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At  
long last,  
Spring has  
come to  
Winnipeg!



## SHIRBRIG Executive Headquartered at 17 Wing Winnipeg

By David Lavallee

The Multinational Stand-by High Readiness Brigade (SHIRBRIG) for United Nations Operations is an international entity whose purpose is to serve as a rapidly deployable peacekeeping force. The SHIRBRIG concept was created to ensure a quick UN response to cease-fires, separation of belligerent forces, humanitarian assistance and other such scenarios. The Brigade (4 000 - 5 000 troops) is designed to be deployable anywhere in the world. "Once the participating nations have made the decision to get involved, SHIRBRIG's advanced party can be dispatched to any area within 14 days," says Lieutenant-General Ray Crabbe (retired), who currently serves as the Chairman of the Steering Committee. "After that, the main force can be deployed within 30 days."

Currently, there are ten nations who are full participants of SHIRBRIG, including Austria, Canada, Denmark, Italy, the Netherlands, Norway, Poland, Romania, Spain,

and Sweden. These nations have signed all the Memoranda of Understanding (MOUs) and are committed to providing troops, funds and materiel to SHIRBRIG. There are also five partial participants who have not yet fully committed to SHIRBRIG, which include Finland, Ireland, Lithuania, Portugal, and Slovenia. Some nations send representatives to SHIRBRIG to serve as observers to explore the possibilities of becoming participants, such as Chile, the Czech Republic, Hungary, Jordan, and Senegal. The idea is to get nations to move 'up the ladder' from observers to full-participant status. "There is a process for nations wanting to get involved with SHIRBRIG," says Lieutenant-General Crabbe. "First, they have to be approved by the Steering Committee; second, what is looked for mostly is smaller nations with peacekeeping experience who have the capability to contribute to the force requirement, both in terms of troops and finances; those are the



PHOTO BY SGT GAUDREAU

LCol Don Young, Acting Task Force East Africa Commander and Commander of the CF Joint Operations Group, Theatre Activation Team from CFB Kingston, briefs UN Secretary General Kofi Annan on the Canadian camp and the role of 2RCR as part of the Netherlands-Canadian Battalion Group (NECBAT)

generic terms under which nations may become members." SHIRBRIG is also mindful of being representative of the UN and its constituent nations. "We're trying to build greater regional representation within SHIRBRIG," says Lieutenant-General Crabbe. "Right now, most of the participating nations are from Europe,

with the exception of Canada, and we'd like to expand the regional representation by looking at countries in Asia, South America, and Africa to get a better geographical representation of the UN."

Please See SHIRBRIG Executive Headquartered at 17 Wing Winnipeg on Page 7

## Operation Boxtop 2003

Images from Operation Boxtop 2003; watch for more in the next issue of the Voxair



Sgt Ray Tanguay, Flight Engineer with 435 Squadron at 17 Wing Winnipeg, in cockpit of CC-130 Hercules aircraft no. 130341 during Op Boxtop 1-03. Maj Kaz Oreziak, ALCE Commander and WOPSO 17 Wing, at the Navigator Station



CC-150 Polaris aircraft no. 15003, from 437 Squadron at 8 Wing Trenton, making snowball on landing at Thule Air Base, Greenland. The aircraft is bringing personnel to Thule in preparation of the start of Op Boxtop 1-03

ALL PHOTOS BY CPL JOHN BRADLEY, 17 WING IMAGING

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## Canadian Military Communications Centennial 2003 Honouring Those Brave Wartime Dispatch Riders

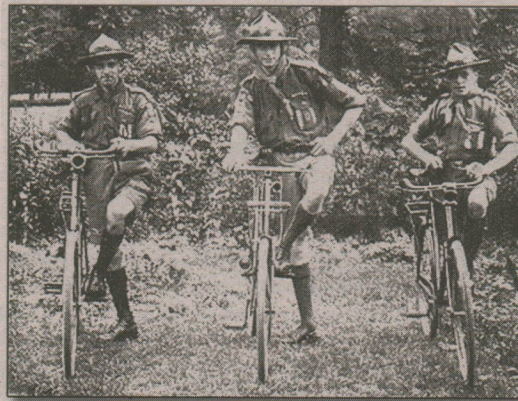
Kingston— With the same enthusiasm of their wartime dispatch rider forebearers, twenty-one regular and reserve force members from Canadian Forces' signal units stand ready to cycle across Canada, as part of their contribution to celebrating the 100th Anniversary of Canadian military communications announced Mr. Howard Dickson, Assistant Deputy Minister (Information Management) today in Kingston, Ont.

This very grueling 7500 kilometre trek, officially dubbed Exercise Mercury Trek 2003, will see the team depart Victoria, BC on 16 April, average about 140 kilometres per day, and end up in St John's, Nfld around the 1st of July. The team will be lead by Colonel (Retired) George Lackonick, the

Honourary Commander from Kingston and the military team captain is Captain Casey MacLeod from the Canadian Forces Joint Signal Regiment, also from Kingston.

• The year 2003, and especially Ex Mercury Trek 2003, marks 100 years of remarkable achievements and sacrifices by the men and women communicators of the Army, Navy and Air Force toward our nation's development, said Dickson, at the announcement ceremony.

• The team will carry a Centennial Proclamation of Military Communication achievements, bordered by the Canadian Coat of Arms and all the Provinces and Territories said Lieutenant-Colonel S.C. Saulnier, Commanding Officer of Kingston-based CF Joint



Signal Regiment. In each provincial capital, in Ottawa and Kingston, a remembrance ceremony will be held at a local cenotaph or memorial, where the proclamation will be signed by the respective Lieutenant-Governor or a designee, acknowledging the contribution of Military Communications to the development of Canada.

• Team members are honoured and privileged to participate in such a monumental and challenging expedition across Canada to celebrate the 100th Anniversary said His Honour Justice William Henderson, one of the Kingston-based team sponsors. All team members have been training extremely hard for months and are eager to experience our

great nation from the open road, as well as meeting the people they proudly serve - I am proud to be one of their sponsors said Justice Henderson.

• On behalf of the City of Kingston, I wish the team all the best in their across Canada trek and may they have a safe journey as they cross this beautiful country said Her Worship Isabel Turner, The Mayor of Kingston.

The Centennial web site at [www.commelec2003.ca](http://www.commelec2003.ca) provides a daily update on the progress of the team as they cross Canada.

