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New SAR Mission Management System Honoured at Ceremony



National Librarian Roch Carrier presents the Agatha Bystram Award to Capt Rob Mulholland for his work on the SMMS project

By Jen Sharpe

Improving speed, efficiency, and situational awareness is a goal CF Search and Rescue (SAR) squadrons constantly strive for. In the past, these important search qualities relied on a communication and information management system that didn't take full advantage of today's advanced networking abilities.

However, thanks to the newly developed SAR Mission Management System (SMMS), SAR teams and Coast Guard units across Canada can keep informed on recent search developments, important names and numbers, as well as current weather and sea conditions. With a basic Internet connection, the program can be accessed and updated from any SAR office or deployed search headquarters.

Because it combines a multitude of maps, forms, satellite signals, and fact sheets, the SMMS is the most revolutionary SAR information management system in the world. To recognize this achievement, Library and Archives Canada and the Council of Federal Libraries have awarded the SMMS program manager, Capt Rob Mulholland of 1CAD's A3 SAR, the Agatha Bystram Award for Leadership in Information Management.

Now back in Winnipeg after the awards ceremony in Ottawa, Capt Mulholland emphasizes the importance of the SMMS while modestly downplaying his role in its development.

"When I came in, a lot of people had done some great work to get the system started, but there were still some problems—I just brought in a different perspective," he explains. "Because I come from a computer programming background, I was able to identify the critical faults and express them clearly to the (software) contractor."

"We made that our number one priority—fix the problems."

Although there will always be adjustments to make to the system, according to Capt Mulholland, the SMMS has already vastly improved SAR capabilities of CF and Canadian Coast Guard units. "I certainly feel that our SAR information system leads the world now in terms of how we use it. It's a very exciting project to work on because you can see the real world implications."

Just this past summer, the SMMS was put to the test at deployed search headquarters during three real SAR missions. When a search becomes more intense and lengthy, the Rescue Command Centre (RCC) hands over command—and all the pertaining search information—to a search HQ deployed close to the search area by a SAR Sqn.

"There's a lot of information that has to be exchanged," Capt Mulholland explains, "but in the past it was just phone calls, faxes—stuff that really takes a lot of time to do to keep people updated."

Continued on Page 4

IN THIS ISSUE:

- *CFANS Introduces Foreign Students to Top-Notch Instruction, Cold Manitoba Winters, Page 2*
- *Air Reservist receives Gordon R. McGregor Memorial Trophy, Page 3*
- *Don't Forget Your Flu Shot!, Page 4*
- *New Health Promotions Director, Page 6*
- *Air Command Band Preps for Big Christmas Concerts, Page 7*
- *Battle Group To Be Honoured For Service In Afghanistan, Page 8*
- *CWO Quilty Named to CF Sports Honour Roll, Page 10*
- *17 Wing Community Christmas Events, Page 12*
- *"Care & Share," Page 14*

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CFANS Introduces Foreign Students to Top-Notch Instruction, Cold Manitoba Winters

By Jen Sharpe

PHOTO COURTESY OF FLTLT MATT HETHERINGTON



(L to R) Australian CFANS instructor FltLt Matt Hetherington poses with Australian students PltOff Andrew Abbey, PltOff Travis Marshall, PltOff Hugh Jorgan, and PltOff Tiaan Wolzak infront of their Dash 8 in Wichita, Kansas

Now that the snow, biting winds, and stalled cars have made their triumphant return to Canada's Christmas Capitol, Winnipeggers can once again do what they do best: brag about their toughness and resiliency.

Adapting to the cold might come (relatively) easily to those born and raised in this province, but what about those who haven't been toughened-up by years of wind-chill and snow shoveling?

Such is the case for nearly 20 foreign students studying at 17 Wing's CF Air Navigation School (CFANS). Despite climate and culture shock, the young students from Australia, Norway, and New Zealand are doing very well in their classes and flight tests, says Australian Navigation Instructor—and 18-month Winnipegger—FltLt Matthew Hetherington.

"Over the past 18 months that we've had Aussie students here, they've performed quite well. . . They know that they're representing the country; they've got a very real goal to achieve, and they've got to give their very best."

For some foreign students, such as the three Norwegians currently studying at CFANS, the move to Canada is a much larger adjustment simply due to language differences. However, although Australian and New Zealand students can study in their native tongue, they also have their own big adjustment to make: the Canadian climate.

"I know that a lot of the guys are pretty keen to get back home in the warm weather again—as am I every now and again," FltLt Hetherington admits.

Australian PltOff Travis Marshall, who will be graduating from CFANS' 10-month Basic Air Navigation Course (BANC) 5 December, agrees with FltLt Hetherington, but adds there will be some things he will miss when he returns back home.

"Coming to a cold climate was something completely new to me; things like having to plug your car in and having to scrape your windows of ice before you can go for a drive, that's all new," he says.

"But I'm going to miss the snow the most. I've fallen in love with the snow since I got here actually—I love it. Every chance I get, I head to the mountains to go skiing and have snowfights. . . It's been a great experience living away from Australia."

In addition to learning about cold weather living, foreign students studying at CFANS also learn about the Canadian Air Force, Canadian airspace regulations, and cold weather operations—things their mates back in Australia aren't familiar with.

According to FltLt Hetherington, "Standard operating procedures for an aircraft are similar from country to country, but in terms of navigator duties, they're different around the world. Sometimes it depends on the operations that the different countries do."

Canada and Australia, for example, both perform a lot of search and rescue (SAR) operations, but the conditions in which those operations are conducted are obviously very different.

"What the students learn here is tailored to sending students to Canadian Forces aircraft," FltLt Hetherington explains. "There's some stuff here that the Aussie students have learnt in Canada that no one in Australia will have a good experience with, such as operations on snow-covered runways."

CFANS' multi-faceted curriculum is something the school's Commandant LCol Jim Cameron is very proud of. The foreign students, he says, become "tactically aware" and are able to "think on their feet" after taking courses at the world-renowned school.

"We offer an excellent training package, even judged by international standards," he says. "The product, from everything we've heard, is outstanding; when we get reports back from the squadrons or reports from the countries themselves, they're very happy."

"As a matter of fact, probably the best indication that CFANS is meeting the international expectations is that we're getting repeat customers."

Although foreign students started coming to CFANS in 1995 (the first Singapore trainees), instructors have extensive experience teaching English-as-a-second-language students because of the many French Canadians that have graduated from the course.

"Students that come to us from foreign countries have to have adequate English skills," LCol Cameron explains. "The course is challenging enough for English-speaking students, so if you're doing it in a second language, it's very tough. It's the same thing for the French Canadian students who come here. They have to have an adequate English language profile before they start the course."

Although English-as-a-second-language students receive 10% more time to write their exams, LCol Cameron emphasizes that students graduate or fail based on their skills as a navigator; while flying trips in the Dash-8, the time advantage is removed.

Due to recent change in curriculum, which focuses on developing tactical navigator skills, the school regularly hosts foreign representatives looking to emulate the CFANS program in their home countries.

