



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

September 08, 2010

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FREE

ON YOUR MARKS...
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Photo by: Sgt Bill McLeod

Participants get ready at the starting line of the 2010 Toonie Walk and Run. The event was held as a kick off for the GCWCC's fundraising season. More information on page 8.

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament
Charleswood-St.James-Assiniboia

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Chief Warrant Officer of the Air Force visits Team Winnipeg

Sgt Bill McLeod

Wing Public Affairs Photojournalist

"I witnessed outstanding professionalism, dedication, commitment and pride in service by all Military and Civilian members of the Wing," said Chief Warrant Officer of the Air Force (CWOAF) Miles Barham after his visit to 17 Wing on 18 August.

The visit, hosted by Wing CWO Mike Scarella, gave the CWOAF a first-hand look at 17 Wing's various squadrons, units and schools, as well as the opportunity to talk to personnel.

At 1 Canadian Forces Flying Training School (1 CFFTS) CWO Barham had a chance to talk to students on the Air Com-

bat Systems Officer (ACSO) course and instructors like Sergeant (Sgt) Mike Moffit who demonstrated software designed to simulate airborne sensors for training the students.

Commenting on his visit CWO Barham said, "It was easy to see the great effects 17 Wing provides every day for the Air Force and the Canadian Forces. Thanks to all members of 17 Wing for a great visit."

As the CWOAF CWO Barham is the non-commissioned member responsible to the Chief of the Air Force for all matters affecting non-commissioned members who wear the Air Force uniform. CWO Barham assumed his duties as CWOAF on 30 June of this year.



Sgt Mike Moffit, an Airborne Electronic Sensor Operator, gives the Air Force Chief Warrant Officer (AF CWO) Miles Barham a quick rundown on the capabilities of the computer training system at 1 Canadian Forces Flying Training School (1 CFFTS). Photo: Sgt Bill McLeod

RIMPAC Reaches Successful Conclusion

LCdr Nathalie Garcia

After completing the month-long training off the Hawaiian Islands, Canadian Forces sailors, soldiers, and airmen and women return to port – tired but proud of their accomplishments as part of the Rim of the Pacific (RIMPAC) 2010 exercise.

The world's largest maritime exercise officially ended on August 1 after an intense training schedule that brought together forces from 14 nations with an interest in the Rim of the Pacific.

"I am truly pleased with the success of this exercise," said Rear-Admiral Ron Lloyd, the maritime component commander. "The challenging scenarios have allowed Canadian Forces personnel to gain the skills they need to work with other nations, be it in a humanitarian role, as part of counter-piracy operations or in combat operations should it be required. No other maritime exercise can claim better training areas or better results."

Canadian participation in the exercise included HMCS Calgary and HMCS Algonquin, each with an embarked CH-124 Sea King detachment, as well as a 14-man dive team from the Fleet Diving Unit (Pacific) that conducted both mine warfare and explosive ordnance disposal.

The Air Force sent two CP-140 Aurora aircraft from 19 Wing Comox, B.C., with crews from Comox and 14 Wing Greenwood, N.S., and a CC-130 Hercules air-to-air refueling aircraft from 17 Wing Winnipeg, Man.

The Aurora long range patrol aircraft practiced anti-sub-

marine skills, working alongside their Korean, Japanese, Australian and U.S. counterparts.

"The exercise has been very good from a number of standpoints," said Major Brent Vaino, the officer commanding the deployed 407 Long Range Patrol Squadron.

"Anti-submarine warfare training is very hard to come by so to have an exercise where you have a number of submarines deployed as targets is a bit of a rarity. It's also been really good to operate with such a large naval force which a lot of our troops have never have the chance to do."

More than 130 Canadian soldiers from 2nd Battalion, The Royal Canadian Regiment also participated as part of multinational amphibious force, and dozens of personnel were assigned to key positions in support of all three elements.

"All of the Canadian participants were integral members of the combined forces either at sea, in the air or as part of the staff," said Captain(N) Gilles Couturier, the director of the Maritime Operation Centre. "Each had a key role in the planning and execution of an extraordinarily complex scenario."

The CF participation in the exercise dates to 1971 when the exercise brought together ships from Australia, Canada and the U.S. Since then, however, the biennial exercise has grown into a truly multinational event, joining air, land and maritime elements from around the world.

"Working in a coalition setting has its challenges," said Commander Andy Muir, the current operations director for the Combined Forces Maritime Component. "Even when we use the same words, our interpretation may vary. Bringing everyone to agree on processes and terminology wasn't easy but it's much better to practice this now than in a real world setting."

The exercise followed a tiered training schedule. The first three weeks was dedicated to honing individual and unit level skills, followed by a week of force integration training, involv-

ing more than 20,000 personnel. The final phase pitted the newly trained combined force against a fictitious foe in an elaborately developed scenario designed to challenge the entire force.

RIMPAC 2010 included forces from Australia, Chile, Colombia, France, Indonesia, Japan, Malaysia, Netherlands, Peru, Republic of Korea, Singapore, Thailand and the United States.



A CH-124 Sea King helicopter positions over HMCS Calgary before landing on the flight deck. HMCS Calgary, with an embarked Sea King detachment, participated in the Rim of Pacific Exercise. Photo: Cpl Susan Howell.

VOXAIR

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Military Police Go Hog Wild in Nation-Wide Relay MPs On Track To Raise \$50,000 to Charitable Groups

Kristy Rydz
Voxair Reporter

For Major Bob Edwards riding his 2009 Harley Davidson Electra Glide Classic literally from coast to coast in the 2010 Military Police National Motorcycle Relay Ride (MPNMRR) combines the very best of two worlds.

"What's better than to combine an activity that you love with raising money with a charity you are connected to?" Maj Edwards said during the event's stop over at 17 Wing on 25 Aug.

In it's second year, the MPNMRR coast-to-coast bike tour began on 17 Aug. in Comox, B.C. where eight riders on seven bikes began their adventure through the provinces ending in St. John's, Newfoundland on 10 Sept all in support of the Military Police Fund for Blind Children (MPFBC) and Wounded Warriors.

Maj Edwards, a retired 28-year veteran of the military police who has been a reservist in Halifax, Nova Scotia with the Joint Task Force Atlantic for the past three years is one of two riders who have participated in the nationwide fundraiser in both years of its existence. After initially helping to get in off the ground in 2009, his wife Norma wanted to celebrate her 50th birthday by biking the 6 leg-route in 2010. Maj Edwards jumped at the opportunity.

An avid biker since 1982, Maj Edwards appreciates the unique aspects of traveling across a vast and diverse country like Canada by motorcycle.

"That's been the most enlightening part...you get to experience all of Canada and all of Canada's people", he said. "We've met premiers, mayors and people will just come up and talk to you. You really get to see the good in people."

That goodness in the form of donations has been plentiful this year. At the halfway mark of the tour just outside Winnipeg (by rough calculation) nearly \$23,000 has already been raised – the total amount donated last year.

According to Manitoba and Saskatchewan provincial ride representative Petty Officer, 2nd Class Howard Dyke, with that kind of support and generosity the MPNMRR is on course to give a combined \$50,000 to the two worthy charitable groups.

In the end, the total proceeds will be split between the MPFBC, an organization that aids blind children and youth as well as educational and recreational groups and Wounded Warriors.

