



THE VOXAIR



OUR MILITARY FAMILY COMMUNITY NEWSPAPER

Vol. 48, Issue 18

17 Wing Winnipeg / 17e Escadre Winnipeg

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Next Deadline
Oct 20
for Nov 1

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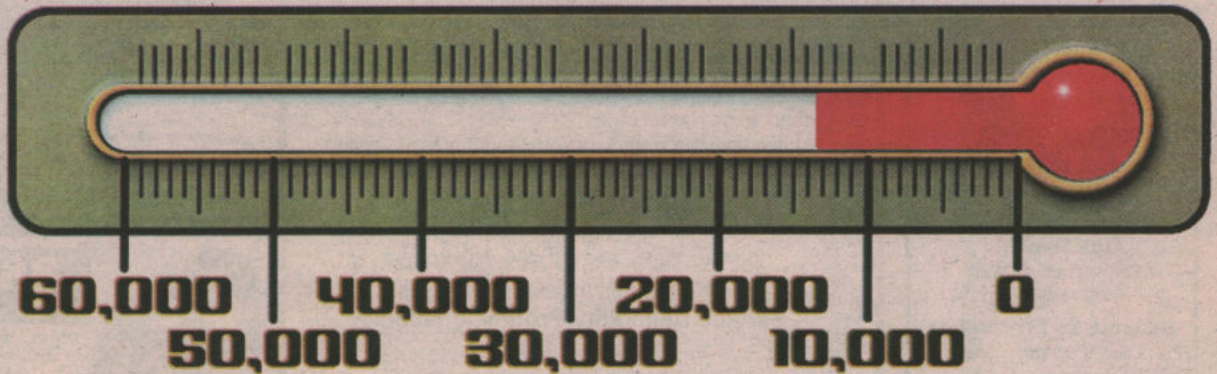
17 Wing Operations SITREP

1 October - 7 October 00

- Op Calumet, Egypt 1
- Op Danaca, Golan Heights 10
- Op Echo, Italy 4
- Op Palladium, Bosnia 8
- CFS Alert, Nunavut 6
- 1 CAD INDIV Tasks 0
- CF Incremental Tasks 8
- General Tasks 0
- MAMS Tasks 0
- MTAP, Cornwallis 0
- Total Deployed 37



17 Wing pulls hard to reach the goal of \$60,000.00 for this year's work-place charitable campaign - see storey page 3 and photos on page 8.



Scale above (thermometer) displays donations to date.

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Transfer of Command - Bosnia



2 PPCLI Battle Group took command of the Canadian Area of Responsibility on 15 September with the Transfer of Command Authority in Zgon. Left to right - LCol Dave Barr, 3PPCLI Battle Group, witnesses Colonel Tim Grant, Contingent Commander and LCol Marv Makulowich sign the documents officially recognizing the 2PPCLI command in theatre of Canton 1 and 10.

17 WING SAMP WINS THE LIONS FOUNDATION DOG GUIDES FOR THE BLIND CHALLENGE

By: Cpl Rod Jackson

A few weeks ago Capt Rozak (1 CAD Heritage Officer) challenged the 17 Wing SAMP Section to put in a team for the Annual Winnipeg Walk For Guide Dogs Fundraiser. Ready, Willing and Able to meet this challenge 17 Wing SAMP not only entered the competition on 01 Oct 00, held at Bird's Hill Park, but also won 1st place in the category of Most Money Raised By A Non-Dog Organization.

The mission of the Lions Foundation with respect to the Guide dogs is to provide services to Canadians who are physically challenged in the areas of mobility, safety and independence. Since 1983, the lives of approximately 700 men, women and children have been enriched by the services of specially trained Dog Guides from the Lions Foundation.

The 17 SAMP Team, organized by Cpl Ian Wilson of the Physical Security Section consisted of Sgt Dave Reid and wife Marie, Sgt Shawn O' Donovan and wife Wendy, Cpl John Bigelow, Cpl Doug Bumstead, wife Tia and children, and LS Mark Farrell. Together they not only gave of their time to raise over \$500 for the Guide Dog Foundation, but also participated in the five kilometer walk itself.

This type of dedication not only shows that 17 Wing SAMP can meet any challenge but that it is also committed to helping the community in which its members proudly live. Job well done!



Pictured from left to right standing are:

Cpl Farrell, Cpl Wilson, Mrs Marie Reid and Sgt Dave Reid
Kneeling are: Cpl John Bigelow and Kaluha, Cpl Doug Bumstead & daughter Page, Sgt Shawn Donovan, wife Wendy and Rin Tin Tin.

Photo courtesy of Cpl Jackson

17 Wing Charitable Campaign Breakfast

Wing Transportation will be hosting a breakfast on Tues, 24 Oct 00, from 0630-1030L at the Bldg 87 canteen. Look for posters around your unit, or visit the 17 Wing DIN site, for more info regarding this event. All proceeds go towards this year's Workplace Charitable Campaign goal of \$60,000.

Thanks for your continuing support.

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PAST		FUTURE

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CORRECTION NOTICE

The staff at the Voxair would like to apologize for the mis-spelling of the WCWO's name in the last issue of the Voxair. The correct spelling is **WCWO Emond**. Again we sincerely regret any embarrassment or inconvenience that we may have caused.



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Workplace Charitable Campaign off to a roaring start despite weather

By Cheryl Gudz, Wing Public Affairs

The weather wasn't cooperating on the morning of Friday, 22 September, but even that will not get in the way of determined people who want to have a little fun.

Relentless golfers and a record 18 volleyball teams powered the 2000 Government of Canada Workplace Charitable Campaign's annual Kick-off. Only the Tabloid, usually comprised of embarrassingly hokey activities, had to be cancelled - which all things considered might have been in the best interests for everyone.

The morning began with opening ceremonies where members of the Air Command Band played some rousing tunes and the national anthem. Following that were addresses from Col McLennan, Capt McMillan, Health Partners rep from the Canadian Diabetes Association, Lois Cowan, and United Way Chair Wally Fox-Decent who still found the time to make it to the ceremonies despite the fact that the city-wide United Way campaign kicked off on the same day.

In addition to the volleyball and golf, a truck-pull in front of the Jr. Ranks mess took place just before lunch with the participation of teams from CFANS, WOps/WSAMP, and 1CAD. The latter team was the winner in a time of 28.03 seconds, beating the next fastest time by the tiny margin of half a second.

Wrapping up the day's events was a BBQ, an indoor BBQ that is, since everyone dined inside while our GCWCC coordinators braved the not-so-friendly winds. Hamburgers, hot dogs, and salad were on the affordable menu, and raffle tickets were also on sale.