"Half of our visits are from countries looking to have their navigation students trained by us, and the other half—like for instance the French Air Force, the American Air Force, or the United Kingdom—are looking at our program and our whole package, including the software we use," LCol Cameron says. "These foreign guests are really considering the suitability of our curriculum and equipment to upgrade the training of navigators in their home country."

Thanks to the school's top-notch instructors and reputation for producing high-quality navigators, PltOff Marshall doesn't hesitate when asked whether he would recommend CFANS to an up-and-coming Australian navigator.

"If you wanted to choose a navigator course to go to somewhere in the world, the Canadian navigation school is excellent. . . It's been a fantastic year for me, and the potential afterwards is that we have awesome aircraft back in Australia that we can work on."

"It's been a roller coaster ride," PltOff Marshall concludes, "and that's what I was hoping it would be like."

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OFFICE HOURS
Monday to Friday, 0815 -1600 hrs
Telephone 204 833-2500 ext 4120
Fax 204 833-2809
Telephone-answering system operates remainder of the week.

VOXAIR STAFF
LCol S. Neville
Editor-In-Chief
204 833-2500 ext 5281
Capt P.A. Dawes
Managing Editor
204 833-2500 ext 6152
Maureen Walls
Office Supervisor, Sales Manager
204 833-2500 ext 4120
Jose Orellana
Production Coordinator
204 833-2500 ext 6976
Jenny Provo
Accounting
204 833-2500 ext 4121
Jen Sharpe
Journalist/Photographer
204 833-2500 ext 6976
Traci Wright
Proofreading
Jim Holland
Advertising Sales
204 832-0115
Darlene Ashley
Advertising Sales
204 896-8575
Printed By
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Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO box 17000 Stn forces
Winnipeg, MB R3J 3Y5
Email address: voxair@mts.net or walls.m@forces.gc.ca
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Air Reservist receives Gordon R. McGregor Memorial Trophy

PHOTOS BY CPL JOHN BRADLEY, 17 WING IMAGING

By Lt Jennifer Faubert
Western Area
Air Reserve
Public Affairs Officer



Capt Lanning of 435 Sqn was awarded the Gordon R. McGregor Memorial Trophy by the Air Froce Association of Canada for his outstanding and meritorious achievement in the field of air transportation

Air Reservist Capt Rod Lanning received the Gordon R. McGregor Memorial Trophy from the Air Force Association of Canada (AFAC) in recognition for his outstanding and meritorious achievement in the field of air transportation.

The award was presented to him last month at the AFAC Annual General meeting held in Regina Oct. 11, 2003.

"I was totally surprised and shocked," said Capt Lanning. "It's nice to get a little recognition for the long hours I've spent away from home. I've been around the world and visited over 135 countries, some of them over 150 times each."

Capt Lanning is recognized as a high-time flyer, a term used for pilots who have a high amount of flying hours in the Air Force.

Few pilots can match the 13,300 hours of flying time he has logged on the DeHaviland Chipmunk, the CT-114 Tutor, the Beachcraft 18 Expeditor, the Douglas CC-129 Dakota, the CT-33 Silver Star and the CC-130 Hercules aircraft.

"Capt Lanning is to be commended for his life long contribution to the Air Force and recognized by his peers and superiors alike as an outstanding pilot and member of the air mobility community," said Lt-Col Michel Latouche, Commanding Officer, 435 Squadron in Winnipeg.

Capt Lanning joined the Air Force in 1967. He recently retired from the regular force in 2002 and transferred to the reserve force to be the Civil Air Search and Rescue Association (CASARA) Liaison Officer for 435 Squadron. He is responsible for planning, coordinating and conducting zone evaluations and the monitoring, standardization and proficiency of CASARA units located across 23 zones in Manitoba, Saskatchewan, Alberta and the North West Territories.



Capt Lanning of 435 Sqn

What are postage stamps worth?

BY Alf Brooks



The easy answer is "Whatever a collector is willing to pay for them."

Many collectors buy mint stamps from the post office at face value, perhaps from a philatelic department set up for their needs. Stamp dealers sell both mint and used stamps from stock they have accumulated, with prices usually increasing for older stamps as the years pass. A collector can spend very little by trading with others, or can spend a great deal if the desire is for rarer items.

At an auction sale in France last month a number of French rarities were sold. France issued its first stamps in 1849, the Cérès issues, each one with a profile of the Roman goddess of agriculture. Offered for sale was a block of four of the one-franc value, in mint condition, with one stamp upside down in relation to the others (the philatelic term is tête-bêche). It sold for 820 000 euros, approximately $1 271 000.

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Continued from Cover

New SAR Mission Management System Honoured at Ceremony

With the SMMS, deployed search HQ can instantly pick up where the RCC finished off, and, conversely, the RCC can receive real-time updates on the mission from deployed search HQ.

"The search HQ now has access to all the information that has been collected, and then they just continue," Capt Mulholland continues. "Anytime any information is collected, anything of significance is recorded and logged and both sites are completely integrated and aware of what is going on."

Capt Tom Kolesnik, a 435 Sqn pilot and Searchmaster who recently used the SMMS in the summer, wholeheartedly agrees that the system helps deployed search HQ operations run more smoothly and efficiently.

"The SMMS was extremely useful right from the very beginning. We were able to have access to all the records at the RCC—it was like looking at their log book and seeing all their entries."

According to Capt Kolesnik, one of the big benefits of the SMMS is that it gathers any pertinent information and allows you to access it with a mouse click. "The access to information is incredible," he says. "We still use lots of real maps and log books, but with the system you can quickly see the interrelation between reports and sightings. . . It can really help you find people quickly and rescue them quickly."

"Some very keen people have made this happen, and we are fortunate to have such an innovative system now and not five years from now," Capt Kolesnik concludes.

By combining maps and minimizing the re-entering of information, the SMMS has streamlined information management on SAR operations and facilitated the retrieval of that information.

"A lot of the squadrons look at this and can see the benefits immediately," Capt Mulholland says. "It's a good news story for us, and the National Library of Canada recognized as well that this is a very unique system."

Although he admits that it is somewhat unusual for a military member to receive such a prestigious award from a library association, Capt Mulholland says it is a "great honour" to receive the Agatha Bystram Award.

"It means our work has been validated by an outside agency that prides itself on information management," he concludes, "so to have them look at our system and go, 'Wow, that's impressive,' it really means a lot to us."

Don't Forget Your Flu Shot!

To help defend your health and the health of those close to you and help maintain the strength of the CF, please remember to get your annual flu shot this month from 23 Health Svcs Centre.

The flu, or influenza, is a highly contagious respiratory disease caused by a virus. Symptoms of influenza include: fever, head and body aches, weakness, tiredness, sneezing, sore throat, coughing and sniffles.

People with the flu often feel really sick and are usually relegated to their beds for about a week. For some, the flu can be a serious or life-threatening illness; each year in Canada approximately 500 to 1500 people will die from the flu or its complications.

The simplest way to prevent influenza is to get your flu vaccination every year. The vaccine works well and prevents the flu in most people; if you still get the flu, the vaccination usually reduces the severity of illness.



Immunization against influenza is available at the 17 Wing Medical Clinic Tuesdays, Wednesdays, and Thursdays from 0930-1130 hrs.

