THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
FEBRUARY 4, 2004 VOLUME 52, ISSUE 2 FREE

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Reserve Firefighter Tops the Course

By Lt Jennifer Faubert, Western Area Reserve Public Affairs

"The training was awesome," said Cpl James Thompson, top graduate from the most recent fire fighter course. "By far it is the best military course I've ever been on."

Thompson and four other air reservists from Winnipeg recently graduated from the ten-week course held in Borden at the Canadian Forces Fire Academy (CFFA).

"It was a true total force course because we had ten reservists, seven regular force and three civilians," said MWO Doug Goodings, 17 Wing Air Reserve Flight Master Warrant Officer and instructor on the course.

Today, five of the Winnipeg graduates are fully integrated into three-man crash crews and play a key role in providing 24-hour fire protection.

Thompson recently transferred to the air reserves after serving 22 years as an infanteer with the PPCLI. He viewed the transfer as an opportunity to make a break from the infantry and try a new trade. With three tours under his belt, Thompson said he was looking for a career and life change.

"I wanted to change my life-focus to do something to help people," he said. "I don't want to sound graphic but in the infantry you are trained to take lives and with firefighting you are trained to save lives. Firefighting is a totally different direction and different work."

"Actually, I recruited him when I was the fire chief at 17 Wing," said Goodings. "He was a good candidate; knowledgeable, dedicated and a hard worker. I think his maturity was the number one reason he topped the course. He really shone there and the other students naturally went to him for assistance."

Thompson is much more humble. "I went there wanting to do the best that I possibly could," he said. "Basically we all worked together as a team. We had a high course average and out of 30 exams I think I got one more answer right."

He is not the only person who was impressed. "My kids think it's cool," said the father of three girls. "And my mom is very proud of me."

In addition to his duties at the fire hall, he is also working on his Emergency Medical Responders course.

Photo by Lt Rae Joseph, 22 Wing Reserve PAO

Top of hose bed on truck - Pte Allen, standing on truck - Cpl Thompson, holding hose - Pte Brooks and Mr. Elliott.

Busy Year Wraps Up at CFS MET

By MWO Rick Carleton, Standards

The end of 2003 was a whirlwind of activity here at CFS Met, weathering a few blizzards while graduating two courses within a week of one another.

The first course to graduate was QL3 0301, which began way back in August and finished on November 27th. Although a small course in number, they sure made up for it in spirit.

The QL3 also known as the "Basic Weather Observer" course is the first step in their occupational training for these new Met Techs. The aim of this course is to train personnel to: take weather observations; disseminate observed data; and provide technical meteorological information to support operations.

Various subjects taught include elementary meteorological theory, surface instruments and observing, communications, upper wind observations, maintenance and automatic data processing. Practical training in simulators is an important part of the course and includes 11 days of practice (shift work) and 10 days of testing which leads to the awarding of the Weather Observer Qualification at the conclusion of the course.

During the ceremonies, we had the pleasure to present Cpl Andrew Rusconi

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In Memorium

DND Archives

Cpl Jamie Brendan Murphy, of Parachute Company Third Battalion, Royal Canadian Regiment Battalion Group during a patrol in Kabul, Afghanistan. Cpl Murphy was killed when an explosion occurred near the Iltis jeep in which he was riding on January 27, 2004. Source: D-News

Current Operations

More than 3,600 Canadian soldiers, sailors and Air Force personnel are deployed overseas on operational missions. On any given day, about 8,000 Canadian Forces members - one third of our deployable force - are preparing for, engaged in or returning from an overseas mission.

Since 1947, the CF has completed 72 international operations. That figure does not include current operations, or the many CF operations carried out in Canada.

Visit www.forces.gc.ca/site/operations/current_ops_e.asp for more information.

Courtesy of DCDS.

Here is a list of all current CF operations:

OP ATHENA
Afghanistan : 2,176

OP ACCIUS
Afghanistan: 1

OP FOUNDATION
Tampa, Florida: 5

OP PALLADIUM
Bosnia-Herzegovina: 1,192

OP DANACA
Golan Heights: 193

OP SNOWGOOSE
Cyprus:1

OP JADE
Jerusalem: 8

OP CALUMET
Sinai: 30

OP CROCODILE
Democratic Republic of the Congo: 7

OP REPTILE
Sierra Leone: 5

OP SCULPTURE
Sierra Leone: 7

OP SOLITUDE
Dakar, Senegal: 1

The total CF International Operations as of 21 January 2004 is 3,626.

... continued from page 1

of 4 Wing Cold Lake with the Canadian Forces School of Meteorology "Certificate of Achievement", for obtaining the highest academic mark.

The second course to graduate on Dec 4th was QL6B 0301. This training that began in the middle of September, is the senior course taught at CFS Met and the students have many years of experience within the trade.

The QL6B also known as the "Specialized Weather Support" course is the final step in a Met Tech's trade progression.

The aim of this course is to provide highly specialized training to personnel who will then be capable of supporting such diverse operations as ship-based helicopters, land-element combat groups and search and rescue units. Personnel are trained to provide operations personnel with weather information in the form of forecasts and advice on meteorological matters in various parts of the world.

Subjects taught include applied meteorology, oceanography, analysis and interpretation, prognosis, and climatology. In the forecasting portion of the course, personnel are taught to assess basic weather data and prepare aviation forecasts up to 12 hours in support of helicopter operations. They are also taught to provide oceanographic information and guidance in support of ship exercises. Training labs are very practical and closely resemble routines performed at operational units.

During these ceremonies, we had the pleasure to present Sgt Malcolm Taylor of 12 Wing Shearwater with the Canadian Forces School of Meteorology "Certificate of Achievement", for obtaining the highest academic mark.

All the graduates of both courses should be commended for their hard work, dedication, and superb performance in successfully completing this training.

After a well deserved but rather brief break over the holiday season, 2004 started off with a bang. We have already conducted a two-day training session to Met personnel from across the Canadian Forces on our new "Briefer Work Station". We continued this flurry of activity with QL5A 0401 currently in house and are preparing for QL6A 0401 that will begin at the end of February. Hopefully these flurries will eventually cease and allow us time to enjoy another fine Winnipeg winter.

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05	05 Mar	17 Mar
06	19 Mar	31 Mar
07	02 Apr	14 Apr
08	16 Apr	28 Apr
09	30 Apr	12 May
10	14 May	26 May
11	28 May	09 Jun

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2004 - 2005

Civilian Scholarship Program

How would you like to go to school to get that degree, diploma or certificate that will advance your career goals, but still receive your normal salary?

Registrations are now being accepted for this year's Scholarship Program. A minimum of 8 Scholarships are awarded across Canada, that pay for up to one full years cost for full-time attendance at an educational institution, and still receive your salary as normal! Costs covered include tuition, books and travel expenses (if applicable).

