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17 Wing Musician Performs at NHL All-Star Weekend

By David Lavallee

Imagine being the centre of attention in an arena filled with 20 000 plus people. What's more, your performance is being relayed to millions more across North America via dozens of television cameras. This is the situation that MWO Viateur Saint-Gelais of the Air Command Band found himself in as he sang the Canadian national anthem at the Superskills Competition on Saturday, February 1. The competition was part of the 2003 NHL All-Star Weekend in Sunrise, Florida.

“I wasn't nervous until the other performer began to sing the American anthem,” says MWO Saint-Gelais. “That's when I started to get a little nervous!”

MWO Saint-Gelais performed the official bilingual version of the anthem, after his American counterpart, a U.S. Air Force performer, had completed her performance. Normally, the Canadian anthem would have been performed first as a courtesy, but due to the tragedy of the Space Shuttle Columbia, a last minute change was made to the scheduling.

Despite the fanfare and the schedule changes, MWO Saint-Gelais says it was all in a day's work for him. “Sure, I was a little nervous, but I just maintained a tight focus on getting the job done.” MWO Saint-Gelais has performed in front of large crowds before at such events as Canada Day



MWO Viateur Saint-Gelais belts out Canada's National Anthem during a rehearsal with the Air Command Band in Winnipeg.

celebrations, but as a hockey fan this event was of a singular nature for him. “It was an amazing experience,” he says.

MWO Saint-Gelais is a multi-talented musician, who plays a variety of instruments, including the clarinet and saxophone, in addition to his vocal talents. He was recently posted from the Royal 22e Régiment Band in Quebec City to Winnipeg, where he plays saxophone for the Air Command Band. No sooner

had MWO Saint-Gelais arrived in Winnipeg than he was sent off to Florida to sing at the All-Star Weekend. “I knew about the gig in Florida before Christmas,” he says. “But I hadn't even really started in Winnipeg, and my first job was to go and sing the Canadian national anthem at the All-Star Weekend!”

The NHL had contacted the CF about having a military performer sing the Canadian national anthem at the All-Star

Weekend, and MWO Saint-Gelais was recommended for the job. After contacting MWO Saint-Gelais's CO in Quebec City and the Air Command Band's Commander, Captain Scott Attridge, MWO Saint-Gelais was asked to do the job. “They basically just phoned me and asked me if I would like to sing the Canadian national anthem at the All-Star Weekend,” recalls MWO Saint-Gelais. “All I said to them was ‘yes!’”

Now that he is in a new city, MWO Saint-Gelais plans to focus on his work and see what there is to see in his new home. Although his family remains in Quebec City for the time being, MWO Saint-Gelais says that he's not alone in Winnipeg, “For now, my new family is the Air Command Band.” Congratulations to MWO Saint-Gelais on his outstanding performance at the NHL All-Star Weekend, and good luck to him in his new home of Winnipeg!

PHOTO BY CAPT MIKE MIETZNER, 17 WING PUBLIC AFFAIRS



Medal Ceremony at 17 Wing

Wing Commander Colonel DC McLennan shakes hands with His Honour Lieutenant-Governor Peter Liba after receiving the Queen's Golden Jubilee medal.

The Lieutenant-Governor was on hand at 17 Wing on Friday February 21 to present the Commander-In-Chief Unit Commendations and the Queen's Golden Jubilee medals. Congratulations to all who received an award for all of their hard work and dedication! Watch for a full article in the next issue of the Voxair.

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It's all about the weather at CFS Met

By: WO Rick Carleton, CC, CFS Met

We've been very busy since our last article appeared in VOXAIR and currently have two courses in-house. The Short Range Forecasting Technician course with four students began way back at the beginning of November and will graduate at the end of March, while the QL5A course with twelve students that began a few weeks ago will

finish at the beginning of April, just in time for the QL6A course to commence. All of these students come from various Wings and Bases across Canada and have all told me that they are

truly enjoying the beautiful winter weather that we offer in Winnipeg.

On the 22nd of November, after fourteen weeks of hard work, Meteorological Technician QL3 Course 0202 finally graduated. For the majority of these students it was their first formal training in the Canadian Forces after Recruit School. All of these "NEW" Met Techs have been posted to various Wings across Canada with a whole new appreciation of the weather and will primarily be employed as weather observers.



Cpl Rob Carter, a recent graduate of the Meteorological Technician QL3 course 0202, who has since been posted to 14 Wing Greenwood, receives the Canadian Forces School of Meteorology Certificate of Merit from CWO JPM Turcotte, CMI ICAD.



QL3 0202 Front Row L-R: MWO Dompierre (STDS WO) Mr. Redekopp (COMDT) CWO Turcotte (CMI ICAD) WO Carleton (CC) Middle Row L-R: Cpl Fournier (Instr) Sgt Vivian (Instr) Pte Fung Pte Carrier Pte Green, Pte Conrad Pte Heron Pte Hoffman Pte Larsen Sgt Baulne (Instr) Back Row L-R: Sgt McLellan (Instr) Pte Payer Pte Montemont Pte Lavoie Pte Randall Cpl Carter Pte Williams Cpl Fortin Sgt Arsenaault (Instr).



Cpl Ben Fournier receives his well-deserved promotion to Master Corporal from the CFS Met SCWO, CWO B. Roy and the Commandant Mr. K. Redekopp.

Le cpl Ben Fournier reçoit une promotion bien méritée à caporal-chef de l'adjud É. Met FC, adjud B. Roy et le commandant M. K. Redekopp.

Our New School CW Officer B. Roy CD2



L'adjud Bernard Roy est né le 31 décembre 1951 à Valleyfield, Qc et il passe son enfance et adolescence à St Antoine-Abbé, Qc. Il joint les Forces Canadiennes à Montréal le 16 octobre 1969. Après avoir terminé l'entraînement des recrues à St-Jean il complète le cours de technicien en météorologie à l'École de Météorologie des Forces Canadiennes à Trenton, On. Il est muté pour la première fois en 1970 à Portage La Prairie, Mb.

Parmi les nombreuses mutations qui suivront on note entre autre Halifax, Chatham, Edmonton, Goose Bay, les Navires de Guerre Canadien NCSM Huron et Skeena. Pendant sa carrière il sera muté à Winnipeg plusieurs fois, 1978-80, 1986-92, en 1996 il revient à Winnipeg comme Inspecteur des stations

météorologique du Système D'Alerte du Nord et en 1999 il devient A1 Instruction Météorologie au Quartier général de la 1er Division Aérienne du Canada. Promu au grade d'adjud le 10 juillet 2002 il est muté au Centre Météorologique de l'Armée à Gagetown NB mais sera de courte durée, il revient à Winnipeg le 18 nov. 2002 pour occuper le poste d'adjud de l'École de Météorologie des FC.