Capt Mitch Leendeers, 1CAD rep who has been involved with several GCWCC

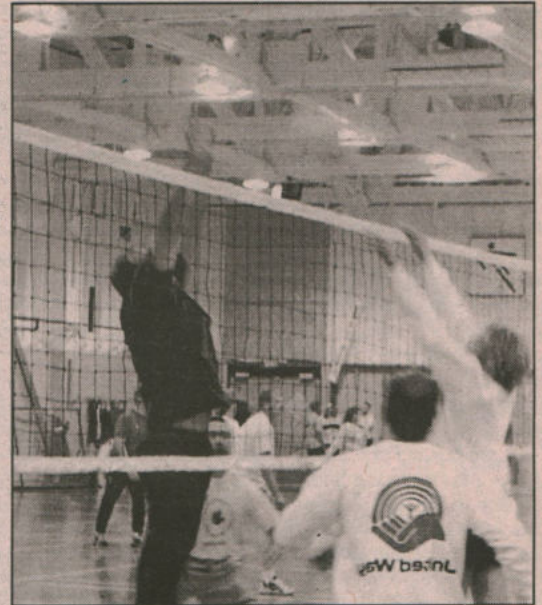
campaigns in the past, said that this year's Kick-off was "[A] big time success, probably the best one in years. The participation was outstanding and a lot of fun was had by all."

Here is a breakdown of the money raised from the Kick-off:

Volleyball: \$200+
Golf: \$276
BBQ: \$400+
Raffle tickets: \$250

TOTAL: \$1126+

Good start folks, and keep the money rolling in!



Volleyball action at Building 21.

CANADIAN FORCES MEMBER DIES IN BOSNIA-HERZEGOVINA

Corporal Robert Thomas Pollard, 46, from 426 Transport Squadron, 8 Wing Trenton, Ont. suffered an apparent heart attack following a morning training march on 28 Sep 00 at Camp Maple Leaf, in Zgon. He was pronounced dead by the senior medical officer on scene.

"Cpl Pollard, a veteran of four operational tours, was a cheerful, tireless member of the tight-knit family of Administration Company of the Second Battalion, Princess Patricia's Canadian Light Infantry Battle Group, in Bosnia," said 2 PPCLI Battle Group Commander, LCol Marv Makulowich. "Although he only joined the Battle Group in July, his friendly manner and selfless devotion to helping his fellow soldiers will be sorely missed. We wish to extend our sincere sympathies to Cpl Pollard's family in Canada during this difficult time."

Cpl Pollard joined the Canadian Forces in April 1981. He served in Cyprus and in Croatia and has been a member of 426 Transport Squadron since 1994. Cpl Pollard was working as a resource management clerk in Bosnia for 2 PPCLI BG since earlier this month. He was scheduled to be in Bosnia until spring 2001 as part of Operation Palladium, the Canadian contribution to the NATO-led Stabilization Force in Bosnia Herzegovina.



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News from CFANS



A lot has happened at CFANS since our last report. The summer months were somewhat quiet during the various block leaves, however, we still managed to graduate 14 students. BANC 9903 & BANC 9904 graduated on 7 July, the day of the Winnipeg mini-flood. Newly minted lieutenants Craig

Little (407 Sqn), Natalie Mutch (443 Sqn), Dave Drahovzal (423 Sqn), Stuart Askew (429 Sqn), Andrew McCorquodale (405 Sqn), and Glen Oliphant (436 Sqn) were the tight-knit course of 9903. The six of them were rarely seen individually, rather they marched around the school as some kind of horrific six-headed creature, usually in a vain search for their often absent Course Director, Capt. Dave Proteau. Speaking of creatures, BANC 9904 also received their wings on 7 July. Lt (RNZN) "Woody" Leef returned home to fly Super Seasprites, the next best thing to a Sea King posting. Lt Gary Madore was posted to 413 Sqn in Greenwood and Lt Mike Young was posted to 424 Sqn in Trenton. We were unable to reach 9904's Course Director for comment, as he has been moved to an undisclosed location as part of the Witness Protection Program. The planned course graduation had to be amended due to the unannounced deluge of

rain that fell upon 17 Wing the night before. Staff and students alike spent the days after the grad moving furniture and drying off kit in the student barracks. Duncan Rand showed his immense potential as a young officer during this backbreaking evolution. While six instructors screamed at each other over the incredible noise of a drying fan, Duncan calmly walked over to the machine and turned it off, eliminating the racket. The bewildered instructors looked upon the young officer in awe at his problem-solving abilities. Ten staff members bravely set out on yet another canoe expedition in the Manitoba wilderness. This year, inexplicably, they chose to paddle 110 km in 10 days, as opposed to the 280 km nightmare done the year before in 9 days. Tales of sunshine and fun were dismissed as impossible by the previous year's trip. That this trip was enjoyable, and also NOT organized by the CFANS TDO, was dismissed as mere coincidence. CFANS added seven new instructors to the mix on 14 August, with the start of the Flight Instructor Course, FIC for short. Our new family members include our new Commandant, LCol Gord Reid; one new Flight Commander, Maj Phil Barden; and five new instructors, Capts Blair Siemens, Russ Defer, Kort Nicholausen, Cary Campbell, and Cam Straub. We also gained a new systems engineer, Capt Dan Sajtos; and a new OR supervisor, MCpl Audrey Thompkins. The annual CFANS Family Day was held at Birds Hill

Park on 26 August. The purpose of the Family Day is for new staff to meet with existing staff in an informal setting. This year's group of new instructors was apparently oblivious to this fact, as only the new Commandant attended. Perhaps they were following the example of their Course Director, Capt John "CAD Boy" Milligan, a notorious non-attender of social functions. Capt Milligan was heard to mumble a feeble excuse about reorganizing his garage or practicing memo writing that day. MCpl Thompkins also attended, completing a clean sweep for the Orderly Room. 29 September saw the graduation of BANC 9905. The graduates managed to stagger across the finish line, battered but not beaten. The whoop of joy emitted by their CD, Capt Kurt Luneburg, set off car alarms for 50 square miles. New Lts Jim Numbers (429 Sqn), Duncan Rand (423 Sqn), Keith Tagg (415 Sqn), Karl Saindon (413 Sqn), and Barry Davison (405 Sqn) pinned on their hard-earned wings and set out to face the cruel world of operational flying. OCdt Jeff Reeves, who started out with 9905 and now forms the backbone of BANC JEFF, still has a few hurdles to overcome, notably the school RSM, who Jeff looks to for 100 dB guidance on a regular basis. Stand by for an update on Jeff's progress next month, or next year, when Jeff finally graduates. Until then, stay on track.

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- Q:** How can carbon monoxide hurt my health?
A: Carbon monoxide prevents the blood from carrying oxygen through our body. This lack of oxygen mostly affects your heart and brain. First you will have a headache. After people just don't feel well and don't recognize carbon monoxide poisoning. At higher levels of exposure to the gas you feel dizzy, faint or weak. You can pass out or die at very high levels of exposure. Workers exposed to carbon monoxide over a long time have a greater chance of developing heart and blood system problems. It can also make some heart diseases worse.
- Q:** What can we do to prevent carbon monoxide poisoning?
A: Maintain fuel burning equipment so that it runs cleanly and efficiently. Regularly inspect heating units make sure they are safe. Ensure you have proper ventilation and routinely measure carbon monoxide levels.