If your unit or section has five or more members available at the same time for the flu vaccine, you can call the community health office at local 5116 to book a time outside regular immunization clinic hours.

Unfortunately, 23 Health Svcs Centre does not provide the flu vaccine to civilian military personnel; civilians should contact their local civilian health unit or family physician for information in immunization.

Aircrew who receive the flu vaccine are grounded for 36 hours following vaccination. Personnel with an egg protein allergy cannot receive the flu vaccine.

For more information on the flu vaccine, please contact the community health office at local 5116.

Cold or Flu?

(NC)—Runny nose, sneezing, aches and pains – it must be a cold, right? But you also have a fever and have a sore throat. Maybe it's the flu? Often, we mistakenly believe cold and influenza symptoms are one and the same. The following will help you determine the symptoms associated with both these wintertime maladies. For more information, visit www.health.gov.on.ca.

SYMPTOM	COLD	INFLUENZA
Fever	Rare	Usual high fever (102 degree F/39 degree C – 104 degree F, 40 degree C), sudden onset, lasts 3-4 days
Headache	Rare	Usual, can be severe
Aches and pains	Sometimes, mild	Usual, often severe
Fatigue and weakness weeks or more	Sometimes, mild	Usual, severe, may last 2-3
Extreme fatigue	Unusual	Usual early onset, can be severe
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing Complications	Sometimes, mild to moderate, can lead to sinus congestion/ear ache	Can become severe Can lead to pneumonia and respiratory failure, can worsen, can be life-threatening

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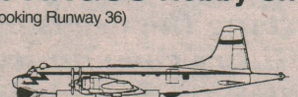

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A Mega-nificent Two Weeks in La Belle Province

By Jen Sharpe

Montreal in the fall is a beautiful place: the trees are vibrant, the air is fresh, and the hockey fanatics are out in full force. In the weeks before the snow flies, the Quebec spirit is strong and inspiring in this big old city.

I was lucky enough to visit Montreal for the first time in late October. But although I spent a full two weeks in 'la belle province,' I didn't see many vibrant trees or breathe much fresh air. From sunrise to sunset, I was cooped up in the Mega, St-Jean Garrison's imposing superstructure.

With thick walls and window-less hallways, the Mega can easily become cold and alienating for fresh-faced privates, culture-shocked foreign students, or barely bilingual civilians like me. Although I was confused by the colour-coded walls and intrigued by the ever-marching recruits, I knew that my eye-opening two weeks in St-Jean would be nothing compared to what lay ahead—a six month civilian position in Afghanistan.

You see, in an attempt to de-pamper my life, I applied this past summer for an in-theatre position with the Canadian Forces Personnel Support Agency (CFPSA). Nearly three months later, in late September, I received a call from Ottawa saying I had been selected to attend an intensive two-week training session at Area Support Unit (ASU) St-Jean.

While I was excited at this opportunity to prove myself, I was also a little scared: Just how intensive were they talking here? My brother's boot camp horror stories immediately came to mind, and although I enjoy camping and "roughing it," I also enjoy sleeping and not being yelled at.

These concerns—and many others—occupied my thoughts for weeks before I hopped that flight to Montreal. I left Winnipeg knowing nothing about the people I would meet, the activities I would do, or the things I would learn. Although I had no idea what I was up for—in both St-Jean and Afghanistan—I was confident that in two weeks all my questions would be answered.

But things are never that easy, are they? After a long taxi ride from the airport to the hotel, I was bussed with 51 other Deployed Ops candidates to a welcoming dinner at the monolithic Mega. I listened intently as CFPSA staff explained—in French—why we were here, how we were chosen, and what was expected of us for the next two weeks.

The training, they said, would progress as follows: Daylong briefings and seminars would start at 0745 and continue until 1700, with a break from 1200 to 1300 for lunch. Dinner from 1700 to 1800 would be followed by a team-building activity such as SCUBA diving, wall climbing, kayaking, or paintball until 2200.

PHOTO BY JEN SHARPE



The 'Mega' at ASU St-Jean is located in St-Jean-sur-Richelieu, half an hour east of Montreal

The weekend trip, they emphasized, would give everyone the chance to relax and have fun: After hiking Mt Noir to see the 1943 wreckage of a downed military aircraft, we would return to a "cabin" in the country for food, games, and maybe a drink or two.

For the most part, the days passed exactly as Marie DeMarbre, CFPSA Deployed Ops Manager, said they would. We were informed on CF peacekeeping operations, landmines, customer service, military family resources, Afghan culture, Bosnian history, and chemical warfare. We followed military timings, shopped at the Canex, and quickly formed an esprit de corps that would make the military proud.

Thanks to that team spirit, two weeks in the Mega passed quickly and smoothly. Yes, the days were long and the chairs were uncomfortable, but those things don't seem to matter when you're busy laughing, learning, and eating every two hours (I gained four pounds).

After the final dinner and being told to wait a few weeks for a job offer, a mixed feeling of excitement and sadness came over the group. In 13 days, the Mega became our home and the Deployed Ops staff and candidates became our family.

On my flight home to Winnipeg, I couldn't help but think that this is what returning home from deployment must feel like. When you're stuck with the same people for days, weeks, or months on end, you're bound to get attached and feel a little reluctant about leaving your substitute family behind.

Although I didn't get all the answers in St-Jean—and although I'm still scared about going to Afghanistan (it's now official: I leave in late January)—I think I'll be okay cooped up for six months in Camp Julien. After all, with no vibrant trees, little fresh air, and a ton of strong and inspiring Quebec spirit (courtesy of the Vandoos), Kabul should be a lot like the Mega, n'est-ce pas?

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FROM THE GOVERNMENT OF CANADA
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These improvements will encourage Canadians to accept workweeks of lesser pay without lowering their Employment Insurance benefit rate on a future claim.
The new threshold of $225 for a regular week of work (up from $150) reflects increases in Canadian wages.
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New Health Promotions Director

ALL PHOTOS BY JEN SHARPE



I'd like to take this opportunity to introduce myself. My name is Sheila Wingerter and I am the new Health Promotion Director for 17 Wing.

I recently relocated to Winnipeg from Ontario with my family. Previously I completed 13 years with the military working as a nurse with a focus in the last few years on health promotion.

The Strengthening the Forces Program was initially rolled out at 17 Wing in November 02 and continues to offer programs with more to come in the next year. The Health Promotion sessions that are offered at this time include – Weight Wellness, Butt Out and Stress Management. In the future we will also be offering Addictions Awareness, Suicide Prevention, Substance Free Living, Prevention injury and violence and Spirituality. The program is new and exciting addressing many of the concerns members are expressing.

I look forward to meeting all of you. If you have any questions, concerns or suggestions please call Penny or myself at 4150 or 4160.