PO2 Dyke, who is based at 17 Wing, has been involved with the relay from it's inception which happened over a cup of coffee with long-time friend, founder and MPNMRR national chairman Mark Farrer.

"It was meant to bring the military police branch together," PO2 Dyke explained. "Then we thought while we were at it, why don't we raise some money...and the idea was born."

To learn more and to follow the MPNMRR, check out the official website at www.mpnmr.ca.



The MP Bikers, left to right: Maj (Ret'd) Wayne Kendall, Betty Calder (holding the bear named Cpl Stone), PO2 Howard Dyke - SK/MB Provincial Rep - MP, 17 Wing Winnipeg, Sgt Ron Sumeraj - MP, 17 Wing Det Dundurn, WO (Res) Andrew Stewart, CPO2 Herb Fleury - MP, Chief Disciplinarian, Canadian Forces Service, Prison Detention Barracks, Edmonton, Greg MacIntosh, Mark Patryluk, civilian employee with 17 Wing WTISS section, CWO Rick Day, MP Branch CWO (in black shirt), Cpl Chris LeSage - MP, 2MPU Meaford (in red Honda jacket in front of CWO Day), Norma Edwards, Maj (Res) Bob Edwards, Joe Hubert, Sgt Lamont French - MP, CFB Esquimalt. Photo: Sgt Bill McLeod

Change of Command in Dundurn

Major Robert Barrett relinquished command of 17 Wing Detachment Dundurn to incoming Commanding Officer Major Dale Arndt at a small, intimate change-of-command ceremony at the Flight Line Club today.

Maj. Barrett has commanded Detachment Dundurn since 2004 and is now posted to the Canadian Forces School of Aerospace Studies in Winnipeg.

"The ceremony is an occasion for me to reflect on the accomplishments of the personnel of Det Dundurn. Their dedication, professionalism and engagement has resulted in tremendous improvements to the infrastructure and support capability of the Detachment. I'm proud of their ability to meet and exceed any given task," says Maj Barrett.

Maj. Arndt is coming from the 1 Canadian Forces Flight Training School (1CFFTS), formerly the Canadian Forces Air Navigation School (CFANS) in Winnipeg, where he was a flight commander.

The reviewing officer at the ceremony was Colonel Yvan Boilard, Commander of 17 Wing Winnipeg. Col. Boilard has been the wing commander since June 2009.

The Dundurn Detachment is home to a Canadian Forces Ammunition Depot, responsible for the storage and handling of military munitions and the only Canadian Forces site for the disposal of time-expired munitions as well as ranges and a manoeuvre training area.

- Courtesy 17 Wing website



Maj Dale Arndt, 17 Wing Detachment Dundurn's new Commanding Officer. Photo courtesy: 17 Wing website

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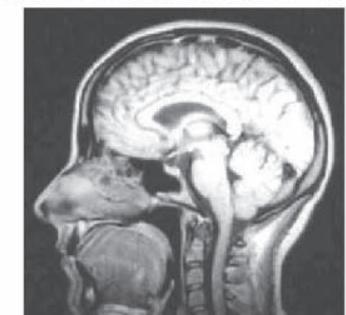
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MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

If interested please call the study coordinator at
204-975-7728

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CF Members Train Timor Leste Police & Fire Departments



Capt Dianne Hyra-Kuzenko, a nursing officer with 17 Field Ambulance in Winnipeg, Manitoba, works with a young boy waiting to be seen by the pediatric section of a Medical Civilian Action Program (MEDCAP) site at the Nu Laran School in Dili, Timor Leste, on 23 August 2010. Photo: Lt(N) Chris Shannon

Lieutenant (Navy) Chris Shannon,
CF Administrative Officer aboard the USNS
Mercy

Armed with a kit bag of medical supplies and her characteristic smile, and unphased by neither the language barrier nor the soaring temperatures, MCpl Leah Boyd held the attention of her enthusiastic students at the Timor Leste National Police Academy on 16 August 2010.

MCpl Boyd, a medical technician from 1 Field Ambulance in Edmonton, Alberta, was at the academy in the capital city of Dili directing first aid training for the Timor Leste police department.

The training was part of Pacific Partnership 2010, a joint disaster preparedness training exercise held each year since the 2004 Indian Ocean tsunami. The exercise brings together military and civilian personnel from various nations. The CF sent 17 Health Services personnel from a broad cross-section of health care experience. Among those present was Capt Dianne Hyra-Kuzenko, a nursing officer with 17 Field Ambulance in Winnipeg, Manitoba.

Various nations have given resources to police and fire units in Timor Leste, but this latest Canadian hands-on contribution was welcomed as a way of building and maintaining first-aid skills for the future. The highly respected paramedic qualification of CF Medical Technicians like MCpl Boyd made them a natural choice to lead the first aid seminars in Timor Leste.

"I was honoured to work with these future police officers and was touched by their stories of overcoming traumatic situations

that we in Canada could not even begin to imagine," MCpl Boyd says.

Cpl Lisa Stewart from 11 Field Ambulance in Victoria, B.C., continued the same type of training over four days at the Dili Fire Department. There was no shortage of volunteers from the eager crowd who assisted with first aid demonstrations for spinal trauma, vehicle extractions, and other emergencies.

Cpl Stewart says she found it deeply gratifying to use her CF paramedic training to help the Timor Leste first responders save lives.

"After receiving their certificates, the firefighters beamed with pride and joy in a way that required no translation," she says.

During their August stop in Timor Leste, the Pacific Partnership team provided medical care to over 20,000 people in the operating rooms and wards of the USNS Mercy, as well as on numerous medical and dental civic action programs. They also repaired medical equipment, exchanged knowledge, delivered supplies and conducted community service projects such as orphanage visits and school renovations.

Helicopter and Royal Australian Navy heavy landing craft were key to extending the reach of this humanitarian exercise beyond Dili to people in the jungles and mountains of the ruggedly beautiful nation.

USNS Mercy's departure from Timor Leste on 24 August 2010 marked the end of the CF deployment to Pacific Partnership 2010. This journey was a unique experience that touched the lives of thousands of people and will be remembered as a remarkable and rewarding event for all who took part.

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Hot Water Coming Soon



The 17 Wing Central Heating Plant sits silent as WCE works to return it to full production. Photo: Michael Sherby

On 18 Aug 10 the 17 Wing Central Heating Plant experienced a significant failure of one of its steam lines. Consequently all steam and hot water production has been ceased on the Wing. Some base buildings have independent hot water tanks, so have been provided some hot water. Also new hot water tanks have been installed in all of the accommodation buildings to provide limited hot water. A portable boiler has been installed at the combined mess to provide steam and hot water for meal services. The base gym is unfortunately too large a

load to provide temporary hot water, so the pool will remain closed until the return of hot water production. WCE has been working diligently over the past 2 weeks to clean up the plant, and has just recently been allowed to prepare the boilers for a return to full production by 17 Sep 10. Heat is expected to be ready for the base buildings and row houses in time for the normal heating season, at the end of Sep. Questions can be directed to the WCE Operations Director at local 6340.

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Fall Fair offers Fall Fun

Kristy Rydz
Voxair Reporter

As the leaves begin to turn and the air gets a little chillier, you know it's time for the seasons to change yet again.