L'adjud Bernie Roy demeure à Winnipeg avec son épouse Deanna et leurs deux fils Charles et Marc. Ses passe temps favoris est la lecture des livres historiques et le golf.

Chief Warrant Officer Bernard Roy, CD2 Chief Warrant Officer Bernard Roy was born on 31 Dec '1951 in Valleyfield QC and grew up in the small town of St-Antoine Abbé. He joined the Canadian Forces in Montreal on 16 Oct 1969, and completed basic training at St-Jean followed by basic Meteorological Technician training at the Canadian Forces School of Meteorology in Trenton, ON. Upon successful completion of this training, he was posted

for the first time to Portage La Prairie, MB in 1970.

His career has taken him to many places throughout Canada, most notably Halifax, Chatham, Edmonton, Goose Bay, Her Majesty's Canadian Ships Huron and Skeena. CWO Roy has also been posted to Winnipeg on many occasions. From 1978 to 1980 and again from 1986 to 1992 at CFS Met, then returning in 1996 as the Meteorological Inspector for the North Warning System weather stations, followed by a transfer in 1999 within the confines of 1 CAD HQ, into the position of A1 Meteorological Training. Promoted to CWO on 10 Jul 2002, he was then transferred to the Army Meteorological Centre at Gagetown, NB. However this posting was of a short duration and he was transferred back to Winnipeg on the Nov 18, 2002 as the Canadian Forces School of Meteorology Chief Warrant Officer.

CWO Bernie Roy resides in Winnipeg with his wife Deanna and their two sons Charles and Marc. His favourite pastimes are reading historical books and the game of golf.



Pte Donna Larsen, a recent graduate of the Meteorological Technician QL3 course 0202, who has since been posted to 14 Wing Greenwood, receives the Certificate of Achievement from CWO JPM Turcotte, CMI ICAD.

The Certificate of Achievement is presented to the student who has attained the highest academic standing on the course.

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Butting Out – Making it a Reality: 17 Wing Members Share their Stories

Submitted by Carol Styles
17th Wing HP Director

If you are a smoker who wants to quit (but haven't set a quit date yet), the "March 1st, I Quit!" smoking cessation challenge might be for you. To register for this national challenge currently being promoted in the CF (by the Strengthening the Forces Health Promotion Program), please visit: www.cfpsa.com/health, or pick up a brochure/registration form from Bldg 90, Lipsett Hall, MFRC, CANEX, or 17 Wing Medical Clinic. Completed forms can be returned to the Health Promotion office in Bldg-90 or the 17 Wing Medical Clinic reception. For sites outside Winnipeg, please see the frequently asked questions document on the DIN for local contact information.

The deadline for registering in the challenge is 28 February, 2003, at midnight. Participants are challenged to quit smoking, effective March 1st, and remain smoke-free for the month of March. You may also enter as a smoker if you have quit since 01 September 2002, with the challenge of remaining smoke free for yet another month. Each smoker enters the challenge with 2 registered support people, whose roles are to provide support and verify that the participant did remain smoke free for the entire month. National prizes of cash, DVD players and digital cameras have been donated by CANEX, a division of the CFPSA.

STRENGTHENING THE FORCES ÉNERGISER LES FORCES

Answers to frequently asked questions and additional information about the challenge is available on the DIN bulletin board. For more information or a copy of the Canadian Cancer Society publication "For smokers who want to quit: One step at a time", please contact Carol at local 4160 or Penny at local 4150. If you are a smoker and are not



ready to quit, we also have "For smokers who don't want to quit".

The following is part 2 of our 3-part series on butting out in which 17 Wing members share their personal stories of smoking cessation, to assist those participating in the "March 1st, I Quit!" smoking cessation challenge. This issue focuses on the importance of developing personal strategies for success with smoking cessation. As WO Miller describes, planning for difficult moments can make all the difference in remaining smoke free. This is followed by words of encouragement from LS Wilson, Butt-Out Coordinator.

I QUIT! By WO A.L. Miller

"I QUIT!" I joined the Butt Out program in January 1997 and have been smoke-free for the past 6 years. I chose the patch to help me quit and together with a Butt Out support group, the program worked very well for me. It was tough at times (sometimes it still is), and there were times that I really wanted to smoke, but chose not to. Instead, I listened to music, went for a walk or visited non-smoking friends. A hard lesson to learn was to disassociate certain activities with smoking. The hardest activity for me was not smoking when drinking. I substituted plastic stir-sticks for cigarettes, a strategy that worked for me. In fact, even after six years, I still hold a stir-stick whenever I have a drink. Start thinking now of a strategy that you could substitute for smoking when faced with an activity you normally associate with smoking. You may have to try two or three strategies before you find one that works for you.

You can be a quitter. Look forward to some of the benefits of not smoking: a renewed sense of taste and smell, and extra money to treat yourself. Quitting smoking can be a difficult task, but with your own will to quit and the support of your friends and family,

soon you can say, "I QUIT".

Words of Encouragement from the Butt Out Coordinator:

As the 17 Wing Butt Out Coordinator I have had the pleasure of meeting quite a few of you now non-smokers. As I am a never smoker, I have gained most of my knowledge and experience from these people. I would like to commend all of the folks that I have met and those I haven't; smoking is an addiction like alcoholism, but unlike alcoholism there are not many support groups or facilities to fulfill the needs of smokers who are wanting to quit. Therefore, smokers are pretty much left to fend for themselves with only the aide of Zyban, the Patch or maybe nicotine chewing gum. For military personnel and their families there is, of



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course, the long running Butt Out course, which has been both hated and loved over the past number of years. For all of you out there who have recently quit or are wanting to quit, the Canex sponsored quit challenge is an excellent incentive to stay quit, to support some one who is quitting and of course; to win some great prizes. Good luck and I hope to see many more come out to one of my Butt Out sessions.

-Tracy Wilson, LS, 17 Wing Butt Out Coordinator

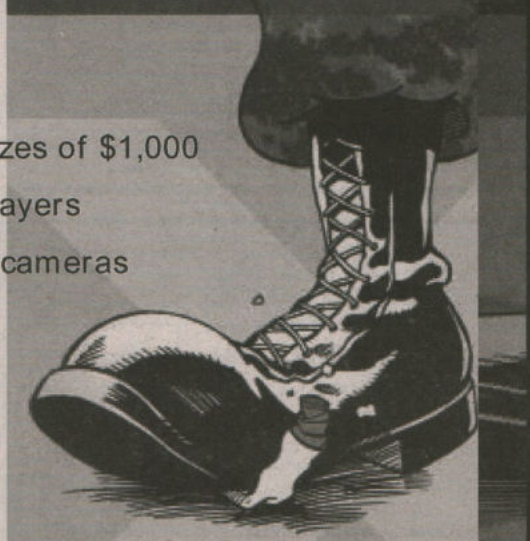
To register for Butt-Out, please call LS Wilson at local 5595.