Sheila Wingerter

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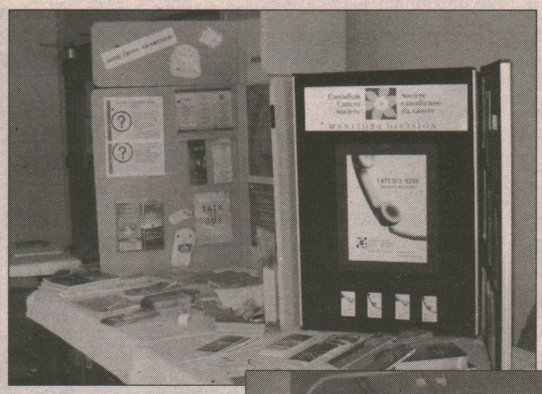
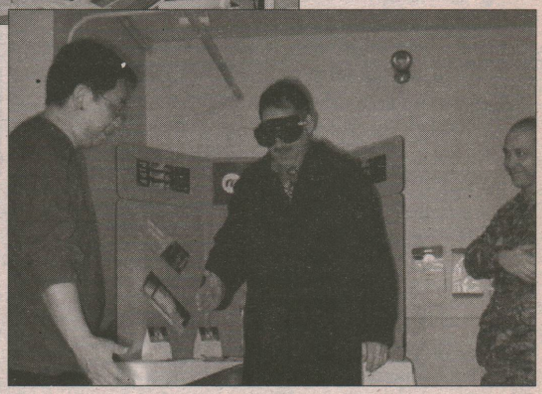
Addictions Awareness at Jr. Ranks



Friday, 21 Nov, various health groups from around Manitoba set up displays at the Jr Ranks Mess to educate military members on addictions, drunk driving, and other health issues. The event was organized by 17 Wing Health Promotion, located in the basement of Bldg 90.



A 17 Wing employee tests out a pair of "beer goggles" at the MPI drunk driving awareness booth. The goggles simulate intoxication by impairing vision and balance.

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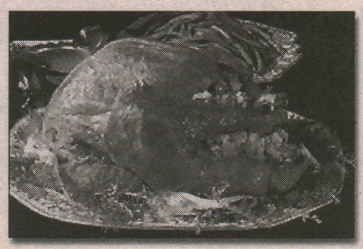

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Air Command Band Preps for Big Christmas Concerts

BY JEN SHARPE

Everyone looking to get a lively dose of holiday spirit better make a date with the Air Command Band in early December. To close out the year in style, the Band will perform a medley of holiday favourites to audiences in Portage December 3, Gimli December 4, and Winnipeg December 7.

The Winnipeg concert is an annual event, but this year the Band decided to play two additional concerts outside the city for military members and residents of those areas.

ally Santa comes out eventually," Sgt Duggleby jokes. "People expect certain songs—like Silent Night—but we do make changes from year to year just to keep it interesting for everybody."

By keeping the songs fresh and spending a lot of time perfecting their performance, the Band hopes to attract a large crowd at all three concerts. "The bigger the crowd, the better it feels up on stage," Sgt Duggleby says.

Admission to the Air Command Band Christmas Concert in Winnipeg is free with a donation to Winnipeg Harvest; tickets are available at Lipsett Hall, Canex, Bldg 90, Bldg 33, the MFRC, and at the Messes.

Tickets for the Portage and Gimli concerts are $5 for students and seniors, and $10 for regular admission. Advance tickets for the Gimli concert are available for $8.

For more information on the Winnipeg, Portage, or Gimli concerts, please call local 5266.



The Air Command Band reherses in its new Bldg 90 rehersal hall for its upcoming Winnipeg, Portage, and Gimli Christmas Concerts

According to Sgt Jeremy Duggleby, a trombonist with the Band, the Christmas Concert is something all band members look forward to because it gives them the opportunity to showcase their musical abilities.

"This is pretty much the biggest concert that we do," he says. "The audience tends to really, really enjoy the Christmas Concert, and the Band gets into it as well. It's nice to have a very definite, big concert at the end of the year."

Since early November, the Band has been choosing songs and rehearsing to get ready for the big night. All concerts will run approximately two hours and will feature both traditional and secular holiday favourites.

"We do a lot of traditional Christmas tunes, but usu-



ALL PHOTOS BY JEN SHARPE

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Holiday Safety Tips

Sgt D.J. Aitchison
17 WING DEPUTY FIRE CHIEF

The Holiday season is fast approaching and sometimes people have a tendency to forget about fire safety. This is actually a time when personnel should think more about fire safety as there are more fire safety hazards that arise at this time of the season.

Some fire safety tips regarding Christmas Trees are as follows:

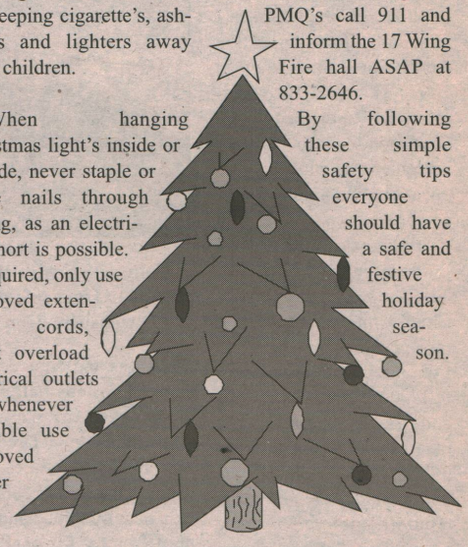
- Never use candles to decorate the tree
- Do not locate the tree near any exit doors within the home
- Set up the tree far enough away from drapes and away from heating sources (fire places, radiators, portable heaters and TV sets) in case the tree falls over while the family is asleep
- If electrical lights are used ensure they are working properly
- Remove all garbage away from tree after present's are opened
- Ensure the tree is continuously watered as it will dry very quickly
- Remove tree from household after Christmas (eliminate the hazard)
- Always be aware of where smoking materials are located, keeping cigarette's, ashtray's and lighters away from children.

When hanging Christmas light's inside or outside, never staple or drive nails through wiring, as an electrical short is possible. If required, only use approved extension cords, don't overload electrical outlets and whenever possible use approved power bars.

It is strongly advised that every household have an approved ABC Class fire extinguisher, usually located in the Kitchen.

Remember to test your smoke alarm monthly and change the batteries every six months. In case of emergency dial 911 and for members living in PMQ's call 911 and inform the 17 Wing Fire hall ASAP at 833-2646.

By following these simple safety tips everyone should have a safe and festive holiday season.



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Cette modification pourrait faire augmenter vos prestations d'assurance-emploi.

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Le nouveau seuil de 225 $ pour une semaine de travail régulière (l'ancien seuil était de 150 $) témoigne des augmentations des salaires au Canada.

Cette modification rend l'assurance-emploi mieux adaptée aux besoins des travailleurs canadiens.

Éléments inchangés :

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- Vous continuerez de déclarer toute votre rémunération pendant les semaines où vous la gagnez.
- La rémunération admissible pendant la période de prestations est fixée au plus élevé des deux montants suivants : 50 $ par semaine ou 25 % de vos prestations hebdomadaires.
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Battle Group To Be Honoured For Service In Afghanistan

BY: LIEUTENANT (NAVY) PETRA SMITH

Extreme weather conditions, mined terrain and an elusive enemy were only a few of the challenges the Third Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI) Battle Group surmounted during Operation Apollo in Afghanistan in 2002. Their courageous efforts will be recognized next month when they are presented the highest honour a Canadian unit can receive.