To celebrate, 17 Wing's Fall Fair is set for 11 Sept. with a full slate of activities, games and events for the whole family.

From the kick-off at the Wing Commander's Welcome with coffee, tea and dainties to the Community Recreation Fair where local activities and groups will be showcased, to the 5th annual Helping Professionals Showcase that will raise awareness of health and fitness issues, there really is something for everyone throughout the day.

New this year, the Fall Fair will feature an entertainment area complete with fair-style games as well as a visit from the Assiniboine Park Zoo and some of their favourite cuddly and crawly friends.

Don't forget to try out some archery, get your face painted, catch the Diamond Disc Dogs, take in a magic show and so much more happening all day long.

While the day is packed-full of fun activities, it's also beneficial to strengthening the community and its members.

"I think it brings the 17 Wing community together," Military Family Resource Center (MFRC) Employment Coordinator and Fall Fair co-chair John Bailey said. "It allows newcomers to meet the Wing Commander and see all the services available to them here on the base."

For more details on Fall Fair 2010 contact the MFRC or PSP at 833-2500 ext 5139 or ext 4500.



Participants at 2009's Fall Fair enjoyed a day full of family fun. Photo: John Towns

17 Wing Old Timer's Hockey / Hockey des anciens de la 17e Escadre Winnipeg

If you are interested in playing for the Base Team Old-timer's please contact CWO Gillis at 5966. The team will be playing in the MTS Iceplex league in preparation for the PR Old Timers Hockey Championships. For all other questions please contact the Sports Coordinator Chris Merrithew at 5511.

Si vous voulez faire partie de l'équipe de hockey des anciens de la base, veuillez communiquer avec l'Adjudic Gillis au poste 5966. L'équipe jouera dans la ligue du MTS Iceplex en vue du championnat de hockey des anciens de la région des Prairies. Pour obtenir plus de renseignements, veuillez communiquer avec le coordonnateur des sports, Chris Merrithew, au poste 5511.



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Born To Be Kind

Ride For Dad Raises Money and Awareness about Prostate Cancer and Military Families Fund

Kristy Rydz
Voxair Reporter

From Hondas to Harleys, motorcycle-lovers ripped and roared onto 17 Wing on 18 August as part of the one-time coast-to-coast motorcycle trek in support of the 10th Anniversary Ride for Dad Cross-Canada Tour.

For the first time The Ride For Dad, that usually sees 25 local chapters across the country hold motorcycle rallies annually to support the Military Families Fund (MFF) and garner awareness about the severity of prostate cancer, has undertaken a long-haul event that began on 1 Aug in St. John's, Newfoundland and wrapped up in Victoria, B.C. on 29 August.

While the burly bikes make the event possible, the real driving force is to get the message out about the worthy cause.

"It's not just about men and motorcycles. We use motorcycles to attract attention. It's about a disease that rips families apart... There's no need for 12 men to die every day. No need for it," Garry Janz, Ride for Dad president, passionately told the crowd.

The stop at 17 Wing drew local attention beyond the base with the City of Winnipeg Police Chief Keith McKaskill and Member of Parliament for Saint Boniface Shelly Glover making appearances alongside national ride marshal and former host of CBC's On

The Road Again Wayne Rostad.

The afternoon included a barbecue lunch with heart-felt speeches from organizers as well as a personal story of prostate cancer diagnosis and battle from Joseph Cochrane, demonstrating the impact research can have.

The self-proclaimed "grassroots national movement of motorcycling enthusiasts" are giving back and saying thanks to our troops during their ride by stopping in at Canadian Forces Bases along the way.

"We're giving our riders an opportunity to do something that most Canadians don't get to do," ride captain Byron Smith said as he addressed the gathered group. "We get a chance to thank you personally. On behalf of so many Canadians, I'm saying thanks."

The MFF came to life in 2007 courtesy of former Chief of Defence Staff General (ret.) Rick Hillier to fill the gaps other military programs can't by providing funds for rehabilitation, education and other extraordinary demands that challenge military families both day-to-day and in the long term.

General (ret) Hillier and Canadian hockey icon Don Cherry are serving as co-chairs for the anniversary ride.

The group was met at the former Silver Heights Collegiate and led down Whytewold Road by two members of the Winnipeg Police Service and five members of the 1 Dieppe (CAV) Veteran Motorcycle Units.



Bikers at the Ride for Dad rally rev up their engines on the 17 Wing Base. Photo: Kristy Rydz

The groups often support both local and national charity events, such as Ride for Dad, by participating anyway they can.

The goal of the relay event has sunk in for at least one member of the lead-in crew, MCpl (ret.) Rick Burke.

"It's an important message. Prostate cancer, it's the silent killer. I'm a male over 40 and it opens my eyes that I should go get

checked."

For more information on the route or how to donate to the 10th Anniversary Motorcycle Ride for Dad Cross-Canada Tour go to www.ridefordadanniversary.org.

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If you've wanted to take a course but didn't know where to go, who to contact, or what courses are available, look no further.

Starting in September, the Learning and Career Centre will distribute an interactive course calendar listing courses from different training organizations, including course dates and times, descriptions, registration information and contacts.

The new 17 Wing Training Calendar will include courses provided by the Learning and Career Centre, Wing Ground Training, Health Promotions, and the Dispute Resolution Centre. More training providers may be added in the future.

For the past two years, the LCC has been sending out monthly e-mails to training coordinators to advertise our courses. The e-mail includes a course list as well as the monthly LCC newsletter and a course calendar. Adding other organizations to the training calendar wasn't a hard decision.

"We wanted to create a single place for our clients to find out about courses," says Leah Bannister, LCC Learning Advisor. "As the 'Learning Hub' at 17 Wing, it seemed natural for the LCC to take the lead on this project."

The 17 Wing Training Calendar will also clarify which training providers deliver which courses and how to register for each

course. With so many training organizations on the base, forms are often sent to the wrong locations and some registrations end up falling through the cracks. Hopefully the interactive calendar will clear up some of the confusion by providing contact information and in some cases a website.

The calendar uses an Excel format with tabs on the bottom for each month. The upcoming calendar will include September to December 2010. Each course will be colour-coded according to the training provider. Rolling the mouse over the course title will open a box with a brief overview of each course, including registration details. Instructions will be included at the bottom of page.

While the Pop Up Message Board is the best place to find up-to-date information on courses and other activities on the Wing, the 17 Wing Training Calendar will be a one stop shop with course overviews for the next several months. Clients should still refer to the training provider's website or the message board for detailed information.

Each training provider may also include the new Training Calendar with their distribution lists. Personnel who do not have access to a computer can come to the LCC for a printed copy, however only the course titles will be included on hard copies.

Check with your training coordinator for your copy of the 17 Wing Training Calendar or contact the LCC at LCCshare@forces.gc.ca

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Register yourself or your children into a club or program! Or just come and see what is on offer for you! Meet the clubs, staff and other local activity providers.
Keep Active this Fall with Community Recreation
1030 - 1530 hrs

5th ANNUAL HELPING PROFESSIONALS SHOWCASE
"Bringing your health and wellness into the light"
In order to achieve whole body health we must raise awareness surrounding a variety of health and wellness issues.
1030 - 1530 hrs

FAMILY FUN ACTIVITIES FOR ALL AGES
For the little kids and the big kids too!
Inflatables, pony rides, face painting, Diamond Disc Dogs, Winnipeg Zoo animals, FREE lunch, music, magic show, Samba band, Car Seat Safety checks, and much much more!
1030 - 1530 hrs

Look out for the brochure for detailed times of events!
Veuillez consulter le dépliant pour un horaire détaillé des événements!

