finally, two members of the 17 Wing team, MCpl Tower and MCpl Jeremy Chapman, were selected as members of the Prairie Region Team to compete at the CF Nationals in Borden in August. The 17 Wing team performed admirably considering the tough course conditions and level of



2011 Prairie Region Golf Champions: 2Lt Evan Shields, MCpl Dave Tower, MCpl Jeremy Chapman, Maj Doug Chess, Capt Blair Keiver

competition. All members placed in the top half of the tournament and secured 4 of the top 8 positions in the individual standings. Well done!

BCATP Vintage Aircraft Delight Student Pilots at 3 CFFTS

Capt Eric Martinet
3CFFTS QGI

The roar of radial engines drowned out the whir of King Air and Bell helicopter turbines as vintage training aircraft of the British Commonwealth Air Training Plan (BCATP) once again joined the pattern for arrival at 3 CFFTS in Southport, MB. Last Friday, July 22nd, staff and students were thrilled by the visit of four vintage, WWII era training aircraft, part of the Yellow Wings of Canada collection and owned by Vintage Wings of Canada, based in Gatineau, QC. The cross-Canada tour is a dedication to the BCATP. The planes are living history and testament to how everyday Canadians, communities and companies helped win the war and how our young country came to be lauded as the "Aerodrome of Democracy".

The BCATP was one of the greatest military and industrial achievements in Canadian history and the World War II base at Southport Manitoba was part of that heritage. With the Allies desperate for pilots, air navigators, observers and trained ground crews, the training effort was astounding, even by today's standards. Over 350 units and schools were created overnight operating from approximately 230 newly created airfields. Some 131,000 aircrew from four nations were trained as well as some 80,000 ground crew, all in less than five years. Many of these airfields have long since been reclaimed but several are still used by the Canadian Forces and still others you may recognize as airports like Pearson International (Malton) and Vancouver International (Sea Island) to name a but few.

The massive effort was not without consequences. Long before our current day "safety first" focus, training accidents were common and many young lives were lost. The monthly compilation reveals over 850 fatal accidents at BCATP schools resulting in 1690 deaths between January 1942 and June 1945. Many of those youngsters with dreams to soar and to defend their country, were lost right here in Southport.

The first trainer to arrive was a Harvard Mk IV flown by former fighter pilot Ulrich Bollinger. The plane, dedicated to Flt Lt John Gillespie McGee, the WWII 412 Sqn Spitfire Pilot who wrote "High Flight", was an actual trainer stationed at 15 Wing Moose Jaw in the mid 1960's.

Second to land was a bright yellow 1940 Boeing Stearman bi-plane flown by Mr. Larry Brown, a retired Air Canada captain. The Vintage Wings Stearman, a rare BCATP veteran, wears the markings it once wore (FJ875) when in the service of the BCATP at No. 32 EFTS, Bowden, Alberta.

Next, a rare 1943 Fairchild Cornell, a low-wing trainer, flown by Mr. Peter Moore, landed and taxied to park. The plane had been a trainer in Regina and had been dedicated to Flt. Lt Archie Pennie of #34 EFTS in Assinaboia, Sk. Flt Lt Pennie was part of the cadre of



2Lt Cindy Mausser (l), a Multi-engine School Student, prepares for take off with Larry Brown (r), in a vintage open-cockpit 1940 Boeing Stermann bi-plane. Photo: supplied

dedicated BCATP Instructors who trained thousands young pilots for theatre operations in World War II.

The last plane in the foursome was an open cockpit 1940 Fleet Finch bi-plane dedicated to WWII Ace Harland Findley. The pilot, Jill Oakes, is a professor at the University of Manitoba with a love of flying and owns her own bi-plane. Oakes explained that Harland Findley actually flew this very aircraft and his name appears in the logbook from his training at the BCATP base in Miller, Ontario.

After introductions, the Yellow Wings of Canada coordinator, Rob Fleck, himself a former CF-104 and CF-18 pilot, made an offer to Maj. Frank Cannon, the 3CFFTS CStdO, who'd taken the initiative to invite the Yellow Wings team to 3 CFFTS. Fleck wanted to take deserving students for a once-in-a-lifetime flight. Three students were selected to go with Cannon and, in no time, they were airborne for this amazing flight. Multi Engine School student 2Lt Cindy Mausser exclaimed, "That was the coolest thing I've ever done!" as she climbed down from the open-cockpit of the Stearman. Capt. Michel Bernard, a student on the Phase I Grob, flew in the Harvard Mk IV while 2Lt Rabindranath Makoon-Singh, a Phase III helicopter student, took to the sky in the Fairchild

Cornell. Forgetting the coolness of the open cockpit, Maj. Cannon took a while to defrost, but was still wearing a wide smile after landing in the Fleet Finch.

The team's next stop is St. Andrews airport in Winnipeg and then on to the fabled air display at Oshkosh, WI, where they'll be the talk of the town. The students and staff at 3 CFFTS and Allied Wings wish to thank Yellow Wings of Canada for their worthwhile cause and for their memorable visit.

Follow the Yellow Wings of Canada Tour at www.yellowwings.ca

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17 Wing wins silver at Prairie Region Soccer Championships



A 17 Wing player boots the ball high into the air towards the Moose Jaw goal in the opening match of the Prairie Region Soccer finals. Photo: Alison Dickey

Chris Merrithew
Sports Coordinator

The soccer balls were flying at the 17WG WPG soccer pitch on the 22-25 Aug 11 as teams from Edmonton, Moose Jaw, Shilo and Winnipeg converged at 17WG Winnipeg as all the teams were vying for the right to be declared the 2011 Prairie Region Men's Soccer Champions. 17WG Winnipeg opened the tournament against the defending champions, 15 WG Moose Jaw and they sent a quick message that they are a team to contend with as they easily dispatched of Moose Jaw 4-0. Their next opponent was CF Shilo and they controlled the play easily defeating them 5-1. Their final opposition in the round robin was CFB Edmonton and the winner of the match would finish 1st overall in the round robin standings. The game was very evenly matched and ended in a 1-1 deadlock at the end of regulation play forcing the teams to go to penalty

kicks for tie breaking purposes. Winnipeg outdueled Edmonton allowing them to finish in first place after round robin play.

In the playoffs, 17WG WPG Winnipeg continued their stellar play dominating 15WG Moose Jaw with a convincing 3-1 win. In the other semi-final, Edmonton defeated Shilo 3-0 to set up a Winnipeg – Edmonton rematch in the PR Soccer Championship final.

In the Championship final, both teams played aggressively to get the all important first goal. Both teams had lots of great opportunities but the game was still scoreless at halftime. Unfortunately, the Edmonton team were able to finish some key opportunities in the 2nd half to defeat our home squad 2-0.

Congratulations to the 17WG WPG soccer team on their outstanding play throughout the Prairie Region soccer championships.

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An Edmonton player breaks towards the Shilo net. Photo: Alison Dickey

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Setting foot on Canada's Rooftop



At the summit. (Front) MCpl Mike Neilson, (left to right) MCpl Brad Nisbet, Sgt Chris Lamothe, Sgt Scott McDougall, Sgt Eric Soubrier, Sgt Rob Coates, MCpl Jeff Ferguson, Sgt Joe Manaique.

David Elias

Despite the constant threat of avalanches, the perils of hidden crevasses and relentless gale-force winds, a team of nine Air Force search and rescue technicians (SAR techs) from squadrons across the nation have conquered the summit of Canada's highest mountain.

The team reached the peak of Mount Logan in Kluane National Park, Yukon on June 1, 2011 to exemplify the Canadian

Forces growing commitment to operating effectively in remote corners of Canada's North. The treacherous journey was an intensive training exercise to augment SAR techs skills and enhance trade esprit de corps.