Be a Winner!

You have only a few days left to enter the "March 1st, I Quit!" Challenge

"March 1st I QUIT!"

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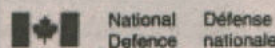
Prizes are donated by CANEX, division of CFPSA

Quit smoking on March 1st

All members of the DND/CF team are eligible to participate.

Pick up your participation form at your Strengthening the Forces Health Promotion office on your base or register online: www.cfpsa.com/health

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“He opened the doors of knowledge to those who cannot see.”

Philatelic Corner

by Alf Brooks

(Translation of the inscription on the statue of Louis Braille, Coupvray, France)

You will find the village of Coupvray about thirty kilometres east of Paris. In 1812, a boy of three, playing in his father's

shop, a saddlery, accidentally poked his eye with an awl; he soon lost the sight in the eye. Infection spread to the other eye and within two years Louis Braille had lost all his sight. He was, however, still able to attend the local school, where he was an excellent student. Then, at the age of ten, encouraged by his parents, his teacher and the local priest, he went to Paris where he entered The Royal Institute for the Blind, a school founded by Valentin Haüy. To teach the blind to read, Haüy had devised a system of forming letters and words of wire and then pressing paper over the wires to produce an embossed page. It worked, but it was cumbersome and expensive. Louis Braille attended the school until age



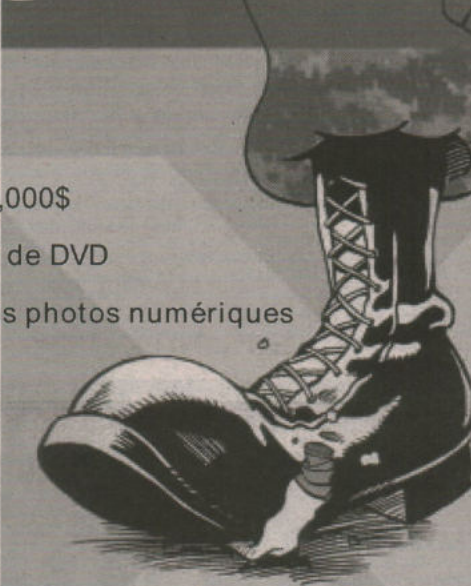
seventeen and later worked there as a teacher. By age sixteen, Braille had devised a system of using combinations of six dots in a “cell” to represent letters of the alphabet, numbers, punctuation, mathematical symbols and musical signs (Braille was also an accomplished organist). By 1844, the “Braille” system, with variations, was used in most countries of the world. Braille died in 1852 and was buried in Coupvray; in 1952, his body was transferred to the Pantheon, in Paris, where it deservedly rests with those of the other great men and

women of France. In 1948, France issued a stamp to honour Louis Braille. Other nations have also issued stamps dealing with sight impairment. This March, Switzerland issues a stamp in Braille: it is red, with a faint “70” in black for the seventy centime letter rate. In Braille, there are three cells: first the number sign, then the cells for seven and zero. The stamp marks the centenary of the Swiss National Association of and for the Blind.

Soyez gagnant!

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Canada

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Continuing Education

Love me – Love my (you fill in the blank)!

Well, by the time you read this, Valentine's Day will be nought but a memory. I truly hope it is a pleasant one, but I'm sure that it won't be for everyone and these are the ones who are likely still living under the pale of some v-e-r-y-bad choices! Some of you forgot! Some of you undervalued the price of the gift! Some of you were a week late! Some of you sent the wrong gift to the wrong girl (or boy)! Some of you said, "Why would I spend money on a gift to show you I love you, I married you and I come home every evening, don't I?" Some of you might be in traction or have a walking cast? Some of you might be pleading with your career manager for an unaccompanied isolated or semi-isolated posting! Some of you might have taken up prayer! Some of you might be checking the internet for a distant monastery that takes foreign postulants. How about those relationships, eh? Tricky stuff, right?

I'll bet right about now you're asking yourself, "What in the world has this got to do with continuing education?" Well, permit me to enlighten you.

For many people, how to relate to other individuals (with whom they are in an ongoing relationship) is incorporated through a process of learning often called, 'trial and error'. Even those of us who are supposedly somewhat expert in these matters (because we have all the answers in the classroom), few, if any, implement positive behaviour patterns throughout our own interactions with others. This is the age-old controversy of 'theory vs. practice', but without theory, practice has no validity in the time and space continuum. That is to say that before we know what works, someone has to think of the ramifications and alternatives to any proposed action (that's theory). Do you think that at the turn of the century Ford automobiles started to come off the "new" assembly line by magic? A great deal of theory went into that practical invention, and look how it changed the world, not to mention the additional theory which has gone into the myriad of refinements and adaptations to this process since its inception.

How many of you out there simply went through the CFRC process and straight into your military occupation? As an Recruiting Officer at CFRC

Winnipeg, I'd bet not many? To be a successful Engine-Tech or Clerk or Infantry-person, don't you need some type of classroom instruction (that's theory) before they turn you loose in the field (that's practice)? Who would like to fly with a pilot who never took flying lessons? Now, being ex-Airborne, I realize that is a bad example but it works for me; or who would like to be operated on by a physician who never went to medical school (it's bad enough knowing that 50% of the doctors who practice finished in the bottom half of their class)? Who would take advice from a family counsellor or Priest who hasn't read a book since hanging their qualifications up on the wall? Starting to get the picture? Ongoing theoretical education is a requirement for ANYTHING we wish to do, if we wish to do it well and get paid for it because we live in an information society. However, our lives tend to get soooo busy with family, friends, curling, clubbing, baseball, hockey, our newest hobby, whatever, that we fall into the proverbial "comfortable pew" syndrome and do little if anything to advance our career. Not everybody you understand – but far too many of us!

So, if we pour so much energy and effort into these "extra-curricular" activities (and I certainly don't mean to imply that family is an extra-curricular activity because for the vast majority of us, family is the core reason for doing what we do), where do we find the time to maintain our expertise? We are in the year 2003, that's two thousand and three years since we started keeping track of time and there has been more learning done in the past 125 years than in the previous 1,878 years and beyond! Think of it, in 1875 there were no telephones; no airplanes; no automobiles; no TV, radio or computers; and here in 2003, we've sent a man to the moon and back 34 years ago; we've probed the surface of Mars; we can go from New York to London/Paris in 3 hours; and, we can experience wars and other natural disasters half a world away with a 10 second link displacement. And our knowledge base is growing geometrically (that's 2-4-8-16-32) as opposed to arithmetically (that's 1-2-3-4-5). Kept up, have you?

So, as you can see, continuing education is not an option

for the successful upwardly mobile worker. It is a mandatory essential and to forego it for more leisurely pursuits is a bad decision – not at all unlike an involved individual forgetting Valentine's Day. There are consequences to both, the difference is that one is forgiving while the other is not. I'll leave you to decide which is which.