For more information on the Fall Fair contact the MFRC or PSP at 833-2500 ext. 5139 / 4500
Pour en savoir davantage sur la Foire automnale, communiquer avec le CRFM et PSP au 833-2500 poste 5139 / 4500

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FOIRE AUTOMNALE
17^e ESCADRE

St. Charles Parish Harvest Supper

320 St Charles Street, Wpg
Sunday, Sept. 26
4:30 - 7:00 pm

Adults: \$12.00
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Children 4 and under: Free

Take out available with pre-purchased tickets

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Hundreds Participate in Annual Toonie Walk and Run

Sgt Bill McLeod

Wing Public Affairs Photojournalist

"Perfect weather and a great turnout equals lots of support for the Government of Canada Workplace Charitable Campaign (GCWCC)," said Erin Patton, Personnel Support Program (PSP) Fitness Instructor and event organizer of the 2010 Toonie Walk and Run at 17 Wing Winnipeg.

The GCWCC Toonie Walk and Run, which took place on a sunny but cool Tuesday, 25 August 2010 was a success as 439 people paid their Toonie to participate in either the 5 kilometre (km) run or the 3 km walk. In total \$878 was raised towards the Wings goal of \$125,000 for this years GCWCC.

Before pressing the air horn to kick off the Walk/Run, Colonel Yvan Boilard, 17 Wing Commander, promised to bring up the rear of the running pack but volunteered



Cpl Dave Taylor, an infantryman working for Wing Transport and Electrical, Mechanical Engineers completed the 17 Wing Government of Canada Workplace Charitable Campaign Toonie Walk and Run in CADPAT with rucksack, helmet and gas mask. Photo: Sgt Bill McLeod



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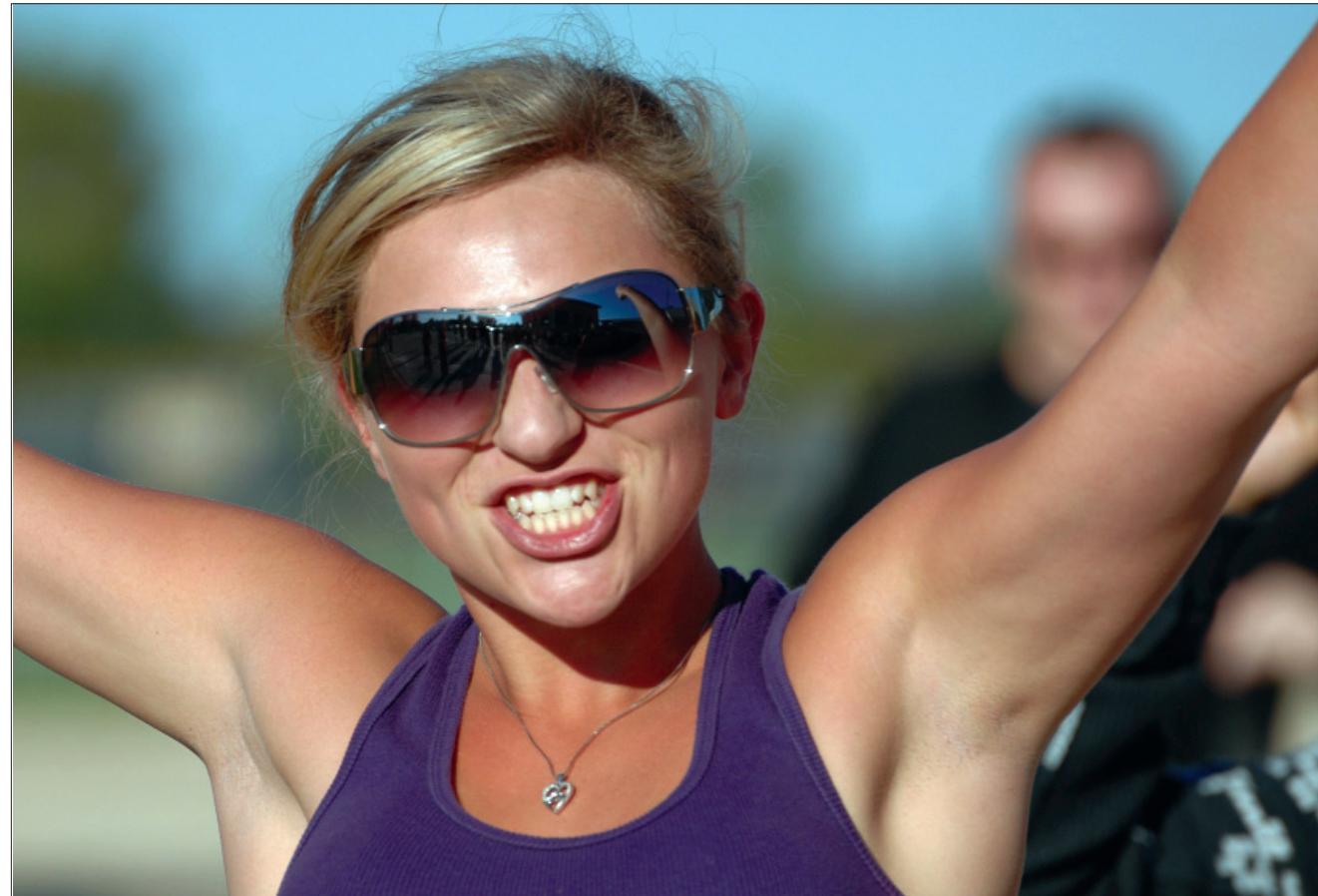
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Wing Chief Warrant Officer Mike Scarella to stay near the front.

2nd Lieutenant (2Lt) Jean-Paul Degagne, a Team Winnipeg member employed at 2 Canadian Air Division, was the first runner to finish the 5 km course with a very respectable time of 18 minute 46 second.

Corporal (Cpl) Dave Taylor, a Princess Patricia Canadian Light Infantry (PPCLI) soldier employed at Wing Transport and Electrical, Mechanical Engineering Section, completed the Walk/Run in CADPAT, rucksack, helmet and gas mask. "I didn't want to be mistaken for Air Force," he said with a grin.

The GCWCC was established by the Government of Canada, in conjunction with the United Way and Health Partners as a way of coordinating all local federal departments in their fund raising initiatives. This year 17 Wing's goal for the GCWCC is to raise \$125,000 and to ensure that the Wing is canvassed 100 per cent.



Private Payne Mattis, a Resource Management Support Clerk working at the 17 Wing Orderly Room, celebrates the finish of the 17 Wing Government of Canada Workplace Charitable Campaign Toonie Walk and Run. Photo: Sgt Bill McLeod

Community Recreation Scores Big with Summer Camp

Community Recreation's Summer Camp program is winding to a close and there will be a lot of children who will be sad to see it go. Over the course of the 9 weeks the camp ran this summer, participants experienced a variety of themed activities each week. From racquet sports to swimming and soccer the kids did it all. Almost 60 children between the ages of 5 and 12 had a blast this summer at the camp.