"Rescue missions require SAR techs to plunge in to every conceivable weather and geographic condition," said expedition leader Sergeant Rob Coates. "Canada's extreme wilderness attracts elite adventurers from around the world, and if they require assistance, SAR techs need

to have the skill level to operate in the same environments in order to affect a rescue."

The mountain expedition presented several challenges associated with northern and mountain operations and was intended to improve avalanche awareness, glacier travel and altitude acclimatization. And, as the team discovered, some lessons can be unexpected.

"One member from our team fell into a hidden crevasse and was down about 80-100 feet (25-30 metres)," said Sgt Coates. "Fortunately he wasn't hurt and we were able to get him out fairly quickly. This happened at hour 12 of about a 15 hour day, so we were tired by then, but we all made it through."

As an important precaution to prevent losing members to falls, the team was roped together for glacier travel whenever they were on the move, which was mostly on skis.

Towering at nearly 6,000 metres, Mount Logan is world-famous, not just for its height but for its tremendous breadth. Supported by the largest base circumference of any non-volcanic mountain, its size is unmatched by any others on earth.

"The feeling once we reached the summit was amazing! I didn't assume we would make it until I had my crampons firmly planted on the summit ridge," he said. "It was an emotional time for some of us after all the planning and hard work it took to finally get to the roof of Canada. It was a beautiful afternoon with generally good visibility and light winds. It was just perfect."

With nearly a year's worth of training and preparations for the climb, they

spent a total of 20 days on the mountain.

Mount Logan's soaring peak is a massive encroachment to the heavens. Weather systems gain momentum over endless stretches of ocean before careening over the Pacific Coast and crashing into its icy slopes.

Some days the teams would ready their camp for the night by building snow walls by hand in order to break the 80 km/hr winds.

In speaking with Sgt Coates, it is clear that his team's tremendous achievement was not performed for the sake of glory. Rather it was performed for the sake of improving the crucial skills needed to save lives and to augment the SAR tech occupation to better serve Canadians.

The participating SAR techs were: Sgt Rob Coates - 424 Transport and Rescue Squadron, 8 Wing Trenton, ON, MCpl Chris Kopp - (retired), MCpl Jeff Ferguson - 424 Transport and Rescue Squadron, 8 Wing Trenton, ON, Sgt Chris Lamothe - 442 Transport and Rescue Squadron, 19 Wing Comox, BC, MCpl Mike Neilson - 413 Transport and Rescue Squadron, 14 Wing Greenwood, NS, MCpl Brad Nisbet - 413 Transport and Rescue Squadron, 14 Wing Greenwood, NS, Sgt Joe Manaique - 435 Transport and Rescue Squadron, 17 Wing Winnipeg, MB, Sgt Scott McDougall - 103 Search and Rescue Squadron, 9 Wing Gander, NL, Sgt Eric Soubrier - 439 Combat Support Squadron, 3 Wing Bagotville, QC.

New CFSSAT Badge recognizes all areas of CFSSAT Training

Capt Yvonne Decaire

17 Wubg Public Affairs

All aircrew train for the unpredictable and the unfathomable. Memoirs of those who crashed and were forced into prisoner-of-war camps during armed conflicts are testament to the need for specialized training.

At Canadian Forces School of Survival and Aeromedical Training (CFSSAT) the Survival, Escape, Resistance and Evasion (SERE) course is a very important part of the overall training package. Indicative of its importance CFSSAT has unveiled a new badge to adequately represent the school's many roles.

CFSSAT's mission is to provide and support world-class aviation physiology and SERE training to national and international military and civilian communities. The creation of CFSSAT in 1996 amalgamated and relocated the survival flight of the Canadian Forces School of Survival and Rescue (CFSAR) and the Canadian Forces School of Aeromedical Training (CFSAT).

The re-assigned badge from CFSAT provided a transitory unit identity, however the SERE mandate of the school was not represented adequately. Maj Jean Bernier, Commandant of CFSSAT from 2008 to 2010, initiated the formal process to create a new badge through the Directorate of History and Heritage (DHH) and the Canadian Heraldic Authority.

vided by CFSSAT.

The symbology of the new badge is described by the Canadian Heraldic Authority as:

"The triangle is taken from the badge of the Survival Training School, and the stars and rod of Aesculapius are taken from that of the Canadian Forces School of Aeromedical Training, the latter being redesignated the Canadian Forces School of Survival and Aeromedical Training. The stars symbolize a night sky and represent the air component of the school. The triangle is a symbol of danger and illustrates the survival component of the school. Its green colour evokes the forest. The rod of Aesculapius symbolizes medicine."

The present commandant of CFSSAT, Maj. Daniel Desrochers, states, "The motto 'INSTITUERE, SUPERARE, PUGNARE', translates as 'To Train, To Survive, To Fight' and captures the essence of our role within the CF, essentially training aircrew to survive the environment in order to conduct domestic and worldwide operations".

For more information about CFSSAT please visit:

<http://www.airforce.forces.gc.ca/17w-17e/nr-sp/index-eng.asp?id=7087>

For more information about 17 Wing please visit:

<http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>



The new CFSSAT badge, approved by His Excellency the Right Honourable David Johnston, CC, CMM, COM, CD, Governor General and Commander-in-Chief of Canada on 15 April 2011.

Winnipeg Jets Season Tickets – 2011/2012 NHL Season

17 Wing Community Recreation is pleased to announce that we have 2 pairs of Winnipeg Jets season tickets for the upcoming NHL season.

These tickets are available to regular force military members in Winnipeg, full-time permanent reserve members in Winnipeg and to 17 Wing Community Recreation Association members only.

As we anticipate a demand for these tickets, there will be two draws for each game for one pair of tickets each. As well, again based on demand, there may be a limit on the number of games an individual/family may be drawn for.

If you would like to put your name into the draw to obtain tickets for games please come to the front desk of Building 90 to register by 1600 hrs, 12 Sep 11. You will be asked to provide your name, Unit, local, and home or cell phone number. Your name will be included in all game draws; however, you may be limited to the number of tickets your name is drawn for. Information about the Winnipeg Jets 2011/12 schedule can be found at www.winnipegjets.com.

The draw for game tickets will take place at the Wing Theatre, Bldg 90 on 14 Sep 11 starting at 1600 hrs. You do not have to be in attendance to win. There will be pizza and drinks available for sale.

Cost for each ticket is \$79.00. Payment for the tickets must be made by 2100 hrs, 6 Oct 11. Methods of payment accepted are cash, cheque, credit card or debit card.

If you are not currently a member of the Community Recreation Association but would like to take advantage of this offer and other fabulous programs offered by Community Recreation please contact Comm Rec at local 5139/5976/2059 or visit www.pspwinnipeg.ca.



Remembrance: The universal language

Capt Jill Strelieff

There may be a language barrier between Italians and Canadians, but during the Agira War Memorial parade held on 28 July 2011, the message was clear: Thank you.

Three communities in central Sicily — Agira, Regalbuto and Nissoria — welcomed some 100 members of the Trapani and Sigonella squadrons of the Air Expeditionary Wing Sicily in honour of the Canadian soldiers who lost lives in the campaign to liberate Sicily during the summer of 1943.

“You gave us back our towns,” said Mayor Gaetano Punzi of Regalbuto. “Thank you, not just for what you did back then, but also for what you’re doing now. We are friends here. Thank you, brothers.”