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Chinthe Bits

A busy summer for 435 Squadron!!

By Capt Véronique Briand

Though summer officially ended September 21st, it was not until snow flakes landed on the airport's tarmac today that winter showed us signs of its inevitable coming. Perhaps then, stepping back from their ever changing schedule, had Chinthe members felt another season go by... and, in face of their organization's accomplishments over the past few months, an admittedly increased sense of belonging. For those who weren't so struck by this feeling of pride, or for those who would simply like to catch their breath before winter really catches up to 17 Wing, here is a quick reminder of what 435 Squadron has accomplished over the summer.

STRAT chat

On top of its regular trainer flights and its weekly cross-country shuttles, the squadron handled a significant number of other strategic missions. July was marked by a training mission in the United States and several support flights including Eureka (Operation Hurricane), Hawaii (RIMPAC), and other activities within the CF (band competitions in Ottawa, cadets summer camps from coast to coast, etc). The highlight of August was of course BOXTOP, where three flight crews and personnel for the Operations section were sent to the Arctic for almost three weeks. Ferry flights and FMS test flights were also fitted into the aircrews' schedules. With September, came interesting flying hours throughout Europe: HMCS Halifax was supported in Belgium and troops were transported to the Netherlands and Romania.

AAR's share

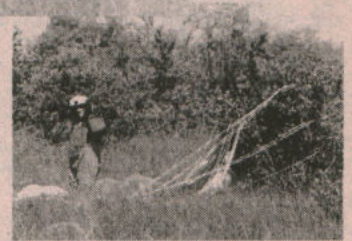
435 Hosers spent their summer time responding to many requests from various countries. During the period from June 1st until the end of September, the squadron provided support to German, Royal and Italian Air Forces as well as our own CF-18s during several exercises including Operation Echo rotations. During exercise Free Alliance, in Goose Bay, the Hosers refueled Italian AF Tornados for the first time ever. At last, in this 4-month period the Chinthe Squadron flew approximately 70 air-refueling missions, totaling 150 hours while passing over 1,5 million pounds of fuel!

SAR side

The squadron has flown approximately 100 operational hours throughout the summer with respect to Search and Rescue. This summer alone the squadron has had to deal with 23 cases, involving everything from saving canoeists from a northern Manitoba forest fire to rescuing lost boaters in the High Arctic. Unfortunately, crews were not always able to find survivors, like during the recent 12-day search in Kamloops. While last year's total number of cases was 41, the squadron has already surpassed that number with 45 cases up to this date. In addition to these operational missions, normal SAR training missions were flown as well as a mountain trainer around Victoria and a CASARA evaluation in Yellowknife. While most squadron members were trying to make the best out of their short period of warmth in

Winnipeg, some aircrew personnel accumulated up to 75 flying hours in a single month. With the season gone, the squadron is now getting ready for its below freezing level flying days and its members will enthusiastically take on the various winter missions... as long as these don't interfere too too much with their long awaited Friday afternoon squadron hockey!!

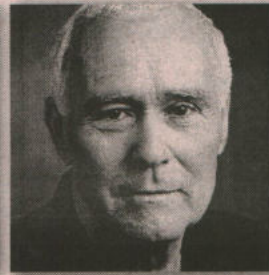
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Sar Techs in exercise, courtesy of 17 Wing Imaging.

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HMCS CHIPPAWA Open House 5 November 2000

HMCS CHIPPAWA will open its doors to the general public for a Recruiting Open House event on Saturday, 28 October 2000 from 10:00 a.m. to 3:00 p.m. There will be several displays of CHIPPAWA's new training equipment and facilities, including:

- * the Rear-Admiral Waldron N. Fox-Decent Computer Based Trainer
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- * Chippawa's Rigid Hull Inflatable Boat (RHIB)
- * Chippawa's Dive Support Vehicle (DSV)

Naval Reservists will be on hand to talk about their careers in the Naval Reserve and to answer any questions about the use of training equipment and facilities within HMCS CHIPPAWA. Naval Reserve recruiters will be available to provide information on available part-time career opportunities in the Naval Reserve. Representatives of the Royal Canadian Sea Cadets and the Navy League of Canada will also be on hand to provide information to Canadian youth and their parents or guardians on the unique training opportunities available in the Sea Cadet movement. As well, the HMCS CHIPPAWA Band will perform various selections of naval music for the enjoyment of all visiting guests.

For further information, please contact:

Lieutenant (Navy) Neil Whiteley, Recruiting Officer
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Change of Maintenance Authority



On 7 September 00, BGen D.L. Lucas, A1/A4 at 1 CAD HQ, presided over the transfer of 1 CAD maintenance authority from LCol A.L. Smith to Col J.F. Pion. Shown signing the transfer certificates from left to right are LCol Smith, BGen Lucas and Col Pion.

1 Dental Det Winnipeg - Promotion



Sgt Duane Forward is being presented with his new rank by Maj Collins. Congratulations!!



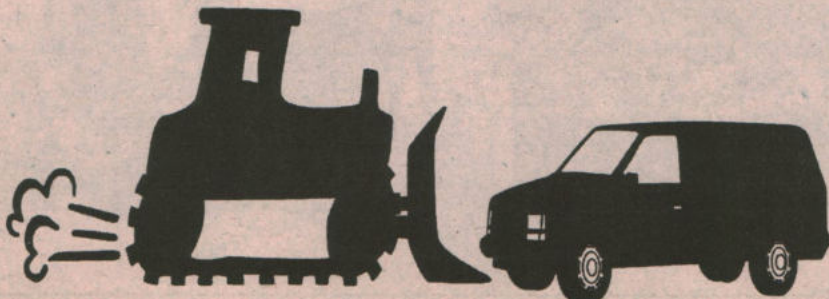
A SHORT WINTER MESSAGE FROM WING TRANSPORTATION HEAVY EQUIPMENT

Mr. Gord Sapinski, Heavy Equipment Operator



It is almost that time of the year to brief you on some snow removal procedures. The signs on the back of our vehicles are there for everyone's **safety**. Please adhere to the safety precaution - **STAY BACK 15 METERS**. This allows us to see you, especially in severe blowing conditions. If you see our sanders on the road, don't pass without warning. Wait until we see you and we will pull over when safe to do so to let you pass. When you see a snow blower doing its job on the roads, please don't try to drive under the stream of snow. The chances of your vehicle being damaged is quite real.

We ask you to please assist us in keeping the roads as safe as possible and remember **Safety Is Everyone's Business**.



