



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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DPOC

Battle of Britain remembered



On Sunday, 21 September, 2008, in the Garden of Memories, 17 Wing Winnipeg, members of the Canadian Forces Air Navigation School (CFANS) participated in a parade honouring the Battle of Britain.

Col Colin Aitken

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CSEL Conference brings Americans and Canadians together

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Fill out the CF newspaper survey for your chance to win

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Photos: Col Colin Aitken



MGen Deschamps visits

On Wednesday 24 September, 2008, MGen Deschamps, the Assistant Chief of the Air Staff, visited 17 Wing Winnipeg. Top photo: Pte Doug Maruca, the rear right marker in the Honour Guard, converses with MGen Deschamps during a review of the Guard. Bottom photo: MGen Deschamps is greeted by an Honour Guard outside of the Bishop Building. The Guard is commanded by Warrant Officer Lyrette.

A love story with a twist

By Karen Christiuk

When Felix Sandron pledged his heart to his wife, he never envisioned that he'd also give her his kidney – but this is exactly what happened on January 24.

“Our journey began four years ago when I was diagnosed with polycystic kidney disease,” explained Felix’s wife Brigitte Sandron. “I thought I was pretty healthy...I just had a little back pain. But I went in for an ultrasound and it confirmed that I had the disease.”

Felix and Brigitte Sandron recounted their emotional story at a Lunch and Learn presentation on September 22 at the 17 Wing Learning and Career Centre.

Participants learned more about the Kidney Foundation, a member of Healthpartners, a collaborator in the Government of Canada Workplace Charitable Campaign (GCWCC).

“We didn’t know the impact of the disease,” admitted Felix Sandron.

“But in conjunction with the Kidney Foundation, they put on renal education classes at the St. Boniface Hospital. They were able to teach us where we were going in the treatment of renal disease, and they gave us binders of information. The classes were very helpful.”

The Kidney Foundation of Canada (www.kidney.mb.ca) is a national volunteer organization committed to easing the burden of kidney disease.

One hundred and sixty



Karen Christiuk

Brigitte and Felix Sandron received support from the Kidney Foundation and shared their life-changing story with 17 Wing employees on September 22.

Manitobans are currently waiting for a kidney transplant, and Manitoba has the highest rate of kidney disease in Canada.

Shortly after being diagnosed, Brigitte’s life began to change.

She was prescribed several medications, started a low protein diet, and had to take injections at home.

Within a few months, her energy levels dropped dramatically and she had weekly trips to the hospital for dialysis treatments. This was soon followed by dialysis treatments for nine hours every night at her home.

It soon became clear that she would need a transplant. As an added complication, the wait for a kidney from a deceased donor in Manitoba is three to four years. Brigitte was advised to try to seek a donor from within her family and friends.

“I had a lot of people who came forward to get tested on my behalf,” said

Brigitte.

As luck would have it, Brigitte’s husband Felix was a match.

“It was a scary time,” admitted Felix. “But a time when you feel that you’re doing the right thing.”

Three and a half weeks after surgery Felix was back at work, and two months later Brigitte said she felt “ten years younger.”

“It’s been a totally life-changing experience,” said Brigitte. “I recently asked my daughter ‘What was the best part of your summer holidays?’ And she said, ‘Having my mom back.’ We’re still in the recovery stage, but we’re grateful for the support of the Kidney Foundation.”

To learn more about the 17 Wing GCWCC and find out how to support the Kidney Foundation and other Healthpartners, please see <http://17wing.winnipeg.mb.ca/wadmin/gcwcc/index.htm>.

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Conference focuses on security and awareness

By Virginia Beaton
Trident staff

During the second annual Command Senior Enlisted Leader (CSEL) Northern Border Conference, the focus was on maritime security, situational awareness and border security. Canada Command hosted the conference, which took place at Canadian Forces Base Halifax in Nova Scotia, from Monday, September 15 to Wednesday, September 17, 2008.

Twenty-one American and 11 Canadian SELs attended the three-day conference, which opened on September 15 with an address from RAdm Paul Maddison, Commander JTFA and MARLANT.

RAdm Maddison noted there is a strong sense of cooperation between the military forces of the two countries. "We are very close friends and we are very close allies. We know the business of defence and security."

It is necessary to work together "to defeat any threat that comes into North America," according to RAdm Maddison. Maritime security is vital to the economic health of the continent, he added.

"Increasingly, we are looking at the maritime domain to recognize and understand the activity occurring in the oceans, and we are working together with the military and other government agencies and departments to better recognize anomalies in activities at sea that would suggest a threat. Then we are prepared to deal with it offshore before it comes into New York or Halifax or Vancouver or Long Beach."

The conference included briefings on Canada Command, NORAD/NORTHCOM, JTFN, the Civil Assistance Plan, Border Integrity, the National Guard,

JTFA, the Regional Joint Operations Centre (Atlantic) (RJOC(A)) and the Joint Rescue Coordination Centre (JRCC).

On Tuesday, September 16, attendees received the same operational brief provided to the Commander JTFA/MARLANT, followed by tours of the RJOC (A) and the JRCC. This was followed by a tour of HMCS Sackville.

CWO Eric Christensen, Canada Command CWO, stated the conference provided opportunities for sharing knowledge and also for networking, observing "We are working to be more proactive than reactive."

One of the briefings concerned the Civil Assistance Plan (CAP) the bilateral Canada-United States plan that facilitates military-to-military cooperation in support of a civil emergency in either country, once agreement for assistance is reached between the two governments.

The CAP was signed in February 2008 and in early September 2008, Canada sent several aircraft to assist with the response to Hurricane Gustav. According to CWO Christensen, "It was the first time we had done this with the CAP and it was important for our senior NCO leadership and the Americans to understand what the CAP is all about."

Command Sergeant Major (CSM) Daniel Wood, NORAD and USNORTHCOM CSEL, stated "Senior enlisted leaders in Canada and the US become more credible and better assets for their commanders, as advisors on the operational side of things, if they are exposed to what capabilities exist on both the north and south side of the border."

Following the 2007 conference in Montana, there were queries about maritime security within the Great



A CH-124 Sea King from 12 Wing Shearwater performs manoeuvres including a one-man hoist demonstration alongside HMCS Toronto.

Lakes, according to CSM Wood.

The 2008 conference covered some of the capabilities on the land border "and some specific issues dealing with counter-drug and working with interagency partners." He stated there were presentations from the Royal Canadian Mounted Police and the National Guard regarding integrated border enforcement teams. These briefings were highly informative, according to CSM Wood, since with the exception of the US Coast Guard personnel who were present, most of the US military personnel at the conference had not had exposure to maritime security operations. The concerns range from criminal activity such as drug smuggling, to terrorism, noted CSM Wood.

With the information gained at the conference, American SELs will have a greater appreciation for situations on the Canadian side of the border, CSM Wood believes. Now they have contact information for their counterparts in Canada's JTFs "so they can continue building those relationships over the next year."

The conference concluded on Wednesday September 17, following a day at sea onboard Toronto.

Uniting for podium finish

By 2Lt Jordan Woodman
GCWCC Public Affairs

The United Way Campaign of Winnipeg officially took flight on September 19 with a city-wide airplane pull that showcased the passion of the entire city.

Twenty-one teams participated in the competitive pull event. Our 17 Wing representatives from 402 Squadron did us all proud with their third place podium finish. These guys can pull!

The strategy laid out by team captain, MCpl Don Cormier, was simple: "Keep your center of gravity low, work together for one steady push, and keep driving those legs."

All of that seemed to work, as a time of 8.03 seconds fell just short of the



MCpl Mike Verheul leads the drive as 17 Wing unites for charity, winning time of 7.60.

"Despite a slow start, everybody pulled together in the end. We gave it our all," said MCpl Cormier. This same winning attitude will hopefully rub off on the rest of 17 Wing, and help us in achieving our own GCWCC goals, which is truly what this is all about.

Remember as you are

canvassed that every little bit counts, and that your generosity is providing opportunities for a better life for everyone. For more information on how you can contribute to the campaign and be a star in someone's life, check out the GCWCC website at <http://17wing.winnipeg.mil.ca/wadmin/gcwcc/>.

Cpl LaViolette takes title

Voxair staff

He's done it again. Cpl Mark LaViolette, a member of the 17 Wing TEME Squadron, walked away with first place at the national Canadian Forces Safe Driving championship for the second time.

Cpl LaViolette was the only member from 17 Wing participating in this year's national event, as there was no local or regional event at which to qualify. He earned a bye into the 2008 championship by winning the 2007 event.

"Of course you have to stay accident free for a year, that's the biggest thing," said Cpl LaViolette.

The competition, held the last week of August at CFB Cold Lake, drew truckers from all over the country.

The competition is all about safe driving, said Cpl LaViolette.

He drove a HLVW 10 tonne Army truck through the obstacle course, where the objective was to get through the course hitting as few obstructions as pos-



Cpl LaViolette, centre, receives his award at the 2008 National Canadian Forces Safe Drivers' Championship held at 4 Wing.

sible. Cpl LaViolette is no stranger to the rodeo circuit. He's been involved for about 25 years. He started participating in the rodeos in 1983 when he was a Private, at a regional road rally in Ottawa, and Cpl LaViolette says he got hooked on the event.

Cpl LaViolette says he's been participating in the event since arriving at 17 Wing about 10 years ago. "I've finished as low as last and worked my way up from there," said Cpl LaViolette. "It took me a long time to get there and I was not

about to get out of the military until I put my name on some hardware."

The military is in the LaViolette family's tradition. Cpl LaViolette's daughter, Pte Danielle LaViolette, also works at 17 Wing as a trucker, and his son Jason started basic training in September. Cpl LaViolette said he's like to take his family to nationals. "I would like to get to the nationals with my kids... that would be amazing," said Cpl LaViolette. "That is my next goal."

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Healthy eating is easier than ever

Submitted by Health Promotion

If you have visited the dining hall in the past couple of weeks, you have probably noticed that there have been some delicious changes! In fact, a brand new menu has been launched across the entire Air Force commu-

nity. This new three-week cycle menu provides everything you need to stay well fuelled.

The new menu promises to tempt your taste buds in a healthy way.

An exciting new addition to the menu is the inclusion of at least one healthy entrée

choice at every meal.

There are a wide variety of healthy choices, which will be coming your way that move beyond the usual cafeteria-fare.