Last year there were 15 scholarships awarded, with 3 coming from the prairies, including Marshall Ruskin from 17 Wing. Nominees must be indeterminate civilian employees.

Application deadline is March 1, 2004

For more information contact:

Neil Kimelman
Winnipeg LCC Learning Advisor
Local 4637
or go to http://hr.dwan.dnd.ca/scholarship

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CFS Instructors Emphasize Safety, Impart Knowledge Across CF

By Jen Sharpe

Photo by Jen Sharpe

Capt Allan di Dio, helicopter insturctor for CFS' ICP flight, explains the basics of rotary-wing flight to Voxair reporter Jen Sharpe.

Photo by Jen Sharpe

Capt Allan di Dio, helicopter instructor for CFS' ICP flight, looks over the school's Jet Ranger before taking Voxair reporter Jen Sharpe up for a ride. This Jet Ranger is the only helicopter used for instruction by CFS.

Capt Allan Di Dio has seen a lot of young, nervous pilots in his day. As a veteran fixed and rotary wing flying instructor, he has introduced some of the CF's best and brightest to the joys, thrills, and challenges of aviation.

While occupying the right seat in the light-as-a-feather CH-139 Jet Ranger helicopter, Capt Di Dio warns the left-seated rookie that helo flying might feel strange at first, but assures her it is as safe as any fixed-wing plane. "But don't get me wrong;" he quietly adds. "if something happened to me during the flight, you wouldn't be able to land this thing safely."

"That's terrific," I—the rookie—answer with a nervous laugh.

My worries are, of course, completely unfounded. As an instructor with the Instrument Check Pilot (ICP) course at 17 Wing's Centrai Flying School (CFS), Capt Di Dio doesn't only assess military pilots, he teaches the people who will assess military pilots. Interestingly enough, much of his job involves imitating clueless people like me to test the ICP student's problem solving, communication, and assessment skills.

It doesn't take long to realize that Capt Di Dio excels at all three of those important instructor skills; in only about an hour flying around the Winnipeg area, he explained the basics of rotary wing flight in a way that was interesting, lively, and informative.

Having top-notch instructors like Capt Di Dio at CFS is vitally important to aviation safety in the Air Force, says CFS Commandant LCol Peter Young. "The CFS is responsible for the standard of every pilot that goes through pilot training in the Air Force," he explains. "The school Commandants are responsible for the graduation end, but we are responsible for making sure that standards stay at a consistently high level."

According to LCol Young, the CFS has a role in nearly every aspect of flying standards and training in the CF. For example, ICP pilots trained by Capt Di Dio and his colleagues at CFS conduct the annual instrument tests for all CF pilots. The CFS also monitors the training standards at undergraduate Air Force training units and evaluates any Air Force pilots who have had performance issues on the job.

Along with the ICP course, the CFS has also designed and implemented the Human Performance in Military Aviation (HPMA) program, a flight safety-related seminar intended to increase operational effectiveness by reducing human error. So far, the CFS has trained 182 HPMA coordinators who will then return to their respective Wings to conduct their own HPMA courses.

"For the most part the training is long overdue," explains Maj Daryl Collins, lead on the HPMA project. "It represents an enormous undertaking for the Air Force because it's the first time that we've really put forward a training program that combines folks from Air Traffic Control, Ground Crew, and Air Crew."

Because CFS personnel have a hand in the safety, training standards, and continued assessment of all CF navigators, pilots, and air traffic controllers, the school must ensure its instructors are of the highest quality.

"Becoming an instructor is difficult, and not everyone can pass the flying instructor course," LCol Young explains. "We've had instances on the multi-engine, the jet, and the helicopter instructor courses where people have not been able to pass because they can't impart the knowledge."

"It's always an obstacle trying to put theory into practice," Maj Collins adds. "Our program focuses a lot on process, so that if you have a decision-making process, it can apply to anything. That's an important thing for instructors to have and to communicate."

And despite advances in automatic flight systems and computer simulations, LCol Young says the basic flying instructor will always have a role in pilot training. "With all the technology, it can become very easy to rely on the technology," he concludes. "The challenge for the instructor is to make sure the candidate has the basic knowledge and the skills so that when the technology doesn't work, they can still operate safely and effectively.

Fitness & Sports Page

Healthy Lifestyle Enhances Relationship

By Angela Johnston

Capt Stu Gullen is the first to appear from the gym at 7:30 a.m. It is still dark outside, but he is glowing, and has just run 8 km. He slightly bobs from foot to foot, cooling down, and immediately begins praising the virtues of a healthy lifestyle. His wife, Pte Brenda, comes out of the ladies' changeroom after a shower, fresh-faced.

They match each other: similar racing shorts, matching tank tops – though Brenda's is neon yellow – and even matching Gatorade water bottles. They often correct each other on small mistakes, and compare different Muscle and Fitness workouts they have tried. They call the gym regulars an "extended family," and often wave to those who pass.

For the Gullens -- both reservists -- working together both as life and training partners has enhanced not only their fitness, but their relationship as well.

They note a common truth: there are some mornings when it is really preferable to lay in bed. It's warm, it's cozy, it's comfortable, and just so easy. It is on such mornings that Stu and Brenda make sure to motivate each other to toss the blankets aside and head out for an early workout.

"Being a couple, and having support and love --- that's what gets you back to the gym," comments Stu, "The male may be fitter and stronger, but can you work out together? Oh yes."

Brenda and Stu began working out together in 2000, when, during basic training, Brenda fractured her hip. Pulling up her shorts to reveal an old scar, Brenda, a former health care aide explains that she faced two surgeries within 18 months, and a major lifestyle change, involving raised toilet seats, wheelchair hand grips, and crutches.

During this time, Stu and Brenda would go for two hour walks in Assiniboine Park – "more like rolls in the park," notes Brenda, "It was very good for me, the fresh air." Stu continues, "I don't know what was more beneficial – the exercise or the communication."

Along with physiotherapy, Brenda and Stu would swim at a pool with almost no wheelchair access. Stu would lift her down into the water, and remain in the lane next to hers. She says, "It brought us closer together."

After further training on an elliptical machine, "Now we can run side by side," she said.

The Gullens, both 44 and married for 22 years, emphasize that fitness is not only about attending the gym. "It's a lifestyle thing," said Stu, "You can't have one in the gym and the other on the couch eating Doritos. It's a recipe for disaster." Their lifestyle includes preparing healthy meals together, and setting common goals, such as bicycle trips.