The day opened in Agira at the Church of Santa Maria Maggiore, where parish priest Father Silvio Rotondo and the task force Padre, Captain the Reverend Paul Gemmiti, celebrated Mass. The pews were filled with people from Agira, Regalbuto and Nissoria, and military personnel from Canada, Italy, Sweden, the United Kingdom and the United States.

Mass was followed by a parade of remembrance at the Agira Canadian War Cemetery, which contains the graves of 490 Canadians — 477 soldiers and 13 airmen. Agira was the first town the Canadians helped liberate, in a battle fought on 28 July 1943, so it was selected in September 1943 as the burial place for Canadians who lost their lives in the Sicilian campaign.

After the parade, the town of Regalbuto served up a true Sicilian lunch in the

main square before the Canadians moved to a memorial cross to lay a wreath. Passersby halted their vehicles, lining both sides of the narrow roads, to wave and clap for the Canadian Forces contingent gathered for a last moment of remembrance.

The show of support wasn’t lost on the members of the Air Expeditionary Wing, some of whom have also served in Afghanistan where they saw for themselves the impact our nation can make on a war-torn country.

“It made me feel hopeful,” said logistics officer Lieutenant Stephen Penney, who deployed to Afghanistan as an infantry soldier in 2007. “These men who were laid to rest in Agira may have made the ultimate sacrifice, but they did not die needlessly; they died for a purpose, and are remembered and honoured for it many years later.”

“I lost friends and comrades in Afghanistan and, being here, seeing how the locals still honour those who died for their freedom, makes me hopeful that, some time in the future, my friends and brothers in arms will be remembered and honoured, not only by their own countrymen, but also by the people of Afghanistan, who will enjoy these same freedoms because of their sacrifice.”

The Air Expeditionary Wing Sicily is the operational formation of the Air Component deployed on Operation MOBILE, Canada’s participation in the NATO-led Operation UNIFIED PROTECTOR. Its mission is the enforcement of the no-fly zone imposed on Libya by United Nations Security Council Resolution 1973 of 17 March 2011, and the defence of civilians and civilian-occupied areas in Libya.

A Joyful Reunion

435 Sqn Members happy to be back home after OP MOBILE deployment



Sergeant Scott Ballam of 435 Squadron is seen being welcomed back by his family after his rotation in Italy. Photo: Cpl Beverley Dunbar

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Military celebrated at Bombers home game



The 17 Wing Winnipeg Colour Party and Combined Pipes and Drum band at the pre-game ceremony. Photo: Dave Darichuk

A 17 Wing Winnipeg Colour Party and the Combined Pipes and Drum Band took part in a pre-game ceremony at the Winnipeg Blue Bombers Military Appreciation Night, held August 26th. Over 30,000 spectators honoured the CF and enjoyed a fly past of 2 CF-18s and a 435 Squadron Hercules. There was also a tri-service obstacle course held during half-time which was won by the Army Team. The Blue Bombers defeated the Hamilton Tiger-Cats 30-27 in front of a sold out crowd. The Bombers are now first in the league.

Vacation Bible School Summer Camp delights children



The Children and Staff of the 17 Wing Vacation Bible School gather in front of the 17 Wing Fire Department truck. Photo: Submitted



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The children at the Community Recreation All Stars Camp practice their soccer skills during a day of outside fun and games. Photo: Alison Dickey

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Visitez le www.rapportannuelbnp.ca pour plus de détails.

Fielding friendships on Op MOBILE



Capt Jean-François Bidal (centre) and Cpl Han Thai (left) of Task Force Libeccio challenge the Italian net in the first round of a soccer tournament between the Canadians, British and Italian contingents participating in Operation UNIFIED PROTECTOR. Photo: Cpl Mathieu St-Amour

Capt Jill Strelieff

Trapani, Italy — Over three days, from 19–21 July, members of Task Force Libeccio took to the soccer pitch for a friendly tournament between the national contingents deployed in Trapani for Operation UNIFIED PROTECTOR.

Initiated by the British camp, the tournament idea was quickly adopted by the Canadians and Italians, who were eager for an opportunity to enjoy Europe's most popular sport with their NATO allies.

"We have to build that relationship with the other nations," said Warrant Officer Pierre Gagnon, coach of the Canadian team. "Sport is the best way to do that, and it worked well. We have a lot of new friends."

The Canadians and Italians played the opening match on 19 July. Several Canadian and Italian fans, including Italian 37 Wing Commander Colonel Maura Gabetta, lined the soccer pitch to cheer on their respective teams.

Unfortunately Canada wasn't as sharp as the Italians, despite some great goaltending by Captain Jean-François Bidal, and lost "a lot to one," as WO Gagnon put it. Sergeant Gino Collard scored the lone goal for the Canadians, who still had a lot of fun playing against the very

skilled Italians.

In their next game, against the British on 21 July, the Canucks didn't fare much better — but at least they added two more goals to their tournament total, both scored by Major Scott Frost.

The Italians went undefeated throughout the tournament and were crowned official winners during a meet-and-greet for all of the teams on 26 July. Col Gabetta also rewarded each team for participating with a pennant, a framed team photo and a plaque.

Soccer is admittedly not Canada's sporting strength, and WO Gagnon says the detachment is already preparing to introduce the other two nations to Canada's game: hockey!

"A lot of guys on our team have never even played soccer so we expected to get beaten," he said. "We told the British and Italians when we receive our hockey equipment from Canada we're going to kick their butts at our game."

The Canadian squad included Major Scott Frost, Captain Jean-François Bidal, Capt Luc Perreault, Second Lieutenant John Marshall, Sergeant Gino Collard, Sgt Athanasios Mavridis, Master Corporal Sebastien Beaudet, MCpl Jean-Nicolas Blais, Corporal Matthew Robbins and Cpl Han Thai.

Task Force Libeccio is the land-based component of Operation MOBILE, Cana-

dian's contribution to the NATO-led effort to protect civilians and civilian-populated areas in Libya under United Nations Security Council Resolution 1973 (2011).

With about 400 CF members deployed in Italy, Task Force Libeccio consists of the task force headquarters in Naples, the Air Coordination Element in Poggio-

Renatico, and the Air Expeditionary Wing Sicily, with detachments at Trapani and Sigonella. The Trapani detachment includes seven CF-188 Hornets, the CC-150 Polaris and CC-130 Hercules in-flight refuellers and the Mission Support Flight, while the Sigonella detachment has CP-140 Aurora long-range patrol aircraft.

Wake up and smell the coffee Tim Hortons Coming Soon



Work is well underway on Ness Avenue to bring a new Tim Hortons to 17 Wing. Photo: Alison Dickey

True Blue Party



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KAF Air Force Run Soars to New Heights

Maj Anil Sheehan

More than 700 military personnel and civilians from the many nations serving in Afghanistan participated in the 3rd Annual Air Force Run, held May 29th under sunny Afghan skies and temperatures in the mid 30 degree Celsius range.

The Kandahar Air Force Run was a mirror effort to the 3rd Annual Air Force Run in Winnipeg that was held on the same day and had 611 registered participants in the 5km, 10km and half-marathon events and approximately 300 participants in the 5km Family Run

The KAF Air Force Run was hailed as one of the highest grossing charity fundraising events at KAF. Approximately \$14,000 was raised for Soldier On and the Military Families Fund, initiatives that provide direct assistance to ill or injured soldiers and military families.

"The Air Force Run was a wonderful opportunity to wave the Air Force Flag in Kandahar. The support of TFK and all of our Mission partners, both Military and Civilian was simply outstanding," said the Commander of the Canadian Air

Wing in Afghanistan Colonel Al Meininger. "The event was a huge success and exemplified the great morale of the whole JTF-Afg team."