Tasty items such as Tex Mex Wraps, Salmon with Ginger-Orange Glaze or Vegetable Paella will certainly make healthy eating a treat.

Each healthy entrée choice is clearly marked with a Set Your Sights on Healthy Eating symbol, which lets you know that the entrée officially meets the criteria for a healthy choice. These entrées are lower in calories, fat and sodium according to guidelines established jointly by D Food Services and D Forces Health Protection. The healthy choices have less than 400 cal/serving, a maximum of 15 g of fat, and maximum of 600 mg of sodium.

The new menu helps to put in motion the CF Health and Physical Fitness Strategy, which was launched in the spring of this year. The strategy aims to support healthy nutrition and healthy weights for all CF members and this new menu provides everything you need, including the new healthy entrées,



to ensure that there are plenty of healthy food items available. The Set Your Sights on Healthy Eating Program also includes nutritional information to help you to make healthier food choices. Take a look at the program signs to help you to find all those healthy choices that the dining hall offers.

Healthy eating is an important part of staying healthy and being able to perform your best, whether at work or at play.

Taking in the right fuel makes sure that you have plenty of energy, can help to enhance your concentration on a task and shortens the time required for your body to recover after a hard workout. Visit the dining hall and check out the new menu. Healthy eating never tasted so great.

For more information on the Set Your Sights On Healthy Eating campaign Contact your local Health Promotion office at local 4150/4160.

New menu offers choices to diners

By MWO Terry O'Hara
D/W /Foods O

As with the transformation of the Canadian Forces over the past few years, WFOods and DFOods Services are transforming as well, to ensure our emphasis is in conjunction with the CDS vision of CF Health and Physical Fitness Strategy. The new three-week cycle menu is not only being offered at 17 Wing, but at all Wings in the CF.

The new menus were introduced on 8 Sept 2008, and we would request your feedback on the healthy entrée choices.

You, the diners, have tested the recipes in our facility for several months and our thanks to all who participated in completing the healthy choice questionnaire.

As this is the first version of the new menus, we are anticipating that in future months that additional healthy choices will be included and or changed depending on customer feedback.

The goal of the menu is to provide a well-balanced meal that meets the require-

ments for lower caloric intake, reduced fat, and a maximum of 15 mg of sodium. This is an exciting initiative within the CF and Air Force, as Food Service professionals we strive to provide the best possible meals that aid in the CDS's vision of The CF needs personnel who are healthy, fit and well.

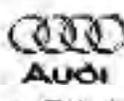
This also earmarks exciting challenges for our CF Cooks, with the introduction of the menus and recipes it allows our personnel to look outside the box and be a critical part in the Healthy Eating Strategy.

The new menus in addition to meeting the guidelines are extremely tasty and all products are homemade. Come out and try the new whole wheat linguini before your next CF EXPRES Test or BFT.



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CF Family Violence Prevention & Awareness Week

12 to 18 OCTOBER

YOU can make a DIFFERENCE

The 17 Wing Family Crisis Team will be collecting **NEW** or **GENTLY** used items such as clothing, pots/pans, formula, towels, bed sheets, outdoor winter wear, etc.

The items will be collected for families of domestic violence who are starting over with little or no possessions.

DROP OFF BOXES CAN BE FOUND at
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Childcare Centre, 1 Cdn Air Div, and Bldg 63, Rm 147/148.

For more information contact Health Promotion at local 4160/4150
or Haley Schroeder at local 4512.

October is Canadian Healthy Workplace Month

By Brenda Hebert
1 Cdn Air Div/CANR
Special Projects Officer

October is Canadian Healthy Workplace Month and the theme for the week of October 6 to 12 is Healthy Culture at Work.

Monday – Community belonging at work.

Statistics Canada (Health Reports 19-2, 2008) reports that people who are socially isolated tend to suffer poorer physical and mental health and to die prematurely compared to other Canadians. Earlier this year Desjardins Financial Security estimated that over half (55 per cent) of Canadian workers now have much less human contact with co-workers and supervisors than they did in the past.

So, how do we ensure against the health risks that may be associated with this changed way of working?

Well, StatsCan's research also says that finding positive, trusting, and cooperative ways to interact with coworkers can create workplace social capital – arguably, this may in turn reap some health benefits.

The PSES 2005 results for this HQ showed a sense of community belonging to be strong in our workplace – 83 per cent of employees mostly or strongly agreed that their work unit operated cooperatively as a team. Let's build on that strength - look for opportunities within your work unit and in the larger HQ to increase your own social capital.

Tuesday – Workplace bullying.

Recent research in the Journal of Management Studies (2007) suggests that bullying behaviour has become ingrained in the culture of the North American workplace.

And this year, Canadian researchers at the Universities of Manitoba and Queens reported that the effects of workplace bullying are even stronger than those of sexual harassment on dimensions such as job satisfaction, commitment, intention to leave an organization, as well as workers' physical and emotional well-being.

Workplace bullying can be indirect and difficult to establish. It includes behaviours such as; spreading malicious rumours about someone, socially isolating the victim, setting impossible deadlines, and other intimidation tactics. The Centre for Canadian Occupational Health and Safety (CCOHS) defines bullying as "...behaviour that humiliates, demoralizes or undermines a victim's credibility or personal well-being."

In the past few years, harassment legislation in the provinces of Saskatchewan, Quebec and Manitoba has been expanded to workplace bullying into definitions of workplace violence, and common law across Canada has been evolving to address complaints. Although subcategories of harassment were not identified in the PSES 2005, it is noted that 14 per cent (or 1 in 7) of public servants in the HQ said they had been harassed on the job in past two years, mainly by co-workers or subordinates.

Do your part to prevent bullying in your work unit by watching for insults or derogatory jokes, even those that appear to be friendly teasing, and taking action when necessary. Do not take part in, or be silent about, behaviour that qualifies as harassment or bullying. Do not say, "there is nothing I can do." ([http://](http://www.psagency-agencefp.gc.ca/gui/hars01-fra.asp)

www.psagency-agencefp.gc.ca/gui/hars01-fra.asp)

Wednesday – Is job-related stress declining in federal workplaces?

Reporting on government-wide Employee Assistance Program (EAP) data from the Canada Public Service Agency, the Canadian Press reported in Jul 08 that over the last six years fewer public servants have been seeking help for job-related issues, while reported mental health and family problems have been on the rise. According to the same statistics, proportionately fewer federal workers are seeking EAP counseling – about 8 per cent of the workforce in 2006-07 compared with 10 per cent in 2001-02.

Within DND, the statistics tell a slightly different story. EAP access in this department has been variable - from 7.9 per cent of the ci-

vilian workforce seeking help in 2005-06, to 9.8 per cent in 2006-07, and 6.8 per cent in 2007-08.

However, the percentages of EAP clients in the DND seeking help for work-related issues and mental health concerns have remained fairly stable at about 24 per cent and 18 per cent respectively, while family-related problems have increased from 24 to 29 per cent in the past three years.

Thursday – Bad bosses.

In two surveys carried out by AON Consulting and Prudential Life (2004), the perceived quality of management/supervision received by workers ranked as the top driver for employee retention. It is often said that people don't leave their job or organization as much as they leave bad bosses. In line with this idea, researchers at Florida State U (2007) reported

that of 700 employees in various jobs:

- 31 per cent said their supervisors had given them the silent treatment in the past year,
 - 37 per cent said their supervisor failed to give credit when due,
 - 39 per cent said their supervisor failed to keep promises,
 - 27 per cent noted their supervisor made negative comments about them to others,
 - 24 per cent said their supervisor had invaded their privacy, and
 - 23 per cent said their supervisor blames others to cover up his/her mistakes.
- So, if you are tasked with the important responsibility of supervising others, be aware of these types of "push" factors and examine your behaviours carefully and regularly.

Friday – Bringing about

culture change.

Every CF member and every employee of the DND has the right to be treated with respect and dignity.

Along with this right, each of us has a responsibility to treat others the same way. So, regardless of your position, be a positive role model for a respectful workplace:

- Behave ethically and responsibly at all times
- Treat all persons in the workplace with respect.
- Exercise your authority fairly and wisely.
- Be sensitive to individual needs.
- Make use of conflict resolution techniques and effective communication.
- Keep yourself informed and up to date on how to deal with harassment.

Reference: <http://www.psagency-agencefp.gc.ca/gui/hars01-fra.asp>

OCTOBER 2008

5	6	7	1	2	3	4
12	13		8	9	10	11

This Tuesday, vote.

A federal general election is taking place on October 14, 2008.

For information on where and when to vote, check your voter information card. It tells you where and when to vote. You'll get through the voting process more quickly if you have it with you.

You will find the voting hours for your polling station on your voter information card or at www.elections.ca by clicking on "Voter Information Service".

If you haven't received this card, you are probably not on the voters list. To register, all you need to do is go to your polling station on election day, where you must prove your identity and address.

New identification rules to vote

When you vote, you must prove your identity and address.

For the list of acceptable pieces of identification authorized by the Chief Electoral Officer of Canada, please see the pamphlet you received by mail from Elections Canada or visit www.elections.ca and click on "Voter Identification at the Polls".

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Canadian Forces newspaper readership survey

As a reader of our base newspaper, are you getting the information you want? We want to make sure that you do, so we're asking for your help.

By filling in this questionnaire, your input will count toward making your base newspaper more reflective of you, our reader. It should take 10 minutes or less.

This survey is sponsored by the Director

1) What Base Newspaper do you currently read?

- a) Comox Totem Times
 b) Esquimalt Lookout
 c) Edmonton Western Sentinel
 d) Cold Lake Courier
 e) Shilo Stag
 f) Winnipeg Voxair
 g) Petawawa Post
 h) Borden Citizen
 i) Trenton Contact
 j) Bagotville Phare Beacon
 k) St-Jean/Montréal Servir
 l) Valcartier Adsum
 m) Gagetown Post-Gazette
 n) Greenwood Aurora
 o) Halifax Trident

2) Where do you receive this Base Newspaper?

- a) Home b) Work
 c) From an acquaintance
 d) Pick up from Drop Box
 e) Read it online

3) On average, how much time do you spend reading a copy of your base newspaper?

- a) Less than 15 minutes
 b) Between 15 and 29 minutes
 c) Between 30 and 44 minutes
 d) 45 minutes and more

4) Which of the following features do you always read? Pick all that apply.