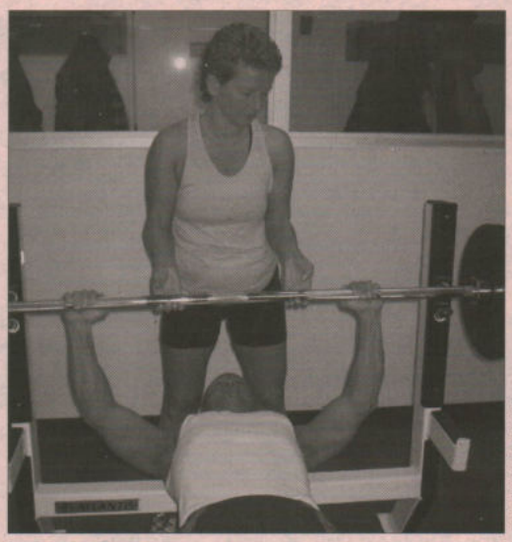

Photo by Angela Johnston

Pte Brenda Gullen spots husband, Capt Stu Gullen, as he bench presses in the 17 Wing gym.

Stu and Brenda, who also own a tandem bicycle, cycled through the Badlands of North and South Dakota last summer – a challenging feat at over 800 km in seven days, sometimes in over 40 degrees heat.

Stu and Brenda keep a training journal, and run four mornings a week. Stu weight trains at lunch, and plans to compete in triathlons and half-Ironmans this summer. Last summer, he travelled to the Netherlands as part of a CIOR national team to participate in a pentathlon.

As for Brenda, "I would love to be a Weight Wellness instructor. That is my goal." The former YMCA fitness instructor has organized walking groups on the South site where she works.

Fitness has been an integral part of the Gullens' lifestyle. Stu comments that it is always nice to have a training partner for motivation, form and safety, but, on the other hand, "It's even nicer when it works out to be your life partner."

For their dedication to both fitness and each other, The Voxair has nominated Stu and Brenda Gullen as January's Athletes of the Month.

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Women's Hockey Team in Upcoming Regionals

By Angela Johnston

Once the puck is dropped, the competition is on. At the upcoming women's regional hockey championships one can expect to see some very serious hockey.

"We've got a very strong team," said Sgt Cindy Kennedy, defencewoman. The team of approximately nine women practices for an hour and a half, as well as playing two games downtown, every week. With regionals coming up, the team has recently been practicing at a higher intensity.

"We're ready. I think we're going to do well," said MCpl Brenda Beaton, who plays centre.

The regional championships will be held from Feb.1 to 6 at CFB Suffield. From this tournament, coaches will select players to form a Prairie region team for the Nationals, which will be held in the last week of March in Borden.

"We're hoping we get a couple of girls to go," said Kennedy. Last year, approximately five of the 16 Prairie team members were from 17 Wing.

The women's hockey team is coached by former NHL player LCol Ed Staniowski and CWO John Kamperman. Beaton said that the coaches "make a huge impact on our team." Says Kennedy, "We've improved 110 per cent."

The hardest part for the team, said Kennedy, is recruiting new players. With the Battalion moving next year, the team expects to lose three or four girls, and new recruitment will start in April. Kennedy said, "Can you skate, can you hold a stick? Come on out."

UPCOMING HEALTH PROMOTION PROGRAMS

STRENGTHENING THE FORCES

STRESS MANAGEMENT WORKSHOP
- 2 1/2 days
- April 26 – 1300 hours - 1600 hours
- April 27 & 28 – 0830 hours - 1600 hours

WEIGHT WELLNESS
- Four day "kick-off" March 16, 17, 18, 19
  0830 hours – 1600 hours
  Meal planning, budgeting, grocery shopping, label reading, exercising
- And every second week
  March 31, April 14 & 29, May 12 & 26, June 9 & 23
  1300 hours – 1530 hours

BUTT OUT INFORMATION SESSION
- January 22nd – 1330 hours - 1500 hours

BUTT OUT PROGRAM
- 9 facilitated group sessions over 14 weeks
- February 5, 12, 19, 26, March 4, 11, 18, April 15, and May 13
- 1330 hours – 1500 hours

PSP

Open to CF members, All Ranks, Family members & Civilian employees.

For further information and to register contact:
Penny Wawrzyniak @ 4150 or
Sheila Wingerter @ 4160

CF Womens Hockey

The 17 Wing Winnipeg Womens Hockey team is presently planning for the upcoming hockey season for 04/05. A Military team will be registered in the Hylander Hockey League for the upcoming season. Civilian and dependant women wishing to play can register individually at the Hylander and ask to be placed with the 17 Wing Team. In addition, practices, for military women competing in the Regional tournament, will commence in Oct 04. New players from across the Manitoba and Saskatchewan region are welcome to play.

If you are interested in playing contact:

Team Manager Sergeant Cindy Kennedy

CSN 257-2500 ext 5946

Comm (204) 833-2500 ext 5946

17 Wing Sports Coordinator Mr. Chris Merrithew ext 5511

Around the Block

By Maj Brennan, WMCC Publicity

The WMCC requires representatives for the following positions:

- **Ward 1 Rep**
  (Carpathia St. and east side of Kenaston)
- **Ward 5 Rep**
  (1901-1965 Corydon; 272-320 Ubique; 282-304 Doncaster; 271-327 Kenaston)

****

A gentle reminder from the WMCC and the MPs that driving snowmobiles in the MQ areas is not an acceptable practice as per MP Policy and City of Winnipeg by-laws.

If you observe any such activity please call the Military Police immediately. Thank you.

Nouveaux points importants à l'égard du Programme pour l'autonomie des anciens combattants (PAAC)

Dans le cadre du PAAC, le gouvernement du Canada prolongera à vie les services d'entretien ménager et/ou d'entretien de terrain offerts aux survivants admissibles d'anciens combattants décédés. S'il n'y a pas de survivant admissible, ces services pourraient être offerts à un autre dispensateur de soins principal admissible.

Ces services aident les anciens combattants et leurs survivants ou d'autres dispensateurs de soins principaux à continuer à vivre chez eux de façon autonome.

Vous pourriez être admissible à ce programme si vous rencontrez les exigences suivantes:
- Vous êtes le survivant ou un autre dispensateur de soins principal d'un ancien combattant qui est décédé depuis le 1er septembre 1990;
- L'ancien combattant recevait ces services au moment de son décès ou l'ancien combattant recevait ces services et est décédé moins d'un an après avoir été admis à un établissement de soins de santé.

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Photo: John Sylvester

Anciens Combattants Canada | Veterans Affairs Canada

Canada

Voxair Welcomes New Reporter

Hello, my name is Angela Johnston, and I am *The Voxair's* new student journalist. I am here to report on all things that affect both the base and the 17 Wing community. I will admit, acronyms are often frightening and I have not memorized the bar-to-rank ratio – yet – but I am excited to gain some practical experience in journalism and work in such a unique community as 17 Wing.

I am in my third year of a Bachelor of Journalism degree from Carleton University in Ottawa, with combined honours in political science. This past December, I completed a semester abroad as part of a Canada-EU journalism exchange in Århus, Denmark. I am trained in multimedia and print journalism, and am quite swift with a digital camera.

Though originally from Pinawa, I now live in Winnipeg. I enjoy many sports, plan to run a half-marathon this summer, and am hoping that some of the military base self-discipline rubs off on my otherwise lax training schedule.