Race organizer Major Tammy Hiscock said the goal, "was to equal the number of participants in the Winnipeg event", her ambitious goal fuelled, perhaps, by the fact that her husband, CWO Dave Hiscock, was one of the principle event organizers back in Winnipeg. The friendly rivalry between the husband and wife team extends onto the racetrack as well where Maj Hiscock and CWO Hiscock are both competitive long distance runners. When asked who is the faster between the two, Maj Hiscock humbly remarked, "we are both pretty equal, although," she joked, "if we are stride for stride heading for the finish line, it wasn't uncommon for Dave to graciously fall back just enough to let me finish ahead of him." Without question, her husband is obviously a very smart man.

The logistics of organizing such an event halfway around the world isn't without its obstacles. Here, the husband and wife team effort proved invaluable as

CWO Hiscock would be instrumental in helping to expedite the last minute KAF bound shipment of the specially designed Air Force Run medals and the technical t-shirts that had become delayed at customs in Winnipeg. The race t-shirts would go on to become a huge success on KAF and with BGen Milner as well. The TFK Commander and fellow race participant can still be seen, on occasion, sporting his flashy Air Force t-shirt at the gym

The event itself was kicked off by the WComd's opening remarks, the playing of the national anthem and the safety brief. And of course in good Canadian spirit, the loudest cheer would come when Major Hiscock announced that there would be Tim Horton's refreshments at the finish line. In the end, both races ended up being very close in size, perhaps a handful more in KAF, but who's counting, right Tammy.

The success of the event would not have been possible without the assistance and support of the KAF CFPSA staff and the many volunteers from the Air Wing and coalition forces. Whether it was advertising and taking registrations for the

race beforehand or manning the water stations, start/finish line set-up and tear down, first aid station, traffic control, communications and refreshments during the event, all volunteers contributed with an enthusiasm and commitment second to none.

The significant increase in the 180 participants registered in last year's event is a direct result of the hard work and dedication of the 2011 Air Force Run – KAF Committee, many who took registrations in the blistering sun at Bazaar and spent personal time taking registrations in the evenings on the Boardwalk.

Some came to achieve personal bests, but many others just came out to have fun and take their mind off the mission and the stress of being deployed. No matter the purpose, the run was a brilliantly organized event, it was a TFK charity fundraising pinnacle and it continues to be regarded as a very classy and professional tour event. "It's nice to see the Air Force Run t-shirts worn proudly by so many all around KAF," said Major Hiscock.

Helicopters take the Air Wing Cup

Capt Nicole Meszaros

Members of the Joint Task Force Afghanistan Air Wing brought a Canadian feel to arid Kandahar Airfield with the Air Wing Cup tournament on 20 July 2011. The ball hockey arena, complete with boards and red and blue lines, is located "downtown" on Boardwalk. All three of the Air Wing's squadrons — Task Force Freedom (helicopters), Task Force Erebus (UAVs) and Task Force Canuck (Hercules airlifters) — had teams shooting to score but, in the end, the esteemed cup went to Task Force Freedom, which flies the CH-146 Griffon and CH-147 Chinook helicopters. The Air Wing Cup itself is an homage to the Stanley Cup fabricated in theatre of available materials, including aluminum foil and flying badges.



The goalie drops to his knees as the ball bounces free of the attacking forwards' sticks during the final game of the Air Wing Cup tourney. Photo: Cpl Patrick Drouis



MCpl Deri Langevin, captain of Task Force Freedom, hoists the Air Wing Cup in celebration. Photo: Cpl Patrick Drouin

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Strengthening the Forces (STF) Health Promotion Program recognizes Canadian Forces personnel as tactical athletes competing in the riskiest “games” of all. They have to be stronger, quicker and more powerful than the enemy and poor performance is an option that comes with great consequence. When training home units, in the field or deployed, selecting appropriate fluid and fuel for your activity levels and body composition goals affects performance, attitude, alertness and recovery. Where do you go with all the competing nutrition information available? As your go-to accurate source,

STF Health Promotion recently revised the Top Fuel for Top Performance (TFTP) Program with the most recent evidence-based Sports Nutrition information.

STF's latest edition of the TFTP program will help maximize CF personnel's performance. The new TFTP will be offered at all bases and wings across the country and in Europe. Some of the topics include: every day eating, fine tuning your eating, what to eat for training and recovery, body composition and sport supplements. It also includes specific military content such as ration packs and what to choose in the dining halls. This course has something for everyone, whether you are starting a new training plan or are a conditioned soldier athlete. Cpl Paula Durelle from CFB Gagetown recently participated in the revised TFTP and here are few of her comments:

"I felt this workshop was very educational. The opportunity to analyse energy resources to match the

needs of our required fitness level is key in our overall success. Further, it ensures that we (as members) are able to work to maximum potential and also helps us in assisting our peers to do the same.

Due to the variation in activity levels a member may go through in their career, it is important to be educated on developing a balance between energy input and output.

I enjoyed the interaction with the other members, as their experience and varying fitness level requirements assisted in a more realistic approach to meal planning.

The Health Promotion delivery staff was knowledgeable and resourceful. I would advise any member to take this program."

- Cpl Paula Durelle- CTC Artillery School CFB GAGETOWN

Vous aspirez à un rendement supérieur? Optez pour Bouffe-Santé

Dans les faits, quelle importance revêt la nutrition en matière de rendement? La nutrition joue-t-elle un rôle aussi important que l'entraînement physique? La nutrition influera-t-elle vraiment sur ma capacité à courir plus vite, à soulever davantage de poids, à avoir plus d'agilité et à demeurer plus alerte? La réponse est certainement OUI! La nutrition constitue un élément essentiel de l'équation pour l'obtention d'un rendement supérieur et elle permet à un bon athlète de devenir un athlète de haut calibre.

Énergiser les forces (ELF), le programme de promotion de la santé des Forces canadiennes, reconnaît les membres des FC comme des athlètes tactiques qui participent aux « jeux » les plus risqués d'entre tous. Ils doivent être plus forts, plus rapides et plus puissants que leurs ennemis et d'importantes conséquences sont associées à un faible rendement. Dans le cadre de l'entraînement des unités d'appartenance, sur le terrain ou en déploiement, le choix des liquides et du carburant dicté en fonction des objectifs liés aux niveaux d'activité et à la composition corporelle influe sur le rendement, l'attitude, la vigilance et la récupération. Que faire avec la diversité de l'information nutritionnelle accessible? Le programme de promotion de la santé Énergiser les for-

ces, qui s'inscrit comme votre premier choix de source d'information exacte, a passé en revue le Programme bouffe-santé pour un rendement assuré (BSRA) à la lumière des plus récents renseignements sur la nutrition sportive fondés sur des éléments probants.