- a) I read everything.
 b) Editorial/Opinion
 c) Letters to the Editor
 d) National Defense News
 e) Operational local news
 f) Operational international news
 g) Military Police Report
 h) Financial articles
 i) Lifestyles articles
 j) Health articles
 k) Business articles
 l) Museum features
 m) People & Unit profiles
 n) Church News
 o) Mil. Fam. Res. Ctr (MFRC)
 p) Seniors' features
 q) Community Page
 r) Sports and Recreation
 s) Retail store ads
 t) Flyers/Ad inserts
 u) Cartoons
 v) Miscellaneous games (crossword, sudoku etc.)
 w) Classifieds
 x) Calendar of Events
 y) Dining information
 z) Schedule Film / Movie listings
 aa) Horoscope
 bb) Kids' section
 cc) Legion News
 dd) Cadet news
 ee) Mess Events
 ff) Health chronicle
 gg) Reading choices
 hh) History chronicle
 ii) Vox populi
 jj) Other (Specify): _____

5) How many other people do you share your copy of the paper with? _____

6) Do you regularly read a newspaper other than the Base Newspaper?

- a) Yes b) No

7) Do you read the Base Newspaper online Internet/Intranet?

- a) Always
 b) Sometimes
 c) No--didn't know it was online
 d) No--not available for my paper
 e) No--I don't have internet
 f) No--prefer printed edition

General Personnel and Family Support Services (DGPFS) under the approval of the Chief of Personnel Support Programs and through the Chief Military Personnel.

All information will be treated confidentially and will be analyzed by the Managing Editor of the local base newspaper. No individual or organization will be identified in any way. To safeguard your anonymity and privacy, you

8) Please assess the Base Newspaper by rating the following factors on a scale of 1 (very poor) to 5 (excellent).

	1 Very poor	2 Somewhat poor	3 Neutral	4 Good	5 Excellent
Relevant content					
Entertaining/Interesting					
A useful source of information					
Accuracy of news stories					
Timeliness of stories					
Follow-up on stories					
News coverage on DND including missions information					
News coverage on local military community					
Coverage of local military community personnel					
General layout					
Writing/Grammar					
Variety of store ads					
Availability at drop-box					
Delivery (if applicable)					

9) Considering the current content of the Base Newspaper, would you like to see more coverage on any of the following topics? Pick all that apply.

- a. National Defense issues
 b. Base news
 c. Ship news
 d. More news from _____
 e. Deployment news
 f. People features
 g. Unit profiles
 h. Information on military occupations
 i. Entertainment info
 j. Events Calendar
 k. Education
 l. Sports
 m. Travel
 n. Crime
 o. Employment
 p. Environmental issues
 q. Housing
 r. Religion
 s. Senior issues
 t. Other (Please specify) _____

10) What else could the Base Newspaper do to improve?

To insure that the newspaper meets your needs, we would like to ask a few questions concerning your shopping habits.

11) How often do you refer to the retail ads in the printed Base Newspaper before shopping for a particular item?

- a) Never b) Rarely
 c) Sometimes d) Often
 e) Always f) N/A

12) How often do you refer to the retail ads in the online

should not write your name, service number or personal record identifier anywhere on this questionnaire.

Also, please ensure that any written comments you offer are sufficiently general that you cannot be identified as the author. Information retained by DGPFS is at all times administered and protected by the Government of Canada's Privacy Act.

internet/intranet Base Newspaper before shopping for a particular item?

- a) Never b) Rarely
 c) Sometimes d) Often
 e) Always f) N/A

13) In the past twelve months, did you purchase goods or services through the Base Newspaper's classifieds?

- a) Yes b) No

14) Do you regularly shop outside the local area you live in?

- a) Yes b) No

15) Do you have access to the internet?

- a) At home
 b) At work
 c) Other
 d) No (go to question 19)

16) Do you shop online?

- a) Never
 b) Often
 c) Sometimes
 d) Used to but not anymore

17) Do you use online banking services?

- a) Yes b) No

18) Did you go to the CFPFSS web site (www.cfpsa.com) in the past 12 months?

- a) Yes b) No
 c) Prefer not to answer

19) What products or services do you intend to purchase during the next 12 months? Mark all applicable boxes.

- a) Car or truck
 b) Automotives parts or repairs
 c) Real estate
 d) Rental property
 e) Furniture, appliances
 f) House renovations
 g) Gardening, landscaping
 h) Dry cleaning
 i) Wedding goods
 j) Babysitting
 k) Health food, vitamins
 l) Membership to a Fitness centre
 m) Life or home insurances
 n) Glasses, lens
 o) Finances
 p) Training courses
 q) Legal counseling
 r) Chiropractor
 s) Veterinary
 t) Computer
 u) TV
 v) Internet provider
 w) Cellular phone
 x) Cable TV provider
 y) Sports equipment
 z) Camping, fishing and hunting equipment
 aa) Camera
 bb) Jewelry
 cc) Boat, sea doo
 dd) ATV, motorcycle
 ee) Caravan, RV, camping vehicle
 ff) Trip

20) What other advertising would you like to consult when reading your base newspaper?

- a) Private schools and colleges
 b) Hair and esthetic services
 c) Physiotherapy and alternative medicine
 d) Pharmacy
 e) Hardware/decoration
 f) Hotels/motels
 g) Restaurants
 h) Florists and balloon shops
 i) Where to go out (shows and entertainment)
 j) Other _____

Your participation is voluntary, and we want to hear your views.

Une version française de ce sondage est disponible au www.ASPFC.com/journaux. DHRRE authorizes the administration of this survey within DND/CF in accordance with CANFORGEN 145/02 ADMHRMIL 079 UNCLASS 131028Z DEC 02. Authorization number: 676/08.

understand who reads the Base Newspapers. All information is anonymous and confidential.

21) What is your year of birth? _____

22) Gender

- a) Male b) Female

23) Marital Status

- a) Single (never married)
 b) Divorced or Separated
 c) Married or common law
 d) Widowed/Widower

24) Please select the category to which you belong:

- a) NPF employee at CFPFSS or base/wing/unit
 b) CF member, regular force
 c) Family member living with a regular force CF member
 d) CF member, Reserve
 e) Family member living with a Reserve CF member
 f) Retired or former CF member
 g) Family member living with a retired or former CF member
 h) Parents of CF member (father or mother)
 i) Civilian DND employee
 j) Military member from another country
 k) General public/other

25) If you are a CF member or NPF employee, are you presently deployed overseas?

- a) Yes b) No c) N/A

26) Do you have a family member presently deployed overseas?

- a) Yes b) No c) N/A

27) What is your environment?

- a) Army b) Navy
 c) Air d) N/A

28) What is the highest level of education you have achieved?

- a) Graduated high school
 b) Trades certificate
 c) Graduated college or CEGEP
 d) Graduated university
 e) Post-graduate degree

29) Annual gross household income

- a) Under \$20,000
 b) \$20,000 to \$39,999
 c) \$40,000 to \$59,999
 d) \$60,000 to \$79,999
 e) \$80,000 to \$99,999
 f) \$100,000 and over
 g) Prefer not to answer

30) Number of children under 18 in your household? _____

31) What is your primary residence?

- a) Own single-family home
 b) Rent single-family home
 c) Rent apartment
 d) Married quarters
 e) Barracks/ships
 f) Own townhouse/condo
 g) Rent townhouse/condo

32) What are your main leisure activities, interests and hobbies?

- Sports Fitness Arts and Culture
 Travel Outdoor pursuits
 Computers or Electronics
 Other: _____

33) Date of survey completion: mm/dd/yr _____

Thank you for your assistance. Drop off by 31 Oct to building 90 or the Voxair offices in Building 63.

We'd like to ask a few questions about you, to better

Learning about Healthpartners

By Karen Christiuk

Through the Government of Canada Workplace Charitable Campaign (GCWCC), employees can make payroll deductions to the United Way, Healthpartners or any other registered Canadian charity. Although Healthpartners has been involved in the GCWCC for two decades and is well-known in the capitol region, most Manitobans are still not as familiar with the organization.

Healthpartners is an umbrella group of 16 health charities that joined together two decades ago to make giving donations through payroll deductions easier for Government of Canada employees.

"Eighty percent of Canadians are touched by Healthpartners," said Howard Koks, executive director of Parkinson Society Manitoba.

Koks gave a short presentation about Parkinson Society Manitoba and Healthpartners at a 17 Wing Winnipeg Lunch and Learn

presentation on September 22. He said that three to five thousand people in Manitoba have Parkinson's disease, and their organization is involved in advocacy, research and training.

"We're probably the smallest organization on the Healthpartners list," said Koks.

The Lung Association is one of the larger organizations involved in Healthpartners, and Margaret Bernhardt-Lowdon, director of health initiatives for the Lung Association (Manitoba) said her group has been working in the province for over 100 years. Although it currently exists to fund awareness campaigns and educate health professionals on the prevention of lung diseases such as chronic obstructive pulmonary disease (COPD), the group's original purpose was to assist with the tuberculosis epidemics that raged across Canada during the early 1900s.

"Our current mission is to improve lung health," said Bernhardt-Lowdon. "When you can't breathe, nothing

else matters."

Rose Norris, manager of group and memorial giving for the Kidney Foundation, also spoke at the "Lunch and Learn" about her organization.

"Our focus is on kidney donor awareness," said Norris.

Five hundred Manitobans are currently living with a kidney transplant and over 160 remain on the waiting list.

"One of every 10 Manitobans is at risk for kidney disease," said Norris.

Other members of Healthpartners (healthpartners.ca) include: Alzheimer Society of Canada, ALS Society of Canada, The Arthritis Society, Canadian Cancer Society, Canadian Cystic Fibrosis Foundation, Canadian Diabetes Foundation, Canadian Hemophilia Society, Canadian Liver Foundation, Crohn's and Colitis Foundation of Canada, Heart and Stroke Foundation of Canada, Huntington Society of Canada, Multiple Sclerosis Society of Canada, and Muscular Dystrophy Canada.

To learn more about how to support Healthpartners through the 17 Wing GCWCC, please see <http://17wing.winnipeg.mil.ca/wadmin/gcwc/index.htm>.



Margaret Bernhardt-Lowdon, director of health initiatives for the Lung Association (Manitoba), was one of the presenters at the Lunch and Learn.