Alex Frame (in red) and Tyson Davies (in green) celebrate a goal against the opposing team in a friendly game of soccer. Photo: Kristy Rydz



(l to r) Gracie Redden, Anna Fradkov, and Com Rec Summer Camp Instructor Heather Muir enjoy a quiet moment during the last week of summer camp. Photo: Kristy Rydz

Upcoming GCWCC Events:

- GCWCC Leadership Breakfast, 14 September Officer's Mess 07:15 - 09:15
- GCWCC Herc Pull, 17 Wing Fire Hall, 15 September 12:00 - 15:00
- United Way Kick-off Airplane Pull, Stevenson Campus 2280 Saskatchewan, 17 September 11:15 - 14:00

Twin Otter Flies High Over Operation Nanook 2010

Lt Jordan Woodman

The CC-138 Twin Otter has been the face of Canada's Air Force operations in the Arctic for decades, and as Operation Nanook 10 takes flight, this aircraft is quickly demonstrating why it is considered the workhorse of the North.

"The Twin Otter has proven over time to be the most dependable aircraft in the locations and the weather conditions that we operate up here in the North," says CC-138 pilot, Captain Russ Black. "The weather can get pretty extreme and having a strong aircraft like the Twin Otter is definitely a benefit."

Powered by twin turboprop engines, the CC-138 is highly manoeuvrable. This STOL (short takeoff and landing) utility transport aircraft can be outfitted with wheels, skis, or floats, allowing it to land on virtually any surface.

During Op Nanook, two Twin Otters from 440 Transport Squadron (based out of Yellowknife, N.W.T.) are providing tactical airlift and transport around Resolute Bay,

Nunavut.

"Our focus here on Op Nanook 10 is deploying the dive teams and deploying the troops," explains CC-138 pilot, Capt Bryan Sullivan.

"When the Army and Navy deploy to the areas that they have selected, we'll be taking them into these austere places where there are no landing strips. We'll be landing on beaches and the like with no names, just a point on the map."

In addition to supporting large scale operations like Op Nanook, the CC-138 is routinely used in search and rescue missions, and other transport and support roles in Canada's Arctic region.

Along with the CC-138 Twin Otters, Canada's Air Force is operating CP-140 Auroras, CC-177 Globemaster IIIs, CC-130 Hercules, and CH-146 Griffons in support of Joint Task Force North during the operation.

Canada's Air Force is proud to be participating in Op Nanook 10, supporting the objectives of the Government of Canada by exercising control and demonstrating jurisdiction and sovereignty over the air in our North.



Cpl Greg Myers (Left) And Cpl Scott McAllister, Flight engineer with 440 (T) Squadron perform post flight maintenance on the C-138 Twin Otter during Operation Nanook 2010. Photo: Sgt Ron Flynn

Operation NANOOK Reaches Successful Conclusion

Operation NANOOK, the centrepiece sovereignty operation conducted annually by the Canadian Forces (CF) in Canada's North, came to a successful conclusion on August 29th, in Resolute Bay, Nunavut.

"Operation NANOOK demonstrated the Government of Canada's commitment to protecting our North and enhancing the Canadian Forces' ability to operate in this unique environment with our government partners. We have improved our collective capacity to respond, in a timely and effective manner, to safety and security threats or emergencies in the Arctic," said the Honourable Peter MacKay, Minister of National Defence, who witnessed collaboration between departments and agencies first-hand during his visit to Resolute Bay and Pond Inlet, Nunavut.

The operation, which began on August 6 in Canada's eastern and high Arctic, saw the involvement of approximately 1,000 military personnel, along with the participation of several other government departments and foreign militaries.

"I was impressed by the high level of cooperation that was evident between the members of the Canadian Forces, our partner agencies, and the people of Nunavut on this operation," said General Walt Natynczyk, Chief of the Defence Staff. "As we enhance our northern capabilities, I believe that we will continue to build on the positive relationships that exist between the Canadian Forces and the local communities in which we operate."

Operation NANOOK featured an impressive list of "firsts" for northern CF achievements: the highest northern deployment of the Arctic Response Company Group; the first deployment of the Maritime Component Command in the Arctic; the successful trial of a portable cell-phone system; and the first CC-177 Globemaster III deployment to Resolute Bay. All of these achievements demonstrated an increased capacity to conduct and sustain CF operations in Canada's North, consistent with the goals set forth in the government's Canada First Defence Strategy.

Conducted by Joint Task Force (North) (JTFN), the joint operation featured sovereignty and presence patrols, Composite Dive Team exercises, Arctic survival training, and included the participation of ships, aircraft, and personnel from the Canadian Rangers, Army, Navy, Air, and Special Forces.

Operation NANOOK ended with a whole-of-government spill response training exercise that included the remediation of a simulated petrochemical leak in the Resolute Bay area of Nunavut. Many parties contributed to the success of the exercise, including the Canadian Coast Guard, Environment Canada, the Royal Canadian Mounted Police, Indian and Northern Affairs Canada, Natural Resources Canada, Public Safety Canada, Parks Canada, as well as the Government of Nunavut and the community of Resolute Bay.

Bonnie Korzeniowski
Manitoba Special Envoy for
Military Affairs



Phone: (204) 945-7510
bonnie.korzeniowski@leg.gov.mb.ca



Lieutenant Jordan Woodman helps out as a wing watcher at Resolute Bay Airport as a C-130 Hercules taxis out to take off. Photo: Sgt Ron Flynn

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Ready For Take-Off

Capt Jeff Noel
Wing Public Affairs Officer

Its colossal, hulking form seemingly taunts you as you approach it. Your hands begin to sweat, your mouth goes dry, and you ask yourself for the thousandth time just what the heck are you doing here! Suddenly the whistle blows and you and your teammates strain with all your collective might as you tug on the massive rope attached beneath its nose...

The 'It' is a CC-130 Hercules transport aircraft and once again this year teams representing the various division's, headquarters, squadron's, unit's and school's that comprise Team Winnipeg will battle it out at the annual Government of Canada Workplace Charities Campaign (GCWCC) 'Herc Pull' here at the Wing on Wednesday, Sept. 15.

At stake will not only be the honour of representing Team Winnipeg at the annual United Way City-wide aircraft pull being held at Red River Colleges Stevenson

Campus as defending City Champions but wing-wide bragging rights as 'Herc Pull Champions'.

"It's a fun way of getting everyone out for the launch of the annual Government of Canada Workplace Charities Campaign (GCWCC) and letting them know just what to expect in the weeks ahead," says Captain Justine Boileau, an instructor at the Canadian Forces School of Aerospace Studies (CFSAS) and 2010 GCWCC Co-Chair.

The Government of Canada, in conjunction with the United Way and Health Partners, have established the GCWCC as a way of coordinating all locally represented Federal Departments in their fund-raising initiatives. The GCWCC is the largest annual community-wide fundraising effort in support of community solutions in the city and is the only external charitable campaign authorized by DND/CF at 17 Wing.

"This year's campaign has set a goal of collecting \$125,000 at the Wing and based on our past performance we have no doubts we'll make it," says Capt Boileau.