La dernière version du programme BSRA d'Énergiser les forces contribuera à maximiser le rendement des membres des FC. Ce nouveau programme sera offert dans l'ensemble des bases et des escadres au Canada et en Europe. L'alimentation quotidienne, la révision de votre alimentation, les sources d'énergie pour s'entraîner et pour récupérer, la constitution corporelle et les suppléments pour sportifs figurent parmi les sujets traités. Le programme présente également du contenu proprement militaire portant entre autres sur les rations et les aliments à choisir dans les salles à manger. Ce cours s'adresse à tout le monde, peu importe si vous amorcez un nouveau régime d'entraînement ou vous êtes un athlète en forme. Voici les commentaires du Cpl Paula Durelle de la BFC Gagetown, qui a participé dernièrement à la révision du Programme bouffe-santé pour un rendement assuré :

J'ai le sentiment que cet atelier a été très instructif. La possibilité d'analyser les ressources énergétiques

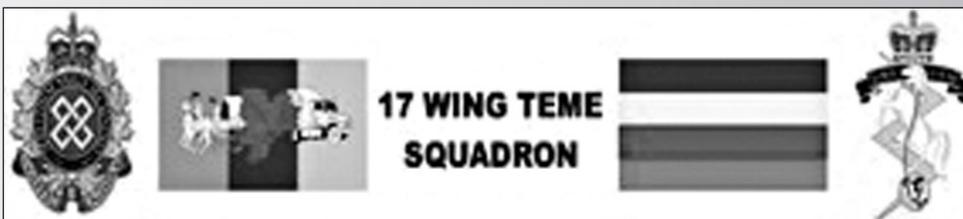
afin qu'elles correspondent à notre condition physique est un élément clé de notre succès global. De plus, il fait en sorte que nous puissions, en tant que militaires, travailler à notre plein potentiel et il nous aide à inciter nos collègues à faire de même.

Comme les niveaux d'activité d'un membre des FC peuvent différer au cours de sa carrière, il est primordial d'être sensibilisé à l'importance d'un équilibre entre la consommation et la production d'énergie.

J'ai apprécié l'interaction avec les autres membres des FC, car leur expérience et leurs besoins découlant de leurs différents niveaux de conditionnement physique ont contribué à l'adoption d'une approche plus réaliste face à la planification des repas.

Le personnel responsable de la promotion de la santé était bien informé et plein de ressources. Je conseille à tous les membres des FC de suivre ce programme.

- Cpl Paula Durelle – École de l'Artillerie du CIC de la BFC GAGETOWN



Coin de la Sécurité Routière

LA BONNE FAÇON DE RAPPORTER UNE COLLISION :

Dans les mois passés, il y a eu plusieurs problèmes avec la façon dont les collisions furent rapportées à la Sécurité Routière et de la Police Militaire. Nous aimerions rappeler à tous la bonne procédure.

Les ordres courants de la 17 e Escadre stipulent:

Refs: A. A-LM-158-005/AG-001 Chapter 5

1. Toutes collisions de MMS doivent être immédiatement rapportées à la section de la Sécurité Routière soit directement ou à travers le répartiteur et à la Police Militaire. Suite à une collision, le conducteur du MMS doit rassembler toutes les informations pertinentes de la collision en utilisant le formulaire DND 423 "Rapport du chauffeur en cas d'accident", et doit se rapporter en personne à la bâtisse 129, Section de la Sécurité Routières.

Si vous avez des questions, n'hésitez pas à contacter la Sécurité Routière @ 6868 ou la section de la Police Militaire @ 2633

MSE Safety Corner

PROPER COLLISION REPORTING

In recent months, there have been some issues with regards to "Proper Collisions reports" to MSE Safety and Military Police. We would like to remind everyone on the Wing the proper procedure for reporting collisions.

Wing Standing Orders 20-9 states:

Refs: A. A-LM-158-005/AG-001 Chapter 5

1. IAW ref A, all MSE collisions must be reported immediately to the MSE Safety Section either directly or through the MSE Dispatcher and to the Military Police. After a collision, the MSE operator shall gather all particulars of the collision using the Driver's Report of Collision, DND 423, and shall report in person to Bldg 129, MSE Safety Cell.

If you have queries or question, please contact the MSE Safety Section @ 6868 or Military Police @ 2633.

Workplace Conflict 101: What you need to know

Conflict is everywhere - home, work, recreation, etc. It is neutral - neither good nor bad but it is infectious and quickly spreads to others. It is contentious; it disrupts normal activity and escalates, getting worse if ignored. Conflict is inevitable as people will always have differences and it is a natural part of life. It is neither inherently good nor bad...it simply is. As such it can be both a danger and an opportunity. How we react and respond to conflict can be either productive or destructive.

What are the Costs of Mismanaged Workplace Conflict?

- Stress/Health Costs
- Loss of productivity/Reduced decision quality
- Absenteeism
- Employee turnover
- Development of Opposing Camps
- Reputation
- Degradation of Relationships/Loss of trust
- Sabotage/Theft/Damage (to both work processes and materiel)

What are the costs to the Organization?

Employees who perceive themselves to be bullied waste 52% of their work time defending, avoiding and venting to others

(Safety Council of Canada, 2002)

Large organizations statistically have about 10% of their employees involved in workplace conflicts each year costing as much as 5% of their total payroll (Organizational Dynamics, 2000)

Absenteeism due to workplace conflict costs Canadian firms over \$3,000,000,000 per year (Canadian Policy Research Network, 2001)

Chronic unresolved conflict acts as a decisive factor in at least 50% of departures. Conflict accounts for up to 90% of involuntary departures. (Dana, Dan, [online] The Dana Measure of Financial Cost of Organizational Conflict, 2001)

Studies reveal a direct correlation between prevalence of employee conflict and the amount of damage and theft of inventory and equipment. And, covert sabotage of work processes and of management's efforts usually occurs when employees are angry at their employer. (Dana, Dan, [online] The Dana Measure of Financial Cost of Organizational Conflict, 2001)

What are the Costs to the Individual?

Canadian Workers ranked respect at 73% as the most important aspect of job satisfaction (Canadian Policy Research Network, 2000)

Conflict is a good example of how harm can be produced in the workplace and of how this harm "spills over" into families and communities." Such harm includes both inner-directed harm (suicidal behavior, recklessness, agitated depression and abuse of alcohol, drugs) and outer-directed expressions (threatening behaviour, emotional and/or verbal abuse, bullying, harassment, assault, domestic violence, road rage). (Health Canada, Best Advice on Stress Risk Management in the Workplace, 2000, pp 15-16.)

Preferred Approach

In November 2008, the Chief of Military Personnel introduced the "ADR First" Initiative which directed that ADR "should be the automatic approach in situations of conflict, dispute and disagreement." Alternative Dispute Resolution (ADR) is recognized for helping create durable and positive results. One advantage of this approach is its ability to deal with the underlying issues as well as the needs and interests of all the parties. By focusing on a better understanding of each other's point of view, the parties can work together to find mutually agreeable solutions.

The Dispute Resolution Centre (DRC) facilitates ADR processes that help par-

ties design their own solutions. By resolving their conflicts constructively, the parties have the opportunity to rebuild trust and restore their working relationship. The DRC works alongside rights-based processes, such as harassment complaints and grievances. ADR can be considered at any stage in a conflict, even if another process has already been initiated. However, if the conflict cannot be resolved through ADR, the parties retain the option of reverting to the relevant rights-based process. In addition to intervention services the DRC also offers briefings and training.

Your DRC is located in Bldg 33 (Westwin Community Centre), 642 Wihuri Road. DRC staff are available to meet with you at any time from Monday to Friday from 0700 hrs to 1600 hrs. Should you wish to meet at another location, or outside the standard hours of operation, please call to make an appointment. If no one is available to take your call, please leave a message on our voice mail and we will get back to you the next working day. Our contact number is: local 4372, or 833-2500 local 4372.

For more information visit our DIN site at: <http://www.cmp-cpm.forces.gc.ca/adr-marc/>.

Conflits au travail - 101

Les conflits surgissent partout : à la maison, au travail, aux loisirs, etc. Ils ne sont ni bons ni mauvais, mais ils sont contagieux et se propagent rapidement. Ils sont litigieux; ils perturbent les activités normales et s'enveniment, et ils s'aggravent si l'on ne s'en occupe pas. Les conflits sont inévitables, car les personnes auront toujours des différends, ce qui est dans l'ordre naturel des choses. Ils n'ont rien de bon en soi, ni rien de mal; il s'agit simplement d'une réalité. Par conséquent, les conflits peuvent présenter un danger, ou offrir une occasion. De fait, nous pouvons y réagir de façon productive aussi bien que de façon destructive.