Accelerated promotion

Effective 1 Sep 08, Leading Seaman Kim Smith received an accelerated promotion seven months in advance. Maj Sexstone, CO CFRC Wpg, and Capt Foote, Prod O CFRC Wpg, were pleased to recognize LS Smith's significant achievements. Congratulations to LS Smith from everyone at CFRC Wpg.

Take a Stand Against Family Violence



We did! Make the call.

Canadian Forces Family Violence Prevention & Awareness Campaign 12 - 18 Oct 2008. The CF has taken a proactive approach to dealing with Family Violence and is committed to preventing violence through education and understanding of issues related to family violence. During the 2007 campaign, the 17 Wing Family Crisis Team (FCT), provided a variety of awareness activities. To build upon the success of last year's campaign the FCT, along with partners, are again offering different types of awareness activities. The intention is to continue open and frank conversation on the prevention of Family Violence. "Increased awareness reduces the tolerance for this type of behaviour, fosters appropriate responses, and ensures that all members of the CF communities are aware of the services available." For more information on Family Violence Prevention & Awareness contact a member of the 17 Wing Family Crisis Team, 833-2500 ext 5086, or your Health Promotion Office at 833-2500 ext 4150/4160.



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Have a happy Thanksgiving

A new horizon looms for three Air Force Majors

Three Canadian Forces members received temporary promotions on September 11 as a way to address the need for qualified Majors within the Air Force. Major Grant Blair, Major Vernate Greenway and Major Stephane Morency were promoted as acting while so employed in a ceremony on

September 11 at 17 Wing that was officiated by Brigadier-General Yves Blondin, Deputy Commander Force Generation for 1 Canadian Air Division.

"It's a great opportunity not only for these three officers, but also for the CF School of Aerospace Studies," said LCol Marc Ferron, the school's commandant.

"Their expertise and experience will greatly contribute to the development of the Air Force Officer Development program, one of the largest professional development programs to be developed by Air Force personnel."

The three officers will leave their flying assignments to take up senior officer duties at the Canadian Forces School of Aerospace Studies.

According to LCol Ferron, "These officers were hand-picked and promoted



LCol Marc Ferron, BGen Yves Blondin, Maj Stephane Morency, Maj Grant Blair, Maj Vernate Greenway, Col Dan Edgar and LCol Darryl Shyiak.

specifically for this huge task, and they are joining a team of some of the best of-

ficers in the Air Force, many of whom have dedicated the last few years to creating and

delivering what is considered a model in advanced education."

New MWO for Wing Foods

MWO Terry O'Hara has taken over the vital role of overseeing Wing Foods (WFoods), an extremely busy section with many customers.

The impact of WFoods is felt far and wide from the VIP Visitor to the 17 Wing and CF Member, including those duty requirements, such as SAR Flight Feeding, the local Reserve Units and the Cadets (both local and visiting). To appreciate the numbers fed every meal hour in the Mess(s), imagine a situation where your neighbours for blocks around may stop by for dinner, but it's never for certain.

MWO O'Hara joined the Canadian Forces in 1988 and joined the 17 Wing team in 2008. He has served with RCD's CFB Petawawa, 4 Wing Cold Lake, 1 PPCLI and 3 PPCLI, ASU Edmonton, CFB Borden, CFSAL, and DGRMC Cook Career Manager in Ottawa.

MWO O'Hara has a lot on his plate as he replaces MWO Dulude. There is no time for reflection as high demand, and the critical nature of WFoods requires MWO O'Hara to carry on seamlessly. A high level of coordination with the community and outside contractors is involved to re-supply the kitchen. Effective leadership translates to the fed



MWO Terry O'Hara.

and content diner whether they be at 1 Canadian Air Division, the lunch and dinner crowd at the Mess(s), or Aircrew including passengers as they leave on missions. Do not expect any disruption to business on MWO O'Hara's watch. The only possible change currently is to the new menu.

New business manager in the job at Wing Supply

MWO Jose Dulude has retired after 26 years in the Canadian Forces (CF). With just a few weeks to reflect back on his career, Mr. Dulude is back as the Business Manager (BMO) at Wing Supply (WSup). While Wing Foods (WFoods) is losing an integral part of their team and leadership, WSup gains Dulude, full of knowledge and promise towards streamlining how we do business at a time of critical man-

ning. He joined the CF in 1982 as a cook and spent time in CFB Petawawa, Lahr, Germa-

ny, CFB Borden, CFB Kingston, and his final posting at 17 WFoods. Dulude has also completed two tours in Camp Mirage (02/03 & 04/05).

Dulude has already exposed WSup to our first Business Planning session. From master of the culinary arts to mastering our budget, with further emphasis on our ability to operate through ties with the Public Service will keep us afloat, and him very busy. The WSup and & Foods O, Capt Keith McCharles has already strategically placed Dulude within ear shot, a very welcomed addition to

the WSup Team. Welcome aboard.



LCol W.A. Watson (left) awards MWO J. Dulude the Prime Minister scroll.

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West Coast Trail tests CF members' endurance

By 2Lt Stephane Lacroix
Flight Safety, 1 Cdn Air Div HQ

On Monday, August 4, 2008, a group of eight intrepid wanderers departed from Winnipeg International Airport enroute to the West Coast Trail on Vancouver Island in the Pacific Rim National Park.

This departure was the culmination of months of preparation, both physical and administrative, by all members of the expedition.

Maj Sophie Martel, leader of the expedition, sent out the call for participants in February 2008. Of the numerous respondents, eight members were selected.



Capt Martel consults her map.

The final adventure training group was comprised of Maj Sophie Martel, Maj Gerry Bohemier, Capt Darach McDonnell, Capt Jarrett Feist, 2Lt Jennifer Finateri, 2Lt Stephane Lacroix, Cpl Jennifer Drummond, and Pte Kelly Pierotti.

A great team atmosphere was fostered through multiple training sessions that developed our hiking and survival skills in preparation for the arduous West Coast Trail.

This world-class trail, covering some 75 km of pristine coastline, was selected for its challenging terrain and breathtaking scenery.

Since this was a completely self-sustained expedition, tents, stoves, food and other equipment were distributed amongst expedition members whose packs weighed on average 55 pounds. A detailed plan was prepared in order to hike the trail in six days (the average time required) with one day set aside for unforeseen delays, such as weather or injuries.

Day 1: The expedition traveled from Winnipeg to Victoria and spent the night at the Esquimalt Ward Room. This newly-constructed building provides first class accommodation and would also serve as a storage point for items we would not bring on the trail.

Day 2: We woke early to catch a rugged school bus that would transport hikers and their gear to either the South or North trailhead via logging roads. Ten hikers are let onto the trail from either end each day for a total of 2,000 to 3,000 hikers yearly. Our first camp was established at the Northern trailhead of Pachena Bay. Mother Nature gave us an early break and after our trail briefing which warned about the many perils of the trail such as cougars, bears and, of course, the ever-changing terrain, we found time to fit in a quick game of ultimate frisbee on the beach under sunny skies.

Day 3: A thick mist is soon dispersed by the sun

on an early start to our first day on the trail. This was a generally gentle introduction to the trail, with a firm track and moderate elevation change. We were, however, introduced to a West Coast staple: the ladder. These sturdy cedar ladders allow hikers to climb towering cliffs at a demanding but steady pace. We camped at Darling River, a scenic beach campsite set next to a freshwater waterfall.

Day 4: Early risers were welcomed with overcast skies on a day that would be spent mostly on the beach. Hikers of the trail must be well aware of the tide tables when deciding to navigate either the beach or overland trails. A stern warning was provided by reports of a recent hiker who needed to be airlifted out after being soaked by ocean water and succumbing to hyperthermia following a tide miscalculation. We used our first cable car giving us a boost of speed on an otherwise steady hiking day. Derelict logging engines and shipwrecks show signs of the trail's colourful history. The day was capped by a shower (of sorts) under a 40 foot waterfall by a few brave expedition members at Tsusiat Falls. We were also careful to string up our food bags high up in the trees, out of reach of hungry bears and opportunistic mice.

Day 5: An early wake up call was required, as we needed to make low tide to make it through the pierced rock at Tsusiat Point. A small ferry carries hikers across Nitinat Narrows where a small concession



The group of eight: Cpl Jennifer Drummond, 2Lt Stephane Lacroix, Capt Jarrett Feist, Maj Gerry Bohemier, Pte Kelly Pierotti, Maj Sophie Martel, Capt Darach McDonnell and 2Lt Jennifer Finateri,

has been established by the local Indian Reserve. Group members who were willing to shell out \$20 eagerly devoured fresh crab, and can say from experience that this was money well spent! Walking along the beach, we observed migrating pods of grey whales and orcas. We established camp under a light drizzle at Crib's Creek, which boasts a newly built lavatory, a welcome sight for all expedition members.

Day 6: This day was spent navigating various beaches and rocky shelves giving us the chance to observe the various saltwater organisms that flourish on this bountiful coastline. After visiting Carmanah Lighthouse, we made a stop at the second established restaurant on the trail, Chez Monique's, which offers an extensive menu, but most members settled for the legendary deluxe burger. This substantial bacon and cheese burger added much needed fuel for engines running on empty. Following a knee-deep wade through an icy river, we established camp

at Walbran Creek.

Day 7: Staying on the trail for a good part of this day gave us memorable experiences with West Coast mud. Boardwalks, which are meant to keep hikers clean and dry, have seen better days in certain areas and hikers must keep their eyes on the trail to avoid rotten boards. There is, however, breathtaking scenery crossing a 200 foot suspension bridge which challenges lingering fear of heights. Plans needed to be modified and we camped at a beach access near Owen point where tent real estate is limited but everyone manages to get one last good night's sleep on the trail.

Day 8: Morale was high on our last day on the trail. Opting for the shorter route via Owen Point, we clambered our way over car-size boulders which cover the shoreline. After our last break on the beach, we re-joined the main trail, which greeted us with 55 stories worth of ladders. Needless to say the view of Gordon River, we established camp

trail, was a welcome sight. One last ferry ride took us to the pick-up point where we wait under the West Coast sun for our trusty school bus.

Day 9: Our extra day was spent in Victoria where members of an Esquimalt training unit were gracious enough to take us on a guided tour of Victoria harbour in two rigid hull inflatable boats (RHIB).

This West Coast Trail adventure training succeeded in that it provided physical challenge, leadership opportunities, and extensive opportunities to improve fitness. Apart from a few scuffs and bruises, the entire team made it through one of Canada's most challenging hiking trails without injury.