*Lieutenant-Colonel Gabriel Tremblay*  
Executive Director  
Canadian Military Communications Centennial National Organizing Committee  
(613) 991-3861

Kenn Garrity, CFCCN/RMCCoordinator, Rm 125, Bldg 33, Ph: 833-2500 ext 5115

## Continuing Education

### Transformation: Here or There: You Choose!

Well I'd like to thank you all very much for the kind comments pertaining to my last article on continuing education. In future I'll try to live up to your growing expectations.

It's payday today so I'm sitting here in Pizza Hut waiting to transform a \$20 bill into a "loaded meat lovers personal pan pizza!" God is good and more than a little Italian I think. I used to believe that He was middle class (humility there), Church Of England (Anglican), but then I tried a full English breakfast following which I found it difficult to believe that anyone who is omnipotent could create that stuff - but a meat lovers pizza - well, that's different!! Some proofs go way beyond the rational thought processes, don't they? So does the concept of need.

I mean we need to ask ourselves: Do we really need two or three cars? Do we really need a computer with 300 trigabytes of memory? Do we really need a stereo with 100K watts out-

put? The list is endless but my space here isn't so I'll leave the obvious for now. Now, because I know you all so well having spent 40 years of my life in the military and been your CFCCN Coordinator for the past 4, I'm going to ask you to perform an unnatural act (well, unfortunately it might be considered unnatural for many of you at any rate!). Take your Bible (relax Padre, it'll be swift and painless and I promise not to proselytize anyone), or if you don't have a Bible you can borrow one from a friend (hopefully), or come into the Base Library as I'm sure Michelle has one she can brush the dust off for you, or go see one of the Base Padre's, in all probability (and I'll take bets on this), they have a couple of dozen of them, (I know I do!) and then once you've overcome this difficulty, read Luke 10:38-42. (You know, after reading that last sentence, if you are very, very quiet and listen very, very carefully, you can hear a, kinda like a, a whirring noise. That's my

English professor spinning in his grave.) For those of you who are lost, take the book and open it to page 1574 (trust me, this really does have something to do with continuing education). Now read the reference above (Luke 10:38-42, that's chapter 10 verses 38 to 42). For those of you who are on the wrong page, that's OK, don't worry about it. As the Bible has been on the "Best Seller List" for so many years now, the page numbers vary - that's rational - phone a Chaplain, they'll tell you!

Excuse me while I finish my pizza, beat up a waiter, get rid of the four beverages I consumed while waiting for my food, and look for the parallel between Martha, Mary and Continuing Education, while you read the reference. (That's Luke 10:38-42).

Oh, that feels sooooo much better. I'll let your mind run the gamut to decide why I'd get so much joy out of discerning the parallel - darn, I just solved the puzzle for you. So, did you read the

passage? Did you grasp the parallel between Martha, Mary and Continuing Education? Want to phone me at 5115 and tell me what it is so I can finish this article? Anyone know why it takes 45 minutes to get a pizza and 45 seconds to get a bill? If God's universe does have an outer limit, is there a fence there to keep space travelers from falling off or out? And if so, what's on the other side of the fence? Am I the only one who spends sleepless nights worrying about this stuff? Are my blood sugars 24.0 and rising? Are Martha and Mary really sisters? They're so dissimilar, they probably are.

OK Padre, here's where you can start taking notes to put everyone back on the straight and narrow during your Sunday Sermon. Both Martha and Mary loved Jesus, just as I'm sure each and every one of you, love your family, and if I have space I'll come back to this. Martha, however, was "this worldly" in that she was concerned with tables & chairs

and bread & cheese. She was to a point, contented with what she had and for a variety of reasons, wanted nothing more (except maybe Mary's help in the kitchen). Many of us are like Martha wanting nothing more than what we have because we don't know anything else or perhaps we're not prepared to put out the required effort to get something better. Or maybe it's just as simple as we don't feel we deserve anything better in life and we don't want to jeopardize what we have by reaching out. If we polled a hundred people, we'd get a hundred reasons why they stay stuck where they are in life, but I'd bet a new set of prayer beads that the greater majority of those reasons (following some in-depth questioning), would be centered around fear!

I think Winston Churchill, (in the context of the Battle of Britain) said it best when he commented, "We have nothing to fear but

*continued on next page*

# “Sisters” Rock 17 Wing Winnipeg

By David Lavallee



The Sisters of the Holy Rock wow the audience with their unique brand of musical comedy at the Building 90 theatre on April 8

What do you get when you put together music, humour, and a group of pretend nuns led by a ruby-slipper-clad ‘Reverend Mother’? The answer is a very successful comedy act. ‘The Sisters of the Holy Rock’ (SOHR), a Winnipeg-

based comedy group, rocked 17 Wing at the Building 90 theatre on the evening of April 8. Performing to a sold-out house of 426 people, the SOHR treated the audience to an hour and a half of home-grown hilarity. For over ten years, the Sisters

have performed all over Manitoba and even in the US, with the benefits from their shows going to charity. ‘We’re just a group of people who enjoy music and performing,’ said Reverend-Mother Carole ‘Whoopi’ Stone. ‘We’re not profes-

sionals, we come from all walks of life, and we enjoy doing what we do to benefit charities.’ In total, the Sisters have raised over \$1.5 million dollars for a variety of charities.

Decked out in traditional nun habits, the group (which includes both men and women) put on a show that blended music and performance. Loosely based on the ‘Sister Act’ movies, the story of the sisters is that they were kicked out of their convent and now wander around looking for places to worship and sing.

The music is a blend of traditional and ‘revised’ hymns that form the backbone of the performance. With only a keyboard/piano, a guitar, and some smaller

rhythm instruments, the SOHR rely largely on their singing talents for the majority of the music. Although they claim they aren’t professionals, you’d never know it from the quality of the singing, music, and performance in general.

‘I’ve always sung, in one way or another,’ said Tasia Smellie, who has been with the SOHR for nine years. ‘The thing I like about this group is being onstage and entertaining people.’

Not only do the SOHR perform onstage, but they also encourage people to sing, clap and get involved with the show.

‘When the people get involved it makes us want to do it more,’ said Joe Wurmlinger (Sister Josephine), who has been with the group since its onset. ‘It inspires us.’

The 17 Wing show was held in benefit of the MFRC. In total, the event raised approximately \$3000, which will go to benefit the MFRC’s youth and children’s programs.

‘It’s always important to have youth-oriented programs through the MFRC for our military families,’ said Wing Commander Colonel McLennan, who attended the show with his wife. ‘With

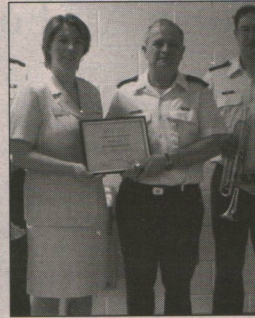
the number of deployments and the stress that puts on families, it’s very important to give the kids a focus point and something to do.’