I am sure that my time here will be both rewarding and challenging. Please do not hesitate to contact me about any event that you think I should cover. I will be in the office on Mondays,

Photo by Jen Sharpe

Wednesdays and Fridays during the day and can be reached at extension 6976.

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Upcoming Concert for Air Command Band

Cheese sandwiches, carrot cake, and music – a nice way to spend a frigid January morning. All was available on Jan. 21, as the Air Command Band held an open house to showcase their new facilities.

For the band, the largest upcoming event is a joint concert with the University of Manitoba Wind Ensemble on Feb. 10. The concert will be held at Jubilee Place, located in the Mennonite Brethren Collegiate. It begins at 7:30 p.m., and the cost is $7.50 for adults, $5.00 for students.

Award Winners for Outstanding Performance

Members of 402 Squadron, Cpl Johann Ferwerda and MCpl Ozzie Lindsay won the annual Jack Reeves Memorial Award and Vernon Bastable Memorial Award respectively for their outstanding performance in the area of trade skills, leadership and dress and deportment. The Jack Reeves Memorial Award was first presented in 1974 in honour of reserve pilot Capt Jack Reeves who lost his life in flying accident March 19, 1974. The Vernon James Bastable award was first presented in 1993 when the unit became a total force unit. He lost his life in a flying incident March 27, 1949.

Photo by 17 Wing Imaging

Winner of the Jack Reeves Memorial Award, Cpl Johann Ferwerda.

Photo by 17 Wing Imaging

Winner of the Vernon Bastable Memorial Award, MCpl Ozzie Lindsay.

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Get On Board and Take Advantage of the RRSP Season!

As we are only a few days away from the deadline (March 1, 2004) for contributions to RRSPs for the 2003 fiscal year, here is some tax and financial advice which will enable you to get the most out of your savings.

• Refer to your notice of assessment received from the federal government for the 2002 taxation year to determine how much you can contribute to your RRSP and the total unused contribution from previous years. Admissible RRSP contributions for 2003 are calculated as follows: the lesser of 18% of earned income in 2002 and $14,500, minus the pension adjustment for 2002 if you were a pension plan member plus your unused RRSP room from previous years.

• If you are anticipating a major change in your income between 2003 and 2004, we would advise you to check with your financial planner to determine whether you would be better off contributing to an RRSP for the 2003 taxation year or using these RRSP credits in 2004. All contributions made to an RRSP within the first 60 days of the year can be deducted from either the current or the previous taxation year.

• Start an automatic savings plan into your RRSP. Regular contributions will help you achieve your financial goals faster.

• If necessary, borrow to invest in RRSPs as long as the loan is repaid in a reasonable time frame – a year at the most. If you receive a tax refund, put it toward your loan in order to repay it faster. Don't forget that the interest on RRSPs is not tax deductible.

• If your spouse is likely to have a lower income than you at retirement, consider contributing to a spousal RRSP in his or her name. This will help to even out your retirement incomes and perhaps lower your family income tax.

• Don't wait until the last minute. Invest in your RRSP as soon as you have the available cash flow. In the investment world, time is money. Time allows you to increase the value of your investment through tax-sheltered compound interest.

The RRSP is a very powerful financial management tool, which can allow you to achieve financial autonomy at retirement. We encourage you to contact your financial planner for more information.

Renée Trépanier
CFP, Education and Communication Manager
SISIP Financial Services, Ottawa

Soyez de la partie et profitez de la saison des REÉR!

À quelques jours de la date limite (1er mars 2004) pour cotiser à un REÉR pour l'année financière 2003, voici quelques conseils fiscaux et financiers qui vous permettront de faire fructifier vos épargnes au maximum.

• Veuillez consulter votre avis de cotisation reÿu du gouvernement fédéral pour l'année d'imposition 2002 pour connaître votre limite de cotisation REÉR et le montant de vos cotisations inutilisées des années précédentes. Le calcul des cotisations REÉR permises pour 2003 est le suivant : Le moindre de 18 % du revenu gagné en 2002 et 14 500 $, moins le facteur d'équivalence pour 2002 si vous avez participé à un régime de retraite, plus vos droits de cotisations REÉR inutilisées des années précédentes.

• Si vous prévoyez une variation importante de vos revenus gagnés entre 2003 et 2004, nous vous conseillons de demander à votre planificateur financier s'il est plus avantageux de déduire vos cotisations REÉR pour l'année financière 2003 ou s'il vaut mieux les utiliser en 2004. Toutes cotisations REÉR faites dans les 60 premiers jours de l'année peuvent être déduites pour l'année financière courante ou précédente.

• Contribuer à votre REÉR au moyen d'un plan de retraits systématiques. Des contributions régulières vous aideront à atteindre vos objectifs financiers plus rapidement.

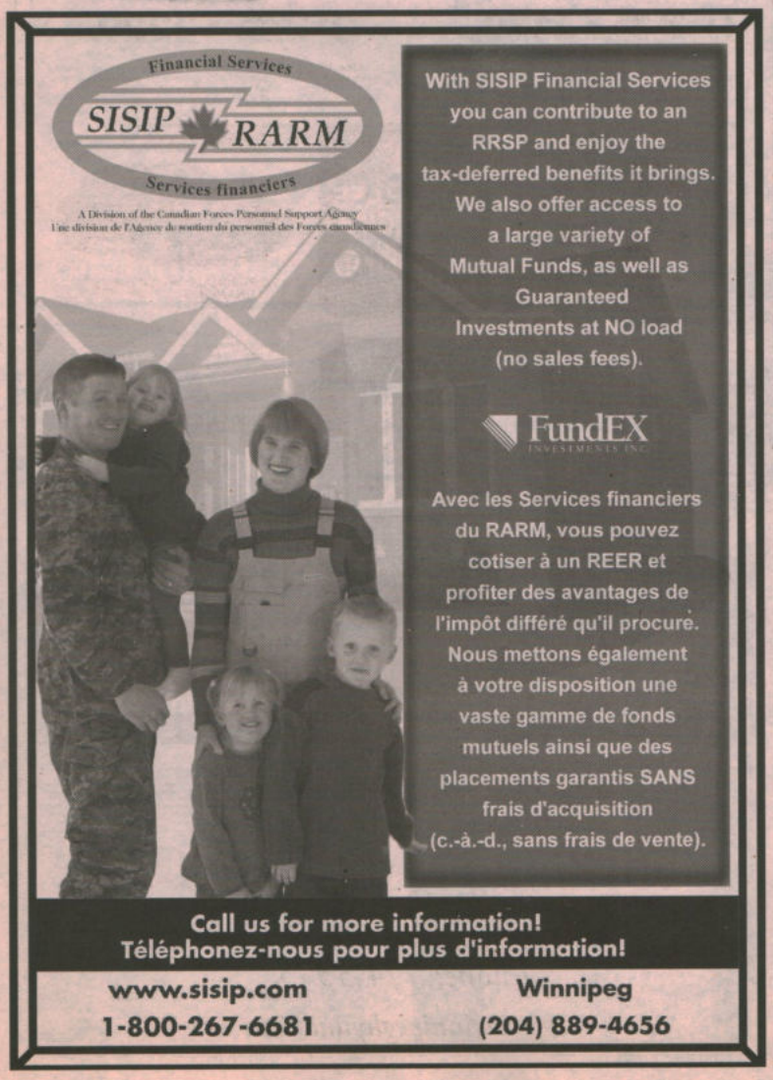
• Au besoin, empruntez afin d'investir dans votre REÉR, en autant que l'emprunt soit remboursé dans un délai raisonnable d'au plus un an. Si vous recevez un remboursement d'impôt, servez-vous de cet argent pour rembourser votre emprunt plus rapidement. N'oubliez pas que les intérêts d'un emprunt REÉR ne sont pas déductibles d'impôt.