DEPENDANTS DEFENSIVE DRIVING COURSE

02 Dec 00

By Cpl T.R. McKinnon, Wtn Safety Clerk

17 Wing Transport Safety Section has scheduled a Dependants Defensive Driving Course for Safe Driving Week. The course will be held at building 87 (Wing Transport) upstairs on Saturday 02 Dec 2000. Timings for the course are 0800 - 1600 hrs. All military or civilian employees who wish to enroll their dependants on this course please E-Mail Cpl T.R. McKinnon or call 17 Wg Tpt Safety section at local 6868. This is an excellent opportunity to educate young drivers and reinforce driving knowledge and skill of seasoned drivers. The scheduling of this course is first come first served. There is a maximum of 22 available seats so register early.





Workplace Charitable Campaign - Photo Gallery



Workplace Charitable Campaign officially gets underway.



Capt Al McMillan



Wing Comd - Col McLennan



UW Campaign Chairman - Wally Fox-Decent



Volleyball



Golf



UW Campaign Chairman - Wally Fox-Decent



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The 17 Wing Military Police Operation Sugar Rush!

IS COMING TO A HALLOWEEN NEAR YOU!

ON 31 OCT 00, IN SUPPORT OF OUR MILITARY COMMUNITY, THE MILITARY POLICE WILL BE RUNNING OPERATION SUGAR RUSH THROUGHOUT THE 17 WING PMQ AREA.

TIME: 1730 - 2030 HRS
LOCATION: ONE MP VEHICLE WILL BE LOCATED AT THE SOUTH SITE YOUTH CENTER AS THE CENTRAL CONTACT POINT FOR ANY INCIDENTS, WHILE THE OTHER MP VEHICLES WILL BE PATROLLING THE PMQ AREAS.

PERSONNEL: MILITARY POLICE MEMBERS WILL BE PATROLLING PMQ AREAS IN PAIRS AND WILL BE IDENTIFIED BY THEIR NORMAL MP IDENTIFIERS OR THE YELLOW MP RAIN COAT

GOODIES: MP'S WILL BE HANDING OUT MCDONALD'S GIFT CERTIFICATES, AND CANDY TO ALL TRICK OR TREATERS.





What's Happening

Winnipeg Military Community Council

presents

Christmas 00 Craft & Bake Sale

Saturday 18 November

9:00 AM - 3:00 PM

Lipsett Hall Recreational Centre

(near the corner of Kenaston and Grant)

Open to the Public

Admission One Dollar

17 yrs & younger free

Handmade Unique Gift Ideas

Seasonal
Savings 

X-Mas Craft
& Bake
Sale

WING RECREATION LIBRARY

Library Hours
Monday through Thursday 4-9pm
Closed Fri & Sat
Sundays 2-5pm
Telephone 833-2500 loc 2490

2 PPCLI DEPLOYMENT AWARENESS

Throughout the upcoming period of deployment it is important that 17 Wing deployed personnel and their families, who keep the home fires burning, know their fellow Canadians are thinking of them and we hope to recognize this. We would like to hear from you with words of pride, encouragement and support during the time they are away, especially for birthdays, anniversaries and at Thanksgiving and Christmas. As we celebrate here at home, we can think proudly of our deployed personnel and the job they are doing for our country. The following are deadline dates for you to submit your messages via the Voxair to our troops:

October 20/00
November 17/00

November 3/00
December 1/00

17 Wing Ceramic Club

Hours of operation are as follows:

Sun - Tues 1800 - 2200

Office closes at 2000

Phone 833-2500 ext. 2496

Building 33, Westwin Community Centre

Whyteford Road

WANNA TRY SOMETHING NEW?.....WHY NOT TRY CERAMICS?

Well it's that time of year again....the start of a new season at Ceramics!!

This year promises to be exciting and fun. We have many things planned for this year, including a newsletter which will go out to our members on a monthly basis.

There will be a General Meeting which ALL members need to attend in order to form a quorum on Sunday, October 7th at 1900. This meeting will be to introduce our Executive members, inform all our members of our planned activities for the year, and for voting on those agenda items which require a consensus. We look forward to seeing ALL our members there.

Memberships are due no later than September 30, 2000

If you require any information please contact

June at 888-6059, Cindy at 885-6718 or Michelle at 831-0113.

Let's have a great year!!!

"Help, I Need Childcare!"

For CF members deploying on short notice and to support the families of members who are employed away from home...

You can access the MFRC
**Deployment Emergency
Childcare Service**
24 hrs by calling 935-7733



Your call will be answered through a paging system. Be prepared to leave a number where you can be reached.

Through phone consultation, the DEC Coordinator will assist in determining your childcare needs and the services available to meet them.

Funding is available to fully cover reasonable costs for the first 72 hrs of care and a portion of an additional 3-6 days.

Every effort will be made to identify childcare within an hour.

Call Catherine Chatterley for more information 489-7003

The Manitoba Government supports and facilitates quality childcare through strict operating regulations and licensing. The DEC program ensures quality service and support to our members through referral and promotion of licensed ECE professionals & regulated services.

Together in Church



CATHOLIC

CHAPLAIN: Father Paul Gaudet 833-2500 ext. 5272

PASTORAL ASSOCIATE: Padre Tess Drabick 833-2500 ext. 5349

SECRETARY: Carol Cochrane 833-2500 ext. 5087

MASSES: Sat 4:30 PM, North Chapel

Sun 9 AM, North Chapel & Sun 11 AM South Chapel

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

CONFESSIONS: The sacrament of reconciliation is offered 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 the second Tuesday of the month at 1900 hrs alternating between the North and South Chapel Annexes.

PROTESTANT

CHAPLAINS

Padre Doug Ohs (ACC) - Office 833-2500 ext. 5417

Padre Brad Busch (Evangelical Luth) - Office 833-2500 ext. 5785

Padre Kevin Klein (Luth) - Office 833-2500 ext. 6022

Padre Bob Sparks (Presbyterian) - Office 833-2500 ext. 2267

SECRETARY: Carol Cochrane - Office 833-2500 ext. 5087

SUNDAY SERVICES: 0900 hrs South Chapel & 1100 hrs North Chapel

ACC Eucharist is sometimes offered at 1015 at the North Chapel. Check the weekly bulletin for dates.

SUNDAY SCHOOL: Sunday School is held during the service for children ages 3 to 12. 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 LADIES GUILD: The Guild meets the first Monday of the month at 7:00 PM in the North Chapel Annex. All women are welcome.

FOOD BANK: The Food Bank is a joint under-taking 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.

DUTY CHAPLAIN: After normal working hours, the Duty Chaplain can be reached through Wing Ops at ext 2700.