The MFRC undertakes a variety of fundraising tasks throughout the year, but with the recent deployments on Rotation 12 in Bosnia, this event and the money it raised is of particular significance.

‘The MFRC provides a safe place for kids to go where they can meet other kids,’ said Colonel McLennan, ‘And funding from events like this is crucial.’

As part of the event, the MFRC presented certificates of appreciation to the Air Command Band, Andy Oxley, and the SOHR for their work and support of the MFRC (a certificate will be presented to Building 90 theatre manager Gord Swaile at a later date). Congratulations to the MFRC and everyone who helped support the event, and to the SOHR for their stunning performance.

‘Raising money for charities is great, we give it to people who need it,’ said Wurmlinger. ‘We don’t pick the charities. People who need the help approach us, so that’s where we go and that’s what it’s all about.’



MFRC Board Chairperson Cindy Howlett presents certificates of appreciation to SOHR Director Carole Stone (top left); the Air Command Band (top right); and Andy Oxley (bottom) with the help of MFRC Director Don Brennan.

fear itself!’ Fear immobilizes. It can immobilize our actions, our thoughts, our demonstrative nature; it can ‘freeze frame’ us where we are; and, while it can’t dampen our potential, it can dramatically limit our social performance and career mobility creating such emotional dysfunction that we settle for a life far beneath our aptitudes and abilities. Con-Ed can cure that! Following her Con-Ed encounter with Christ, Martha had the potential to be an entirely different individual in relationship to her community.

Continuing education teaches us new skills; advances the skills we already possess; brings to life old knowledge in a new and exciting way; brightens our future; and, may even bring new meaning and enjoyment to our present existence. While it may not be the magical elixir required to heal all the evils of our society, I honestly believe it can go a long way to make the discomfort

in our personal lives disappear. As I have said before, our world’s knowledge base is growing exponentially and this creates difficulties for us if we’re operating on last week’s expectations. (Lord, don’t get me started on ‘change’.)

Work with me on this simile: knowledge in our society is like a raging river flowing down to God knows what\*, and our life is like a canoe bobbing on the water. If we are simply trying to stay upright and afloat, we’re at the mercy of the environment, but, if we can manage to paddle one mile per hour faster than the water, we have control of the canoe. No matter what the speed of the water, no matter what the dangers of the environment, no matter what lies around the next bend, we have control of where the bow (that’s the pointy end, right) is headed. Con-Ed can give us that edge, that 1mph of additional speed. All we need do is open our minds and wills to the

possibilities and if you have any questions, for heaven’s sake, talk to someone. I used to tell my students at CFS-MET, there is no such thing as a stupid question, ‘‘there are only stupid mistakes that could have been avoided if you’d asked the stupid question in the first place!’’ (play with the inflection, it works, trust me!)

If you are interested in Continuing education, or have a question regarding courses which are available, you can call one of the following:

- Capt Gloria Wall (PSO) 833-2500 ext: 5724
- Kenn Garrity (CFCCN) 833-2500 ext: 5115
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Take care and watch this space for further information on the life and times of . . . ‘‘CONTINUING EDUCATION’’ . . . (imagine an echo there).

Any questions, call, my office hours are Mondays, 0900 hrs to 1630 hrs.

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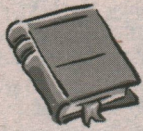
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## Officers' Mess 17 Wing

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## Clear Skies Ahead for CFS MET Grads

By: WO Rick Carleton,  
Course Coordinator



PHOTO BY CPL MARK IRVINE, 17 WING IMAGING

Students of the short range forecasting technician (srft) course 0201 graduated on march 25 at cfs met.

After what seemed like an eternity, Short Range Forecasting Technician (SRFT) Course 0201 finally graduated four weary Sergeants on Wednesday March 25th, here at CFS MET. The course that began way back on

November 4th is the most intense and longest in duration offered at our school.

All the graduates should be congratulated for their superb performance.

The aim of this course is to train personnel to become proficient in providing short-

range aviation terminal forecasts, amendments and weather warnings at on-site location. The course is broken down into two phases, namely the Diagnosis and Prognosis phase. The Diagnosis Phase, lasts seven weeks, concentrates on the application of theoretical concepts to actual weather situations and the meteorological processes that were involved in their evolution.

The Prognosis Phase, which covers the last twelve weeks of course and concentrates initially on forecasting techniques and guidance for each weather element. This is then added to the forecast production process in the practical simulator.

The graduates must then

follow up their training by an intense period of on-site accreditation lasting a minimum of six months to a maximum of one year.

We were also very pleased to present Sgt Gord MacLean of 4 Wing Cold Lake with the Canadian Forces School of Meteorology "Certificate of Achievement," for obtaining the highest academic mark.

This also marked the end of an era at CFS MET, as Mr. Albert Skiba returned to the Forecast Centre in downtown Winnipeg after having spent a year with us teaching and lending his expertise. We'll truly miss him.

That's about all the news for now, till next time.

## This Month in Royal Canadian Air Force History

### Royal Approval

By the 1st of April 1924, the restructuring of the Canadian Air Force was completed. It was now time to turn a new page in Air Force history with the addition of the prefix "Royal" to its name. The honour had been authorized by King George V on the 15th of February 1923. The word Royal started to show up in Air Force Orders by the 13th of March and on the following day appeared on all official correspondence henceforth. The prefix was not officially approved by the Canadian government until the 1st of April 1924, when at that time the King's Regulations and Orders for the Royal Canadian Air Force were implemented.

"Happy 79th Anniversary, Royal Canadian Air Force!"

**No. 1 (Operations) Wing** was formed at Winnipeg, Manitoba on the 1st of April, 1925. Commanded by Squadron Leader G. O. Johnson MCI. It operated a wide variety of aircraft including the Vickers Viking, Canadian Vickers Vedette Mk. I and Canadian Vickers Varuna Mk. I.

**No. 1 (Operations) Squadron** Squadron Leader A. E. Godfrey MC AFC assumed command of the squadron upon formation on the 1st of April 1925 at Jercih Beach, British Columbia. The squadron operated Curtiss HS-2L flying boats.

**No. 2 (Operations) Squadron**

This unit was formed at High River, Alberta on the 1st of April, 1925 under the command of Squadron Leader A.A.L. Cuffe. The squadron commenced operation with the de Havilland D.H.4, Avro 504N and Avro 552A.