If you have any questions whatsoever concerning continuing education, please contact me at 5115 here on base. My office hours are Mondays from 0900 to 1630hrs and I'm around at other times but I empty my phone message frequently, so gimme a call. Oh yes, some possible adjectives for the blank space in the title are: stupidity; charm; stupidity; absentmindedness; stupidity; foolishness; stupidity; thoughtfulness; stupidity; idiocy; stupidity; good looks; stupidity; dog; stupidity; insanity; and of course the ever popular, stupidity. There are many other possibilities as well. Have a great day and thanks for reading. Kenn.

Tentatively Scheduled Upcoming MDP Courses:

The following courses are tentatively scheduled for the dates indicated.

MDP 200 – Communication
15-16 Mar \$ 186

**MDP 700 – Management
for Results** 26-27 Apr* \$ 179

**MDP 900 – Team Building
& Leadership** 24-25 May
\$ 169

* Please note that this was previously scheduled for the weekend before this one, which, as it turns out, is Easter! So it has been re-scheduled.

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**Kenn Garrity,
CFCCN/RMC Coordinator,**
Rm 125, Bldg 33,
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March 28, 2003

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Employers are eligible to receive up to 100% of the provincial/territorial minimum wage if they hire a student with a disability through the Summer Career Placements program.

To apply or to find out more about this program, please contact your nearest Human Resources Development Canada office or call 1 800 935-5555.

Internet: www.hrdc-drhc.gc.ca

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28 mars 2003

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UNDE is not pro-war. Labour and peace coalitions in this country are actively supporting anti-war demonstrations.

It needs to be stated that UNDE will not be involved in or supporting in any way these demonstrations.

We encourage the men and women in the Canadian Forces to be confident and to take pride in their abilities. We will not undermine our military in the performance of their duties.

It is from the membership of this Union that the loudest and clearest message needs to be expressed:

**We are in this together,
proud and strong.**

Les membres de l'Union des employés de la Défense nationale (UEDN) se sentent fiers de faire partie de l'équipe de la Défense nationale.

Ils se sont engagés à soutenir les Forces canadiennes. Comme entité syndicale, l'UEDN a adopté la position d'encourager ses collègues militaires et leur famille, et de travailler avec eux, car ceux-ci assument les tâches que le peuple canadien leur a assignées.

L'UEDN n'est pas en faveur de la guerre. Dans ce pays, les coalitions en faveur des travailleurs et de la paix appuient activement les groupes qui manifestent contre la guerre.

Cependant, l'Union tient à faire savoir qu'elle ne participera à aucune de ces manifestations et qu'elle n'appuiera aucun de ces groupes.

Nous incitons les hommes et les femmes travaillant au sein des Forces canadiennes à rester confiants et à se sentir fiers de leurs compétences. Nous n'avons pas l'intention de nuire à nos militaires en service.

Les membres de l'Union tiennent à exprimer clairement qu'ils se rangent du côté des militaires, pour que,

**nous soyons tous unis, fiers
et forts dans les circonstances.**

UNDE



UEDN

New Patrol Opens for Manitoba – Gillam Patrol

Gillam, MB is situated on the Nelson River system, 1050 km north of Winnipeg by road. With winters being long and summers providing access to some of the best fishing in Manitoba. It has a population of approximately 1600 residence. Its primary employer is Manitoba Hydro. Most of the town's residence run and maintain 5 of Manitoba's largest electrical generating dams in the province. Gillam is a modern northern town with all the amenities and one all weather gravel road that is the lifeline for all commerce and travel. The closest major town is Thompson, approximately 300 km southwest.

Enthusiasm was high

and the expectations of gaining a Canadian Ranger Patrol even higher for those who attended the initial briefings by MWO Doug Colton and WO Wade Jones, on 13 Feb 02. The town gave the visitors a hardy welcome no matter where they went. Seventeen new Rangers enrolled during the first briefing, with the Ranger Staff knowing that more were interested but were kept away due to an important union meeting.

Week one of recruit training was scheduled and the Ranger Staff's assumptions were right, 5 additional Rangers were enrolled the first night, for a Patrol strength of 22.

By MWO Wade Jones



Back row: Rangers Aaron Kushniryk, Brian Rindall, Norman Vanderwiel, Bobby Hyshka, Mike Kapeluch, and Desie Kushniryk. Center row: Rangers Erica Lebel, Ramona Schreiber, Percy McTavish, Darrel Smith, Rick Atkins, and Janus Merta. Front row: Patrol Commander John Watt, Section Leaders Doug Turner, Joe Cyrenne, and R Barker. Absent for picture: Patrol 21/C Virgil Cote, Rangers Raymond Anderson, Greg Burnett, Allan Stewart, S Cocquyt, Tim Oman, Percy Stewart.

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Please note the necessary changes in course dates:

MDP 200 -- COMMUNICATION : : :
15 - 16 March 2003 : : : Cost : \$ 186.00

MDP 700 -- MANAGEMENT FOR RESULTS : : :
26 & 27 April 2003 : : : Cost : \$ 179.00

MDP 900 -- TEAMBUILDING & LEADERSHIP : : :
24 - 25 May 2003 : : : Cost : \$ 169.00

Please Note: These courses will be run over a weekend (Saturday & Sunday) and the cut-off date for registration will be 2100hrs, the Thursday evening prior to the start date. If there are not a minimum of 8 students registered by that Thursday evening, those students who are registered will receive a call informing them of the course cancellation, no call, the course runs. Classes will be held in the Base Ground Training Classroom in Bldg 52 (please enter through the door on the west side of the building). As for payment, cheques, cash or major credit cards only please (No Canadian Tire!!!). Thanks

Kenneth J. Garrity
CFCCN Coordinator
CFB Winnipeg
833-2500 ext 5115



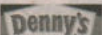
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Off and Flying

By Captain Dave Fouts, UIO,
3CFFTS Southport

On 24 January 2003, eight students from the Advanced Flying Training Rotary Wing course received their Canadian Forces pilot wings from Colonel Marcel Duval, 1 Wing Comd. The occasion was marked with a Wings Presentation Parade at 3 Canadian Forces Flying Training School in Southport, where families and friends gathered to celebrate.

Of interest, Capt (ret'd) Nick Cassidy presented Wings to his brother, Lt Brennan Cassidy. Dr. Ross Singleton, President of the Wartime Pilot's and Observer's Association presented the Gos Goulding trophy for the top helicopter student to Lt Brennan Cassidy and Portage la Prairie Mayor Ian McKenzie presented the Portage la Prairie Flying Achievement Award for the student displaying the highest degree of professionalism and officer-like qualities to Capt Mathieu Bertrand. HCol Hal Wishart presented a Queen's Jubilee Medal to the 3 CFFTS storesperson: Mr. Don Staples.