OTHER PHONE NUMBERS: For your convenience, a phone number has been set up to provide callers with information on service times and contact with the Chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

17 WING WOODWORKING CLUB

Located: Building 33 (Family Resource Centre)
Hours: 24 hours a day seven days a week
Cost: \$50 + GST per year individually or \$75 + GST family (dependents over eighteen).
Equipment: Full compliment of stationary and hand tools.
Sales: Limited supply of hardwoods.
Discounts: Hardware store discount cards and access to wholesale lumber.
Contacts: Pres: Capt Steve Wilson lcl 6674
V President Cpl Marco Fillion 2327
Treas: WO Greg Speakman lcl 5555
Secretary: Capt Sylvain Gazaille lcl 5154
Equipment Mgr: Sgt Gilles Lantagne 5305

MFRC

Volunteer Help Needed

Volunteers are a very important entity at the MFRC.

We need your help! The youth centre needs supervisors for after school and evening programs. Help keep the MFRC Youth Centre a safe place for our kids to hang out.

Op Palladium Family Group will be organizing many special events for families over the next six months. There is also a need for volunteers to help maintain the Drop In Centre. If you are wanting to make your deployment go by faster why not get involved?

Volunteers are also needed for the Community Council Thrift Shop!

There are many more volunteer opportunities at the MFRC.

Please call and find out how you can make a difference!

Contact Celine @ 489-7003

Reserve Support Program / Programme de Soutien aux RÉSERVISTES

Lucie Lapierre

Reserve Support Coordinator / Coordonnatrice du Soutien aux Réservistes
MFRC / CRFM 489-7003

This is the time... The deployment to Bosnia is taking place at the moment and many families will say goodbye to a loved one.

The MFRC is there for you! Being the family of a reserve member who is currently deployed, you can access our services and programs. The MFRC offers many courses, workshops and groups. Browse through this newsletter to find out more about the services offered for the fall. You can also contact the MFRC to find out more about us...

Le programme de soutien aux réservistes offre des sessions d'informations et des visites aux familles de réservistes sur les services offerts au CRFM lors de déploiements.

Le déploiement pour le maintien de la paix en Bosnie des membres du 2 PPCLI se déroule présentement. Le CRFM vous offre des services et des programmes fait pour vous! En tant que membre de famille d'un réserviste, le centre de ressources vous invite à participer à nos programmes. Parcourez le Réseau pour avoir plus en découvrir plus long sur ces programmes. Vous pouvez aussi contactez le CRFM pour recevoir plus d'informations.

Web sites to visit / Sites Web à visiter.

www.dnd.ca Check out the latest updates on the current missions and the services available to you! This web site will give you details about military operations and the different services offered by the Department of National Defence such as the "Mission Information Line".

Site de la Défense Nationale, vous y trouverez des informations sur les opérations militaires et les services offerts comme la "Ligne d'Information sur les Missions" (disponible en français). Choisissez l'option "Opérations courantes" du menu principal, choisissez ensuite la case "Opération Palladium" et vous obtiendrez des informations sur les unités de Réserves impliquées en Bosnie.

pk.kos.net Created by a Canadian peacekeeping veteran in dedication to all Canadian peacekeepers. A link to reserve units in Canada is made and will give you information about these units.

Ce site dédié à tous les casques bleus canadiens a été créé par un vétéran canadien. Vous pourrez y trouver de l'information sur les missions de paix passées. Une section du site est réservée aux unités de réserve du Canada.

www.worldskip.com/bosnia This site will guide you through the magnificent country of former Yugoslavia. All you wanted to know about Bosnia is there, their national news, their people and culture, you can even make a virtual trip to Bosnia! Site in English only.

Ce site (en anglais seulement) vous fera découvrir les beautés de l'ex-Yougoslavie, ses gens et leur culture. Vous pouvez même y faire un voyage virtuel!

ATELIERS DE BRICOLAGE EN FRANCAIS

Offerts par le Centre de Ressources des Familles Militaires

Contactez le CRFM pour vous inscrire!

Broderie sur canevas - (Point de croix)

Carmen Nantais, couturière professionnelle, vous enseignera l'art de la broderie sur canevas au point de croix. Vous devez apporter un ensemble de broderie, en vente chez Wal-Mart, Crafts Canada, etc... Assurez-vous que l'étiquette du produit indique le style "Counted Cross Stitch/Point de croix comptées". Nous suggérons un canevas de petite taille n'ayant pas trop de détail.

Un exemple de broderie sur canevas est en montre au CRFM.

Centre Communautaire Westwin 5.00 \$

Mardi 17 et 24 octobre, 2000 19h à 21h

Massage de détente

Venez relaxer et apprendre quelques trucs de massage de détente avec votre conjoint(e) ou avec un ou une amie (la participation en couple est requise pour la pratique des exercices.) Alexandra

Hébert, massothérapeute, vous donnera des trucs pour masser les épaules, le dos et la nuque. Apportez une serviette et porter des vêtements confortables.

Annexe de la Chapelle, côté sud 5.00 \$ par couple

Mardi le 7 novembre, 2000 18h30 à 21h30

La couture et ses mystères

La couture vous intéresse mais vous ne savez pas par où commencer! Cet atelier vous donnera les trucs pour choisir un patron, comment le couper et l'ajuster, comment choisir les tissus et l'entoilage; quelles aiguilles à utiliser et l'utilisation de tout le matériel requis pour faire un beau travail de couture. Le cours sera donné par Carmen Nantais.

Vous devez apporter : 1 ruban à mesurer, 1 patron de votre choix, 1 paire de ciseaux à papier et du ruban adhésif.

Centre Communautaire Westwin 5.00 \$

Mardi les 14 et 21 novembre 19h à 21h

GROUPE DES

FRANCO-MAMANS

Bonjour à toutes,

Pour celles qui ne sont pas familières avec le groupe, nous sommes toutes des mamans, jeunes et moins jeunes, qui se rencontrent un vendredi sur deux de 9h30 à 11h30 à la chapelle du côté sud (à côté du Lipsett Hall) on y discute de santé, des enfants et pleins d'autres sujets intéressants. Une fois pas mois, l'infirmière de santé publique, Jeannine LeFlock, vient nous rencontrer pour nous fournir de l'informations sur des sujets qui vous touchent en tant que femmes et mamans. Le groupe fait relâche à l'été et reprend ses activités dès la fin de septembre. Nous vous invitons à vous joindre à nous.

Voici les dates de nos rencontres cet automne:

-22 septembre: Présentation des rencontres à venir

-13 octobre: l'infirmière Jeannine LeFlock

-27 octobre: Cours de base en premiers soins

-10 novembre: Jeannine LeFlock

-24 novembre: Suite... Cours de base en premiers soins

-8 décembre: Atelier de bricolage de Noël

Un service de garde sera disponible au centre pour enfants du Lipsett Hall. Pour plus de renseignements contactez Isabelle Morel au 489-3127 ou Isabelle Montminy au 889-1371.

Entertainment 2001 Books

Have you got your Entertainment 2001 book yet?

Time is running out!

Each year the MFRC Youth Services sells the Entertainment book in the community. This book is a 2 for 1 coupon book and has many great offers throughout the city including Safeway, M&M Meats, McDonalds, sporting events & the ballet. All money raised through the sale of these books is used by Youth Services to offset the cost of programs like Kidventures summer program and the drop-in programs. Cost of the book is \$35.00 and is available now. If you are interested in purchasing a book, please contact us at 489-7003. We will be happy to deliver the book to your office.