**No. 3 (Operations) Squadron**

This flying boat squadron (with the exception of the float-equipped Avro 552A) was formed at Rockliffe, Ontario on the 1st of April, 1925. It operated the Curtiss HS-2L, Vickers Viking, Canadian Vickers Varuna and Canadian Vedette. The squadron's first commanding officer was Squadron Leader A. B. Shearer.

**No. 4 (Operations) Squadron**

Dartmouth, Nova Scotia was home for this flying boat unit. It was formed on the 1st of April 1925 under the command of Flight Lieutenant T. A. Lawrence.

The squadron operated the Canadian Vickers Varuna and Curtiss HS-2L.

**Home War Establishment Squadron Formations**

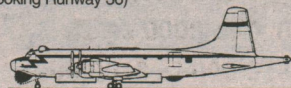
**No. 125 (F) Squadron** The squadron was formed at Sydney, Nova Scotia on the 20th of April, 1942 under the command of Flight Lieutenant C. W. Trevena. The squadron was initially equipped with the Hawker Hurricane Mk. I which was used for East Coast air defence duties.

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Hawker Hurricane

# 17 Wing Clinic - April 03

## Canadian Blood Services works to improve 17 Wing Clinic

Canadian Blood Services has moved to improve the flow at its mobile clinics in response to feedback received from donors concerned about long line-ups and the time it takes to complete the blood donation process.

On Friday, May 30th, 17 Wing will host a mobile clinic in Lipsett Hall and donors can expect to see improvements in overall operations.

"We're really pleased with the reception we've received at the Base in the past, and the increasing response from donors on and near the Base. We know there have been some problems with long lineups and we want to make things better," said Myrtle Nichols, Director of CBS in Winnipeg.

### Improvements

Here's what's happening to make the process faster and more pleasant:

CBS will have an additional screening nurse at the clinic. This will reduce line-ups and speed the process

for all donors.

Additional volunteers will be on site to ensure donor comfort and to assist clinic staff in meeting donor needs more quickly.

Information posters, highlighting basic donor eligibility criteria, will be in place around the Base. The posters will assist prospective donors in understanding what should be done before coming to the clinic.

CBS will introduce "Operation Yellow Folder" for the benefit of donors with appointments.

### "Operation Yellow Folder"

Nichols explained that donors with appointments are a priority at CBS clinics and staff try to accommodate them as closely as possible to their appointment time.

"Operation Yellow Folder" is a means to bringing a balance between "walk ins" and those with appointments.

"We know that many donors at the Base are simply unable to make an ap-

pointment for various reasons, and must "walk in" when they have the opportunity. We're grateful that they do and we welcome them."

Those with appointments will have their Record of Donation (questionnaire) and pertinent information placed in a yellow folder. Nursing staff have been directed to look for donors with yellow folders in the waiting area and ensure that they are given priority. Every effort will be made by staff to assist "walk in" donors as quickly as possible.

### "Am I eligible to donate?"

At past clinics, some prospective donors have been disappointed when they've been "deferred" (deemed ineligible to donate) due to one of a number of restrictions put in place to assure the safety of the blood supply as well as that of the donor. It's important that donors obtain some basic information before coming to the clinic.

This will help reduce disappointment.

In addition to two pieces of identification, donors are encouraged to bring information on which immunization they've had, and a listing of countries in which they've travelled.

Information on restrictions is available by calling the Canadian Blood Services toll-free line (1 888 2 DONATE) (1 888 236 6283) or on the CBS website. ([www.bloodservices.ca](http://www.bloodservices.ca)) Click on "Temporary Deferrals".

Should prospective donors have questions about their eligibility, they can call Edie Giesbrecht, the CBS Special Services Coordinator in Winnipeg. Edie's telephone number is 789 1068.

The 17 Wing clinic will be held Friday, May 30th, in Lipsett Hall, from 1130 hours to 1500 hours. Donors can call 1 888 2 DONATE to set up an appointment or for additional information.

## More pay for CF members

National Defence, Ottawa - The Honourable John McCallum, Minister of National Defence, announced, effective April 1, 2003, a 2.5 percent pay increase for non-commissioned members; and a 2.5 percent increase for general service officers and pilots (Lieutenant-Colonel and below), and medical and dental officers (Lieutenant and Second Lieutenant).

"I am pleased to announce this increase," said Minister McCallum, "as it

recognizes the dedication and professionalism of the men and women in our Canadian Forces and the value of their service to Canada. This increase will assist our efforts to recruit and retain personnel and is consistent with this government's commitment to quality of life for Canadian Forces members and their families."

General Ray Henault, Chief of Defence Staff said he is also pleased with the increases. "The hard-working men and women of our Canadian Forces have

earned this increase," said General Henault. "They perform to the highest standard day in and day out, and are most deserving."

Increases for specialist officers (medical and dental) and senior officers (Colonels and above) are still under review and will be announced when finalized.

These pay increases are the result of normally scheduled pay reviews and are not related to, nor influenced by, ongoing operations.



PHOTO CREDIT: SGT. DAVID SNASHALL, JSFA COMBAT CAMERA

Troops will see a 2.5% increase in pay.

CF members can expect to see the effect of these improvements in their mid May pay.

submitted by: Guy Paquette

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# Wing Transportation Squadron Awards