In completing the trail, we were able to hone outdoor and survival skills while exploring a rugged part of this beautiful country we are tasked to defend.

For those who wish to view pictures of the expedition, they can be found on the DWAN at O:/Common/West Coast Trail.



Taking a quick dip at the falls.



Making tide at Tsusiat Point.

Family Violence Prevention Week is October 12-18

Family violence through a child's eyes

By LeeAnn Furlotte, BSW, RSW, MEdC, CCC
Published on Centrepointe

"I get sad when daddy yells at mommy. I get scared too. I want to run and hide. I want to find my teddy bear and hold it really tight. Sometimes I tell daddy to stop yelling, but when I do he pushes me aside. Sometimes I want to hit my teddy bear. My belly gets sore when it is time to leave school and go home. I worry about what it will be like when I get home. When daddy is happy, he brings home flowers for my mom and a toy for me. When he gets mad, he yells at mommy and breaks my toys. I never get to have a toy for very long because daddy usually breaks it. I don't like my toys. I hate getting toys. I cry when I see my mommy hurt. I spilled the milk the other day. Mommy said it was ok and cleaned it up. I am glad daddy was at work.

He would have been mad. Daddy scares me when he is mad. I hear mommy and daddy fighting when I try to sleep at night. I wonder if I wear a pretty dress if that will make things better. Maybe it is all my fault, maybe I shouldn't have been born..."

Family violence does not discriminate. It can affect children, teens, adults and seniors from every socio-economic class and culture. And, while children may not be the direct targets of the abuse in all cases, family violence affects everyone in the home.

Children who witness family violence are often subjected to many forms of abuse, such as emotional or psychological abuse, physical, financial and sexual, as well as neglect. They are often privy to adult issues well before they should be. Children who witness family violence are often robbed

of their childhood and innocence, and forced to grow up much faster than they should.

In an abusive home, children will often want to protect the person who is being abused. They can be physically harmed when they literally get "caught in the middle."

It may be difficult for children to understand or communicate their feelings around abuse and violence so they will often exhibit their fear, anger or frustration through their actions and behaviours. Children may express their emotions through their toys, siblings, peers, or animals in the home.

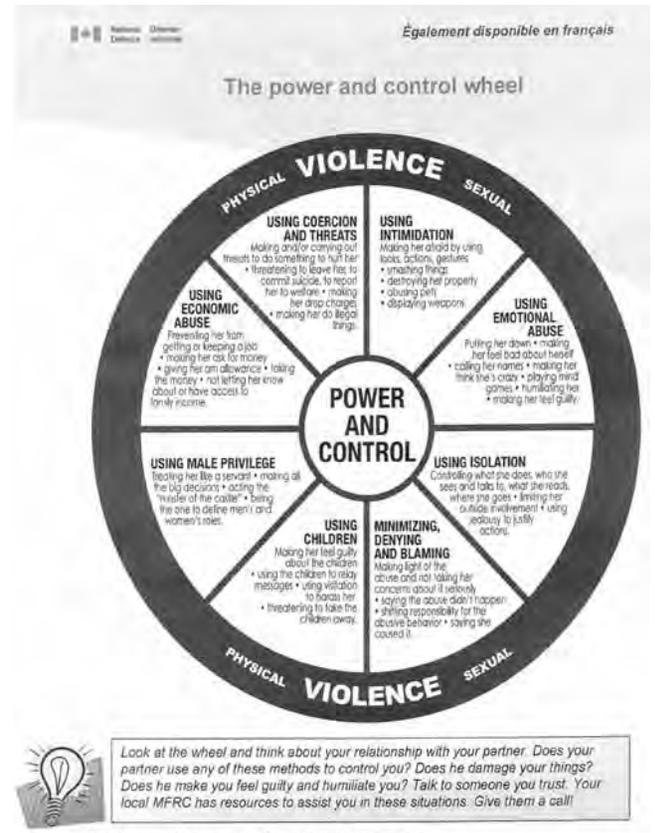
Often, children will blame themselves for the abuse in the home -- feeling as though it their fault. They can see the gifts and the calming down time as a reprieve, but quickly recognize that it does not last, and the next violent episode is likely

just around the corner.

Children can suffer long term effects from being abused and from witnessing abuse. It can affect their self-esteem, their self-confidence and their ability to concentrate and function in school. It can also affect their ability to trust adults and to form significant relationships later in life.

Children learn from what they see. If there is violence in your home, seek help! There are many resources available to help you and your family. You can contact your local child welfare agency; provincial/territorial social service ministries or departments; women's shelter; Chaplain; police; military mental health team or Prevention, Support and Intervention Coordinator at your local C/MFRC.

For more information contact Haley Schroeder, MFRC Social Worker at 833-2500 ext 4512.



Anger and child abuse don't need to be connected

If you sometimes feel so angry that you are afraid you'll hurt your child, physically or emotionally then...

Learn how to manage your anger

Some Dos

1. *Recognize your anger.* Admit it to yourself. Remember that anger is a healthy human emotion. It's okay to get angry. It's not okay to hit someone or be emotionally abusive. Pay attention to the signs of hidden anger – tensed muscles, accident-proneness, feelings of frustration or disappointment and a tendency to use sarcasm.

2. *Identify the cause of your anger.* Sometimes it may be obvious. At other times, the cause of your

anger may not be what it seemed at first. You may be stressed out from a bad day at work, frustrated by a traffic jam which is making you late, worried about paying your bills so you come home and start pushing or yelling at your child.

3. *Take a time out and calm down.* Walk away from the situation is you can. Try some deep breathing to help you relax. Think about what you are trying to do. Are you trying to defeat the person or are you trying to solve the problem? If your motive is negative, then results will be too.

4. *Decide what to do.* Decide what choices and options you have to solve the problem that caused you an-

ger. Listen to other people's points of view. Pick constructive solutions and try them. If they aren't working, look at more options and try again.

5. *Ask for help.* If you are having trouble managing your anger in a way that doesn't hurt others, or if you are getting angry too often, then get help. Phone your local crisis line, distress centre, child welfare agency or community family services for numbers and places. Look in the front pages of the phone book for emergency numbers.

Some Don'ts

Don't get personal. Insults and name calling create more anger

Don't avoid the issue. Be

direct and straightforward.

Don't make accusations that you will regret later.

Don't jump to conclusions. Listen carefully to your child.

Don't get physical or violence. Avoid hitting or pushing the child with whom you are angry. Don't throw or break objects. Don't use your anger to put others down.

Materials have been reproduced from the Private Broadcasters On-Air For Canada, Violence you can make a difference campaign materials, 1996.

For more information contact Haley Schroeder, MFRC Social Worker at 833-2500 ext 4512



Helping Professionals Team key contact information

HELPING PROFESSIONALS TEAM KEY CONTACT INFORMATION
www.17wing.winnipeg.mil.ca



EMERGENCY 911

Military Police, Fire, and Ambulance	911
Wing Operator	833-2500

EMERGENCY NUMBERS

Duty Chaplain (after 1600 hrs.)	833-2700
MFRC Emergency Childcare Services (24hrs)	949-5090
24Hr Crisis Line	786-8686
Suicide Line	1-877-435-7170
Mobile Crisis Unit	940-1781
Crisis Line and Shelter for Abused Women	942-3052
Child & Family Services (after hours)	944-4050
Poison Helpline	787-2591

23 CF HEALTH SERVICES CENTRE

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Mental Health Dept	ext. 5086
Addictions Counsellor	ext. 5780

EMPLOYEE ASSISTANCE REFERRAL AGENTS

Florence Bambenek	ext. 5251
Shannon White	ext. 5079

Website: hr.dwan.dnd.ca/hrciv/dgcesp/ddwb

17 WING FAMILY CRISIS TEAM

Wing Social Worker, Team Leader	ext. 5086
MFRC Social Worker	ext. 4512
Wing Chaplain	ext. 5087
Military Police	833-2633

MILITARY FAMILY RESOURCE CENTRE (MFRC)

Reception	ext. 4500
Social Worker	ext. 4512

HEALTH PROMOTIONS

Director	ext. 4160
----------	-----------

OTHER SERVICES

CF Members Assistance Program (24 hrs, free and confidential counselling service)	1-800-268-7708
Veterans Affairs Canada	1-866-522-2122
Child & Family Services	944-4200
Social Services/Income Security	948-4000
SISIP Financial Counsellor	984-3222
Men's Resource Centre	956-6560
The Centre, Casualty Support Services	1-800-883-6094 or ext. 4806
Operational Stress Injury Social Support	1-800-883-6094
Directorate of Casualty Support Detachment	ext. 4806
Winnipeg Region Dispute Resolution Centre	ext. 4372
City Police (non-emergency)	986-6222

440 Squadron successfully completes field training

From September 8 to 12, 440 Transport Squadron, Yellowknife, took a break from its busy schedule to carry out the annual field training required of the unique environment of the North Country.

Led by LCol Ross Wuerth, unit CO and organized by WO Ken Sollazzo, Air Reserve WO, the squadron deployed all but three of its members and one of its aircraft to Bull Moose airstrip for the week.

This abandoned gold mine support strip is located approximately 45 nautical miles east of Yellowknife and afforded the Vampires an ideal location to accomplish their training.

Operating aircraft in the harshest environmental conditions Canada's Arctic has to offer brings unique



Members of 440 Squadron participated in an exercise at Bull Moose airstrip.

challenges requiring some unique skills that need to be exercised on a regular basis.

These include field craft, shotgun familiarization and proficiency, chain saw safety and operation, bush craft

and orienteering as well as specialized aircraft survival equipment.

Although the weather

during the exercise was a bit damp, squadron morale remained high and the deployment aided in maintain-

ing the great level of unit esprit de corps exhibited by Canada's northern most Air Force squadron.

Members urged to utilize program

Since April 2005, all female regular and reserve Canadian Forces members are entitled to receive reimbursement for their brassieres—but not everyone is aware of the program.

At a recent National Defence Women's Organization (DWAO) videoconference meeting attended by the local 17 Wing Defence Diversity Advisory Group (DDAG), members cited a number of issues related to the bra reimbursement program, including CF members sometimes being too embarrassed to submit their receipts.

Although it may seem to be a minor issue, it can add up to major dollars.

Currently, female CF members are allowed to submit receipts for up to four brassieres per fiscal year, not to exceed a total of \$160. All female CF members are encouraged to submit their receipts and utilize this program.