Soldiers of the 3 PPCLI Battle Group will be awarded the Commander-in-Chief Unit Commendation on December 8 at 8 p.m. in Edmonton, with dignitaries, fellow soldiers, families and friends present. The parade, which is open to the public, will take place at the Universiade Pavilion (Butterdome) on the University of Alberta Campus.

The citation for this prestigious award reads as follows:

Between 4 February and 30 July 2002, the 3rd Battalion, Princess Patricia's Canadian Light Infantry Battle Group (3 PPCLI BG) spearheaded Operation APOLLO, Canada's contribution to the international war against terrorism in Afghanistan.



PHOTO BY CPL LOU PENNEY, 3 PPCLI BG

Heavily laden with their full kit, members of the 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI) Battle Group march to the Chinook helicopters waiting to transport them into the mountains near Gardez in eastern Afghanistan

This was the first deployment into combat operations by a Canadian Army unit against a declared enemy in five decades. The Battle Group was deployed to a heavily mined and war-torn country for operations against an elusive enemy under the most extreme weather conditions. The Battle Group flawlessly conducted three complex air-assault operations into harsh, mountainous terrain, contributed successfully to a fourth, and set the standard within their parent United States Army brigade, Task Force Rakkasan, for security operations on the Kandahar airfield. Well-disciplined and well-led, the Battle Group distinguished itself in every facet of this exceptionally challenging operation. The extraordinary performance of the men and women of 3 PPCLI BG in the war against terrorism has brought great credit to the Canadian Forces and to Canada.

Thirty Bronze Stars will also be presented to soldiers from the 3 PPCLI Battle Group. The Bronze Star is awarded to any person who, while serving in any capacity in or with the Army of the United States distinguishes himself or herself by heroic or meritorious achievement or service in connection with operations against an armed enemy; or while engaged in military operations involving conflict with an opposing force in which the United States is not a belligerent party.

The Commander-in-Chief Unit Commendation has also been awarded to the First Battalion, Royal 22e Regiment September 9, 2002 for opening the Sarajevo Airport in July 1992, an action that allowed critical humanitarian aid to flow into the besieged city.

PHOTO BY CPL LOU PENNEY, 3 PPCLI BG



Soldiers of the 3rd Battalion, Princess Patrica's Canadian Light Infantry (3 PPCLI) Battle Group hike through the mountains east of Gardez at 3,000 metres above sea level, resting frequently to adjust to the oxygen-poor atmosphere.

The Second Battalion, Princess Patricia's Canadian Light Infantry was also awarded the Commander-in-Chief Unit Commendation December 1, 2002 for the professional and courageous execution of its mission in the Medak Pocket in Croatia in September 1993.

Soldiers who served in the 3 PPCLI Battle Group are encouraged to participate in the parade. The rehearsal is scheduled to take place December 7 at 3 p.m. at the Edmonton Garrison Field House.

Editor's Note: all Winnipeg-based soldiers who were part of the Battle Group will be participating in the parade.



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For appointments and inquires please call us at **837-4115.** If you are a serving member of the military, please be sure to let us know.

Football, 2PPCLI Style



PHOTO BY JEN SHARPE

Two members of 2PPCLI pick themselves up off the snow after a tackle during the French Grey Cup on Friday, November 28. Despite the cold and high winds, four teams competed in the snowy flag football play-offs. At the end of a long day outside, Combat Support shut out Charlie Company 1-0 in the championship final after scoring on a safety in overtime.



AWARD

Cpl Jean Madore was presented the Air Command Certificate of Achievement for the 935.05 Airfield Special Purpose Vehicle Operator Qualification by the Wing Transportation Officer Maj Garth Moore, for completing the airfield support training program that lasted 15 months.

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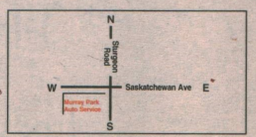

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Fitness & Sports Page

CWO Quilty Named to CF Sports Honour Roll

By Jen Sharpe

Although he isn't body-checking and home-running his way through the hockey and fastball seasons this year, CWO John Quilty continues to make sports an important part of his life. After spending nearly 20 years in the CF, he has successfully transitioned from talented athlete to dedicated athletic mentor—an achievement that didn't slip by Fitness and Sports Director Al Brazeau.

To recognize CWO Quilty's impressive military sports career, Al nominated him to the CF Sports Honour Roll. At the awards ceremony November 2 in Ottawa, CWO Quilty was recognized for his contributions to CF hockey and fastball at bases and wings across Canada.

Being named to the Honour Roll, he says, was unexpected but very appreciated. "I'm honoured to be inducted into the Honour Roll, but I'm humbled in a way because I participated in team sports. I was probably a big part of the team as a player or as an individual, but at the same time there are many, many people who are equally qualified to be in this position."

"I'm overwhelmed with the quality of the people that are involved in military sports," he continues. "There are people that represent the CF in Olympic games and Canadian championships or world championships. We have outstanding people representing us all over the world."

According to Al, the decision to nominate CWO Quilty to the CF Sports Honour Roll was an easy one. "He is by far one of the best athletes Canada has ever had in the Armed Forces," Al says. "Without a doubt, he is an unbelievable athlete who's credentials speak for themselves."



CWO John Quilty

Throughout his military sports career, CWO Quilty has attended over 80 CF regional and national championships. In fastball, he has won 14 regional gold medals, 10 national gold medals, and was named to the CF CISM fastball team in 1988; in hockey, he has won 7 regional gold medals, 4 national gold medals, and was Director of the Prairie Region Development Camp here at 17 Wing in 2002.

CWO Quilty was named CF Europe Male Athlete of the Year in 1990, as well as CF Europe Coach of the Year and CF Coach of the Year in 1991.

Although physical activity is still important to CWO Quilty, he now spends more time coaching and mentoring athletes than participating in sports himself. "I've realized that it's time for my brain to catch up to my body," he laughs. "I think I am now in the position to support these (CF Sports) programs, to identify the importance of these programs."

Natural athletic ability aside, CWO Quilty admits that his success in military sports also has a lot to do with the support he received in the workplace and within the military community. "I appreciated the opportunity, and I've been lucky to have worked for a whole bunch of people that allowed me to participate in these programs," he explains. "I've felt obligated to give back to the system through coaching and those kinds of things."

As someone who values the esprit de corps and health benefits sports provide, CWO Quilty thinks a successful sports program is vital to the strength of the CF.

"It's extremely important (for military members) to go out and get involved in the sports program. There are many qualities that are required of a military person. We are asked to do things over and above the norm, and working and participating in these sports programs develops the skills that we need to deploy and do our day-to-day jobs."

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Fitness & Sports Page *Athlete of the Month*

Prairie Medic Becomes Mountain Man Champ

By Jen Sharpe

Although he lives in pancake-flat Winnipeg, MCpl Al Verzyl is definitely a mighty Mountain Man. On October 9, the 2PPCLI medic participated in Edmonton's 2003 Mountain Man Challenge, finishing first in the over-40 age category and fifth overall.