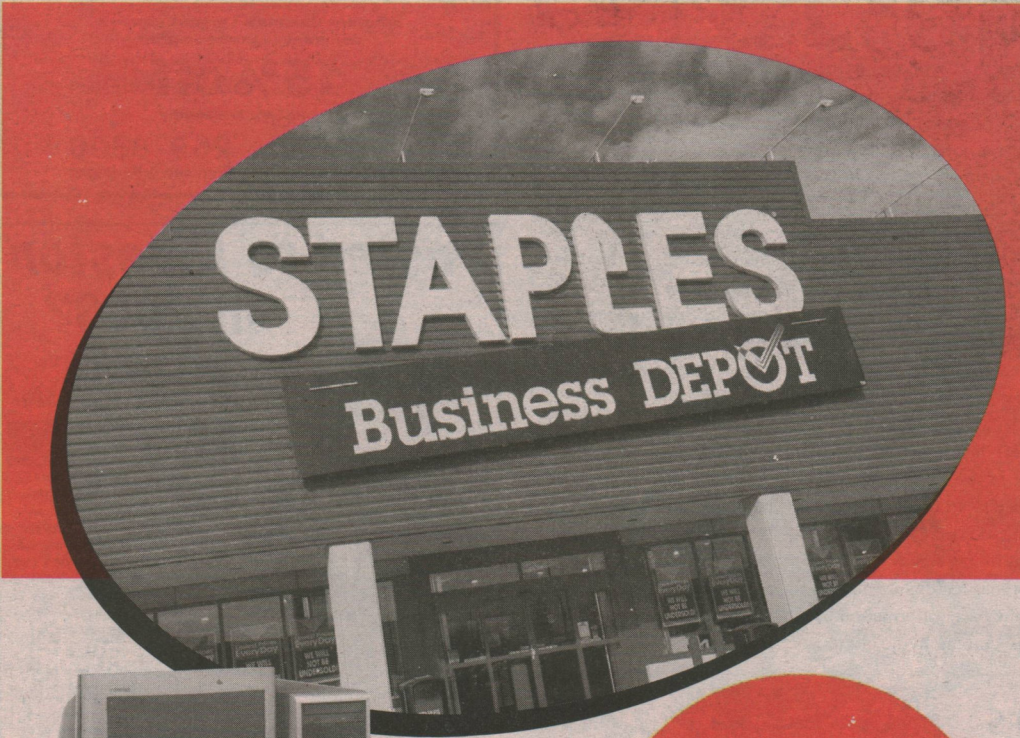
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Col McLennan presented past and present members of W Tn Heavy Operations Flight a WComd's Commendation for their exceptional support of the Wing. Numerous flight personnel were missing for this picture due to other taskings.



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MGen Dumais presented Cpl J.E. McKibbon his CD1.



Col McLennan, WComd, presented MCpl P.J. Babcock a WComd's Commendation for his exceptional support of the annual Government of Canada Workplace Charitable Campaign. MCpl Babcock has organized the annual W Tn charity breakfast for the last two years achieving exceptional results.



MGen Dumais, Comd 1 CAD, presented Cpl K.S. Hodgson his CD1.

Submitted by Maj R.C. Mosnier



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continued from Cover

# SHIRBRIG Executive Headquartered at 17 Wing Winnipeg



PHOTO BY JORGE ARAMBURU, UNMEE PUBLIC INFORMATION OFFICE

UNMEE's Netherlands and Canadian battalion hands over the peacekeeping duties it had undertaken for six months to the incoming UNMEE Indian battalion

The organizational structure of SHIRBRIG is both of a political and military nature. Overall, SHIRBRIG is guided by the Steering Committee, which serves as the executive body of SHIRBRIG. The main responsibility of the Steering Committee in the oversight of SHIRBRIG's affairs is to generate forces from within the SHIRBRIG members to meet a UN request. The Steering Committee is comprised of representatives from the participating nations and has oversight and policy responsibility of SHIRBRIG.

The Steering Committee is presided over by the Office of the Presidency, which includes the Chair of the Steering Committee and their staff. The staff includes the Chairman, Lieutenant-General Crabbe; Military Assistant, Lieutenant-Colonel Ed Staniewski; Clerk, Corporal Prudence Jenkins; and a

representative at NDHQ in Ottawa, Ms. Carolyn Keeler. The Office of the Presidency rotates between nations on a one-year term (January 1 – December 31), and for the year 2003, the Office of the Presidency is in Canada, right here at 17 Wing.

As Chairman of the Steering Committee, Lieutenant-General Crabbe is constantly traveling to the UN and to member nations to deal with SHIRBRIG issues. "One of our major roles within the Presidency is to keep in contact with the member nations, which we do constantly to deal with the issues facing them," he says.

The full-time military side of SHIRBRIG is called the Planning Element. The Planning Element is a permanent structure within SHIRBRIG and is comprised of the officers from the fully participating nations. These officers serve



as the military staff for the brigade under the Commander (Brigadier General Sten Edholm of Sweden). The Command position also rotates among nations every two years, and in December 2003, Canadian Brigadier-General Greg Mitchell will assume command.

Headquartered in Copenhagen, Denmark, the Planning Element is responsible for developing standard operating procedures, carrying out operational

preparations for deployment, conducting operational and logistical training of SHIRBRIG staff, monitoring the training and readiness status of the various units, and carrying out tasks assigned by the Steering Committee. All of the nations who are full participants of SHIRBRIG contribute to the financing of the Planning Element.

"The main connection between the Steering Committee and the Planning Element is be-

tween the Presidency and the Commander," says Lieutenant-General Crabbe. "We are in contact virtually on a day-to-day basis discussing various issues that are ongoing within SHIRBRIG."

Participating nations are not obligated to contribute forces to missions. When SHIRBRIG is called on to deploy, each member nation makes the decision on whether or not to participate by sending troops and material. To ensure that there are enough troops and material to conduct the mission, SHIRBRIG maintains a large pool of units, equipment and supplies from different countries as a built-in redundancy.

SHIRBRIG is also working with the Organization of African Union (OAU) to develop an African peacekeeping initiative, with SHIRBRIG serving as a model. This is being done under the umbrella of a Canadian initiative to provide assistance to Africa that came out of the 2002 G8 Summit in Kananaskis, Alberta. The process of aiding the OAU in this task involves providing information and presenting briefings to the OAU, as well as training to African officers. In the area of training, Canada is playing a special role.

"Canada has taken the initiative to provide 'on-the-job' training for African officers," says Lieutenant-General Crabbe. "This training will be conducted within the SHIRBRIG environment at the Planning Element in Copenhagen."

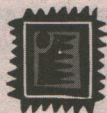
The SHIRBRIG concept as initiated in 1994 following discussions between Danish authorities and the then head of the United Nations Department for

Peacekeeping Operations, Mr. Koffi Annan. It was developed over the next three years, and the Steering Committee first met on June 1, 1997. The Planning Element became active on September 2, 1997. Since its creation, SHIRBRIG has been deployed once as part of the UN mission in Ethiopia/Eritrea. The partial deployment followed the signing of a peace agreement between the two countries to help secure and monitor their common border. Since then, SHIRBRIG has continued to grow and to maintain a high level of readiness to respond to requests of the UN.

While SHIRBRIG has grown, it continues to face challenges. "One of the challenges in any international cooperation is to build consensus among the nations, who may, and often do, have different viewpoints and interests at stake," says Lieutenant-General Crabbe. "Another challenge we face is in the area of expansion; we're aiming to attract nations with the proper criteria and to build a better regional representation. Lastly, we must ensure that we remain relevant and credible for UN peace support operations. This means being flexible in our response to meet today's UN peacekeeping needs. We must change our concept of employing SHIRBRIG accordingly."