Quelles difficultés les conflits au travail entraînent-ils lorsqu'ils sont mal gérés?

- Stress/coûts liés à la santé
- Perte de productivité/réduction de la qualité des décisions
- Absentéisme
- Roulement du personnel
- Renforcement de camps adversaires
- Réputation compromise
- Détérioration des relations/perde de confiance
- Sabotage/vol/dommages (de processus de travail aussi bien que de biens matériels)

Quels en sont les coûts pour l'organisation?

Les employés qui se considèrent comme étant tyrannisés perdent 52 p. 100 de leur temps de travail à se défendre, à éviter le conflit et à en parler à des collègues. (Conseil canadien de la sécurité, 2002)

Dans les grandes organisations, environ 10 p. 100 des employés sont aux prises avec un conflit en milieu

de travail chaque année, ce qui entraîne des coûts représentant jusqu'à 5 p. 100 du total des frais de personnel. (Organizational Dynamics, 2000)

L'absentéisme attribuable à des conflits en milieu de travail coûte plus de trois milliards de dollars par année aux entreprises canadiennes. (Réseaux canadiens de recherche en politiques publiques, 2001)

Les conflits chroniques non résolus constituent un facteur décisif dans plus de 50 p. 100 des départs. Les conflits sont la cause de plus de 90 p. 100 des départs involontaires. (Dana, Dan, [en ligne] The Dana Measure of Financial Cost of Organizational Conflict, 2001)

Les études révèlent qu'il existe un lien direct entre l'existence de conflits chez les employés et les pertes attribuables au vol et à l'endommagement de stock et d'équipement. De plus, le sabotage indirect des processus de travail et des efforts de la direction se produit normalement lorsque les employés sont en colère contre leur employeur. (Dana, Dan, [en ligne] The Dana Measure of Financial Cost of Organizational Conflict, 2001)

Quels en sont les coûts sur le plan personnel?

Les travailleurs canadiens attribuent une cote de 73 p. 100 au respect comme élément le plus important de leur satisfaction professionnelle. (Réseaux canadiens de recherche en politiques publiques, 2000)

La présence d'un conflit illustre bien en quoi le milieu de travail peut devenir menaçant et en quoi ce danger peut se répercuter sur les familles et les collectivités. Les répercussions peuvent se manifester de l'intérieur (comportement suicidaire, témérité, dépression agitée, consommation abusive d'alcool et d'autres drogues) ou de l'extérieur (comportement menaçant, abus émotif et verbal, intimidation, harcèlement, agression, violence

conjugale, frustration au volant). (Santé Canada, Conseils sur la gestion des risques associés au stress en milieu de travail, 2000, pp. 15 et 16.)

Méthode préférée

En novembre 2008, le Chef du personnel militaire a adopté les principes des « MARC d'abord », selon lesquels les modes alternatifs de résolution des conflits (MARC) devraient être l'approche systématique employée dans les situations de conflits, de différends et de désaccords. Les MARC sont reconnus en tant que moyen de favoriser l'obtention de résultats positifs qui durent. Un avantage de cette démarche est qu'elle permet de régler les questions sous-jacentes ainsi que de satisfaire aux besoins et aux intérêts de toutes les parties. En mettant l'accent sur une meilleure compréhension du point de vue de chacun, les parties peuvent travailler ensemble pour trouver des solutions qui conviennent à tous.

Le Centre de résolution de conflits (CRC) facilite l'application des processus des MARC grâce auxquels les parties peuvent apporter aux conflits leurs propres solutions. Les parties ont ainsi l'occasion de rebâtir la confiance et de rétablir leurs relations professionnelles. Le CRC s'applique de pair avec des processus axés sur les droits, par exemple le règlement de griefs ou de plaintes pour harcèlement. On peut faire appel aux MARC à n'importe quelle étape d'un conflit, même si on a déjà lancé un autre processus. Si toutefois on ne peut pas résoudre le conflit grâce aux MARC, les parties peuvent toujours se prévaloir de l'option qui permet de recourir aux processus pertinents fondés sur les droits. En plus de fournir des services d'intervention, le CRC donne des séances d'information et de la formation.

Votre CRC est situé dans le bâtiment 33 de la 17e Escadre (Centre communautaire Westwin), au 642, chemin Wihuri. Les conseillers peuvent vous rencontrer en personne ou vous parler au téléphone n'importe quand, du lundi au vendredi, de 7 h à 16 h. Si vous souhaitez en voir un à un autre endroit ou en dehors des heures normales de bureau, veuillez appeler le Centre pour prendre un rendez-vous. Si personne n'est là pour répondre à votre appel, laissez un message dans notre boîte vocale, et nous vous rappellerons dès le lendemain si c'est un jour ouvrable. Nos numéros de téléphone sont le 204-833-2500 (poste 4372), ou le 4372 si vous êtes dans la base.

Afin d'en savoir plus, veuillez consulter notre site RID: <http://www.cmp-cpm.forces.gc.ca/adr-marc/>.

Res: 885-6151
Cell: 791-1567
Email: grnwhi@mts.net

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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Health Promotions Active Living Challenge award presentations



Health Promotion Manager, Diane Brine (r), presents the award for individual winner, Jennifer Botincan (l). Photo: submitted



LCpl Brodeur (l) and CWO Bidder (r) are presented with the award for the RCSU Prairie Region, small unit winners. Photo: submitted

Family Members from Australia Join Contest Winners in Toronto

There were hugs, laughs and a few tears when the Miock family reunited as a part of the June is Recreation Month Grand Prize celebration. Sarah and Captain Alberto Miock of 15 Wing Moose Jaw were the lucky winners among thousands and were joined by 10 family members for a whirlwind long weekend in Toronto.

The contest rules indicated that they would fly-in people from anywhere in the world, so when the Miock family asked if their family from Australia could join, organizers didn't hesitate.

"We made a promise," explained Ryan Cane, National Recreation Manager, Canadian Forces Personnel and Family Support Services (CFPFSS). "We were very excited to fulfill our commitment and bring this family together for a weekend of family, recreation and play."

"This experience was amazing," said Sarah Miock. "The contest allowed us to fly-in Alberto's sister from

Australia and we were able to meet our 6 month year old niece for the first time, this was all so special."

The family stayed in first class accommodations provided by the Fairmont Royal York. As Toronto's landmark hotel, the Fairmont Royal York had everything the family needed for a memorable stay in Toronto and all steps away from the best nightlife, dining, shopping and attractions.

The Miocks were treated like royalty at Medieval Times Dinner & Tournament with all its splendour and pageantry. As guests of the King, the Miocks enjoyed a four-course feast while valiant knights competed in games of skill and jousting for a live two-hour show. The family took part in a special knighting ceremony were

Capt Miock was made an honourable member of the realm.

The reunion included \$1000 in spending money and attraction passes to the CN Tower, the Ontario Science Centre and Ontario Place, a downtown amusement park. All these and Medieval Times are a part of the Canadian Forces Appreciation Program. Discounts are available to other CF families who would like to join in the fun. Simply visit www.cfappreciation.ca.

The family enjoyed creating memories at the Keg Steakhouse and Bar at the famous Keg Mansion, they shared stories over great food and excellent service.

The Miock family will not be the only ones to enjoy the Keg experience, the restaurant has generously donated gift certificates to one lucky family from each CF location.