Congratulations to all the Wings Graduates of Course 0204RW from the staff of 3 CFFTS, Southport.



The graduates of Course 0204RW are as follows (standing, back row, left to right): Lt Michel Benoit is posted to 430 Sqn in Valcartier PQ where he will fly the Griffon helicopter, Capt Mathieu Bertrand is posted to 439 Sqn in Bagotville PQ to fly the Griffon helicopter, Lt David Ranger is posted to 427 Sqn in Petawawa ON to fly the Griffon helicopter, Capt Darren Mann is posted to 443 Sqn in Esquimalt BC where he will fly the Sea King helicopter, Lt Brennan Cassidy is posted to 408 Sqn in Edmonton AB to fly the Griffon helicopter, Capt Nicolas Noel de Tilly is posted to 444 Sqn in Goose Bay, Nfld and Labrador to fly the Griffon helicopter, Lt Jason Munn is posted to 423 Sqn in Shearwater NS to fly the Sea King helicopter, and Capt Mike Barnsley is posted to 427 Sqn in Petawawa ON where he will fly the Griffon helicopter. (Seated front row, left to right): Col Hal Wishart, HCol 3 CFFTS, LCol Steve Bannister, Comdt 3 CFFTS, Col Marcel Duval, WComd 1 Wing Kingston, and LCol Gerald Pratt, W Log O of 17 Wing Wpg.

435 Medals Presentation



(Standing from left to right) Cpl Gebauer CD1, M/Cpl Kaczmarek CD1, M/Cpl Sylvestri CD1, Sgt Sallis CD1, LT Burneau CD1, M/Cpl Barclay CD1, M/Cpl Barnhill CPSM, Cpl Dutcher CD1, M/Cpl Robinson CD1. (Seated from left to right) CWO Martin SCWO, LCol Latouche CO 435 (T&R) Sqn, BGen Law Sqn Honourary Col.

Queen's Jubilee Medal presentation

Don Staples, received his Queen's Jubilee Medal during a Wings Graduation Parade at Southport on 24 January 2003.

Don joined the Federal public service as a storeman at CFB Portage la Prairie in February 1984. He worked in Shipping & Receiving, in Wing Foods, in the general Warehouse, and finally as a supervisor at the CE supply section. When the Base closed in 1992, he accepted his current post as Supply

person for 3 CFFTS.

In addition to his continued outstanding service to the students and staff of the Flying School, Don has been extremely active in his community. He has pursued an interest in sports as the Chair of the Central Region Sports Association, as a member of the Executive of the Manitoba Games Council, and with his service on the Board of the Sports Park in Oakville. He also serves on the Board of the Oakville



Cemetery.

The students and staff of 3 CFFTS congratulate Don on his award.

DE 4 DAAGSE

Op Nijmegen 2003

17 Wing is applying to send a team to Nijmegen, Holland to participate in the 4 Day Nijmegen Marches (15-18 July). Interested military personnel should contact their supervisor or their orderly room to apply.

Details and application forms may be found on the 17 Wing DIN Homepage. All applicants must have written approval from their CO. Applications are to be submitted as soon as possible to Capt Al-Bruce, Building 86. Training will be 4 days a week from 8 Apr-4 Jul 2003.

17 Wing Hockey Teams Come Up Big!

By David Lavallee



17 Wing Women's Hockey team. Rear Row L-R: CWO J. Kamperman (Coach), Cpl C. Fillion, MCpl H. Demchuk, Pte L. LeBlanc, Cpl S. Kohanski, Capt S. Witchel, Sgt C. Kennedy (Asst Captain), Maj C. Walton-Simm (Asst Captain), Capt J. Purdy; Front Row L-R: MCpl B. Beaton, Capt J. Swim, 2Lt D. Benjamin, Cpl M. St. Germain, Capt V. Briand, Cpl M. MacDonald, Capt D. Manson (Captain)

Three hockey teams from 17 Wing Winnipeg (Women, Men and Old Timers) participated in the recent CF Prairie Regional Hockey Championships held at CFB Shilo February 8-9, and two of the Winnipeg teams placed highly in their divisions. The 17 Wing Old Timers captured the gold medal in the Old Timers category, and will move on to compete in the CF National Old Timers Hockey Championships in Borden, while the 17 Wing Women's team came away from the tournament with silver.

The tournament format was the same for all categories, with a round robin round first, followed by a semi-final and then the final. However, each category had its own rules, with the Men's competition remaining the only one to still permit body-checking. Regardless of the different rules, the basics of speed, passing and team play were still paramount and ensured an exciting week of intense hockey competition.

In the Old Timers category, the 17 Wing team faced off against teams from Cold Lake, Edmonton, Suffield, and Shilo. The 17 Wing Old Timers play regularly in the Highlander Adult Safe League in Winnipeg, which advocates a much more open style of play with

no red line, and the rules and format of the Prairie Regional tournament required some adjustment on their part.

"The level of play in the CF competitions is more intense than what we're used to at the Highlander, because the setup of the rules makes for a more close-checking game," said Captain Chris Ouimet, coach of the 17 Wing Old Timers. The hockey was tough, and the competition was fierce. "It took some getting used-to on our part, but once we hit our stride, we came through."

Their experience in the more offensively oriented play of the Highlander league served the Old Timers well at the Prairie Regionals. "We have a very well-rounded team, and our offensive attack is particularly strong," said Captain Ouimet. "All of our guys played extremely well."

After going undefeated in the round robin, 17 Wing faced their archrival Cold Lake in the semi-final. After edging Cold Lake 4-3, the Old Timers moved on to take on Edmonton in the final. The final game was decided in overtime with a goal from Cpl Don Cormier of 402 Squadron, which handed 17 Wing Winnipeg the 1-0 victory and assured them a spot at the CF National Championship in Borden at

the end of March. "I think we'll be facing a much higher level of hockey in the Nationals," said Captain Ouimet. "It'll be the best of the best, and we're looking forward to the challenge."

The 17 Wing Old Timers were not the only Winnipeg success story at the Prairie Regionals. The 17 Wing Women's team captured the silver medal at the tournament, tying their record for highest placement in their 4-year history.

"Two years ago, we came home from Cold Lake with a silver medal, so we've matched our highest placing," said team assistant captain Sgt Cindy Kennedy. "It was a lot of fun playing in Shilo, and I think our team played extremely well."

There were three teams competing in the Women's division of the tournament - Edmonton, Cold Lake, and 17 Wing Winnipeg. The women came out of the round robin in first place, but were defeated by Edmonton in the finals 4-2. Despite the loss, the team is proud of their performance in the tournament. "This team has done really well," said coach CWO John Kamperman. "When we started the season, we had some players that had never played hockey before. They've all worked very hard and shown

real improvement, which really came out in their play at the tournament."