Anyone with comments or concerns related to this issue is invited to contact the DDAG.

For more information about the reimbursement program please see CAN-FORGEN 100/05 ADM MAT 002/05 021200Z JUN 05.

OCTOBRE 2008

5	6	7	1	2	3	4
12	13	X	8	9	10	11

Ce mardi, on vote.

Une élection générale fédérale aura lieu le 14 octobre 2008.



Pour savoir où et quand voter, consultez votre carte d'information de l'électeur.
Le processus de vote sera plus rapide si vous l'avez en main.

Vous trouverez les heures d'ouverture de votre bureau de scrutin sur votre carte d'information de l'électeur ou à www.elections.ca en cliquant sur « Service d'information à l'électeur ».

Si vous n'avez pas reçu cette carte, vous n'êtes probablement pas inscrit sur la liste électorale. Pour vous inscrire, il suffit de vous présenter à votre bureau de scrutin le jour de l'élection, où vous devrez prouver votre identité et votre adresse.

Nouvelles mesures d'identification pour voter

Au moment de voter, vous devez prouver votre identité et votre adresse.

Pour connaître la liste des pièces d'identité acceptées par le directeur général des élections du Canada, consultez le dépliant que vous avez reçu par la poste ou visitez le www.elections.ca et cliquez sur « Identification de l'électeur au bureau de scrutin ».

Pour voter, vous devez :

- être citoyen canadien;
- être âgé d'au moins 18 ans le jour de l'élection;
- prouver votre identité et votre adresse.

Voter, c'est choisir son monde.

www.elections.ca

1-800-INFO-VOTE
1-800-463-6868

sans frais au Canada et aux États-Unis, ou 001-800-514-6868 sans frais au Mexique

ATS 1-800-361-8935

pour les personnes sourdes ou malentendantes, sans frais au Canada et aux États-Unis, ou 613-991-2082 de partout au monde



Sondage auprès des lecteurs du journal des FC

En tant que lecteur du journal de notre base, obtenez-vous les renseignements que vous cherchez? Nous voulons nous assurer de répondre à vos besoins et vous demandons donc votre aide pour y parvenir. En remplissant ce sondage, vous nous fournissez des commentaires qui serviront à modeler le journal de la base à votre image, celle de nos lecteurs. Il faut moins de dix minutes pour répondre au sondage. Ce sondage est organisé par le Directeur général

– Services de soutien au personnel et aux familles (DGSSPF) avec l'approbation du chef des Programmes de soutien du personnel et par l'entremise du Chef du personnel militaire.

Tous les renseignements demeureront confidentiels et seront analysés par le directeur-rédacteur en chef du journal de la base locale. Aucune personne ou organisation ne sera identifiée de quelque façon que ce soit. Dans le but de préserver votre anonymité et d'assurer la confidentialité, n'indiquez pas votre nom, votre numéro matricule ou votre Code d'identification de dossier personnel sur ce questionnaire. De plus, faites des commentaires suffisamment généraux de sorte qu'on ne puisse déterminer que vous en êtes l'auteur. Les renseignements que conserve le DGSSPF sont en tout temps administrés et protégés en vertu de la Loi sur la protection des renseignements personnels du gouvernement du

Canada. Votre participation est volontaire et nous désirons connaître votre opinion. The English version of this survey can be found at www.cfpsa.com/newspapers.
Directeur Recherche et analyse opérationnelle (Personnel militaire) autorise l'administration de ce sondage dans le MDN/FC en accord avec le CANFOR-GEN 145/02 ADMHRMIL 079 UNCLASS 131028Z DEC 02. Numéro d'autorisation : 676/08.

1) Quel journal de la base lisez-vous actuellement?

- a) Comox Totem Times
- b) Esquimalt Lookout
- c) Edmonton Western Sentinel
- d) Cold Lake Courier
- e) Shilo Stag
- f) Winnipeg Voxair
- g) Petawawa Post
- h) Borden Citizen
- i) Trenton Contact
- j) Bagotville Phare Beacon
- k) St-Jean/Montréal Servir
- l) Valcartier Adsum
- m) Gagetown Post-Gazette
- n) Greenwood Aurora
- o) Halifax Trident

2) Où obtenez-vous votre exemplaire de ce journal de la base?

- a) Au domicile
- b) Au travail
- c) D'une connaissance
- d) D'une boîte de dépôt
- e) Vous le lisez en ligne

3) En moyenne, combien de temps consacrez-vous à la lecture d'un exemplaire du journal de votre base?

- a) Moins de 15 minutes
- b) Entre 15 et 29 minutes
- c) Entre 30 et 44 minutes
- d) Plus de 45 minutes

4) Parmi les choix ci-dessous, quelles rubriques lisez-vous sans faute? Cochez toutes celles dont il s'agit.

- a) Je le lis en entier.
- b) Articles/Opinions
- c) Lettres au rédacteur
- d) Nouvelles de la Défense nationale
- e) Actualités opérationnelles locales
- f) Actualités opérationnelles internationales
- g) Rapports de la police militaire
- h) Articles sur les finances
- i) Articles sur le style de vie
- j) Articles sur la santé
- k) Articles sur les affaires
- l) Comptes rendus sur les musées
- m) Portraits de gens et d'unités
- n) Actualités religieuses
- o) CRFM
- p) Articles pour les aînés
- q) Page communautaire
- r) Sports et loisirs
- s) Publicité de détaillants
- t) Circulaires/Encarts publicitaires
- u) Bandes dessinées
- v) Jeux divers (mots croisés, Sudoku etc.)
- w) Petites annonces
- x) Calendrier des activités
- y) Sorties au restaurant
- z) Horaire des cinémas
- aa) Horoscope
- bb) Section pour les jeunes
- cc) Nouvelles de la Légion
- dd) Nouvelles des cadets
- ee) Activités des mess
- ff) Chronique santé
- gg) Suggestions de livres
- hh) Chroniques historiques
- ii) Vox populi
- jj) Autres (spécifiez) : _____

5) Combien de lecteurs, autres que vous, lisent votre exemplaire du journal? _____

6) Lisez-vous régulièrement un autre journal en plus du journal de la base?

- a) Oui
- b) Non

7) Lisez-vous le journal de la base sur Internet/Intranet?

- a) Toujours
- b) À l'occasion
- c) Non, je ne savais pas qu'il était en ligne
- d) Non, mon journal n'est pas offert en ligne
- e) Non, je n'ai pas Internet
- f) Non, je préfère la version imprimée

8) Veuillez évaluer le journal de la base en accordant une note de 1 (très mauvais) à 5 (excellent) pour chaque énoncé ci-dessous.

	1 Très mauvais	2 Plutôt mauvais	3 Moyen	4 Bon	5 Excellent
Pertinence du contenu					
Divertissant/intéressant					
Source pratique de renseignements					
Exactitude des actualités					
Rapidité de diffusion					
Articles consécutifs					
Couverture de l'actualité du MDN et renseignements sur les missions					
Couverture de l'actualité de la communauté militaire locale					
Couverture du personnel de la communauté militaire locale					
Conception générale					
Rédaction/grammaire					
Variété des publicités des détaillants					
Disponibilité à la boîte de dépôt					
Livraison (le cas échéant)					

9) En pensant au contenu actuel du journal de la base, choisissez tous les sujets parmi les suivants sur lesquels vous aimeriez lire plus d'articles.

- a. Sujets de la Défense nationale
- b. Actualités de la base
- c. Actualités de navires
- d. Plus d'actualités au sujet de _____
- e. Nouvelles sur le déploiement
- f. Portraits de personnes
- g. Profils d'unités
- h. Renseignements sur les occupations militaires
- i. Renseignements sur le divertissement
- j. Calendrier des événements
- k. Éducation
- l. Sports
- m. Voyages
- n. Crime
- o. Emploi
- p. Sujets environnementaux
- q. Maisons/logements
- r. Religion
- s. Sujets pour les aînés
- t. Autres (veuillez préciser) _____

10) De quelle autre façon pourrait-on améliorer le journal de la base? _____

Afin de nous assurer que le journal réponde à vos besoins, nous aimerions vous poser quelques questions au sujet de vos habitudes de magasinage.

11) À quelle fréquence consultez-vous les publicités imprimées dans le journal de la base avant d'aller magasiner pour un article en particulier?

- a) Jamais
- b) Rarement
- c) À l'occasion
- d) Souvent
- e) Toujours
- f) s. o.

12) À quelle fréquence consultez-vous les publicités en ligne (Internet ou Intranet) dans le journal de la base avant d'aller magasiner pour un article en particulier?

- a) Jamais
- b) Rarement
- c) À l'occasion
- d) Souvent
- e) Toujours
- f) s. o.

13) Au cours des douze derniers mois, avez-vous acheté des biens ou des services par l'entremise des petites annonces du journal de la base?

- a) Oui
- b) Non

14) Magasinez-vous souvent à l'extérieur de votre lieu de résidence local?

- a) Oui
- 2) Non

15) Avez-vous accès à Internet?

- a) À la maison
- b) Au travail
- c) Autre
- d) Non (passez à la question 19)

16) Magasinez-vous en ligne?

- a. Jamais
- b. Souvent
- c. À l'occasion
- d. Je l'ai déjà fait, mais plus maintenant

17) Utilisez-vous les services bancaires en ligne?

- a) Oui
- b) Non

18) Avez-vous visité le site Web des SSPFFC (www.aspfc.com) au cours des douze derniers mois?

- a) Oui
- b) Non
- c) Je préfère ne pas répondre.

19) Quels articles ou services planifiez-vous obtenir au cours de douze prochains mois? Cochez toutes les cases correspondantes.

- a) Automobile ou camionnette
- b) Pièces ou réparations automobiles
- c) Immobilier
- d) Location d'un logement
- e) Meubles et appareils ménagers
- f) Rénovations
- g) Jardinage et paysagement
- h) Nettoyage à sec
- i) Articles de mariage
- j) Service de garde d'enfants
- k) Produits santé, suppléments
- l) Adhésion à un centre sportif
- m) Assurance habitation ou vie
- n) Lunettes ou lentilles
- o) Services financiers
- p) Cours de formation
- q) Consultation juridique
- r) Services d'un chiropraticien
- s) Services d'un vétérinaire
- t) Ordinateur
- u) Téléviseur
- v) Services de fournisseur Internet
- w) Téléphone cellulaire
- x) Services de télédistribution
- y) Équipement de sport
- z) Équipement de camping, chasse et pêche
- aa) Appareil photo
- bb) Bijoux
- cc) Bateau, moto marine
- dd) VTT, motocyclette
- ee) Caravan, VR, véhicule de camping
- ff) Voyage

20) Quels autres types de publicité aimeriez-vous consulter en lisant le journal de la base?