The 2009 United Way City-wide Aircraft Pull Champions - 17 Wing - with the Boeing 727 they pulled to victory. Photo: Cpl C Aitken



2Lt Nick Veenhof leads his team as they pull a CC130 Hercules across the south tarmac at 17 Wing Winnipeg at the 2009 GCWCC Herc Pull. Photo: Cpl C Aitken

Philatelist's Corner with Alf Brooks 100 Years of Maori Rugby

This June New Zealand Post issues two stamps to mark the centenary of the first rugby game played by a Maori team. The sport was introduced in the 1860s, the first official match was played in 1870, and the first Union or league was formed in 1879.

New Zealand sports teams are called All Blacks. The term was first used in 1905 when a touring team visited the United Kingdom. Why All Blacks? It is debated whether the name came from the black uniforms (except for a silver fern on the sweater) or from a mistake in a newspaper article, where the description of the team being made up of 'all backs' was misprinted as 'all blacks'.

Before each international match All Blacks perform a haka, a Maori war-style dance. If it is meant to be intimidating, it works; New Zealand has a winning record against every international rugby team they have played. Their first international match against Australia saw them win 22-3; their largest margin of victory was 145-17 against Japan in 1995. They are presently the number one ranked team in International Rugby Board world rankings.

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Des prix seront décernés dans les catégories Professionnel et Amateur.*

2010

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Sgt Pierre Habib
Sgt Bill McLeod
Dana Prost

DND PHOTOGRAPHY CONTEST
CONCOURS DE PHOTOGRAPHIE du MDN
www.dndphotocontest.ca
www.concoursdephotographiedumdn.ca

**Deadline for entry
1 October 2010
Date limite de soumission
1er octobre 2010**

DND Photo Contest

Kyle Jackson loves photography for a variety of reasons, the travel, the people and technical side.

"I simply enjoy it as a creative outlet," he says. "Where I am free to create the images that I want, and share them with others."

Jackson was last years DND Photography Contest amateur photographer of the year, and a passionate annual participant.

The DND Photography Contest celebrates the artistic, dramatic and thought provoking views of CF photographers and images they capture.

The contest is open to current members of the DND/CF and their families, retired members of the DND/CF as well as NPF employees. Divided into professional and amateur categories, the event is known for its integrity among photography professionals while being inviting to amateurs and first-timers. More than \$20 000 in prizes will be awarded in both professional and amateur categories – photographer of the year, best in show and the Deputy Minister's award.

Kyle Jackson encourages others to participate and to look at the nine different categories that photos can be submitted to. He recommends getting inspired by other photographers. He says that developing an eye for great images involves lots of practice, studying the results, and trying again.

"Whether it's the expression and body language in a portrait, the intense action of a sporting event, or the awe-inspiring forces of nature at work, it's the links to our emotions that carry impact." Jackson says. "I highly encourage anyone interested in photography to enter the contest each October, for the drive for improvement it brings, the sense of belonging to a greater community, and for the simple enjoyment of it."

For information and rules, go to www.cfpsa.com/dndphotocontest.

Concours de Photo MDN

Kyle Jackson adores la photographie pour bien des raisons, entre autres, les voyages, les gens et le côté technique.

« À vrai dire, c'est un exutoire créatif, affirme-t-il. Je suis libre de créer les images que je veux, et de les montrer aux autres. »

L'an dernier, M. Jackson a été nommé photographe amateur de l'année au concours de photographie du MDN, auquel il participe chaque année avec passion.

Le concours de photographie du MDN met en vedette les vues artistiques, dramatiques et qui poussent à la réflexion des photographes des FC, et les images qu'ils saisissent.

Tous les membres actifs et retraités du MDN et des FC et leurs familles ainsi que les employés des FNP peuvent prendre part à ce concours. Réparti en deux catégories, professionnelle et amateur, ce concours est bien connu par les photographes professionnels pour son intégrité et par les amateurs et les débutants, pour son caractère invitant. Des prix de plus de 20 000 \$ sont décernés dans les catégories professionnelle et amateur : Photographe de l'année, Meilleure photo et Prix du sous-ministre de la Défense nationale.

Kyle Jackson encourage les autres à participer au concours, et à considérer les neuf différentes catégories de photos qui peuvent y être soumises. Il recommande aux personnes de s'inspirer des autres photographes. Comme il l'explique, pour en arriver à créer des images intéressantes, il faut se pratiquer encore et encore, étudier les images obtenues, et essayer de nouveau.

« Qu'il s'agisse de l'expression et du langage corporel d'un portrait, de l'action intense lors d'un événement sportif ou des forces impressionnantes de la nature au travail, ce sont les liens avec nos émotions qui nous touchent, explique M. Jackson. J'encourage grandement toute personne intéressée à la photographie à participer chaque année au concours d'octobre, pour la motivation à vous améliorer qu'il procure, le sentiment d'appartenir à une communauté élargie et le simple plaisir que cette activité vous apporte. »

Si vous désirez avoir plus d'information et consulter les règlements, rendez-vous au site www.aspfc.com/concoursdephoto.



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The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.



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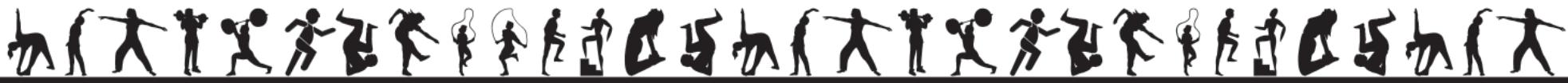
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There is more to living a healthy lifestyle than just maintaining a healthy weight; it encompasses balancing a variety of health practices. Practicing a healthy lifestyle means making your personal health and wellbeing a priority by achieving good mental health and work-life balance, practicing healthy nutrition, engaging in regular physical fitness and being addiction free.

The Canadian Forces recognizes the importance of fostering a healthy workforce. Maintaining good overall health and physical fitness is essential for operational readiness and can help to prevent a variety of diseases and mental health issues, including heart disease, stroke, diabetes, anxiety and depression.

Adopting a healthier lifestyle can be challenging, but support is available. Health Promotion offers a variety of programs aimed at increasing the health and wellbeing of the Canadian Forces and DND community.

Butt Out: Receive peer support through-out the process of quitting smoking. Learn about smoking cessation aids, coping strategies and about minimizing weight gain. Smoking cessation medications are provided free of charge

to military members enrolled in the program.

The next Butt Out course begins Thursday, September 9.

Top Fuel Top Performance: A program for the "soldier-athlete". Determine your daily energy needs, develop a meal planner and receive information on supplements, fluid needs, nutrients and appropriate fuel for before, during and after exercise.

The next Top Fuel Top Performance course begins Tuesday, September 14.

Weight Wellness Lifestyle Program: Identify a healthy weight range, waist measurement and rate of sensible weight loss. Learn the principles of physical activity and healthy eating and create an individualized healthy eating and physical activity plan. Receive peer support as well as assistance from representatives of Fitness and Sport and Health Promotion.

The next Weight Wellness course begins 28 September.

Alcohol, Other Drugs & Gambling Awareness: Supervisor's Training:

Learn how to recognize early warning signs of alcohol, other drugs, and gambling problems and intervene according to Canadian Forces procedures. This training is now course coded and is required for all military or civilians in a supervisory role.

The next Supervisor's Training is Wednesday, September 22.