Like the Old Timers, the 17 Wing Women's team participates in a regular league at the Highlander arena. Although the team has many inexperienced players, CWO Kamperman sees this diversity of experience as a strength, not a weakness. "These players are here to learn and have fun playing the game," he said. "They're hungry to learn and improve, and I think that's a huge driving force for them."

The rules of the tournament are slightly different for the women, in that the winning team does not go on to represent the region at the CF Nationals in Borden. Rather, players from each team are picked to form a single team that then goes on to play for the region. In essence, it is a Prairie Region 'all-star' team, and 17 Wing Winnipeg has a strong presence on the team with five players.

Congratulations to all the players and coaches that participated in the Prairie Regionals. The CF National Womens and Old Timers Hockey Championships will be held from March 25-30 at CFB Borden. Good luck to the 17 Wing Winnipeg Old Timers and to our Prairie Region Womens team representatives!

PHOTOS: COURTESY OF JANINE RICHARDSON/SHILO STAG



CFB Shilo Base Commander LCol Chris Simonds presents Cpl McDonald of the 17 Wing Winnipeg Women's team with a silver medal.



CFB Shilo Base MWO Chris Demers (right) presents 17 Wing Winnipeg Old Timers team captain Maj Doug Lawrie (centre), and coach Capt Chris Ouimet (left) with the Old timers Championship plaque.

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17 Wing Winter Family Carnival

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Schedule of Events

Saturday, March 1

1000-1430



Snow painting at the Picnic Shelter
Tobogganing on the hill
Skating and Toboggan bungee at the Rink
Canteen and prize draws at the Chapel Annex

1100-1200
1300-1400

Youth Hockey Challenge North vs South
Children vs Parents Hockey Game

Sunday, March 2

1400-1500 hr

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Contacts:

Melissa Davidson: 833-2500 ext. 2059
Diane Brine ext. 4058

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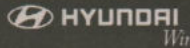


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Canada

Fitness & Sports Page

Athlete of the Month – Captain David Howes

By David Lavallee

Fencing is a sport that has existed for centuries. At 17 Wing, however, it has only been around for ten years. Captain David Howes and his wife Patti founded the 17 Wing Fencing Club in 1993, and as the head coach of the club, Captain Howes has seen incredible growth and development of both the club and the athletes who belong to it since it began a decade ago.

Captain Howes and his wife have been involved in fencing for nearly 20 years, both having started at Carleton University in Ottawa. "I guess it was something that I'd always wanted to try," says Captain Howes. "I'd played a bunch of team sports growing up, and I found the idea of an individual sport really appeal-

ing." Captain Howes and Patti met at Carleton, where they were both members of the fencing team, which competed in the Ontario university fencing circuit. Patti Howes is currently a full-time fencing coach at the Royal Military College in Kingston, Ontario.

While both have competed at higher levels, Captain Howes says they wanted to focus more on training and coaching. "When we came to Winnipeg from Greenwood in 1993, we wanted to run our own club, so we started one here on the base," says Captain Howes. "It was slow at first, but in the last few years we've really grown, particularly with the kids." With a total of 75 members, the 17 Wing

Fencing Club is the largest in Manitoba, and many past and present members have competed, and won, at national and international levels of competition.

Captain Howes and his wife are the head coaches of the Manitoba fencing team currently competing in the Canada Winter Games in New Brunswick. In fact, of the 15 fencers on the team, 8 are from the 17 Wing Fencing Club. "It's great to see that many of our members are competing at higher levels," says Captain Howes. "But I think that the main thing is to have people come out and participate in fencing."

The competition system in fencing is point-based. Opponents square off within a marked boudary called a

piste, which is approximately 14 m long by 2 m wide. For each successful hit, a competitor is allotted one point. The first competitor to reach a score of five wins. However, matches are given a time period, and should the period finish before a clear winner emerges, the victory is handed to the person with the most points.

There are three separate events, or weapons, in fencing – foil, épée, and sabre. With foil and épée, the point of the sword is used to hit, and whereas with the sabre, both the point and the edge are used to hit the opponent from the waste up. With foil, the aim is to hit the opponent's torso; for épée, the whole body is a target. These different weapons are based on historical factors.

The épée is based on duelling swords, such as rapiers. Sabres are based on cavalry swords, which were more of a slashing weapon (hence the use of the edge as well as the point for striking). Foils were used exclusively for training purposes. Aside from the weapons, fencers used a good deal of protective equipment. This includes the use of a meshed mask, jacket, fencing pants, and a glove for the dueling hand.

For his hard work in developing and promoting sport at 17 Wing, and for his commitment and dedication to coaching for the past 10 years, Captain David Howes is the Voxair's February Athlete of the Month! Congratulations to Captain Howes, to his wife Patti, and to all the members of the 17



Wing Fencing Club for their hard work, participation, and many achievements over the years in the sport of fencing!

The 17 Wing Fencing Club trains out of Lipsett Hall Wednesdays (6:00 – 8:00 PM), Fridays (6:00 – 9:00 PM), and Saturdays (10:00 AM – 12:30 PM). If you would like more information on the 17 Wing Fencing Club or are interested in getting involved, please call Captain Howes at (204) 833-2500 ext. 6621.

17 Wing Combat Clubs Offer Fitness and Challenge

By David Lavallee

Kung Fu is an ancient martial art that was developed in China by Shoulin Monks as a way to protect themselves from hostile bandits and warlords. As a martial art, Kung Fu is very heavily focused on physical contact, and training is oriented accordingly.

Using a wide variety of moves and techniques, Kung Fu exercises are very rigorous, and are designed to strengthen the entire body. As such, Kung Fu is a very challenging form of exercise, both mentally and physically. Participants train at least twice a week, and practice the moves, techniques and routines daily to hone their

skills. Although the training is tough, the rewards of a fit body and mind make Kung Fu a very rewarding activity.

Participants in Kung Fu all wear white sashes, which is used by everyone save instructors, who wear a black sash (the equivalent of the black belt in other forms of martial arts). Although there are no tournaments offered, there are demonstrations held every year at the Registration Fair in Building 90. The 17 Wing Kung Fu club belongs to the Northern Shoulin Kung Fu Association.

Kung Fu classes at 17 Wing are held every Tuesday, Thursday and

Sunday at the Building 90 Fitness Centre. The fees are \$45.00/month for two classes a week, and \$65.00/month for three classes a week. Anyone interested in Kung Fu is more than welcome to come out to one of the class-

es, talk to the instructor, and see if Kung Fu is for them. If you would like more information about Kung Fu, please contact MCpl Terry Harrison at (204) 833-2500 ext. 2202.

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*Westwin Community Centre (Building 33)
 Whytewold Road by Building 90
 For information: call Michelle at 2490*

Officers Mess 17 Wing Entertainment Calendar

TGIF - Fridays
 Join us for TGIF each Friday afternoon. Come for the food, the beverages, the friends, and the opportunity to win free entertainment tickets and the 80/20 jackpot.