Volunteer Youth Corps

Teens - are you bored?

Are you looking for something to do?

The MFRC is looking for new members in the Volunteer Youth Corps. We provide training, leadership development and ongoing assessment. The Corps works in the community through various activities. These include special event set up & tear down, face-painting, working canteens, flyer deliveries, childcare and supervision of programs in the Youth Centre. There is also a junior Youth Corps for anyone 10 - 12.

Volunteering is a great way to meet new people, learn new job skills, make friends and it looks great on your resume.

There will be a meeting of the Youth Corps on Friday October 20 at 6:30. Meet us at the Youth Centre for pizza and a discussion of this year's projects. For more information, contact Diane Brine at the MFRC Youth Centre, 488-8563.

Get Real

Get Real is an interactive group for girls 11 - 15. We meet every second Monday night. Our next meeting, on Oct 30 will have a Hallowe'en theme. If you are interested in joining this group, or would just like some more information, please contact Diane at 488-8563.

Childfree Shopping

Childfree shopping is a service provided by the Youth Volunteer Corps. The Corps will look after your school age children at the Youth Centre while you shop. The Volunteer Corps will have crafts and activities planned. The service is free, however we will gladly accept a donation to the Volunteer Corps. You are required to pre-register for this service. Call 489-7003 to register.

The next Childfree shopping day is October 21.



Sports

JUDO: THE GENTLE WAY

By Lucie Lapierre, vice-president of 17 Wing Judo Club

The 17 Wing Judo Club established itself at CFB Winnipeg in 1992, moving from its previous venue, the St-James YMCA.

Many military members and their families have chosen Kodokan Judo, as a martial art that offers challenging techniques as well as providing a good opportunity to spend quality time together.

Kodokan Judo resembles the fighting methods of jujitsu and Aikido in its use of twisting and throwing techniques, and in its aim of redirecting an attacker's momentum against him. The exercises and philosophy of Judo work to improve the state of all four aspects of a person's mental, physical, ethical and spiritual training. As such, the development of courtesy and respect is an integral part of Judo.

The club benefits from the excellent knowledge of our head instructor, Otto Kionke, Nidan - 2nd degree black belt. He became our Sensei in 1995 and has over 25 years of experience in judo. He participated in many competitions in the past. He is always keen for finding competitors to join the club and share their experience. New members are welcome to join at any time.

Norbert Pachet is our club's co-chair and also offers his experience to the club as he holds an Ikkyu- brown belt. He participated in numerous competitions and is actively seeking opportunities in this year's competitions for himself and his appren-

tices.

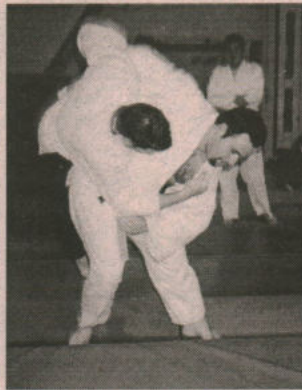
If you are thinking that judo might be for you, why not come out to one of our practice and try it. We currently have 30 members in our club from all level of competition. To become a member you must be

8 years or older and hold a membership with the Military Recreation Council. Our registration fees are very affordable.

Practices are: Mondays and Wednesdays
19:00 - 21:00
Building 21

For more information, please contact Norbert Pachet at 774-0454
or e-mail to npachet@rrc.mb.ca

See you there!



Base Broomball Team Practice

The Base Broomball team is having its first practice Wednesday, October 18th, at 0800 at the Highlanders (Ice Works) on Ellice Avenue. We are inviting new players to join us as we are re-building the team and there are open positions available. If you are an ex-player considering to play again (you know who you are!), now is the perfect opportunity to do so as we have a coach, a diversified team comprised of players from everywhere on Base, the full support of 17 Wing Sport and Recreation and the City is looking at having a League this year. The Regionals are going to be held in Edmonton at the end of January (29th - 2nd). It is therefore imperative that we have maximum participation for every practice. As for equipment, you can contact the gym to make arrangements at 5511. Cheers! email - Gazaille Capt AS@A4Maint@Winnipeg if interested.

The University of Manitoba's Canadian Forces University Program

If you want to take university courses toward a Bachelor's degree, regardless of where you are stationed, on a part-time basis, the Canadian Forces University Program is designed for you.

- ◆ Earn a degree from anywhere in the world, even deployed
- ◆ Regular, Reserve, Retired and Families all eligible
- ◆ Degree Credit for military training and service
- ◆ Tuition refund if deployed during studies
- ◆ Full-time student advisors to assist you at every step
- ◆ 1,063 graduates / over 600 CF students currently studying



For more information, call us toll-free at 1-800-850-6166
or check our web site www.umanitoba.ca/coned/cfup

*"Proudly serving the continuing education needs of Canada's
Military Community for more than 26 years"*

~ TAE - BOX ~

When: Mon/Wed/Fri 1200 - 1300 hrs
Where: Bldg 21 (Gym next to 1 CAD HQ)
Who: Professional Instructor ~ Janie Keith
Cost: \$3.00 per class

Come out and join us for some fun & exercise !!
For more info, contact, Cpl Morton at local 6819



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TRADITIONAL OKINAWAN MARTIAL ARTS
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CONVENIENT CLASSES

FOR INFORMATION CONTACT:

TUESDAY AND THURSDAY

JIM TAYLOR - 832-8348 OR Loc 5604

CHILDREN 6-7 PM ADULTS 7-8:45 PM

JP BOUCHER - 895-8784 OR Loc 6910

SUNDAYS

BILL VOGAN - 889-6115 OR Loc 5015

OPEN CLASSES 1-3 PM



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PAY RAISE

SUBJ: 1 APRIL 2000 COMPENSATION IMPROVEMENTS
REF: ADMHRMIL 033 CANFORGEN 060/00 021300Z JUN 00

THE MINISTERS OF THE TREASURY BOARD APPROVED, ON 5 OCT 00, WITH AN EFFECTIVE DATE OF 1 APR 00, IMPROVED PAY AND ENVIRONMENTAL ALLOWANCES FOR THE CF.