- a) Écoles et collèges privés
- b) Services de soins esthétiques et de coiffure
- c) Physiothérapie et médecine alternative
- d) Pharmacie
- e) Quincaillerie/décoration
- f) Hôtels/motels
- g) Restaurants
- h) Fleuristes et boutiques de ballons gonflés
- i) Suggestions de sorties (spectacles et divertissement)
- j) Autres _____

Nous aimerions vous poser quelques questions personnelles afin de mieux connaître les lecteurs des journaux des bases. Tous les renseignements demeureront anonymes et confidentiels.

21) En quelle année êtes-vous né? _____

22) Sexe

- a) Homme
- b) Femme

23) État matrimonial

- a) Célibataire (jamais marié)
- b) Divorcé ou séparé
- c) Marié ou conjoint de fait
- d) Veuf

24) Veuillez choisir la catégorie à laquelle vous appartenez :

- a) Employé des FNP pour les SSPFFC ou dans une base/escadre/unité
- b) Membre des FC, force régulière
- c) Membre de la famille résidant auprès d'un membre des FC de la Force régulière
- d) Membre des FC, de la réserve
- e) Membre de la famille résidant auprès d'un membre des FC de la Réserve
- f) Membre libéré ou retraité des FC
- g) Membre de la famille résidant auprès d'un membre libéré ou retraité des FC
- h) Père ou mère d'un membre des FC
- i) Employé civil du MDN
- j) Militaire d'un autre pays
- k) Grand public/autre

25) Si vous êtes un membre des FC ou un employé des FNP, êtes-vous actuellement déployé à l'étranger?

- a) Oui
- b) Non
- c) s. o.

26) Un membre de votre famille est-il actuellement déployé à l'étranger?

- a) Oui
- b) Non
- c) s. o.

27) De quelle armée faites-vous partie?

- a) Armée de terre
- b) Forces maritimes
- c) Force aérienne
- d) s. o.

28) Quel est le plus haut niveau de scolarité que vous aillez complété?

- a) Diplôme d'études secondaires
- b) Certificat professionnel
- c) Diplôme collégial ou d'un CÉGEP
- d) Diplôme universitaire
- e) Diplôme d'études supérieures

29) Revenu annuel brut de la famille :

- a) Moins de 20 000 \$
- b) Entre 20 000 et 39 999 \$
- c) Entre 40 000 et 59 999 \$
- d) Entre 60 000 et 79 999 \$
- e) Entre 80 000 et 99 999 \$
- f) Plus de 100 000 \$
- g) Je préfère ne pas répondre.

30) Combien d'enfants de moins de 18 ans habitent au foyer familial? _____

31) Dans quel type de résidence principale habitez-vous?

- a) Propriétaire d'une maison unifamiliale
- b) Locataire d'une maison unifamiliale
- c) Locataire d'un appartement
- d) Logement résidentiel du MDN
- e) Casernement/navire
- f) Propriétaire d'une maison en rangée ou d'une copropriété
- g) Locataire d'une maison en rangée ou d'une copropriété

32) Quels sont vos principaux loisirs, intérêts, activités?

- Sports
- Conditionnement physique
- Arts et culture
- Voyages
- Activités en plein air
- Ordinateurs et électronique
- Autres : _____

33) Date du sondage : AA/MM/JJ _____

Merci de votre collaboration.

204.833.2500 ext. 4500

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca
 102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5

Youth drop-in

The Winnipeg MFRC is pleased to have 2 active Youth Centres. One is located in the South side PMQ's at 347 Doncaster Street and the other is located at 102 Comet Street in the south end of the building. Both centres offer games, crafts, video systems, foosball, and computers. Our staff is always available to play a game of Block-us or help you get to that next level in the video game. Drop-in times vary per location. Drop-in programs are free. There may be a cost for a special activity.

After school club

Monday – Friday 3:45 - 6, 347 Doncaster Street Elementary school-age Children

Teen drop-in:

Monday, Wednesday 6:30 - 8:30, 347 Doncaster Street

Tuesday, Thursday 8 - 10, 102 Comet Street

Kool Kids

Tuesday, Thursday 6 - 8 Saturday 1:30 – 4:00
 102 Comet Street. Elementary school-age children

Ideal Body Coaching

Thursdays Oct 23 – Nov 27 9:45 – 11:00, 102 Comet Street

Cost \$25.00

The Winnipeg MFRC is please to have Erin Postle, Life Coach & Counselor for a 7 week coaching class on creating your ideal body. Erin's program, Ideal Body Coaching is geared primarily for women who are sick and tired of yo-yo dieting, stubborn excess weight and who want to end this battle once and for all. Create your ideal body by learning to listen to your body and by understanding the power of your thoughts. You have everything you need to get to your natural weight without dieting or depriving yourself. Find out how! Registration is required and childcare is available. For more information, visit www.refinelifedesign.com

Deployed family workshop

Saturday November 15th – 11:30 am to 4 pm at MFRC

Come out and enjoy a workshop to learn how to make your own Christmas Cards. We will make 12 cards and one gift box in total at a cost of \$10.00. Beginners are most welcome. Lunch will be included in the cost and offered prior to the workshop. If you register for this workshop and then find you can't make it, please contact me to cancel no later than November 7. It is important, as the individual who is putting on the workshop has to cut all the materials for the cards and it is very time consuming. Childcare will also be provided. To register please call 833-2500 ext 4500.

Military youth travel to Israel

On August 24, 36 Military youth from across Canada and Europe and their chaperones left Toronto for a once in a lifetime trip to Israel. This trip was possible through the generosity of Arnold Freeman and the Winnipeg JNF. For 10 days, the youth experienced the sights and sounds of Israel. They spent an night at a Bedouin camp, traveled by camel & donkey, walked Massada, visited Jerusalem, Tel Aviv, the Dead Sea and shopped in the old city. It was not all fun and games. They worked in two JNF forests, cleaning brush and clearing a stream. They met young army cadets and visited their base. Through this exchange, the youth have a better understanding of the culture and lifestyle of another military community. Although the trip only lasted 10 days, the memories will last a lifetime.



Where's Soldier Bear?

Like a newcomer posted into Winnipeg the MFRC's Soldier Bear is exploring 17 Wing. Soldier Bear will be photographed at various locations around 17 Wing until the end of December, and his photo will be published in Voxair. If you think you know where Soldier Bear had his picture taken stop by the MFRC to fill out a ballot. Draws for your chance to win your very own Soldier Bear will be held on October 1, October 29, November 26 and December 23. A grand prize draw for the chance to win a \$100 gift certificate to the Keg will be held on December 23. Each person is eligible to enter twice a month and it is possible to win more than once.

Youth Jam rocks!

Fifty-seven teens took over Building 90 on the evening of September 13. After completing a Youth Needs Assessment, they played blackjack, guitar hero, and rock band. Many youth opted to get a new tattoo (Don't worry parents, they are only air-brushed). Some youth challenged their friends to a jousting match on the inflatable mat. There was pizza to eat, mocktails to drink and prizes to win. It was a fun evening even for the volunteers who dealt the cards, served the drinks, took the pictures and supervised everyone. If you missed this year's, not to worry, the event will be back next year.

Supporting the MFRC through the GCWCC

Did you know the Winnipeg Military Family Resource Centre (WMFRC) is a Canada Revenue Agency (CRA) registered not-for-profit charity and is GCWCC contribution eligible?

If you would like to donate to the WMFRC, please select box "C" (Other Canadian Registered Charities) on the GCWCC Gift Form given to you by your Canvasser/Unit Rep. The CRA BN/Registration number required for supporting the WMFRC is: Winnipeg Military Family Resource Centre 133105536RR0001. We thank you for your support!

Talking with children about military deployment

Presented by NEAS Inc

These times can be difficult for all of us, but the uncertainty of deployment can be very stressful and frightening for military families. It is important to remember to include children when planning for possible deployment. Here are some typical reactions children may have, and some tips on how to speak with them.

Common reactions in children:

Fear — "What if something bad happens?"

Helplessness — "There's nothing I can do about any of this."

Anger — "Why does my (dad/mom) have to go?"

Confusion — "What is happening? I don't understand all this."

Loneliness — "I don't want you to go."

Common behaviors you may see in your children:

Aggressiveness — at home, at school, with playmates or siblings

Misbehaving — unusual acting out or oppositional behavior

Regression — bedwetting, sleep disturbances, thumb sucking, tantrums

Withdrawal — unusually quiet, reclusive, disinterested in activities or friends

Clingy — often present in young children who are experiencing separation anxiety

Changes in eating or sleep habits

Suggestions for helping your children cope:

- Talk to children on their level. When trying to explain complicated concepts to young children (such as what conflict is or why it might happen), use examples from children's books, stories, or even cartoons.

- When talking about these complex matters with older children, it sometimes helps to introduce the subject, just say a few things and then wait to see if the child has questions. Sometimes older kids don't want to know much or may need to

mentally shield themselves from their fear and sadness. You know your child best. Try to "read" her or his reaction to what you are saying and adjust your approach accordingly.

- Encourage children to talk about the situation and ask questions. However, if discussing it seems to upset your child too much, you may want to space out these discussions over time or be sure to follow them with something pleasurable, like playing a game, watching a favorite video, or reading a book.

- Limit your child's access to TV and media coverage about the military situation, particularly if he or she seems to be having strong emotional and behavioral reactions.

- Pay close attention to your child's behavior especially changes like withdrawal or aggression. Children often show depression differently than adults, and you should be vigilant for any signs of abrupt, intense or chronic mood or behavior changes.

- The person who is leaving should be realistic and honest about how long he or she may be gone. Be careful about making predictions that are overly optimistic.

- If you are the one who is being deployed, reassure your children that you will do everything you can to be safe, and let them know how you will be contacting them. Be careful about making promises about how often you'll be in contact if you aren't certain you can keep them.

- During this time, children often need much more adult attention and involvement. If you are being deployed, maximize your time with your child before leaving. If you are the one remaining home, dedicate more time to being with your children.