"We are so appreciative to the sponsors who made this all possible and to the organizers," remarked Capt Miock. "Morale and welfare programs make such a huge impact on the quality of life for the military community and programs like this where we can have grandparents and kids all playing together is awesome!"

June 2011 marked the third annual Recreation Month campaign organized by the National PSP Recreation Services at CFPFSS, it focused on educating the CF Community about the important role recreational programming plays in operational effectiveness, and building strong military families.

The contest was made possible through the generous sponsorship of the Canadian Defence Community Banking (CDCB) program and the BMO Support our Troops MasterCard.

"As the Official Bank of Canada's Defence Community, we at BMO are proud to help bring great experiences like this to Canadian military families," said Nick Mastromarco, Director, Acquisition & Head of Retail Partnerships Marketing, BMO Bank of Montreal. "The June is Recreation Month initiative is a perfect example of how the BMO Support Our Troops MasterCard helps give back to the CF community."

To see the photo gallery of the Miocks reunion log on to the Canadian Forces Recreation Facebook (www.facebook.com/cf.rec.cf) page and "Like us" before September 31, 2011 for your chance to win a \$50 gift certificate from the Keg Steakhouse and Bar.

Alcohol, Other Drugs & Gambling: SUPERVISOR TRAINING
Formation du superviseur - Alcool, aux autres drogues et au jeu excessif

Recognizing & Responding to Early Warning Signs Reconnaître les premiers symptômes et savoir y réagir.
 Developing Effective Interview Skills Apprendre à faire des entrevues efficaces

This new training is course coded and is required for all military or civilians in a supervisor role.
CANFORGEN 043/09
 Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code

0800 – 1600 HRS
 20 July/ juillet 2011
 24 August/août 2011
 26 September/septembre 2011

To Register or for more information contact
 Health Promotion Inscriptions et renseignements Promotion de la santé local/poste 4150.

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ENERGISER LES FORCES
 Promotion de la santé dans les Forces canadiennes

Canada National Défense nationale

WEIGHT wellness
Programme Style de vie POIDS-santé

Pour s'inscrire ou pour de plus amples informations, communiquez avec le bureau de promotion de la santé: Poste 4150
 For additional information and to register contact: Health Promotion @ local 4150

début: (mardi) 20 septembre – 8 novembre 2011
 heure: 1130 h – 1330 h
 bâtiment: #33

Date: (Tuesdays) 20 Sept. – 8 Nov. 2011
 Time: 1130 hours – 1330 hours
 Location: Bldg. #33, MPR

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ENERGISER LES FORCES
 Promotion de la santé dans les Forces canadiennes



www.mfrc.mb.ca
204.833.2500 ext. 4500



Critically acclaimed Jake's Gift is coming to 17 Wing Winnipeg

On Saturday, October 1, 2011 the MFRC is hosting a performance of the critically acclaimed play Jake's Gift.

Jake's Gift is a surprisingly funny drama that tells the story of a Canadian World War II veteran who reluctantly returns to Normandy, France, for the 60th anniversary of D-Day. While revisiting the beach he landed on sixty years earlier, Jake encounters Isabelle, a precocious 10-year-old from the local village whose inquisitive nature and charm challenge the old soldier to confront some long-ignored ghosts – most notably, the war-time death of his eldest brother Chester, a once promising young musician.

In June 2004, Julia Mackey traveled to Normandy, France, for the 60th anniversary of D-Day. During that eight-day journey, she interviewed dozens of Canadian, British and American veterans who had returned for the ceremonies. The stories they shared with Julia and her own life-long interest in World War II inspired the development of the play. In August 2006, the first draft of Jake's Gift received a workshop performance at the Sunset Theatre's Exploration Series in Wells, BC.

Juno Productions began touring Jake's Gift in early 2007. Since that time the play has received critical acclaim at festivals and theatres across Canada. The production received its first awards at The Victoria Fringe Festival in 2007* & 2008 for Best New Play*, Best Drama,

Best Solo Show and Best Female Performer. The Edmonton International Fringe Theatre Festival awarded the production Best of Fest in 2008, and in 2009 Jake's Gift was voted Best of Fest and sold out its entire run at The Winnipeg Fringe Festival.

Personal highlights for the company include: A 2007 Remembrance Day performance at Vancouver's Canadian Memorial United Church, built in 1925 to honour Canada's fallen soldiers: A benefit performance for the Matthew McCully Foundation, named in honour of the 25-year-old Canadian soldier who was killed in Afghanistan on May 25th, 2007: On June 6th 2009, The 65th anniversary of D-Day, Julia opened Jake's Gift at the Barney Danson Theatre in the Canadian War Museum in Ottawa, Ontario. The production was part of the prestigious Magnetic North Theatre Festival.

Tickets are available for purchase starting on September 1 from the MFRC, the front desk of Bldg 90, Joe Black Coffee Bar at 2037 Portage Ave and at the door on the night of the performance. Tickets for the show are \$12 and include a reception following the performance. There will be a canteen with items to purchase prior to the show. All proceeds from the show support programs and services at the Winnipeg Military Family Resource Centre.

MFRC free drop-in childcare

Free drop-in child care is available at 102 Comet Street on Tuesday, Wednesday and Thursday from 10 am to 3 pm.

The drop-in child care will allow parents to participate in programs, volunteer, attend appointments with MFRC coordinators or the social workers, or just come in for a coffee and chat.

In order to access the drop-in childcare, parents must remain in the MFRC (102 Comet St) for the duration of care.

Children one year of age and older are eligible for the service. Parents are asked to please bring items their child may need, including snacks and diapering supplies.

The drop-in child care will be offered on a trial basis until the end of December.

Register now for second language classes

It is now time to register for our Second Language Training Programs in either French or English. The course duration is ten weeks and will consist of two three-hour classes per week.

The fall session offers French Levels 1 and 3 as well as one English class. Courses will start the week of September 26; deadline for registration is September 22. Classes are held at the MFRC.

French level 1 is offered Monday & Wednesday, 6 to 9 p.m. French level 3 is offered Monday & Wednesday, 6 to 9 p.m. and the English class is Tuesday & Thursday, 6 to 9 p.m.

All classes require a minimum of five students, while a maximum of ten students will be accepted. A placement test may be administered to determine the level of proficiency.

Cost for military spouses and family members is \$50 (refundable if 85 per cent of the course is completed), for military personnel is \$50 (non-refundable), and for NPF and public employees is \$100 non-refundable.

To register or for more information, dial extension 4515.

MFRC SEPTEMBER PROGRAMS

DEPLOYMENT GET TOGETHER DIY DRY ERASE CALENDAR CRAFT

Tuesday, September 13, 7 p.m.

Register by September 8

\$5 per person

September has become one of the busiest months of the year. Back to school and back to routine after the lazy days of Summer. This activity is to help you stay on track. Join us as we make your very own dry erase family calendar. No previous crafting experience required.

A PARENT COMMUNITY

Friday, September 2, 9, 16, 23, 30

10 a.m. - 12 p.m.

A community of parents will discuss topics related to parenting children of all ages. Socialize while your children socialize with others. Childcare is provided for children 18 months and older.

MOM'S NIGHT OUT

Thursday, September 15, 6:30-9:30 p.m.

Register by September 13

Come out for a night with fun, food, and friends. This month theme is I survived the summer BBQ potluck party. If the weather cooperates, we will have a BBQ, and sit outside and enjoy the evening. Bring a salad, or dessert or something to go with the BBQ.

COOKIES, CAKES AND CUPCAKES

Sunday, September 25, 2-5 p.m.

Register by September 16

\$20 per person

In this session students will learn how to use fondant and gum paste to make an assortment of flowers, as well as plaques and figures, without using a lot of hard to find or fancy equipment. Also taught will be a variety of colouring/tinting techniques to get the most out of your creations. Join us for this next step in making your cakes, cookies and cupcakes look fabulous!