In only 5 hours 28 minutes, MCpl Verzyl ran 31.6 km, carried two 17 kg sandbags 3.2 km, canoed 10 kms of the North Saskatchewan River, and sprinted 5.6 km to the finish line. All land exercises—including the sandbag carry—are accomplished with a 15 kg (33 lb) rucksack on the back; in the canoeing portion, the rucksack is placed in the front of the canoe to counterbalance the competitors weight.

"I had no idea how I would do, and I didn't think I had the strength to complete it," MCpl Verzyl, a veteran marathon runner, said. "I enjoyed it though; the intensity of the training and the competition itself was something new to me."

When he started training for the event last June, MCpl Verzyl was part of a large 2PPCLI team consisting of various junior ranks, senior NCOs, and officers. Because the competition involves running, paddling, and carrying heavy weights, the team incorporated a variety of activities into its training regimen.

"We did different physical activities every morning," MCpl Verzyl explained. "We started light in June and July and worked our way up to a higher intensity in September."

However, while the team was mentally and physically gearing up for the competition, the BC forest fires pulled many away from training in early September. "We were peaking, and then the forest fire threw a monkey wrench into things," MCpl Verzyl explains. Instead of leaving with a team of 26, only 11 from 2PPCLI—including the unit civilian Padre—left for Edmonton in early October.

Although he competed as an individual, MCpl Verzyl says that challenging events like the Mountain Man competition build esprit de corps and confidence. "Engaging in competitive activities like this really helps me know the guys on the team. . . Being one-on-one with guys in the battalion is a good thing for a medic—they need to know that a medic can do what they can do."

In retrospect, MCpl Verzyl says that if he could give advice to future mountain men (or women), it would be about training intensity. "It's important to work up slowly and not to over-train," he explains. "It's easy to take on too much too soon, and you'll just end up burning yourself out or getting injured."

For his accomplishment in the 2003 Mountain Man Challenge, MCpl Al Verzyl is the Voxair's November Athlete of the Month.

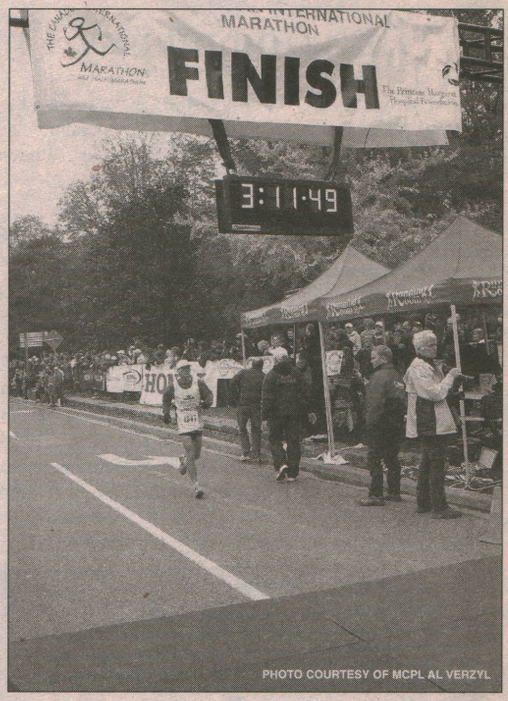

PHOTO COURTESY OF MCPL AL VERZYL

MCpl Al Verzyl competes for a spot on the CF's CISM running team in Toronto shortly after the Mountain Man Competition



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17 Wing Community Recreation Pages

17 Wing Community Christmas Events

SUBMITTED BY
DANA HINKEMA

Even though the weather has been mild and December is barely under way, Christmas is in the air. Homes are dressed up in lights and the sounds of Christmas carols can be heard on the radio and at shopping malls. In order to help you plan this busy time of year and become organised before the season is completely upon us Community Recreation and the MFRC have created the following calendar of events for your Winter Holiday at 17 Wing.

20 December

Sleigh Ride @ the Unique Corral

This sleigh ride will take you and your family on an hour-long winter wonderland adventure. Register in advance for the 4:00 pm ride. The cost of the sleigh ride is $5.00 per family and is payable with registration.

22 December

Glow Bowling @Academy Lanes

From 2:00 – 4:00pm we invite families to join us at Academy Lanes for an afternoon of bowling. You must pre-register for this event. Cost is $8.00/family.

23 December

Movie @ 17 Wing Base Theater – Bldg. 90

Bring the family to the Base Theater for an afternoon of Christmas movies. This event is free for all families. Showtime is 1:30 pm.

27 December

Tropical Pool Party @ Building 90 Pool

Join us at Bldg. 90 from 1:00 – 3:00 pm as we fight the winter blah's with a tropical pool party. Entry to the party is free with a Community Recreation Membership.

29 December

Youth Squash Camp

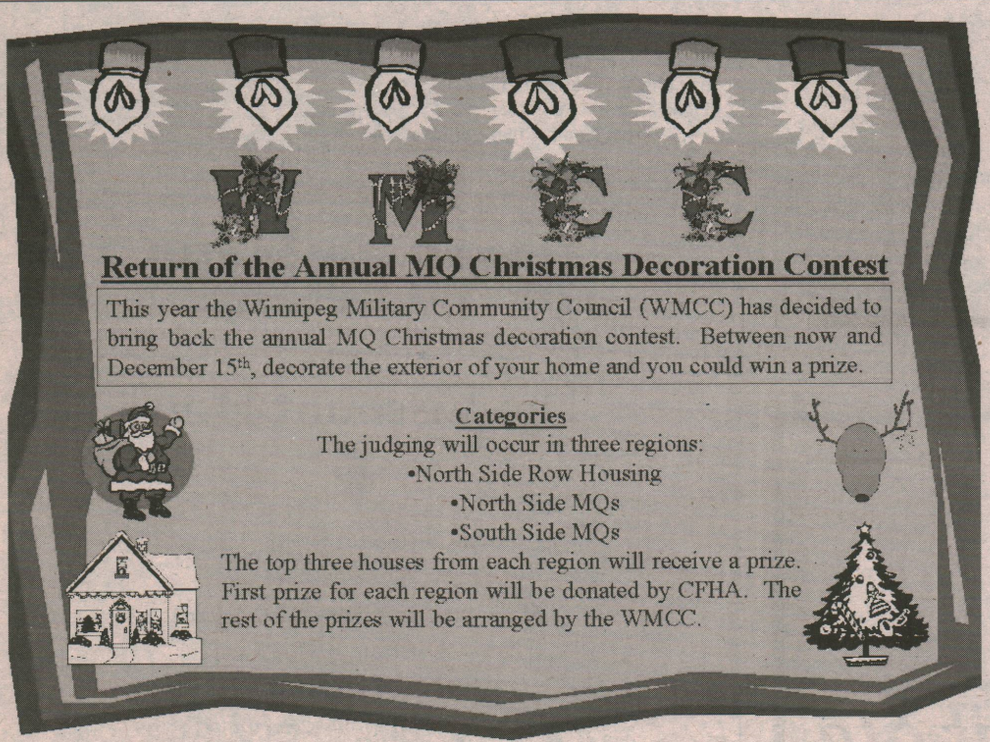
From 10:00 – 3:00 pm our Squash instructor will help youth practise existing skills or teach new ones. Registration fee is $5.00 per child. Must be 9 – 16 years old.