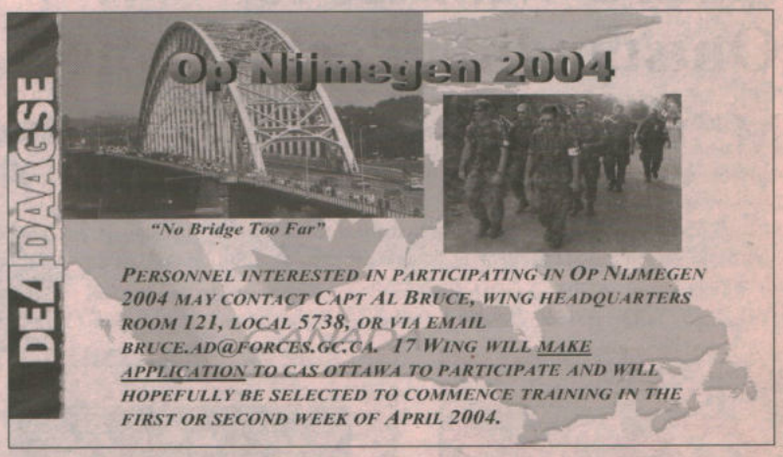
• Si vous estimez que votre conjoint aura un revenu de retraite moins élevé que le vôtre, étudiez la possibilité d'ouvrir un REÉR de conjoint auquel vous pourrez contribuer en son nom. Ainsi, vous réduirez l'écart entre les revenus de retraite et peut-être même votre facture d'impôt.

• N'attendez pas à la dernière minute, investissez dans votre REÉR dès que vous avez les liquidités disponibles. Dans le monde de l'investissement, le temps, c'est de l'argent. Le temps vous permet d'augmenter la valeur de votre investissement grâce à la composition des intérêts à l'abri de l'impôt.

Le REÉR constitue un outil de gestion financière très puissant qui peut vous permettre d'atteindre l'autonomie financière à la retraite. Nous vous encourageons à communiquer avec votre planificateur financier pour plus de renseignements.

Renée Trépanier
CFP, gestionnaire de l'éducation et des communications
Les Services financiers du RARM, Ottawa





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Royal Winnipeg Rifles Change of Command

On Saturday, January 24, 2004 at 1400 hrs, Col Stephen Anema, Commander, 38 Canadian Brigade Group, presided over the Royal Winnipeg Rifles Change of Command parade. LCol Tim McManus assumed command from LCol Perry Ramey. Music was provided by the Royal Winnipeg Rifles Band.

Photo by Cpl WC Gomm 38 CBG

Sgt Roy Bailey receives the Golden Jubilee and a promotion to WO from Col Stephen Anema.

Photo by Cpl WC Gomm 38 CBG

The new CO of the Royal Winnipeg Rifles, LCol Tim McManus takes his position on the parade.

Photo by Cpl WC Gomm 38 CBG

(L-R) Col Raymond McFeetors (Honorary), LCol Perry Ramey, Col Stephen Anema & LCol Tim McManus signing the Change of Command Scrolls.

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Christmas Colouring Contest Winners

Congratulations to the winners of the Christmas Colouring Contest sponsored by CANEX and Coca-Cola. The winners each received a $10 gift certificates from CANEX.

Thank you also to all the children who entered the colouring contest.

Nicholas Groulx

Leonardo Sutton

Brandon N. Delyea

Exercise Devils Frost

Photo by Cpl WC Gomm 38 CBG

▲ Keeping your footing during an attack in deep snow can be quite difficult as this soldier from the Royal Winnipeg Rifles discovered during the final assault.

Members of the Royal Winnipeg Rifles, the Queens Own Cameron Highlanders of Canada, and the 17 Medical Company deployed to St. Charles Range outside of Winnipeg on January 10-11, 2004 to conduct basic winter training. The infantry also practiced some "dry" attacks using ski's and toboggans.

Photo by Cpl WC Gomm 38 CBG

Members of the Royal Winnipeg Rifles acting as enemy force keep a sharp eye out for the attacking force through the blowing snow.

Photo by Cpl WC Gomm 38 CBG

Pte Marat Rafikov of 17 Med Coy gets ready to enter a 5-man tent, to set up the tent pole so the rest of the section can set up the rest of the tent.

Photo by Cpl WC Gomm 38 CBG

Private Sean Worden of the Camerons stops to put on his camouflage white top before continuing on the Advance.

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Community Recreation Page

Community Recreation Birthday Parties

By Dana Hinkema, Community Recreation Program Assistant

Community Recreation recently added two new staff members to their team. Jessica Pachkowski and Joanne Stapleton joined the Community Recreation staff as Special Events Facilitators. In this position they will be responsible for running, organising and planning birthday parties under the new Themed Party Program, as well as running any special events that Community Recreation organises.

Jessica is a high school student who enjoys many extra curricular activities such as singing, playing the flute and trumpet, and is also a member of the 170 Royal Canadian Air Cadet Squadron and 17 Wing Military Youth Council. She volunteers with different organisations including the MFRC. Jessica has gained her experience working with children at winter and summer camps in St. Malo.

Outside of these activities, Jessica enjoys normal activities for a 16-year-old: hanging out with friends, babysitting and talking on the phone. She applied for the position of Special Events Facilitator because she enjoys working with children of all ages and she wanted to become more involved in the military community.

Joanne Stapleton is also a familiar face on-base as she is employed at Wing Foods. The position of Special Events Facilitator appealed to her because she loves working with youth.

Outside of her work at 17 Wing, Joanne is an over-achieving scouter. She is the contact leader for the 60th Charleswood Legion Beaver Colony, Assistant Area Commissioner for Beavers in Area 8, parent volunteer with the 49th Laxdal Scout Troop and an active member of the 49th Scouts Parents Association. In what little spare time Joanne can find, she enjoys cross-stitching, baking, cooking, camping, hiking and experimenting with youth appropriate crafts.