FAMILY MOVIE NIGHT

Friday, September 16, 6:30 p.m.

17 Wing Theatre

\$2 per person

Register and pay by September 14

Come join us for a showing of Rio. Everyone is invited, including newcomer families and deployed families. Popcorn and drinks will be provided. For more information, please call 833-2500 extension 4500.

CORN MAZE AND BBQ

Saturday, September 24, 11 a.m.

A Maze in Corn, 1351 Provincial Road 200

Register by September 16

Newcomers, Francophone families and deployed families are invited to join us for a day at the corn maze. A BBQ lunch will be provided for you, then you can explore the corn maze and petting zoo. Hay rides will also be available, weather permitting. Rain date October 8. If there is inclement weather, please check the website, www.cornmaze.ca or the Winnipeg MFRC's Facebook site, www.facebook.com/WinnipegMFRC.

A Gold Medal Visit



On Wednesday, August 24, Olympic medalists Cindy Klassen, left, and Susan Auch, right, attended the MFRC's weekly barbecue to help us celebrate our 20th anniversary. They were on hand to meet military families and brought their medals for the crowd to see. MWO Rick Henry was among those to see the medals up close.

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca

102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5

Holy Hand Grenade

17 Wing Explosive Disposal Flight aides RCMP with disposal of live hand grenade



On August 23, 2011 just after 3:00 p.m. a 43 year old man from the RM of Portage la Prairie attended the Portage la Prairie RCMP Detachment to turn in a found hand grenade.

Investigation at this time indicates that the man had been tilling soil on his rural property when he uncovered the ordinance. He brought it to police to be disposed of.

RCMP immediately evacuated the building as it appeared to be a live hand grenade.

Members of the 17 Wing Explosive Disposal Flight attended from Winnipeg and removed the device. They will destroy it at a remote location. At this time it appears to have been a live hand grenade. It was described as very old and rusty.

RCMP would like to remind the public that if you discover any military ordinance, ammunition, or explosives to leave it in place and do not handle it. Notify RCMP or your local police agency immediately and they will arrange disposal.

There were no injuries or damages. The detachment was evacuated for about an hour and a half to facilitate disposal.

New Community Recreation Members benefit from a FREE NHL JETS ticket draw

If you are considering signing up for the Community Recreation 12 month membership for 2011 – 2012 your name will be entered into a FREE Winnipeg Jet ticket draw for a pair of Pre-season game tickets if you sign up by September 10th 2011.

Not only will you be entered into the FREE draw, Community Recreation offers you a range of programs and service including the following:

Active Kids program, you can workout while your child is also being active.

Family Gym, bring your young children to the gym with you to play games, age appropriate equipment will be provided and a member of staff is available to help you.

Adult Recreation Programs including, walking, floor hockey, squash coaching, and dodge ball.

Adult Fitness Programs including Pilates, Yoga, Zumba, Muscle Boot Camp, Spin Class and many more! (Add a fitness pass to your membership for \$80.00 for the Fall and enjoy attending as many of our fitness classes as you can – ONLY available to Community Recreation Association members)

Swim Lessons – Reduced price swim lessons for members

Good Food Box - A monthly program offering fresh fruit and vegetables, with recipes, helping to reduce your food bill and encourage healthy eating.

Get Cooking Program – For the beginner and those who would like to learn new

skills making healthy nutritious meals. Most equipment is provided throughout the course.

12 clubs to join including Archery, Badminton, Ceramics, Garden Club, Shotokan Karate, Scuba, Strategy Gaming, Strength Club, Swim Club, Toastmasters, Wood Hobby, Triathlon.

Swimming, casual swim, lap swim, family swim with movie and crafts based on a theme.

School In-Service days, Summer Camp and March Break Camp.

Facilities include pool, hot tub, gym floor, workout room, multi purpose room, sauna and squash courts.

12 Month Membership cost:
Single:

Regular Member: N/A
Ordinary: \$99.00
Associate: \$405

Family:

Regular Member: \$78
Ordinary: \$126
Associate: \$575

Sign up for a 12 month membership before September 10th and your name will automatically be entered into the free Winnipeg Jet ticket draw!

For further information please check our website or contact 833 2500 x 2059

<http://www.cg.cfpsa.ca/cg-pc/Winnipeg/EN/Pages/default.aspx>

We welcome your views and suggestions if you have any views or suggestions to share then please contact 17WingPSP@intern.mil.ca.

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CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudensorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Padre Gregory Zubac

Ukrainian Catholic 3CFFTS Southport

Masses (English only)

Sunday 1100 hrs

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

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.

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.

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

PROTESTANT

CHAPLAINS

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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 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.



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MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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Taroscopes

BY NANCY

Aries (March 21 - April 19):

You need to come to terms with something that is bothering you. Follow an established process or use a system until you are comfortable with that which you cannot change. When you can effect change take the lead with determination. Others will support you and follow your lead.

Taurus (April 20 - May 20):

You can make sound decisions at this time if you listen to your heart. You have established good relationships. Remain genuine and they will strengthen. Of course there are always ups and downs in life. The main thing is not to dwell on disappointments but to learn from them.

Gemini (May 21 - June 21):

Inside you have changed. Even if others don't see it, you know that you are ready to follow a new course. You've weighed the options and taken the time to gather all the information needed. You gain peace of mind when you make your decision. You know what to do. Now: "just do it."

Cancer (June 22 - July 22):

You're pleasantly surprised at how rosy the future looks. This is due to solid planning and being in the right place at the right time. Continue as you have, and if regrets surface, do what you can to acquire or do what you've missed. Loving relationships bring the greatest happiness.

Leo (July 23 - August 22):

When efforts don't bring the expected results it can be disappointing. Still there are lots of possibilities. You've been blessed with options. The main thing is to make your responsibilities a priority as well as your pleasures. It's not an either or. It's about balance.

Virgo (August 23 - September 22):

You desire exhilarating moments that make you feel "alive," but you must be mindful not to over-indulge. Heed the advice of someone who feels the way you do. They have learned how to integrate the pursuit of personal joy with responsibilities and relationships.

Libra (September 23 - October 23):

Your hard work has brought positive results. This frees you up to pursue more of what makes you happy. Current good fortune allows you to contemplate moving into something you had not considered viable before. Limitations disappear. Challenges are easily dealt with.

Scorpio (October 24 - November 21):

No matter how much you try and explain your situation you can't make progress in a system that doesn't allow for anything but rigid conformity. Frustrating? Deal with it. Hold to your own beliefs within your own personal sphere to off-set what happens in the outside world.

Sagittarius (November 22 - December 21):

A solid home base ensures you are comfortable and confident with change. However, there are still things you don't fully understand about yourself. When someone who cares about you offers advice don't get defensive. Listen to what they have to say. It's not all bad.

Capricorn (December 22 - January 19):

So many good things are happening. Great people are entering your sphere. You feel young, alive and full of life. Relationships established now are very positive. You feel a renewed sense of optimism and confidence that you can move your life in the desired direction.

Aquarius (January 20 - February 18):

Force yourself to do what must be done. Stand up and state what needs to be said. Your conviction, intelligent assessment, solid examples and practical solutions will be heard and well received. Positive rewards result from current actions. Stay the course.

Pisces (February 19 - March 20):

Happiness is a state of mind worth cultivating. You exude charisma which attracts people. Stay open to positive connections. Establish boundaries with those who have control or ego issues. Immerse yourself in a new culture, hobby or activity. Break free from old habits.

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