CF GENERAL SERVICE OFFRS (GSO) AND PILOTS (LCOL AND BELOW) AND MEDICAL AND DENTAL 2LT S AND LT S WILL RECEIVE:

A. AN ECONOMIC PAY ADJUSTMENT OF 2.5 PERCENT AND

C. AN ACTING PAY ADJUSTMENT OF 0.49 PERCENT.

CF NON-COMMISSIONED MEMBERS (NCM) WILL RECEIVE:

A. AN ECONOMIC PAY ADJUSTMENT OF 2.5 PERCENT

B. A BENCHMARK ADJUSTMENT OF 0.513 PERCENT. THIS ADJUSTMENT IS THE RESULT OF A REVIEW THAT TOOK INTO ACCOUNT CHANGES THAT HAVE OCCURRED IN MILITARY AND PUBLIC SERVICE OCCUPATIONS AS A RESULT OF STRUCTURAL CHANGES, CHANGING ROLES, THE INTRODUCTION OF NEW TECHNOLOGY, ETC. THE RESULTS OF THE REVIEW INDICATED THAT A SMALL UPWARD ADJUSTMENT TO NCM RATES OF PAY WAS REQUIRED TO BRING THE BENCHMARK BACK INTO LINE AND

C. AN ACTING PAY ADJUSTMENT OF 0.22 PERCENT.

THE ABOVE ADJUSTMENTS TO ACTING PAY PROVIDE ACTING PAY COMPARABILITY WITH THE PUBLIC SERVICE FOR ALL NCM S AND GSO S. IN CONJUNCTION WITH THE ACTING RANK PROVISIONS ANNOUNCED AT REF, THESE ADJUSTMENTS ADDRESS THE SCONDVA RECOMMENDATION / QOL ACTION ITEM ON ACTING PAY FOR NCM S AND GSO S. WORK IS UNDERWAY TO PROVIDE AN ACTING PAY BENEFIT TO SENIOR (COL AND ABOVE) AND SPECIALIST OFFRS.

ALL ENVIRONMENTAL AND SPECIAL ALLOWANCES WILL BE ADJUSTED ACCORDINGLY.

THE ABOVE INCREASES SHOULD BE REFLECTED IN THE END MONTH OCT PAY OF MOST CF MBRS.

CF LEGAL OFFRS (LCOL AND BELOW) WILL RECEIVE:

A. AN ECONOMIC INCREASE OF 2 PERCENT AND
B. A MILITARY FACTOR EQUAL TO THAT OF GSO S. THE MILITARY FACTOR IS AWARDED IN ACKNOWLEDGEMENT OF THE FACT THAT LEGAL OFFRS ARE SUBJ TO PERSONAL LIMITATIONS AND LIABILITIES, SEPARATION FROM FAMILY, POSTINGS AND OPERATIONAL DEPLOYMENTS TO THE SAME EXTENT AS OTHER CF OFFRS (LCOL AND BELOW).

AS PART OF THE DEPARTMENT S ONGOING EFFORTS TO BOLSTER THE RANKS OF THE CF S MEDICAL OFFICER CORPS, THE MEDICAL RECRUITMENT ALLOWANCE HAS BEEN SIGNIFICANTLY INCREASED. IT IS EXPECTED THAT THIS INCREASE WILL ATTRACT QUALIFIED PHYSICIANS TO THE CF AND THEREFORE ENHANCE THE MEDICAL CARE PROVIDED TO CF MBRS AND THE LEVEL OF SUPPORT TO CF OPERATIONS.

WORK IS PROGRESSING WRT A 1 APR 00 PAY INCREASE FOR MEDICAL AND DENTAL OFFRS IN THE RANKS OF CAPT THRU BGEN, WITH AN ANNOUNCEMENT EXPECTED IN THE NEAR TO MID-TERM.

WRT CF SENIOR OFFRS (NON-SPECIALIST COLS AND ABOVE AND LEGAL COLS AND BGEN), THEIR COMPENSATION CONTINUES TO BE TIED TO THE PUBLIC SERVICE EXECUTIVE CATEGORY IN TERMS OF POTENTIAL PAY ADJUSTMENTS. TO THAT END, WHEN PUBLIC SERVICE EXECUTIVE CATEGORY PAY ADJUSTMENTS ARE APPROVED THEY WILL BE APPLIED TO EQUIVALENT CF SENIOR OFFRS.

A COMPONENT OF THE COLONELS AND GENERALS COMPENSATION PACKAGE INCLUDES PERFORMANCE PAY AND PAY AT RISK RESPECTIVELY. GUIDELINES ARE ESTABLISHED BY TREASURY BOARD, AND AMOUNTS DETERMINED BY DND FOR EACH INDIVIDUAL BASED ON INDIVIDUAL PERFORMANCE AND THE ACHIEVEMENT OF KEY ORGANIZATIONAL OBJECTIVES. IN THE CASE OF GENERAL OFFICERS, THESE AMOUNTS HAVE ALREADY BEEN DETERMINED AND ARE LIKELY TO BE PAID THIS MONTH. THE DETERMINATION OF COLONELS PERFORMANCE PAY AMOUNTS ARE EXPECTED AS EARLY AS NEXT MONTH.

REVISED PAY RATES ARE PUBLISHED VIA SEPARATE CANFORGENS AS WELL AS ON THE DGCIB INTRANET SITE [HTTP://HR.DWAN.DND.CA/DGCIB/DPPD/ENGRAPH/HOME_E.AS.P](http://HR.DWAN.DND.CA/DGCIB/DPPD/ENGRAPH/HOME_E.AS.P). CF MBRS ARE ENCOURAGED TO VISIT THIS SITE.

Music Review



Christina Aguilera

Mi Reflejo
(BMG)
Music style: Dance, pop

"Mi Reflejo (My Reflection)," Christina Aguilera's first all-Spanish language album includes six new songs, as well as five of Aguilera's titanic hits translated and re-recorded especially for the new album. Meant as a tribute to her father, who is Ecuadorian, Mi Reflejo comes across more as an exercise in niche marketing—in this case marketing to the ever-expanding and increasingly lucrative Spanish community. Mi Reflejo is a very competent, though predictable production, where Aguilera's voice is made to work more than on her English material. Though enjoyable, this disc can get tired quick. Overall, a good pick, Mi Reflejo proves that a killer dance beat can break the language barrier. United Nations take notice! (stephane.ippersiel@videotron.ca)



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On The Town

407 Maritime Patrol Squadron Reunion 2001



407 Maritime Patrol Squadron will be hosting Reunion 2001 during the 18-21 May 2001 long weekend at 19 Wing Comox, B.C. Reunion 2001 will celebrate 35 years of VP International Association camaraderie and 407 (MP) Sqn 60th Anniversary, which includes 20 years of CP140 Aurora operations on the Canadian West Coast.

To register or receive more information regarding the event please contact us at:

By mail: Reunion 2001, 407 (MP) Sqn
19 Wing Comox
PO Box 1000, Strn Main
Lazo, BC
V0R 2K0

Web site: www.comox.dnd.ca/squadrons/407/home.htm
Email: reunion2001@comox.dnd.ca

Tel: Contact Reunion Coord at (250) 339-8211 ext. 8627/8428

Crafter's Wanted

Roblin Park C.C Nursery will be hosting a craft sale on Saturday, November 18th, 2000. Table rentals available. For more information, please contact Noelle at 896-0183, leave message.

Air Command Band Annual Christmas Concert

10 December 2000
Building 21

Everyone Welcome! (rated G)

Why? Because we guarantee to put you into the Christmas spirit!