Despite these hurdles, SHIRBRIG will continue to remain ready to respond to UN requests to help maintain peace, security and stability throughout the world. Look for more on SHIRBRIG in the next issue of the Voxair.

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Notice

The Voxair's student journalist will be leaving the Voxair effective May 1, 2003, to pursue employment elsewhere. The Voxair hopes to hire another student journalist to fulfill the duties of reporting and photographing events within Winnipeg's military community.

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## Athlete of the Month - MCpl Beaton



PHOTO BY DAVID LAVALLEE

By David Lavallee

MCpl Brenda Beaton is no stranger to Canada's favourite game. As a centre for the 17 Wing women's hockey team, MCpl Beaton recently returned from the CF National Hockey Championships in Borden, where she helped represent Prairie Region.

MCpl Beaton has participated in hockey for many years, but only joined the 17 Wing crew this past season. Of all the things she loves about the team, coaching ranks very highly for her.

"We had a really good coach this year in CWO Kamperman," says MCpl Beaton. "I think one of the

best things about this team is the interest and attention we receive from a high-level coach like him. He's really helped us out."

The CF championship competition for women's hockey is slightly different from the men's hockey or other sports. Rather than having one championship team from each region competing in the nationals, the regional teams in women's hockey are 'all-star' teams for each region, and just being selected to the team is an honour.

Although women's hockey is a relatively new sport in the CF, it is rapidly developing into a fiercely tough and competitive game.

"Each and every year it gets more competitive," says MCpl Beaton. In the past, Prairie, Ontario, and Quebec regions would dominate national competition, but recent years have seen the Pacific and Atlantic regions increase dramatically in strength, creating a competitive atmosphere within CF women's hockey.

"It's noticeable at both the player and the team level, they're just getting stronger every year," says MCpl Beaton.

For her excellence in hockey, and her dedication to sport and fitness, MCpl Brenda Beaton is the Voxair April 2003 Athlete of the Month.

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## Winnipeg Military Family Resource Centre Eighth Annual Women's Conference

Friday, May 9th, and  
Saturday, May 10th 2003

Location: Bldg. 76, Northsite Officers' Mess

**Friday, May 9, 2003**

**7:00-10:00 p.m.**

### Wine and Cheese

#### The Aurora Dance Group

Performs semi-classical Japanese dance using stylized movements & gestures to express the meaning of the song. This beautiful form of dance will transport you to another land and another time.

#### The Caribbean Steel Band

Sit back, close your eyes and let the magical sounds radiating from this incredible steel orchestra lead your imagination to the islands. An experience to remember.

**Saturday 10 May, 2003**

8:00-9:00 a.m. Breakfast 9:00-10:00 a.m.

### Keynote Speaker, Pioneer Quest Survivor Deanna Treadway

Deanna is one of the stars of Canada's first "survivor" show, Pioneer Quest. While Deanna has plenty of energy and an adventurous spirit she was not overjoyed when Tim, her husband and soul mate, applied for a position of one of the pioneer couples. As the saying goes the rest is history or rather, her story.

**Saturday May 10, 2003**

Choose one workshop from each time slot.

### Session 1 10:30-1200

#### Pilates

Curious about the hottest new fitness trend - Pilates? Then this is the session for you! The focus will be on the core elements of Pilates-training, equipment and adaptations for individual needs.

Jaqui Vincent has been involved with the practice of pilates for 6 yrs. She will discuss what you need to know to be an informed consumer. Dress in loose fitting clothes.

#### 2. Yoga

Laurie Ankenman will introduce you to basic yoga poses to explore mind/body connections and recharge and renew your "inner" and "outer" self. A meditation on the breath will compliment this mind-body-spirit Spring tune up.

#### 3. Image Update

Carol Styles is a skin care and image consultant. She will demonstrate how to apply makeup in 5 minutes, how to choose clothing and colours that most flatter your body type and explore your "makeup personality."

#### 4. Handcrafted Cards

Transform an eclectic combination of paper, fibers and accents into a set of six Asian themed cards that will be all the more special because you will have made them yourself. These handcrafted cards convey your most special greetings.

**12:00-1:00 Lunch** at the WO & Sgt's Dining Room

**1:15-2:45 Second session** choose one

#### Taming the Paper Tiger

Are you wasting time searching for information or missing material? Are you losing valuable space to clutter? Morva Bowman is a declutter expert. She will help you to gain control of your environment and become more organized and productive.

Interior Design Tara Boucher-Havelock is an interior design consultant. She will discuss colour selection and how to allocate it, how to accessorize as well as discuss design problems. For this workshop you are asked to bring in pictures of and questions about your particular design problem. (must be in by Apr.25th) MAX. 20

#### Three Wishes

Kathi Moore is a self made entrepreneur. At the age of 24, Kathi had a major stroke, her left side was left paralyzed. She spent 2 years recovering. As a result of her experience, Kathi decided to follow her dreams having her own clothing company. Now Kathi travels all over the world gathering fabrics and gemstones. Her stories and experiences will be sure to interest and inspire you.

#### 4. Wine Glass Jewelry

Make 2 sets (4 per set) of wine glass jewelry. Choose your own beads and charms to create an original look. You and your guests will always be able to find their glass with its own unique jewelry attached.

3:00-4:30 Third Session Choose One

#### 1. Yoga

Laurie will guide you through a second yoga class.(see 10:30 yoga)

#### 2. Pilates

Jacqui will teach another pilates class (see 10:30 pilates)

#### 3. Sushi with Kathy Man

Learn to prepare vinegar rice and different kinds of rolled sushi such as Maki Sushi, Temaki Sushi (cone shaped hand roll) using a variety of ingredients. (No raw fish) Participants will be able to sample the sushi but time does not allow for a "hands-on workshop."

#### 4. Butterfly/Wildlife Garden

Join Shirley Froelick and find out how you can attract butterflies and beautiful birds by planting native prairie flowers and grasses. Shirley will be using colourful slides and plant samples to fully illustrate how this is done.

#### 4:30 - Wrap Up / Door Prizes

Please make cheques payable to the MFRC. (Military Family Resource Centre)  
Registration fee is only \$40.00.

**YOU MUST REGISTER BY Friday April 25, in person or by mail to 102 Comet St., P.O. Box 17000 Station Forces, Winnipeg, MB. R3J3Y5**

Due to limited space registrations will only be accepted with payment. For further information, please call Val Hudson at 489-7003, ext 4505. Refunds will not be processed after April 25, 2003.

Childcare will be available at the MFRC Daycare for children ages 18mos. to 12 years On Saturday from 8:00 am-5:30 pm

Cost is \$8.00 per child or \$20.00 per family. Please include cost in registration fee.