Childcare services (2 – 12 years old) are available during TGIF! 1700 – 1900hrs. Sign-ups required

St. Patrick's Day (Mega TGIF) – Friday, 14 March
 Share the luck o' the Irish with a hearty bowl of Irish stew and Celtic music. Come eat, dance, and have a wee drop o' the crather! Time: 1630hrs Cost: Free
 Dress: Casual or Green Sign-up: Not Required
 Call ext 2491 for more information or to make a reservation.



MFRC Deployment Services

Parcel Packing Stations— Check them out @ 102 Comet St.

MFRC HQ and the South Side Family Drop-in Centre at 2PPCLI (everyone welcome, call for hours loc. 6600)

There you will find everything you need to help you keep in touch with your deployed loved one.

- Brown paper
- Tape
- Boxes
- Markers
- Photo envelopes
- Packing materials
- "Care Package" ideas!
- Addresses and Postal information
- Sometimes-some goodies to pack.
- Letters to deployed per-

sonnel can always be dropped at the MFRC. Parcels must conform to regulation sizes/weights/parcels too large must be mailed at the Forces Post by Bldg 90.

Did you know?

Due to a near-complete breakdown of the civilian mail system in the Former Yugoslavia, and many other theatres of operations, the only way that mail can be delivered to, or received from members on operations is via the Canadian Forces Post Office in Belleville, Ontario. Any mail sent via normal civilian mail systems will almost certainly

never arrive. Regulations regarding mail set out by Canada Post apply, but you only pay postage to Belleville, Ontario. From there it is sent overseas by airmail at no additional expense to you.

Communication is very important for all family members. Make sure you have the service member's full address and service number before departure. Likewise, ensure the deploying soldier has all the info he/she may need to keep in touch with home.

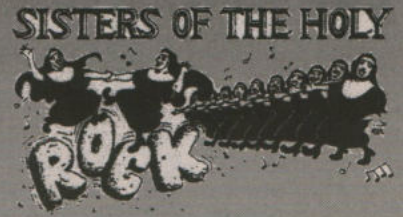
Sending mail to theatre

To send mail to a member deployed you can either:

- mail the letter/parcel yourself from anywhere in Canada to Belleville, Ontario as indicated in the address, paying the cost to CFPO @ Belleville, ON; or

- drop the appropriately-addressed mail/parcel off at any CF Post Office for free postage to Belleville. (size and weight restrictions apply) Letters can be dropped at the MFRC any-time!

For more information and addresses to theatre of operations call Catherine at ext 4506.



Tuesday, 8 April 2003
at 7 pm

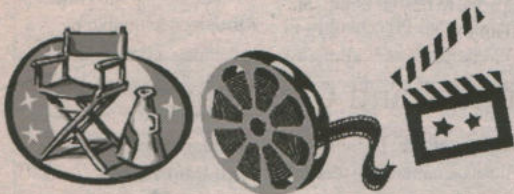
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Lights! Camera! Action!

From time to time the MFRC receives requests from local media and Public Affairs representatives to speak with Military Families on a variety of topics. We are compiling a list of interested community members to have on hand. If you are interested in sharing your experiences call Catherine @ 4506.

MFRC Contact List

You may reach the MFRC by dialing: (204) 833-2500 and enter the 4-digit local of the person you are trying to reach.

Administration	Mona Currie	4500
Teen Centre		4502
MFRC Library		4503
Executive Director	Don Brennan	4504
Education Services (QOL)	Val Hudson	4505
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth Services	Diane Brine	4508
Information & Referral	Linda Belisle	4509
Children's Programs/ Emergency Childcare	W. Richardson	2491 or 6846
Employment Assistance	John Chabib	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francoophone Services	Louise Cameron	4515

An Open Letter to all Military/Foreign Service Spouses

Re: Request for support - Amendment to Employment Insurance Regulation #55
Claimants Not In Canada

Dear Military/Foreign Service spouse:

Over the last three years I have worked as the Employment Assistance Coordinator with the Winnipeg Military Family Resource Centre. My duties are to assist military family members with the challenges they face regarding employment and education matters.

As you may be aware, on occasion, military members and Federal Government employees are tasked to various locations throughout the world - Germany, The United Kingdom and the United States are a few examples.

Through my research, I have discovered that individuals residing outside of Canada for more than 52 weeks are not eligible to obtain Employment Insurance entitlements.

One possible solution to this dilemma is having HRDC freeze EI benefits for the period of time the spouse/family member is abroad and have their benefits reactivated once they return to Canada.

I believe this regulation needs to be amended for the following reasons:

- Military spouses are presently eligible to receive benefits if residing in the United States or its protectorates but not eligible if residing in Europe

- The act approving entitlement of benefits in the United States was signed in 1942 - the roles of the military and Foreign Service families have changed dramatically since that date.

- When the military and Foreign Service family member supports their "serving" family member in a non United States posting they are penalized the amount they have accumulated in Employment Insurance benefits
- Upon returning to Canada, military family members are not eligible to access Employment Insurance benefits until they have earned the required hours for the community they reside in, regardless of the number of hours they had accumulated prior to their partner's European posting

- Individuals incarcerated in Canada's Correction Services are entitled to have the Employment Insurance Benefit status frozen

Manitoba's Provincial Government recently addressed

and approved the freezing of military/military family members Driver's Licencing entitlements. Posted military members will now have their Manitoba Licence merit points frozen until they return to the province. As you can see, a policy of freezing benefits and status has made some headway and does not appear to be a burden on government tax and administrative systems.

The matter addressing the freezing of EI benefits for military and Foreign Service spouses is presently being discussed by other Employment Assistance Coordinators across Canada. There is a strong desire by this committed group to address any policies that affect the clients we serve.

For more information on this matter, please feel free to contact me at (204) 833-2500 ext. 4511 or email me: mfrceac@autobahn.mb.ca at your convenience to discuss this matter in more detail.

Respectfully,
John Chabib
Employment Assistance
Coordinator.

17 Wing Strategy Gaming Club a Forum of Fun

By David Lavallee

Are you interested in trying your hand at directing huge armies of strange creatures bent on conquest? Or perhaps you fancy entering a world of magic and mystery to do battle with creatures and villains most terrible? If this sounds like it might be for you, then swing by the 17 Wing Fitness and Recreation Centre to check out the 17 Wing Strategy Gaming Club (SGC).

"Strategy gaming is, in essence, any game that simulates military strategy," says Captain Steven Nagy, one of the organizing members of the SGC. "You have everything from historically oriented games like 'Risk' and 'Axis and Allies' to the more fantasy/sci-fi type of games like 'Warhammer'."