For more information or to register for any programs, please contact Health Promotion at 833-2500 local 4150.

Health Promotion in the Canadian Forces

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SCAN Seminar

The Wing Personnel Selection Office will be hosting a Second Career Assistance Network (SCAN) seminar. The objective of this seminar is to provide both military personnel and their spouses with up to date information pertaining to the benefits and services available to retiring members. Additionally, the seminar will address aspects of transition to a second career outside of the CF. Please note: SCAN presentations from 1300-1600 on 13 October 10 will focus on issues pertaining to medical release. Details of the seminar are as follows:

DATE: 12 – 13 October 10

TIME: 0800-1600

LOCATION: Wing Theatre (Bldg 90)

DRESS: Appropriate civilian attire

WHO: Military members and their spouses

Details for registration and the seminar agenda can be found on the WPSO website at: <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>

Fruits and Veggies. Are you getting enough?

Did you know men and women aged 19-50 need 7-10 vegetables and fruit every day? Did you know that you should also eat more vegetables than fruit? Use the online vegetable and fruit tracker, 4&3 or more per day, and stay on target! Brought to you by the StF Health Promotion team!

Registration for the 4&3 or more per day tracker opens 20 September 2010 and will be available 28 September to 11 October 2010. Registration gives you access to great tips, updates, recipes, resources and a chance to win prizes.

TO SERVE DAILY, YOU NEED YOUR DAILY SERVINGS STAY STRONG, EAT YOUR VEGETABLES AND FRUIT



Séminaire du SPSC

Le Bureau de sélection du personnel de l'Escadre (BSP Ere) tiendra un séminaire du Service de préparation à une seconde carrière (SPSC). Ce séminaire vise à informer les militaires et leurs conjoints des avantages et des services offerts aux militaires qui prennent leur retraite des FC. On y abordera également les aspects liés à la transition vers une deuxième carrière à l'extérieur des FC. Noté : La présentation SPSC de 13h00 – 16h00 le 12 octobre, portera particulièrement sur les questions liées à la libération pour raisons médicales. Voici les renseignements pertinents :

DATE : les 12 et 13 octobre 2010

HEURE : de 8 h à 16 h

LIEU : Amphithéâtre de l'escadre (bâtiment 90)

TENUE : Tenue civile appropriée

PUBLIC CIBLE : Militaires et leurs conjoints

Pour en savoir davantage sur les inscriptions et le programme du séminaire, visiter le site Web du BSP Ere à <<http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>>

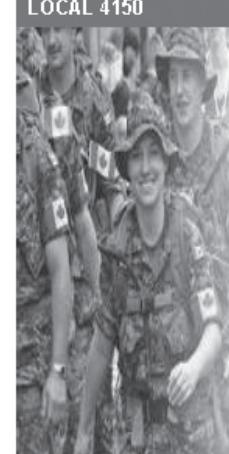
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les mardis, 14 h 30 à h - 16 h, bâtiment #33
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les jeudi, 14 h - 15 h, bâtiment #90

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For the English version, visit <http://www.surveymonkey.com/s/6WMNHYM>

For the French version, visit <http://www.surveymonkey.com/s/6QPT2RL>

Everyone who responds and provides their email address will be entered to win a \$100 gift certificate. Responses will be collected from August 16 to September 19, 2010.

Deployment child care

Becoming a single parent while your partner is away can be stressful. Besides carrying the workload of two people doing chores around the home you are now expected to be both mom and dad to your children. In order to help you find time to take care of yourself, the deployment program is implementing a new stress free child care policy. Starting in September a monthly, monetary amount has been allocated per family who currently has a member away from home. This money can be used towards casual child care, or to pay a care giver in your own home. If you are interested in this program please call 833-2500 ext 4507 to request more information.

How to be a Great Parent During Separation or Divorce

Thursday, September 16
7 to 9 p.m.

Register by September 10

Conflict between parents can lead to children experiencing behavioural problems, learning difficulties and emotional disorders. Parents are the key in preventing distress in children during and after separation and divorce. If you are a parent separating or divorced, come learn the five steps you must take so your children thrive.

Understanding Learning Disabilities: How Difficult Can This Be?

Thursday, September 23
6:30 to 8:30 p.m.

Register by September 17

For kids with learning disabilities, the classroom can be an intimidating place. This workshop is based on the renowned work of Dr. Richard Lavoie and will walk you through a series of exercises that cause frustration, anxiety and tension...feelings all too familiar to children with learning disabilities. Through this experience you will see the world through the eyes of a child with a learning disability.

Second language training: Fall session 2010

Starting September 27
Register by September 24
\$50 or \$100

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 4 as well as one English class. Courses will start the week of September 27; deadline for registration is September 24, 2010. Classes are held at the MFRC.

French 1: Monday & Wednesday, 6 to 9 p.m.
French 4: Monday & Wednesday, 6 to 9 p.m.

English: Tuesday & Thursday, 6 to 9 p.m.

All classes require a minimum of five students, while a maximum of 10 students will be accepted.

A placement test may be administered to determine the level of proficiency.

For military spouses and family members : \$50 (refundable if 85% of the course is completed).

For military personnel: \$50 (non-refundable).

For NPF and public employees: \$100 non-refundable.

To register or for more information, dial ext. 4515.

Cours de langues secondes français et anglais : Session Automne 2010

27 septembre 2010
18h00 à 21h00

Inscription d'ici le 15 septembre
September 24, 2010

Il est temps de vous inscrire à notre programme de formation en langues secondes, français ou anglais. Les cours sont d'une durée de 10 semaines, à raison de deux classes de trois heures par semaine.

La session d'automne offre des cours de niveaux 1 et 4 en français et un cours d'anglais. Les cours commenceront la semaine du 27 septembre 2010. La date limite d'inscription est le 24 septembre 2010. Les cours ont lieu au CRFM, 102 rue Comet.

Français 1: lundi et mercredi de 18 h à 21 h

Français 4 : lundi et mercredi de 18 h à 21 h

Anglais : mardi et jeudi de 18 h à 21 h

Un minimum de 5 étudiants est requis pour chaque classe et un maximum de 10 étudiants sera accepté. Un test d'aptitude pourrait être donné afin de déterminer le niveau de compétence de la langue seconde.

Les frais sont :

Pour conjoints et conjointes de militaires : 50 \$ (remboursable si 85 % du cours est complété).

Pour le personnel militaire : 50 \$ non remboursable.

Pour FNP et pour le public : 100 \$ non remboursable.

Pour s'inscrire ou pour de plus amples informations, communiquez avec Mélanie au 833-2500 poste 4515.

Évaluation des besoins du CRFM de Winnipeg et PSP CRFM

Nous avons besoin de votre aide!

Le CRFM de Winnipeg et le Centre des loisirs communautaires du Programme de soutien du personnel ont à cœur de répondre aux besoins des familles. Dans le but d'évaluer nos services offerts dans la communauté, veuillez s'il vous plaît compléter notre sondage d'évaluation des besoins en ligne.

Pour la version française, visitez

le <http://www.surveymonkey.com/s/6QPT2RL>

Pour la version anglaise, visitez le <http://www.surveymonkey.com/s/6WMNHYM>

Toutes les personnes qui participeront à ce sondage et qui fourniront leur adresse courriel seront éligibles à gagner un certificat-cadeau de 100\$. Le périodique du sondage aura lieu du 16 août au 19 septembre 2010.