If you meet Joanne and Jessica in their adventures on base, please be sure to introduce yourself and make any suggestions that you might have regarding Special Events sponsored by Community Recreation.

For more information regarding themed birthday parties at 17 Wing, please contact Dana Hinkema, Community Recreation Program Assistant.

Join 17 Wing Community Recreation at...

Asessippi Ski Area and Winter Park

for a day of thrills, chills, powder and fun.

Monday March 29, 2004 we are heading to the hills for a one-day adventure of skiing, snowboarding and tubing. If you are between the ages of 12 – 17, celebrate the start of Spring Break by joining us!

COST
- **Lift Ticket Only - $24.00**
- **Ski Rental and Lift ticket - $33.00**
- **Snowboard rental and lift ticket - $42.00**

We will be leaving Winnipeg at 7:00 am and arriving home at 7:30 pm.
Please note that all youth participating in this trip must have a recreation membership.

If you would like more information or want to register please call Dana at 833-2500 ext 2057.

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Community Recreation Winter Programs

From Jan. 11 – Jan.17, 2004 Community Recreation hosted Customer Appreciation Week. All recreation members were invited to attend any of our drop-in programs free of charge. This was the perfect opportunity for participants to try new classes or to get back into the groove of older favourites while carrying out their New Year's Resolutions. Drop-in classes include Cardio/Kick, Fusion, Total Body Conditioning, Sculpt and Tone and Aquafit.

Total Body Conditioning (T.B.C.) and Fusion, taught by Kim Ewert, are new classes added to the schedule late last fall. Total Body Conditioning uses light weights to tone all of the major muscle groups of your body. This class is held every Thursday between noon and 1:00 pm in the multi purpose room at Bldg 90.

On Tuesdays between noon and 1:00 pm, come out to try Fusion. This class uses moves from yoga and Pilates to strengthen and tone the core muscle groups of the body. This class is also held in the Multi-purpose room at Bldg. 90. Please check the DIN for a complete schedule of all of our winter programs.

This season Community Recreation has added two new classes to their fitness schedule. Hip Hop and Tai Chi take place on Wednesday and Sunday evenings respectively and give recreation members a chance to add a little variety to their fitness schedules. Hip Hop will get you moving to the beat and challenge yourself aerobically. Tai Chi slows things down to give you an intense workout at an unhurried pace. Tai Chi provides effective stress-relief focusing on slow movement, breathing and meditation. These classes are registered programs, have already started but a few spaces remain for interested participants. For information regarding the start of our next session please call 833-2500 ext 5976 or 2057.

To reward all of our loyal customers, Community Recreation offers you the chance to win a free Activity Pass, a value of $35.00! To enter this monthly draw, simply drop off your completed Activity Pass at the monitor's desk in Bldg 90. Winners for November and December were Cathy Forrest and Gail Campbell. The draw for a January winner will be held February 1 so be sure to drop off your completed pass before then.

For more information on all of our programs please check the DIN under Community or call 833-2500 ext 5976 or 2057.

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8:00pm Showtimes

Child/Senior $2.50
Adults/Youth $3.50
888-6290 (Recording)

More movie listings can be found on the DIN.

Fri-Sat/ February 6-9 8:00pm

Sun-Mon/ February 13-16 8:00pm

No movies will be shown between 20 Feb - 8 Mar 04

Hours for the Month of February

17 WING RECREATIONAL LIBRARY

Sunday: 12-3 pm
Monday: 11-6 pm
Tuesday: 12-8 pm
Wednesday: 12-8 pm
Thursday: 4-8 pm

For more information contact Michelle @: 833-2500 loc 2490 or email: wohlgemuth.mke@forces.gc.ca

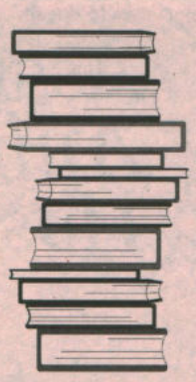
Westwin Community Centre (Building 33) Whytewold Road by Building 90

"I Love to Read" Month

This event is one that we have been doing at the library for the last 6 years. I Love to Read month is held in schools and libraries across Manitoba. This event is one in which we as a community can share with children the love of reading and the endless rewards it brings. Shareing your time and interest in our children and let them know that reading is lifelong enjoyment.

There is a calendar of ideas to do as a family. The calendar is a list of activities to do together. Reading is something we do everyday of our lives no matter what you do. Children who do not like to read, more often than not will read a magazine or comic book, which is great because it is still the written word. Read a book on the Internet. For some people, reading the written word at eye level instead of flat is far easier. Find out what captivates their imagination and help them find books in that area. If our children are not with you in Winnipeg, get them to join in with friends and really make the experience special for the children. Haven't met any one yet in town? Come and join us at the Library and read to the children. I Love to Read month is not only for the children, it's a family affair. Mom and Dad, you can have just as much fun as your children, reading old favourites or discovering new ones.

Come check us out on the DIN and at the library.



Book Review

Sights On Jarvis

No. 1 Bombing And Gunnery School, 1940 – 1945

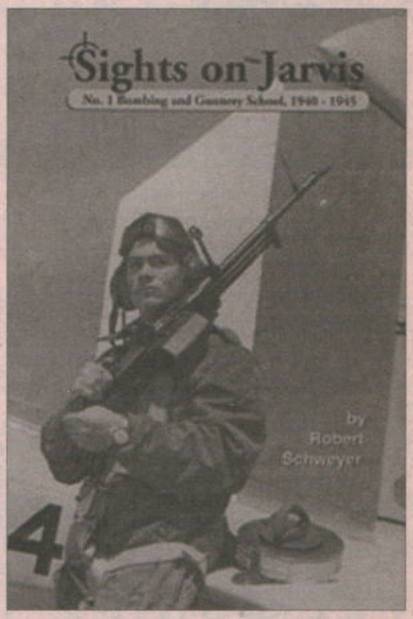
Written by Robert Schweyer

Book Review by Sgt Pat McNorgan CD, Assistant Airforce Historian, Office of Air Force Heritage and History, 1 Canadian Air Division, Winnipeg, MB

This is a very enjoyable and readable account of R.C.A.F. Station Jarvis Ontario. Covering the active years 1940 through 1945, Mr. Schweyer touches on all aspects of life surrounding the station. While the book is primarily about "blood, sweat and tears," it does not neglect the lighter side of the Jarvis experience. The story of farm families gathering for a lakeside picnic to watch offshore bombing practice in lieu of an expensive afternoon in town is particularly humorous. It also does not neglect the short, sweet romances that naturally flourished with so many young people from all over the world in one place training for war. The main thrust of Sights On Jarvis, however, serves to underscore the tremendous cost of training in terms of lives lost.

The book is replete with period photos, many of which will be new to most readers. Some of the images are a touch on the small side. More proofreading would have picked up the few remaining errors as well.