Mark your Calenders NOW

NEED CASH BEFORE
PAY DAY ???
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LOANS UNTIL PAYDAY!!!
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9 AM - 2 PM SAT

CINÉMA / THEATRE
SHOWTIME 8:00 P.M.

COMING ATTRACTIONS

Nutty
Professor II
The Klumps

Fri.Sat.Sun.Mon Oct 20 to 23
8:00pm

Space
Cowboys

Fri.Sat.Sun.Mon Oct 27 to 30
8:00pm

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Aviation Museum
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... try SPACEWAYS - simulated trip to MARS
... enjoy SKYWAYS - a hands-on exhibit
for children (of all ages)
... and more

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Personal Classifieds

MISC. FOR SALE

For Sale - 1989 Chev Corsica \$2,500.00, Men's size 61/2 Bauer skates - \$50.00, black leather recliner \$150.00, CCM stationary bike \$75.00, wood coffee table \$50.00. Call 488-2147 after 6pm.

For Sale - EXPRES VU Model 4500 Receiver - \$200
Call 837-4261 after 18:00 and ask for Ray.

For Sale -New king size solid wood head board, never used - beautiful finish. \$145.00 OBO
Call 888-5675

For Sale - Royal Conservatory Piano books 1/2 price. New Piano Series - Repertoire 1,3,4 and 5 - Studies Album 3-4. Technical Requirements books 3,4,and 5.
Call after 4:00pm 489-7990

For Sale -Beautiful WWII RAF Sheepskin Flying Jacket, brand new, (paid \$1000.00, will sell for \$500.00CND) Size 42. Must be seen to be appreciated.

- Air Force Mess Kit (midnight blue) size 40 (\$100.00 OBO) Tailor made with special gold braid.

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Contact Alan Bampton at 5268 or 885-4307

For Sale - Nintendo 64, 8 games, 2 rumble packs, 2 controllers and Gameboy pack. Asking \$275.00. Call Monique 1-204-785-8174 or L5093

MISC. FOR SALE

For Sale - Panasonic Personal Pager, Model #EP5F52 \$45.00
OBO. Call 338-4117 after 5pm

For Sale - Kenmore washer and dryer approx 7 yrs old. Mint cond. Various speeds and setting. \$675.00.

11X14 oval/loop area rug, various beige colours. \$50.00 Enclosed deep fryer, hardly used \$50.00
OBO. Call 667-2427

For Sale - Motorola Cellular Phone, Model #910 Analogue with leather case \$25.00 OBO.
Call 338-4117 after 5 pm

For Sale - 1987 Z24 DR - Chev Cavalier/Standard - as is & where is. 1984 2 DR - Sunbird/Standard - as is & where is. Both good for parts. Asking \$500.00 for both.
Call Coreena 589-0638 after 5pm or L 6101

For Sale - Boy & Girl winter snow suits and accessories. Up to 3yrs. Baby items: carseats, infant and toddler, strollers, highchairs, playpen, exisaucer, jollyjumper, swing. Many other baby items in good condition. Call Shelley 489-2014

For Sale - Manual treadmill- mint condition (must be seen)\$100.00. White electric kitchen stove \$50.00. "Groucho" style motorized car, battery operated complete with 2 batteries and charger. All in excellent condition. \$150.00 Call 831-0031 anytime & leave message.

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For Sale -A clear beveled glass Dining Room Table with Chrome Base Pedestal. Seats up to 8 people. \$150.00. Call Coreena after 5pm at 589-0638 or L 6101

For Sale -couch & chair, off white,very clean,lyr old. Pd \$1600 asking \$750obo. 837-8814

For Sale - 1-1952 Dodge 3/4 Ton, M37 Cargo/Troupe Carrier, c/w Winch & Pioneer Kit. Parade/Show ready. Safetied. 1-1952 Dodge 3/4 Ton, M37 Cargo/Troupe Carrier w/ Pioneer Kit. restoration started. Safetied. 1-204-256-5517 or email rejan@escape.ca

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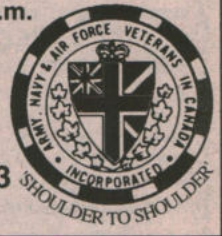
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Tarascopes for October 2000

ARIES (March 21 - April 19): Rearrange your schedule to make time for fun. Explore parts of yourself or interests you've had to put on the back burner until now. Consider changing your hair color or haircut to reflect the new you.

TAURUS (April 20 - May 20): While spending time with children, teach them values. Be aware that someone may be trying to manipulate you. Get the full picture before making decisions and promises. You're only kidding yourself if you avoid doing what needs doing now.

GEMINI (May 21 - June 21): Put a little spice in your life. Take time to smell the roses, socialize with friends and treat yourself. Pay attention to the foundation either your homes or your future plans. The groundwork is important to both.

CANCER (June 22 - July 22): Risk is not dangerous if you know what you're doing. Have confidence in yourself and your abilities. Trust that if it's meant to be it will happen. An opportunity comes your way to do more interesting work, but it's up to you to submit your resume.

LEO (July 23 - August 22): Give in to temptation if it's right for you. Use your own judgement to decide. If you decide not to give in to them, explore what they are trying to tell you. What's missing in your life may become obvious as well as other surprises. Avoid ruts and stereotyping.



VIRGO (August 23 - September 22): Trying to put something back together when it's too late is pointless, so is guilt and remorse. Instead, review your past so you don't repeat it. Remember being too analytical is just as deceiving as being too caught up in feelings.

LIBRA (September 23 - October 23): The grass is not greener on the other side. Enhance what's working in your own life. Identify what brings positive results. If you want to start a family, now is the time. Commitments indicated. A curious gift arrives. There are strings attached.

SCORPIO (October 24 - November 21): Complacency in your current situation may have left you open for disappointment. Searching for answers will keep you from being totally overwhelmed by your feelings. What is the root of your problem? Once you know, deal with it or your energy will plummet.

SAGITARIUS (November 22 - December 21): Expect visits from family members, reunions, or inheritance. Time to address your hopes and fears or they will unconsciously lead you instead of you planning your own life. Arrange spring activities now. Expect to move further north.

CAPRICORN (December 22 - January 19): Someone you admire doesn't deserve it. Joy and a union indicated. Fitting in and loving it. A nice change after a lot of moving from place to place, or career shifts. Take care of your health through wellness activities and schedule a check up.



AQUARIUS (January 20 - February 18): Your success, popularity and reputation as a good leader are due to the fact that you use a caring and fun approach. Conflict with jealous or territorial coworkers indicated. Troubled thoughts deciding who to please can be resolved by remembering "to thine own self be true."

PISCES (February 19 - March 20): Have faith that there is a master plan. Your deepest inner desires and yearnings should be honored now. Great inspirations and revelations about your own self and your purpose are about to be revealed to you. Intuition is right on target.



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