Francophone Ladies Group

Join us on September 23rd at 6:30 pm at Moxie's Restaurant at Polo Park on Portage Avenue. To reserve, please contact Melanie at extension 4515.

Groupe de femmes francophones

Activité à venir : Nous vous attendons en grand nombre le 23 septembre à 18h30 au restaurant Moxie's situé à Polo Park sur l'avenue Portage. Pour réserver votre place, contactez Mélanie au poste 4515.



Winnipeg MFRC Learning and Career Fair

Thursday, September 9
10 am to 3:30 pm
17 Wing Fitness & Recreation Centre
This free event is open to all members of the defence team and their families.

For more information, contact John Bailey at 833-2500 ext 4511 or john.bailey@forces.gc.ca



The WMFRC would like to thank 17 Wing Winnipeg and PSP for their support of this event.

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Chaplain's Corner

Finding something that was lost

You have, I am sure, misplaced something- a key, a wallet, your glasses. You retrace your steps, you think of all the possible spots you could have laid the item down. You ask if anyone else has seen it. Slowly it begins to dawn on you: you have lost it. You slap yourself in the head and you run through the implication of the loss in your mind; the time and hassle to replace the thing, the grief of the loss, and the embarrassment of appearing stupid.

This is the theme of the gospel story for the upcoming Sunday. "Or suppose a woman has ten silver coins and loses one (about a day's wage). Does she not light a lamp, sweep the house and search carefully until she finds it? And when she finds it, she calls her friends and neighbours together and says, 'Rejoice with me; I have found my lost coin.' Luke 15: 8-9

The pain of loss, and the joy of finding, is commensurate with the importance of what was lost. I remember well the joy of the Polish nation at the liberation from the prison camp of communism following the courageous example of Lech Wałęsa. The Polish people had found their long-lost freedom. There was great rejoicing across the nation. 20th century history is filled with examples of such loss and reclaiming of freedoms.

Yet, we often look for things that cannot be found again. We look for the innocence of our youth, or the mirage of an idealism from a distant past. These things are gone forever. We loose husbands, wives, sons and daughters, mothers and fathers. The grief remains, but the loved one is forever gone. We find them again only in our memories.

We can loose even ourselves. Some try desperately to be something they are not, others deface the image of God through addiction and abuse. Our souls can be swept away and lost in a tide of grief and stress and poor choices. Can this loss- the loss of self- be recovered? Can the lostness in which much of humanity finds itself, be overturned? Can we be found?

This, in fact, is the point of Jesus story. What was lost through sin, through evil, through grief and pain and suffering, can be found again. We can be restored in our inner person. This is the goal of Christian faith- to restore us in our lost relationship with God, that we might be restored in our inner self, and rejoice.

The Chaplains of 17 Wing invite you to this journey of faith in the life of our chapel communities. Please join us for a welcome service for newly arrived members Oct 3. Services will be followed by a BBQ sponsored by the two Chapel communities. Come on out!

- Capt Bob Granholm

In Memoriam



Corporal Brian Pinksen, who sustained injuries in Afghanistan, passed away at Landstuhl Regional Medical Center in Germany on 30 August 2010.

Cpl Pinksen, from 2nd Battalion, The Royal Newfoundland Regiment, based in Corner Brook Newfoundland, was serving in Afghanistan with the 1st Battalion, The Royal Canadian Regiment Battle Group. Cpl Pinksen sustained his injuries when an improvised explosive device (IED) detonated during a routine patrol in the Panjwā'i District, southwest of Kandahar City at approximately 1:40 p.m., Kandahar time on 22 Aug, 2010.

Cpl Pinksen was treated on scene and evacuated by helicopter to the Role 3 Multi-National Medical Facility at Kandahar Airfield then subsequently moved to the Landstuhl Regional Medical Centre in Germany. He arrived in Ramstein, Germany on 25 August and succumbed to his injuries at the Landstuhl Regional Medical Center.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time. We will not forget Cpl Pinksen's sacrifice as we continue to bring security and hope to the people of Kandahar Province.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson

Roman Catholic Office 833-2500 ext 5956

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

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 counseling 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 Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4277

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only)

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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Taroscopes

BY NANCY

Aries (March 21 - April 19):

Find ways to stay calm during the insanity that seems to be at the centre of your life right now. Avoidance won't work. You could try optimism - seeing the silver lining. Still to assess a situation accurately you must deal with reality. Make informed choices and take effective action.

Taurus (April 20 - May 20):

Somehow you seem to be able to make it all come together effortlessly. However this doesn't mean it is easy. Balance work with time set aside to relax and regroup. You're keen to experience everything; the mundane and profound, but slow down and you'll enjoy more.

Gemini (May 21 - June 21):

Don't get so comfortable that you lose sight of the goal. You need to focus your energy on getting where you want to go. Though this can result in short term chaos, it's worth it if it brings you closer to your dreams.

Cancer (June 22 - July 22):

Your past actions and decisions have created patterns that continue to hold during this time. And this sets the tone for the future as well. Your determination to clear up and organize is profound right now. Some things cannot be undone though. Accept this and move on.

Leo (July 23 - August 22):

You've firmly believed that something great is just around the corner. And now you've arrived at the corner. Turning that corner and taking advantage of the opportunity offered takes work. Knowing you will get what you want and the joy in accomplishing this can motivate you.

Virgo (August 23 - September 22):

You may want to force an issue. This stems from the need to validate your beliefs. There are hidden issues and others to consider here so go slow. Watch for clues that allow you to more fully understand what another is thinking. The purpose behind an action is very important.

Libra (September 23 - October 23):

You're at an emotional crossroad. Take time to consider which path will give you the greatest sense of enjoyment and a sense of creative productivity. You've got the ability to understand others so well but you also need to take the time to understand your own desires and needs.

Scorpio (October 24 - November 21):

You're eager for a fresh start but you may get resistance from others. Don't let this stop you. Instead, navigate through the tough stuff carefully proceeding so you don't make too many waves. If you leave behind a legacy of turmoil it will be hard to maintain connections.

Sagittarius (November 22 - December 21):

You're proud of all you've accomplished and revel in how others respect this. If you're experiencing quiet times, enjoy the break. Your spirit of competition is strong and soon you'll see something you want and once again you'll go for it, full throttle.

Capricorn (December 22 - January 19):

You've been waiting for some sense of what to do next. And you've tried to see the best course to take. Ask others for input and assistance. You do not have to be alone to maintain your autonomy. A strong relationship can enhance another's life and your own as well.

Aquarius (January 20 - February 18):

If you feel adrift take steps to get your life on track. First, determine what you value. Dropping distractions frees you to focus on what you love most. If you don't know, do some soul searching to find out what is inside you that you want to express.

Pisces (February 19 - March 20):

You have the ability to adapt with dignity to whatever circumstance you're in. You are diplomatic when speaking and act respectfully. Others now realize what a treasure you are. Consequently work and personal relationships may become deeper and more fulfilling.

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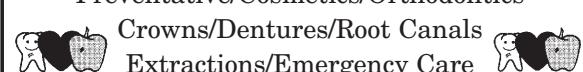


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