Sights On Jarvis is highly recommended to anyone interested in the British Commonwealth Air Training Plan, R.C.A.F. or area history.



By Robert Schweyer, published by Heronwood Enterprises, soft cover, price $24.95

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Every Sat 12 - 4 pm

Important New Facts about the Veterans Independence Program (VIP)

The Government of Canada is extending the VIP housekeeping and/or grounds maintenance services for life to qualifying survivors of deceased Veterans. Where there was no survivor at the time of death, another primary care giver may be considered.

These services are provided to Veterans and their survivors or other primary care givers to help them live independently in their own homes.

You may be eligible if:
- You are a survivor or another primary care giver of a Veteran who has died since September 1, 1990; and
- The Veteran was receiving these benefits at the time of death or the Veteran was receiving these benefits and died within a year of being admitted to a health care facility.

Photo: John Sylvester

FOR MORE INFORMATION OR TO APPLY, call the toll-free number **1 800 443-0382.**

Veterans Affairs Canada Anciens Combattants Canada

Canada

Photo by Sgt Dan Bauline, CFS Met.

At a luncheon on January 16, 2004, CWO Bernie Roy (SCWO CFS Met) presents Sgt Scott McLellan with a plaque from CFSMET on his retirement from the Canadian Forces after 26+ years of service

Photo by Sgt Dan Bauline, CFS Met.

WO Rick Carleton receives his promotion to MWO from CWO Bernie Roy (SCWO CFS Met) and Mr. Kim Redekopp (Comdt CFS Met) effective Jan. 21, 2004.

Photo by Wing imaging

Lt James Guenther recently received his wings from LCol S. Schock, CO of 402 Sqn. Guenther graduated top student on BOTC and is currently in Toronto undergoing pilot training. Upon completion of training he will fly CT-142 Dasg 8 for 402 Sqn and return to his civilian employment as a pilot for Air Canada.

Tattoo Committee Hosts Sweetheart Dance

By Angela Johnston

As Valentine's Day approaches, many may be nervously biting their fingernails – romantic dinner at a French restaurant, weekend getaway in the Whiteshell, or a night in with a bottle of Shiraz? Fret not – the Manitoba International Tattoo has the solution.

As a fundraiser to provide scholarships to students in the Army, Navy or Air Force, the Tattoo is hosting a Valentine's Day Sweetheart Dance at Assiniboia Downs on Sat., Feb. 14.

"It's really a fun thing," said Darlene Ashley, one of the key organizers for the event. The Air Command Band has donated its time to play at this function, which will include a five-course buffet dinner, fun auctions and four horse races telecast on a big screen.

Auction prizes include gift certificates, furniture, night-stays at hotels, gift baskets, clothes, and so on.

At the time of interview, half of the tickets had been sold for this dance, and they cannot be bought at the door. **Tickets, which cost $35, should be purchased from Darlene Ashley at 896-8474 or darleneashley@shaw.ca before Feb.7.**

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WMFRC Privacy Statement

The Winnipeg Military Family Resource Centre (WMFRC) respects and protects the privacy of its clients. The WMFRC and MFRC Childcare Centre may ask for your personal information such as: your name, address, phone number, and third party information such as emergency contact names and numbers, during registration for various programs and services. This information is needed to deliver requested programs and services, for invoicing and collection where applicable, for follow-up contact with clients where required or requested and for the delivery of the Community Connections Newsletter.

The WMFRC and MFRC Childcare Centre will not disclose your information to anyone without your consent unless circumstances such as legal, medical or security reasons make it impossible or impractical to seek consent.

To ensure the privacy of our clients, all information collected by the WMFRC is used solely for WMFRC purposes identified, under strict confidentiality in compliance with the Privacy Code for Military Family Services Program (MFSP) and Personal Information Protection and Electronic Documents Act (PIPEDA), Personal Health Information Act (PHIA) as well as Federal and Provincial Daycare Regulations.

If you have any questions or concerns about our privacy practices you may contact our Privacy Manager, Nicole Johnson at 833-2500 ext 4507.

Déclaration de la protection des renseignements personnels du CRFM de Winnipeg

Le Centre de ressources des familles militaires de Winnipeg CRFMW respecte et protège la confidentialité de ses clients. Le CRFMW et la garderie du CRFM peuvent recueillir des renseignements personnels tels que : votre nom, addresse, numéro de téléphone et des renseignements sur un tiers comme le nom d'une personne contacte et son numéro de téléphone en cas d'urgence, lors de l'inscription à ses programmes et services divers. Cette information est nécessaire pour offrir les programmes et services demandés, pour la facturation et le paiement au besoin, pour maintenir le contact avec un client lorsque demandé ou nécessaire et pour la livraison du bulletin de nouvelles Le Réseau.

Le CRFMW et la garderie du CRFM ne divulgueront pas votre information à quiquonque sans votre consentement à moins de circonstances légales, médicales ou raisons sécuritaires qui rendrait cette procédure impraticable ou impossible. Pour assurer la confidentialité de nos clients, toutes informations recueillies par le CRFMW sont utilisées uniquement pour les fins prédéterminées par le CRFMW, selon des mesures rigoureuses de confidentialité, conformément au Code de protection des renseignements personnels à l'usage du Programme des services aux familles des militaires (PSFM) et la Loi sur la protection des renseignements personnels et des documents électroniques (LPRPDE), la Loi sur les renseignements médicaux personnels (LRMP), de même que les régulations fédérales et provinciales des garderies.

Si vous avez des questions ou des inquiétudes concernant nos pratiques de protection des renseignements personnels, n'hésitez pas à contacter notre gérant de la confidentialité, Nicole Johnson au 833-2500 poste 4507.

Sisters of the Holy Rock Fundraiser

BACK BY POPULAR DEMAND! The Sisters of the Holy Rock will be performing on Friday 16, April at 7:30 pm at the Base Theatre. Tickets go on sale now at the MFRC, 102 Comet Street. **Tickets are only $10.00 each,** so buy your tickets early! We were sold out for last year's performance. Purchase your tickets early and have your name entered in our early bird draw prize, which will be drawn on Friday 13 February 2004. Seating is not assigned and is on a first come rush seating.

For more information Call 833-2500 ext 4500

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	

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!

The Winnipeg Military Family Resource Centre

Presents

Resumes and Cover Letters that get Results!

When: February 19th, 2004
Time: 6:30 p.m. - 8:30 p.m.
Where: 2PPCLI Transition Centre Junior Ranks Mess
Cost: Only two hours of your time

Please Call Local 4500 by February 13, 2004 to confirm participation.

Creative Tot Shop

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. **Feel free to drop in. It's a great opportunity to meet other parents and make friends.**

Lipsett Hall Nursery School

Monday 1:30 - 3 pm
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Please bring a snack for your child.

MFRC Contest

How well do you know the Winnipeg Military Family Resource Centre? Answer the following question, and find out. The answer will appear in a later issue of the Voxair along with our next contest question.