Please remember that perfumes and scents may create a sensitivity in some people.

We look forward to a scent free conference

*The MFRC reserves the right to substitute any presenters if necessary*

## MFRC Casual Evening Child Care

Casual care will now be offered for children 6 months to 12 years of age every Thursday between the hours of 6:00 p.m. and 9:00 p.m. Please reserve your space at least 24 hours in advance.

Cost: \$8.00 for the entire session for one child or \$12.00 per family.

Where: MFRC Child Care Centre 630 Whytewold Road

Registration or more information: Call 837-3626 ask for Lois or Melodie or 885-9195 ask for Joan.

### Op Retreat

Are you feeling like you need some time for yourself? If the answer is yes then this group is for you. It is all about relaxing, having fun and focusing on you. Various activities will be planned such as cooking

classes, crafts, movies, and much much more. Your suggestions for group activities are very much welcome.

So when is all this happening? The group meetings will be every other Thursday at 7:00pm. Upcoming dates are April 24, May 8, May 22 and so on.

Where? 2PPCLI Family Drop-In Centre Building B12 South Side.

If you want to attend to socialize and not participate in the activity, please feel free to come.

If you have any questions or would like some childcare suggestions, please call Haley Schroeder, at 833-2500 ext 4512 or Catherine Chatterley at ext 4506.

Self-care is very important and we want to make sure you're getting your fair share.

## Website Resources for Helping Children, Teens, and Adults Cope During Times of Crisis

### • Talking to Kids About War

AboutOurKids.org  
New York University Child Study Center  
[www.aboutourkids.org/articles/war.html](http://www.aboutourkids.org/articles/war.html)

### • Talking About Conflict and War

The Learning Network  
[www.familyeducation.com/article/](http://www.familyeducation.com/article/)

### • Talking with Children about War - Pointers for Parents

The Learning Network  
[www.familyeducation.com/article/](http://www.familyeducation.com/article/)

### • Talking with Kids about the News

Children Now  
[www.childrennow.org/television/twk-news.htm](http://www.childrennow.org/television/twk-news.htm)

### • "Helping Children Cope with Violence, Terrorism, and Grief"

on the NCCIC Web site. The information can be found at <http://nccic.org/helpkids.html>.

### • AAP Offers Advice on Communicating with Children about Disasters

[www.aap.org/policy/re9813.html](http://www.aap.org/policy/re9813.html)

*for more information about families and deployment call...*

**Catherine Chatterley, Deployment Services  
Winnipeg Military Family Resource Centre  
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**Tuesday, April 29th  
7:00 - 8:00 pm**

Facilitator: Jennifer Coy, mortgage consultant  
Call the MFRC to register @ 489-7003 x 4505

## 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/	W. Richardson	2491 or
Emergency Childcare		6846
Employment Assistance	John Chabib	4511
Special Needs/	Haley Schroeder	4512
PIC Social Worker		
Francoophone Services	Louise Cameron	4515

## Comm Rec News

### Swimming News

Great news for parents of preschool aged children

Submitted by Melissa Davidson

Community Recreation is offering preschool swimming lessons during the day. A co-operative effort with MFRC Child Care, parents can choose to enrol their child for daytime lessons. Recreation members may also register for this lesson block. Classes began April 22 on Tuesday and Thursday afternoons. Lessons will occur for a 5-week duration ending May 22.

In addition, the swimming pool will be open during this time for casual swimmers. Timings for lessons and casual swim are 1300-1500 hrs.

This is the first step in mobilizing all swimming programs into the Bldg. 90 facility. For more Aquatic information call Dana Hinkema at 833-2500 ext. 7013.

A summer swim lesson schedule will be available beginning April 23 at Bldg. 90 and Lipsett Hall facilities as well as the Westwin Community Center and on the DIN. To register call Elaine Parent at 833-2500 ext. 5976.

## 2003 Summer Series Community Recreation Summer Camps Have Lots to Offer

Camps for all ages in a variety of sports as well as family outings are available this summer. The program has been expanded to provide parents with full-day camp options or combinations to ease childcare. New this year are *Sun Nt-Fun* afternoons that invite children and families to play together, an Adventure Week for Military teens to get away on a one-week canoe/kayak trip, golf camps for children and youth, dance and improv, lacrosse and roller hockey. Wind up the summer with a family daytrip to Fun Mountain Waterslide Park. A complete 2003 Camp Guide booklet is available at Bldg. 90, Lipsett Hall, the Westwin Community Center or on the DIN under Community Recreation.

Looking for something different? Ask about our volunteer opportunities for ages 10 and up during our summer programming.

Registration is being accepted at the Westwin Community Center or call 833-2500 ext. 5976 to register with a credit card. Registration fees are applicable.

## KidVentures 2003

Youth Services is proud to announce this year's theme weeks for Kidventures, a summer day camp experience for elementary school age children. Children must be entering Grade 1 in September. Activities include: arts and crafts, games, outdoor activities, swimming and fieldtrips. Camp hours are from 9:30 am to 3:30 pm Monday to Friday (except when there is a holiday). For those parents who require extended care it will be available from 7 - 9 am and from 3:30 to 5pm. Cost: \$60.00 per week per child. Extended care \$5.00 per day per family. Registration will take place at the Winnipeg Military Family Resource Centre, 102 Comet Street commencing May 1. Payment is required with registration.

Any questions? Please contact Youth Services at ext. 4508.

### Week 1

July 7 - 11

Building 90 - Multipurpose Room

Superheroes and Comic Books - We are headed into the secret worlds of Spiderman, Superman, Batman, and many others; we'll even be making our own comic strips! We may not be able to scale walls with webs, so let's use rope!! We're off to Vertical Adventures Wall Climbing!!

### Week 2

July 14 - 18

Building 90 - Multipurpose Room

Alice in Wonderland - Off with her head!!! Well, maybe we won't take our activities quite that far, but an unbirth-day sounds quite fun.† Let's look through the looking glass, follow the white rabbit, have a

wacky tea party, and more!† We may grow and shrink unnaturally, but don't cry too much - there's already enough water at Fun Mountain!

### Week 3

July 21 - 25

Building 90 - Multipurpose Room

Mortimer, BE QUIET!! - Does the Munch-ness ever end? There's Mud Puddle, David's Father, Mummel Mummel, and dozens more. It's going to be a weird week! We'll play at Touch the Universe and maybe capture The Dark at the Planetarium just like Jule Ann! Just don't bring your baby sister to camp in your backpack for Show and Tell!