These types of games emphasize strategy and tactics in a group competition setting. Some of the games are fought with 'armies' of miniature figures that play out on elaborately constructed tabletop environments. Others are done entirely with



Participants from the "Necronomicon" tournament held at 17 Wing on January 12, 2003.

cards and imagination. Different games gather different followings, and the wide variety is part of the strong appeal of the SGC.

"We find that when the club meets and the games are set up, people gravitate to the games they're interested in, and so we kind of encourage that," says Captain Nagy. "It's a very relaxed atmosphere, and we like to let the people play the games they want to play."

The SGC meets on the second and fourth Saturdays of every month, from 12:00

PM - 5:00 PM. Approximately 15-30 people come and set up their tables and games, and just play and have fun. Captain Nagy says that's the name of the game. "We just want people to have fun doing what they like to do," he says. "Often, somebody will wander in to check us out, and we'll just give them a squad of soldiers in a game and say, 'Here you are, go and have some fun'."

The equipment needed to participate varies, both in type and in cost. Some of the miniature figures games can

cost anywhere from \$50 - \$500, depending on how many figures and accessories you want to get. The card games, with expansion packs, can run from \$15 and up. There are literally dozens upon dozens of games available, and although it might sound complex, Captain Nagy says it takes very little time to get the hang of it and start playing. On top of that, everyone is welcome to come by and see what the club is all about.

"We just want to promote strategy gaming to the military community here in Winnipeg, and to get people to come down, play the games, and have fun," says Captain Nagy. The club is open to members from both the civilian and military communities, although members under 18 years of age need to have a parental consent form filled out to join. If you would like more information on the SGC, please call Captain Steve Nagy at (204) 833-2500 ext. 5045.

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Chaplains

Father Guy Chapdelaine

(Roman Catholic)

Office 833-2500

extension 5272

Father Terry Cherwick

(Ukrainian Catholic)

Office 833-2500

extension 5417

Secretary

Carol Cochrane

Office 833-2500

extension 5087

Masses

(English only)

Sat 1630 hrs

Sun

1130 hrs

Religious Education

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

Confessions

The sacrament of reconciliation is offered 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 third Tue of the month at 1900 hrs in the Chapel Annex.

PROTESTANT

Chaplains

Padre Bob Brinn

(United Church)

Office 833-2500 ext 5349

Chaplain Lenora Grauer

(Evangelical Lutheran)

Office-833-2500 ext 5785

Padre Brad Busch

(Evangelical Lutheran)

Office 833-2500 ext 6022

Secretary

Carol Cochrane

Office 833-2500 ext. 5087

Sunday Services

English Only 0930 hrs

Sunday School

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

Marriages

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

Baptisms

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

Protestant Guild

The Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

Food Bank

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

Emergency Chaplain

After normal working hours, the Emergency Chaplain can be reached through the WOps Duty Centre, 833-2700, or the 2 PPCLI Duty Centre, ph. 833-2727.

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.

École Taché

Inscription à la maternelle de l'École Taché

L'École Taché, située au cœur du quartier français de St-Boniface, est réputée pour son excellence académique. Les inscriptions à la maternelle pour l'année scolaire 2003-2004 auront lieu du 3 au 7 mars 2003 pour les enfants qui auront cinq (5) ans avant le 31 décembre 2003. Une copie du certificat de naissance sera requise lors de l'inscription.

Au plaisir de vous rencontrer!

Maryvonne Alarie, directrice.

École Taché

744, rue Langevin

Saint-Boniface MB R2H 2W7

Téléphone : 233-8735

Télécopieur: 235-0321

Visitez notre site internet:

<http://ecoles.dsfn.mb.ca/~tache/>

THE VOXAIR

Next Issue:

12 March

2003

Deadline

for submissions:

28 February

2003

TAROSCOPES

By Nancy

ARIES (March 21 – April 19): Ask for what you want or do without. Support and understanding is not given as freely as you'd hoped. Someone's childish behavior stems from the fact that all their needs can never be met. What you do do is not fully appreciated. Give more only if you want to.

TAURUS (April 20 – May 20): Your skill at pushing the past aside so you can get the job done is great, but some issues need to be dealt with. Avoiding leads to your overreacting to situations beyond your control. You can't change yesterday. Live today so that you create better memory for tomorrow.

GEMINI (May 21 – June 21): Your loyalty may get you in over your head, fighting causes that aren't yours. Being the strong one sometimes means saying no. Someone else needs to prove their worth. Then they will stop feeling like a victim. Help them by stepping away; let them fix their own problems.

CANCER (June 22 – July 22): You want things to move quicker than they already are because you will rest only when tasks are completed. Slow down, the end may not be in sight but it's there. Unions and re-unions highlighted. It's a good time to conceive if that's a priority for you.

LEO (July 23 – August 22): Life keeps you on your toes. It's now time to lead with your head not your heart. Use logic to establish your place. Someone is confusing you with a previous partner or parent. When making a point, you may be right but it doesn't give you the right to hurt others with home truths.

VIRGO (August 23 – September 22): Time to be realistic. Have you prepared adequately for the future? Assess which dreams are feasible. Set new goals, forget past failures, determine your direction and get going. Success may not be as quick as you'd hoped but living is about learning.

For appointments
call 775-8368

LIBRA (September 23 – October 23): Careful you don't create dramas that leave you feeling hard done by, pinning your hopes on someone coming to save you. You are a driving force in your own success. If necessary change your life path to one that is more natural to you, then the road is not as long or as hard.

SCORPIO (October 24 – November 21): What you want may not be what you need. Time has taught you that sometimes you gain a lot when you lose. You have an eye for the unusual. Give yourself unique goals that challenge you. Lifelong commitments need time to develop. Have patience.

SAGITARIUS (November 22 – December 21): Your assertiveness may come across as overly forceful. Make suggestions instead of telling others how to fix their lives. Giving, to gain IOU's or for kudos, backfires. Ask yourself about your motives. Be especially careful if you are giving out of guilt.

CAPRICORN (December 22 – January 19): Better to be flexible and understanding than to force compliance. There's no need to prove you have power. Initiating small changes, creates ripples, the result is less stress. You'll look back later with pride, but for now enjoy the process.

AQUARIUS (January 20 – February 18): You are surprisingly quick at learning new skills. Keep occupied in what interests you. Being sensitive more often allows for a few frivolities down the road. Demanding pessimists can narrow your vision of what's possible for the future. Save for a sunny day.

PISCES (February 19 – March 20): Develop your abilities, your own way and in your own time. Shed unnecessary baggage. Deal with conflicts by being gracious, forgive and move on for your own sake. Transform the ordinary into something beautiful. Don't believe a manipulator's words.

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Condo for sale, South St. Vital. Paddington Place on Paddington. Main floor, 2 Bdrms, AC, parking. Possession negotiable. Phone for apt 235-1757.

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