30 December

Children's Craft Day @ the 17 Wing Recreation Library

Children and youth of all ages will have the opportunity to make a New Year's Mask to take home with them.

If you would like more information on the programs listed above or are interested in registering stop by Community Recreation's new office in Bldg 90 or reach us by phone at 833-2500 ext. 5976 or ext. 2057.



Make Your Own Handbuilt Pottery Bowl

The Ceramics Club is expanding into the arts and offering an opportunity to be instructed by a professional artist. In this 2-class session you will create your own artistic bowl fit for an art show (or an original gift).

Thursday December 4, 2003 from 1900-2100 hrs and Thursday December 11, 2003 from 1900-2100 hrs

Cost is $50 plus GST, all supplies and tools included.

Register by November 29, 2003. Phone Joy at: 896-5361 or 889-6473 ages 12-adult.

Drop Off Childcare available during the sessions at the MFRC Childcare Centre.

Luc
President
Ceramic Club
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THE VOXAIR
Deadline for Next Issue
Friday, 5 December 2003

Military Family Resource Centre (204) 833-2500 Ext. 4500

Christmas Angel Program

The MFRC needs your help. We want to make sure that this year every child receives a Christmas gift under the tree. In order to do this we need your support in sponsoring a child and making sure that an age appropriate gift is available. If you would like to sponsor a child, or drop off a new item for donation please call Haley Schroeder at local 4512 or drop it off at the MFRC at 102 Comet St. Request can also be made for your family to receive support from the Christmas assistance program. Please call Haley at 833-2500 local 4512.



Coming soon "*UNDERWRAPS*"

Starting Saturday, January 10th 1-4pm at 102 Comet St.

During deployments, communication is the key to success for both family and member. What better way to keep that connection than a care package from home! Join us on the second Saturday of each month for "Underwraps"..a chance to wrap up and send all the goodies you have been saving! We will have everything you need to get your parcel on its way. Paper, markers, tape, addresses, great care package ideas, refreshments and other families going through the same thing. Come share YOUR ideas. Based on the groups input, we can do anything from crafts to include in our parcels to speakers on a variety of deployment related topics. The Youth Center will be open for Drop-in for the school age kids and if desired by the group, we can bring someone in to watch the little ones in the parent education room located just down the hall. Each month we will choose a theatre of Operations where 17 Wing personnel are serving and wrap up a general care package to send on behalf of the group. Bring any extras you may have to donate to the group parcel. Call for more info Catherine 4506.

MFRC Volunteer Of The Year Jodi Chappel

City of Winnipeg
Councilor Lillian Thomas
Presents Mayor's
Community Service Award
To Jodi Chappel
on behalf of Mayor Murray.





MFRC Chairperson, Gwen Kerr Presents Jodi Chappel with MFRC Volunteer of the Year award.

Now available at the MFRC

Is the deployment almost over for your family?

Tie a yellow ribbon. to celebrate!

Drop by the MFRC to a pick up some yellow ribbons to adorn your home or property. Supplies are limited but plentiful. Say Welcome Home the old fashioned way.

If you use your ribbons to decorate any public areas we ask you to please remove them when your reunion is over.

Safety Hint: The MFRC reminds families that displaying ribbons outside your home lets the general public know that your home has someone missing. Be safe, don't be the only ribbons on your block - get your friends and neighbors involved too!

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**
Deployment Services	**C. Chatterley**	**4506**
Volunteer Services	**Nicole Johnson**	**4507**
Youth/Adult Services	**Diane Brine**	**4508**
Information & Referral	**Linda Belisle**	**4509**
Children's Programs/ Emergency Childcare	**W. Richardson**	**2491** *or* **6846**
Employment Assistance	**John Chabih**	**4511**
Special Needs/ PIC Social Worker	**Haley Schroeder**	**4512**
Francophone Services	**Louise Cameron**	**4515**
Thunder Bay MFRC	**Donna Hrycyszyn (807) 345-5116**	

Winnipeg MFRC Presents

SISTERS OF THE HOLY ROCK

16 April 2004
7:30 pm.

At the Base Theatre
680 Whytewold Rd.

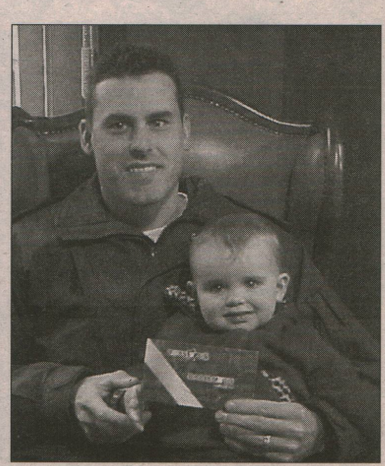
Tickets $10

Tickets available 1 December 2003 at the MFRC 102 Comet Street
For info call: 833-2500 ext. 4500 or 4509

Congratulation To Our Winners of The Halloween Contest!

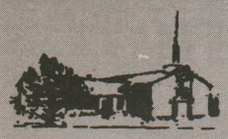


Meghan



Taylor

Together in Church



CATHOLIC

Chaplains
Father Tim Nelligan
(Roman Catholic)
Office 833-2500
extension 5272

Father Terry Cherwick
(Ukrainian Catholic)
Office 833-2500
extension 5417

Father Ed Quao
Office: 833-2500
ext 6206

Secretary
Carol Cochrane
Office 833-2500 ext: 5087

Masses
(English only)
Sat 1630 hrs Sun:0900 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 1100 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.

"Care & Share"

"A Benevolent Fund That Assists The Military Family In Helping Military Families"

VISION
To uphold the dignity and well-being of military and DND families through the provision of emergency financial and/or commodity assistance, and to provide support to families and their members.

MISSION
To utilize charitable donations so as to assist our military and DND families who may find themselves in difficulty, for one reason or another, in maintaining the necessities of life, and to bring cheer and support.

SCOPE
To function as the 17 Wing Internal Charity, this program would run throughout the year. Various events, such as the ones listed below, would provide the necessary funding required to assist our military and DND families and such needs arise. This then would make the Care & Share Program a perpetual program here at 17 Wing.

PROPOSED ANNUAL EVENTS

Toonies From the Heart:
This event would be run on St. Valentine's Day. At the gates, as people are arriving for work, or possibly through Unit Representatives in Unit Lines, 'cans' would be provided for the base personnel to donate a 'Toonie' for the Care & Share.

Care & Share Walk & Run Race:
This event would occur in April. For 2004, April 16th is being pursued as the event date.
Melissa Davidson, from 17 Wing Community Centre has suggested and would coordinate this. It would be conducted at the Park and would consist of a 5 & 10 Km Walk and Run Race.

Care & Share Golf & BBQ:
This event would actually be twofold. A Golf Tournament commencing in the morning with a Wing-Wide BBQ to follow afterwards. The proposed date would be sometime in August or September.