### Week 4

July 28 - Aug 1

347 Doncaster Street

Charlie and the Chocolate Factory - A wildly imaginative book filled with chocolate waterfalls and an incredible contest! We'll be making chocolates and getting silly just like the Oompa-Loompas. There might also be some cotton candy making in store!

### Week 5

Aug 5 - 8

Building 90 - Multipurpose Room

Harry Potter and the Chamber of Secrets - Didn't have enough Harry Potter last year? Me either!! There is so much more to do at Hogwarts School

of Witchcraft and Wizardry. Step onto Platform 9 and ride the Hogwarts Express at The Children's Museum. Plus, We will be inviting a magician to see if we can make some magic of our own!

### Week 6

Aug 11 - 15

347 Doncaster Street  
Fractured Fairytales - Do things always turn out so perfect? Come find out as we read some wacky new fairytales, write our own, and act them out! Dragon in the castle? We'll jump him out with Bounc'en Good Times and then navigate the tunnels and climb the beanstalk at Adventure City.

### Week 7

Aug 18 - 22

347 Doncaster Street  
Wizard of Oz - I don't think we're in Kansas anymore!! Let's make some new friends and see if we can convince the wizard to help us. We're off to follow the yellow brick road - I mean yellow ears of corn. Yup, our camp was tossed in a tornado and now we have to find our way out of the corn maze!

### Week 8

Aug 25 - 29

347 Doncaster Street  
Jumanji - This story is out of control. A Tidal Wave - well jump on and ride it - we're going to Fun Mountain Waterslide Park!

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### Contacts:

Pres: Capt Steve Wilson—local 6674

Vice President: LS Mark Farrel—local 6683

Treasurer: Capt Brian Nekurak—local 5556

Secretary: Capt Lawrence Klepachek — local 5952

Equipment Mgr: Cpl Rob Nevers— local 5068

## Together in Church



### CATHOLIC

#### 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 ext: 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.

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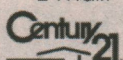
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Twin pine mates bed (Paliser brand) with plain headboard and new mattress for sale for \$200.00. People can call 832-0357 and ask for Jim or Kim.

LAWN CARE - Need someone to cut the grass for the summer. Sorry, South Side PMQ's only. Call David at 488-4952

1991 Ford Explorer, 4X4, 4 litre engine, 170,000 km, many new parts, excellent condition. Price \$3900; Sears stair master, adjustable resistance levels, like new, \$100; and Kenmore washer, reconditioned, \$100. Phone: 885-0375 evenings or loc 5567 daytime. S.G. Hinze.

Brand new Rockwood 2002 tent trailer for sale, Sleeps 8, 10' feet, Cook top, sink, outside BBQ, large outside awning and plenty of space. Asking \$9500.00. If you have any questions please contact the undersigned. Thank you. J. Issa Pte WOR Cell CLK CSN 257-6281.

1995 Ford Escort Station Wagon, 2 Peg Prego Strollers (one navy blue, one green with boot), Ass'd kitchen ware (pots, pans, crock pot, Oster kitchen center), Ass'd boys clothing (newborn to size 2), Ass'd children's toys (suitable for children under age 2), Men's 10 speed bicycle, behind the toilet cabinet, Metal dog run approx 6'x9' (assembled and viewable), For more information please contact Jennifer or Jon at 489-8912.

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PlayStation with 1 control pad, 4 games: Die Hard, Future Cop LAPD, As'eroids, Pro Pinball Big Race USA, Asking \$120. Call Linda at 897-3747 after 2 p.m

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Antique English Pram, excellent condition, \$300 Call Kelly 487-1372

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**TAROSCOPES**  
By Nancy

**ARIES** (March 21 - April 19): Regrets about outcomes you opted into can be set aside when you realize the choices made were the right ones at the time whether your head or your heart were leading. Limiting yourself to only right choices makes for a narrow existence and few friends. Be kind to yourself.

**TAURUS** (April 20 - May 20): Hard work ahead. The changing of the seasons or a change in the situation asks that you get focused. Use your head, your connections, your strengths and your innate gifts to realize your potential. Empower children, leave a legacy of life skills.

**GEMINI** (May 21 - June 21): Investing in your future or enjoying today that is the question. Stop thinking about it so much and the answers will be obvious. Education in a field you love adds enjoyment and future opportunities. Knowledge sets you apart. Look for ways to share the expenses.

**CANCER** (June 22 - July 22): You have defended your point well. Now you have to figure out how to make things happen. You will receive a proposal. Opportunities and ways to afford what you want continue to present themselves to you. Your future is in your hands. Strive for open-minded optimism.

**LEO** (July 23 - August 22): Eager to instigate change. Assumptions about the future are based on your understanding of your own abilities. Remember to factor in other people's capabilities, commitments and energy levels. There will come a time when you'll require the same considerations.

**VIRGO** (August 23 - September 22): Let others do the day to day work so you can allocate time for getting bigger issues back on track. You need to reacquaint yourself with the emotional reactions of others especially in response to your initiatives. A perception of unfairness prevails.

**For appointments call 775-8368**

**LIBRA** (September 23 - October 23): Doing the best you can, when you have influence or responsibility, is the way to overcome concerns or worries. Let others deal with their own dilemmas. You can teach by example but refrain from judging. Create a nurturing environment for learning and growth.

**SCORPIO** (October 24 - November 21): Clear sightedness is necessary - look to the past for keys to the future. People are swayed by the power of your convictions and the facts. Acknowledge the concerns of others so that they know you understand them. Showing empathy facilitates a meeting of minds.

**SAGITARIUS** (November 22 - December 21): Beware of schemes and promises that are too good to be true, especially if a "friend" wants money up front. There are uncertainties that need to be brought to light. Careful who you deal with and trust. You could get caught in a series of unfortunate circumstances.

**CAPRICORN** (December 22 - ary 19): The time has come for partings and endings. The inevitable can be delayed but cannot be ignored or you will be unprepared. There is a season to all things. Honor this. There is a deep sense of loss and of work left uncompleted, but also of greater understanding.

**AQUARIUS** (January 20 - February 18): Are you fooling yourself where love is concerned? Be honest about desirable and challenging qualities in another. Better to have loved and learned, than to never have loved. Being blind to possibilities results, if you let past heartaches stand in the way of new experiences.

**PISCES** (February 19 - March 20): Curb your enthusiasm for results. Overdoing it is ultimately as stressful as a slow start. You will be asked for answers and assistance from someone who has created their own difficulties. Overly emotional, they may not appreciate your honest assessment. Use tact.

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