Programs offered by the Winnipeg MFRC are designed for:

a. Families with young children.
b. Families with older children.
c. Families with no children.
d. Parents of deployed service members.
e. Engaged and dating couples.
f. Reservists and their families.
g. All of the above.

Circle the correct response (responses) and deliver **before February 13**, to the Winnipeg MFRC, 102 Comet Street for your chance to win a prize basket.

Name: _____

Phone Number: _____

Address: _____

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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.

Padre's Corner

Are You Listening For A Word?

By Capt Robert Brinn

Several years ago, on a Sunday morning in a large downtown church, the minister had read the scripture lesson and was taking a deep breath before launching into the sermon. Suddenly, a man – a stranger – stood up in the balcony.

"I have a word from the Lord!" he shouted across the startled congregation. Heads swivelled upward to see the source of this interruption. What "word from the Lord" did this man bring? No one will ever know, for ushers bounded like gazelles up to the balcony, and before the man could say another word, they escorted him down the stairs and out of the building.

Strange, isn't it? Sunday after Sunday countless preachers in innumerable pulpits spread out their sermon notes, clear their throats, and begin to preach, saying – or at least implying – that they have a word from the Lord. Nobody tenses. No heads swivel in alarm. No ushers suddenly leap into action. Instead, people crease their bulletins, silently check their watches, and settle in for the sermon. What are we expecting? A sermon? Yes. A word from the Lord?

So Jesus preached for the hometown folks in Nazareth, and at first they received what he said as just a sermon. Nobody got tense. No ushers tried to muscle him into the street. People smiled and said how proud they were and how Mary and Joseph must be popping their buttons to have a son so fine.

But then his words sunk in. "Today this scripture is fulfilled in your hearing." Today. Not yesterday, not in times gone by, not someday, but today. Fulfilled. Not read nicely, not heard sweetly, or barely remembered, but fulfilled, in your hearing. Not in somebody else. Not just in Abraham and David and Sarah and Deborah, but in you. This was not just a Sabbath sermon. This was a word from the Lord! News! God comes close, becomes present. Now, in your life! The world has now changed, the word is present in all its demanding fullness, and you can fight it or follow it, but you can't ignore it.

Whatever else we may say, this immediate presence of God is what worship is all about. It is not mainly about our goodness, family values or keeping the beneficial institution of the church going in an aimless society. It is about the sheer fact, the amazing and

Capt Robert Brinn

Maj Terry Cherwick

the good news that God is alive and present to us this day – as alive and present as Jesus was to that little flock in Nazareth. God comes close. God speaks words that are fulfilled in our hearing. God speaks words that give us life and hope and joy; words that, if we listen and respond, send us out into the world with God in our hearts and lives.

In the synagogue in Nazareth that day someone was reading scripture. Today, someone reads about a God who called the world into being out of nothing; a God who spangled the heavens with stars; a God who loves human beings with a wild, passionate love and will not let us go; a God who brings life out of death; a God who claims us as God's very own people. "Nice thoughts," we say. "Good sermon. God is watching us from a distance." But no . . . "Today this scripture is fulfilled in your hearing." Today this word comes alive in your life. Today this God draws near to us, and there is a word from the Lord!

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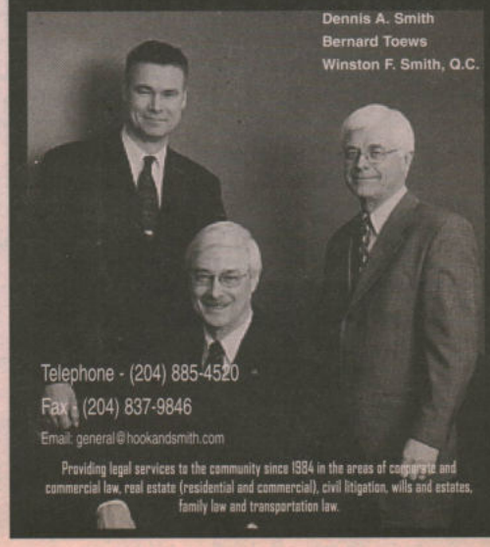
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TAROSCOPES

By Nancy

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ARIES (March 21 - April 19): Reminders of past events leave you feeling stuck and emotionally exhausted. Address financial concerns; find a way to deal with debt. It may be tempting to create elaborate explanations, excuses, or schemes to avoid fixing problems but the cost is high.

TAURUS (April 20 - May 20): You need to determine whose priorities you are trying to meet and whose image you are trying to live up to, your own, or someone else's. Constantly upgrading, changing, or reinventing yourself, isn't enhancing your life. Be true to who you really are.

GEMINI (May 21 - June 21): You yearn for a break from being dependable; however, you are in a position where you are expected to be the grounded decision maker who follows the rules and understands long term implications of actions. Accept responsibility. There is value in what you offer.

CANCER (June 22 - July 22): You're full of energy and won't want to sit still, so don't. Fill your days with things you've always wanted to do. Make lists or follow your impulse whichever works, but get moving cause you'll be frustrated if you donít accomplish a few things while you can.

LEO (July 23 - August 22): If necessary, take time away from the daily grind to really explore your motives. You can't keep all options open forever and the time for deliberating is almost up. To make choices that meet your needs, you must truly know yourself.

VIRGO (August 23 - September 22): Enjoy what life offers. Live in the moment. Trust that things will go well' when planning begins for a celebration to mark a major life event. You're being rewarded for all you've done which encourages you to volunteer and continue to try new things.

LIBRA (September 23 - October 23): A creative venture pays off. Be open to new relationships. Making connections helps you get ahead, but don't be cordial only because you think you'll benefit. Someone you've met recently, unexpectedly turns out to be instrumental in shaping your future.

SCORPIO (October 24 - November 21): Use your dissatisfaction as a guide to know what changes to make so life is less complicated. Standing up for yourself and promoting yourself is easier than you think. Feel the strength of your own importance and others will too. Stick to your principles. Dreams take work.

SAGITARIUS (November 22 - December 21): Living an illusion is leaving you feeling unfulfilled. Your priority, reaching your potential, is taking longer than you'd like. Accepting that there is a time for everything can release you from the pressure of trying too hard. Enjoy what you have right now.

CAPRICORN (December 22 - January 19): Expect things to go in your favor and believe you're entitled to more. You're moving away from a difficult situation or limitations that you've had to endure. Your determination to stay focused has helped you prevail. Fairness and kindness are freely given.

AQUARIUS (January 20 - February 18): Your own needs and wants determined your past decisions but invisible influences appear to be taking you in directions you're not sure you want to go. Dealing with unresolved issues is essential. Constantly moving ahead is impossible. Learn to let go a bit.

PISCES (February 19 - March 20): Use creativity when making improvements to your surroundings. Your productiveness increases when you're happy, so keep positive influences in your life. You're learning to be more assertive. When you work with a partner you'll see results sooner.

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