Holiday Helpers Program:
Formerly known as the Christmas Hamper Program, and by far, the most widely known event. During November/December, with the assistance of Unit Representatives, funds and/or predetermined foodstuffs would be collected and then amalgamated at the MFRC. In conjunction with the Christmas Angel Project, which provides gifts for children, this event would utilize the MFRC Facility as a drop-off and pick-up center. The coordinator for this event is the Chaplain who is OPI for the Care & Share Program itself.
This year, we are hoping that the vast majority of donations to families requiring assistance, will be in the form of Food Vouchers. This allows for the family to shop as they need, and to purchase food items that best suit their needs, dietary concerns, and cooking ability. If you are interested in donating to this worthy cause, donations can be dropped off at the MFRC, through your unit representative, or at the Chaplain's Office.
If you know of a military or DND employee or family that would benefit from this program, please do not hesitate to contact Haley Schroeder at the MFRC, one of the Chaplains or one of the Social Workers. All information is kept in strict confidence and is used only for the distribution of assistance as it is required. Fr. Tim Nelligan, OPI for this program, can be reached at: 833-2500 – extension 5272.

Local NPF Accountant Wins National Award

By Jen Sharpe

To her honour 30 years of dedicated service to the Non-Public Funds (NPF), head accountant Gina Neufeld was awarded the Divisional Employee Certificate of Merit October 1st.

The national annual award is given to a nominated employee who demonstrates "outstanding support and service" to their division of NPF. Neufeld has worked in 17 Wing's NPF accounting office for 30 years this coming April.

Although she is very modest about her accomplishments, Neufeld does appreciate the significance of the certificate. "I have received awards for working years, but this is more meaningful because it is a plaque of merit rather than longevity. I have to thank my supervisor Mr. Jackman at the regional office in Edmonton for his support."

While she has spent thirty years following the NPF accounting office through building and personnel changes, Neufeld maintains "she will be here for a while."

"I like my job because it's not boring and there are always new things coming up," she says.



LCol Shirley Neville presents accountant Gina Neufeld with the Divisional Employee Certificate of Merit.

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TAROSCOPES

By Nancy

For appointments call 775-8368

ARIES (March 21 – April 19): You feel valued and rewarded when you are making a contribution, which may lead you to consider taking a break from one type of work and focusing on another. This decision may not be the popular one. Do what's right for you.

TAURUS (April 20 – May 20): Constantly starting over is wearing you out. Think about other options. There will be less of a fallout than you anticipated when you address an issue. Focus on similarities instead of differences and difficulties. Relax a bit. You don't always have to prepare for the worst.

GEMINI (May 21 – June 21): Before you can live up to your potential you are going to have to realize how you have limited yourself by your own assumptions. Believing in expansion and endless possibilities is easier when you have a mentor to guide you and show you how it's done.

CANCER (June 22 – July 22): Set a time limit on how long you'll punish yourself for past mistakes. Grieve for a loss or disappointment but then, for your own good, move on. Life's lessons give you knowledge and increased insight, which improves your chance of success in your next venture.

LEO (July 23 – August 22): Concentrate on, and take pride in your own work even when you don't see progress. Enjoy what you do and what you have now. Just because it looks like others have it easier, that's not always the case. No one is on the same journey though they may be on the same path.

VIRGO (August 23 – September 22): A transition leaves you uncertain of your role. You're not prepared for the choices you're facing because you were expecting the next step to be obvious. Meet with someone and explore your options. They can inspire new ideas. The answers will come.

LIBRA (September 23 – October 23): You're surrounded by good fortune. There's no need to worry about outside interference anymore. Your success silences the naysayers. After one final bump in the road it's full speed ahead. Synchronicity occurs when you make the right choices.

SCORPIO (October 24 – November 21): Be realistic. Determine what you're good at. Research how you can enhance an idea utilizing your own strengths. It's not a pie in the sky dream if you have made a sound assessment and developed a plan. Prepare for success.

SAGITARIUS (November 22 – December 21): Frustration ends when you revise your assumptions about responsibility. You're tired of not getting what you want, but no one else is in charge of giving you your heart's desire. Expand your circle of friends to include someone with different attitudes and interests.

CAPRICORN (December 22 – January 19): You may be hard pressed to remain positive and productive when you experience a lack of fairness or equity from others. It's due mainly to a lack of awareness or knowledge on the part of those in authority positions. An in-depth report or further data is required.

AQUARIUS (January 20 – February 18): You're feeling more at peace with yourself because you've broken out of a rut. Others may say you're losing ground, but you're not. Better things will come because of risks taken. Keep your eyes and ears open. A friend calls with a good suggestion - act promptly.

PISCES (February 19 – March 20): Money is tight but keep doing what you love. Use discipline to get through a slump. A final push of hard work is required. Remember to connect with like-minded others, even if these are short-term kinships, they keep you on track when doubts set in.

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4 Broomball sticks/paddles, $5.00 each. **Older ent unit, oak veneer,** holds 27 inch TV. Perfect for kid/rec room, $40.00. Contact Joanne at local 5853.

Set of four Firestone tires P215/70R14 with over 50% tread left asking $120. **Folding ping-pong table** in fair shape asking $80. Contact Ben at 5036 (w) or 895-8779 (h).

3/4 Upright Handok Piano, with bench, metronome, lamp and books. $4500.00 call: 487-1372

Pram – Silver Cross, navy blue with large spoked wheels. $200.00 call: 487-1372

Single Sofa Bed, Off white in colour, $75.00 OBO. Please call after 5:00 p.m. 338-4117

Stereo with turntable and 8 track cupboards for storage, $75.00 OBO. Please call after 5:00 p.m. 338-4117

2001 Suzuki GS500E, Low kms $3800 lady driven Phone Mary-Anne: 831-8012

2000 Ford F150 XLT, V-6, 5 Spd, Reg Cab, Only 60,000 KM Loaded, in excellent condition great deal at $14,800 or best offer. Call Bob at 292 1763 Days or 885 7345 evenings.

2000 Gold/brown Chrysler Intrepid, 4 door, fully loaded MINT condition and very clean, 113K, and safetied. An impressive running/looking vehicle. Asking $10,400 obo. PH 204-582-5575.

White Moffat Electrical Stove. 1 Year Old. Excellent Condition. Available to take the 1st of January 04. Asking $450.00. Phone 832-2114.

8' X 8' Wooden Mini-Barn, Like New. Asking $375.00 (Negotiable), **Pioneer CD Car Stereo,** bought Jan 03. paid $ 225.00 asking $150.00. **Class 1 Hitch for a Car,** price: $ 125.00 Please call: (H) 831-0292 or 794-8050

Posted must sell: Shed - 5' x 8' - $75.00, **The Club** - $25.00, **12" Boys Bike** - $35.00, **Wood Fence - 100' x 50'** - $100.00 Call 663-8342

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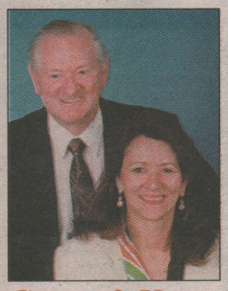

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