- Notify child care providers and/or teachers of the situation. Educate them about possible behavior changes, and encourage them to contact you if they have concerns

Rock 'n Read

This parent and child program focuses on reading, rhymes and song. Parents will learn ways to engage their children in reading, choose appropriate books and have the chance to make their child a book. This program is suitable for preschoolers who able to separate from parents for part of the session.

When: Thursdays Oct 9- Nov 27, 1:30 -3:00pm

Where: Westwin Nursery School Building 33

This program is free of charge, sponsored Literacy Partners of Manitoba. Please send a peanut free snack for your child.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October						
For more information on these programs please contact the MFRC at 833-2500 ext 4500.						
1 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8:30 pm - Teen Drop in (S)	2 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	3 10 am - Parent Community 3:45 pm - AfterSchool Club	4 1:30 pm - Kool Kids	5 6:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	6 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	7 10 am - Parent Community 3:45 pm - AfterSchool Club 6:30 pm - Bowling
8 10 am - New Parent 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8:30 pm - Teen Drop in (S)	9 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	10 10 am - Parent Community 3:45 pm - AfterSchool Club 6:30 pm - Bowling	11 1:30 pm - Kool Kids	12 6:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	13 Action de Grâce Happy Thanksgiving CLOSED - FERMÉ	14 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)
15 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8:30 pm - Teen Drop in (S)	16 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	17 10 am - Parent Community 3:45 pm - AfterSchool Club	18 1:30 pm - Kool Kids 7 pm - Lower Fort Garry	19 6:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	20 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	21 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)
22 10 am - New Parent 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8:30 pm - Teen Drop in (S)	23 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	24 10 am - Parent Community 3:45 pm - AfterSchool Club 6:30 pm - Halloween Party	25 1:30 pm - Kool Kids 7 pm - Family Nights at the Movies	26 6:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	27 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	28 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)
29 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - BCD Meeting	30 9:30 am - Casual Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - AfterSchool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	31 10 am - Parent Community 3:45 pm - AfterSchool Club	Halloween	MFRC WINNIPEG		

Olympic Games 2008 and 2012

By Alf Brooks

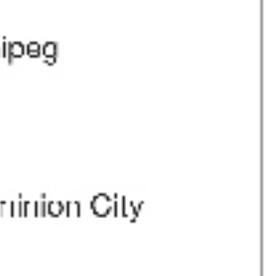
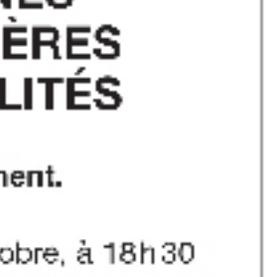
At the closing ceremony of the Beijing 2008 Olympic Games, the Olympic Flag was symbolically handed over to London, who will host the Games in 2012.

To mark this historic event, Royal Mail and China

Post have joined forces to produce a joint stamp issue featuring four stamps celebrating the historical and modern architecture of each city.

London views are of the London Eye Ferris wheel and the Tower of London; for Beijing we see a Corner Tower in the Forbidden City

and the National Stadium.



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Canada

Remembering to give thanks

By Rev. Lt(N) Curtis E. Duclos
Det Dundurn

Today I propose we look at Thanksgiving in light of God and our neighbour in the context of the military family in Canada.

As a Chaplain in the Canadian Forces, I give respect to all who may hold to another perspective towards God then me. In this article, I am referring to God from an Evangelical, Christian point of view.

During this day of thanksgiving there are many memories one can think of to render appreciation and yield an act of giving in the form of thought, word, and or deed.

One only needs to stop and recall how in the past this will look to you personally.

Surrounding this day of thanksgiving for many military families, the meaning of life and death have been enhanced to a place of high priority.

There is much contro-

versy, mixed emotions, and attitudes expressed in our homes, workplaces, and media on this hub of commitment which we as Canadians have agreed to, that is associated with the mission in Afghanistan.

This imposes profound implications significantly on all – moreso the closer you are to the affected soul put in harm's way.

This is the reality which is felt and lived out today in our military family, not to mention our great nation.

In the Bible, God commands His children, first to love Him with their whole heart, soul, mind and strength and secondly to love their neighbour as themselves.

Also it states: "My grace is sufficient for you, for my power is made perfect in weakness" 2Cor.12:9 EV.

From God's word, we can release our weaknesses at this time to aid us in our giving thanks.

It will bring purposeful meaning by focusing on God

who is love and sovereign over all.

Therefore we must trust God and His word by surrendering our selves to His care and guidance.

In so doing we will begin to properly understand what it is to celebrate Thanksgiving Day.

We will be able to love one another and reach out to help in this time of need opposed to being absorbed in self or in some cases being trapped in a place of hopelessness.

With God one can become thankful for what they have now based on what He provides sufficiently through His grace.

I pray you all have a blessed Thanksgiving in Christ Jesus.



Together in Church

Catholic

Chaplains

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Padre Joe Johns
Roman Catholic Office 833-2500 ext 5785

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.

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

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

Protestant

Chaplains

Chaplain Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4885

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 5349

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5349

Padre David Stewart
(Presbyterian) Office 833-2500 ext 4277

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) 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 Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A Marriage preparation course is also required.

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild 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.

Annual 17 Wing GCWCC Transportation Breakfast

Date: Wednesday, October 15
0630 - 1030 hrs

Price: \$5/plate or \$8 for two plates

Location: Bldg 129, Transport side

OPI: Sgt Latour (Transport) ext: 6979

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Evenflo Aura travel system (car seat/stroller) \$150 obo; infant playmat/gym \$15; infant car ride on/ walker \$15; Graco playpen \$30. Call Janice at extension 5383 or 831-6194. (17)

Four winter tires 205/70/15. Phone Tom 895-8191. (16)

Posting Sale two pairs of washers and dryers older set \$200, newer set \$400; one full size mattress \$100; one double bed \$100; one change table \$20; one three-piece sofa, loveseat, chair \$300; one dining rm set table and 6 chairs \$150. Phone 889-3960. (16)

1 BR Apt for Rent- \$617. Available 1 Nov 08. Corner of Ainslie St. and Ness Ave. - just minutes from 17 Wing. Security, non-smoking building with on-site laundry, hardwood floors. Parking available. Call Laura 452-1037. (16)

For sale Schwinn treadmill. Very good condition. Paid \$1420, asking \$500. Call 888-6931. (15)

Coming events

Full Gospel Business Men's Fellowship Buffet Banquet, Thu Oct 16, 6:30 pm at Canad Inns Polo Park (Empress at St Matthews). Music, prayer ministry, and testimony: Business success, Tom Foster destroyed his family, but God made all things new. Cost is \$15 but seating limited. Call extension 2130 to reserve.

Place your FREE classified ad. Send us an email at voxair@mts.net today.

Health Promotion Manager Part-time

Canadian Forces Personnel & Family Support Services (CFPFSS) delivers Personnel Support Programs that contribute to the operational effectiveness of the Canadian Forces and improve the quality of life of the military family community.

Under the direction of the 17 Wing Winnipeg Health Promotion Director, the Health Promotion Manager will assist in the coordination and implementation of health promotion programs and efforts consistent with the national direction and standards.

The ideal candidate will possess a Masters degree in Health Promotion, health sciences, health education and/or related discipline, or the equivalent baccalaureate degree in a health related discipline with combined experience.

To apply, visit our website at cfpsa.com or send your confidential résumé by 15 October 2008, to:

CFPFSS, Human Resources

P.O. Box 17000 Stn. Forces

Bldg 63-101

Wpg, MB R3J 3Y5

Fax (204) 833-2671

or e-mail barth.carla@cfpsa.com.

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TAROSCOPES

BY NANCY

Aries (March 21 - April 19): You practice new skills and envision new options for yourself. You are learning to adapt. Be patient. Shifts don't always occur as quickly as you'd like. Explore your feelings and beliefs then work some balance into the equation. This is not a race it's the evolution of your lifestyle.

Taurus (April 20 - May 20): Try to act confident and competent even when you are a bit unsure of yourself. Especially when making a presentation, assisting or intervening on behalf of others. You'll be glad you made the extra effort. Meet someone half way. Working with another creates a stronger bond.

Gemini (May 21 - June 21): A message received sets major changes in motion. The best approach to all this is to be practical. Explore options and be open to the unknown. Speak your mind to ensure you have some say in what happens next. There is light at the end of the tunnel. Your job is to get there.

Cancer (June 22 - July 22): You'll find out that you've been left in the dark about something significant. Practice detachment to gain a new perspective and to avoid slipping back into an old role. To understand people better, consider what isn't being said. Remember also, actions speak louder than words.

Leo (July 23 - August 22): You may face some difficult decisions. Until you know where you stand it will be hard to know what the best move is. Get past your assumptions about how things should look. Focus on how much can be achieved when everyone has a positive mindset. Use what you know.

Virgo (August 23 - September 22): Life is on an even keel these days. You're getting a handle on things that had seemed out of control. Restoring a sense of balance allows you to enjoy life on many levels. Use your intuition or "gut instinct" to determine what further work is required to fill in the gaps of your life.

Libra (September 23 - October 23): During times of loss, distress and confusion are natural. Remember you are not in charge of the choices others make. How they feel and what they do is not something you control. Keep your thoughts in check. Don't become overly negative if a situation doesn't go your way.

Scorpio (October 24 - November 21): Take some down-time and set boundaries. Someone may want to manipulate a situation by using what you say so take care in your choice of words. Assess each situation, interaction and person you are involved with. Hone your observation skills.

Sagittarius (November 22 - December 21): You've been learning things the hard way. Now you're older and wiser. You set such high standards for yourself, sometimes it's impossible to meet your goals. Ease up on yourself. Think positive. See yourself succeeding. Emulate the people you admire.

Capricorn (December 22 - January 19): You've got a clear sense of where you're going and what you're doing. You're ready to take the lead when an opportunity presents itself. This is the chance you've been waiting for. Still, you'll find sometimes you're the teacher and sometimes you're the student again.

Aquarius (January 20 - February 18): Though you may feel like you're stuck in a rut, this isn't a situation but a perception. Consider how your self-doubt holds you back. Ask friends to help you work through old fears and limiting beliefs. Something important you didn't know is about to surface.

Pisces (February 19 - March 20): When progress is slow you may start to wonder if anything is happening. It's just a matter of time. Stay focused on what you want to see grow and develop. Also, you don't have to do all the work, all the time; sometimes you just have to show up and enjoy the party.

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