THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
APRIL 28, 2004 VOLUME 52, ISSUE 8 FREE

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Photo by Angela Johnston

435 SAR Crew and CASARA members in front of C-130 Hercules # 342. From left to right: WO Barry Neeve (C-130 FE), Capt Ken Kruger (C-130 Pilot), Ken Wilson (CASARA Pilot), Maj Tony Meikle (C-130 Pilot), Al Northam (CASARA Navigator), Capt Jeff Hunter (C-130 Navigator), Al Fraser (CASARA Member), Lt Martin Walsh (C-130 Navigator) and Capt Tom Kolesnik (C-130 Pilot and CASARA Liaison Officer).

Search And Rescue Exercise Unites Civilian And Military

By Angela Johnston

A Cessna-172 with two people on board has gone missing over Lake Manitoba. The pilot is panicky. He left the St. Andrews airport, and en route to Dauphin, lost his way after approximately three hours. With fuel dwindling, the pilot estimates he has one hour of flight left. It is now up to the joint efforts of the search-and-rescue technicians of Winnipeg's 435 Squadron and the Civil Air Search and Rescue Association, or CASARA, to aid the distressed pilot.

While this rescue scenario was only a training exercise organized between 435 Squadron and the Winnipeg CASARA Zone, it may very well have been the real thing. "Today, the focus is just training, but such training prepares both military and civilian search and rescue teams alike for real-life mishaps", said Capt Tom Kolesnik, CASARA Liaison Officer with 435 Squadron in Winnipeg.

The day's training also involved a simulated crash site with an activated Emergency Locator Transmitter (ELT) set-up and manned by Al Fraser, a Winnipeg CASARA member. After the airborne intercept of the "lost" Cessna and successful direction to a safe airport, the SAR crew homed the ELT signal and found the "crash" site.

While awaiting the return of the CASARA Cessna-172 and 17 Wing's Hercules from

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Search And Rescue Exercise continued from page 1

their exercise, Kolesnik describes how to locate a missing plane in their SAR area spanning the Prairie Provinces, northwest Ontario, and the Northern West Territories.

If the lost aircraft has a transponder, which transmits a radar signal, 435 Squadron's aircraft can pick up the signal from a significant distance away. This signal is called "squawking." The Hercules can also trace radio signals, which is known as directional finding, or "DF-ing." They can then follow the radio signal or triangulate the position of the missing aircraft. The SAR team directs the aircraft to fly in a holding pattern and take note of landmarks below and other directional clues such as the position of the sun.

"Hopefully we get him to an airport to land," says Kolesnik.

Still, many things could go wrong. The aircraft could have no radio, or lose communications. The pilot could panic, or decide not to listen to SAR crew's instructions. The weather is always a factor, and the lost plane could run out of gas. Then there are compass problems – a whole range of complications which SAR crews – whether civil or military – must be prepared to work around.

Once on the ground, CASARA volunteers Ken Wilson, a pilot, and Al Northam, a navigator, assess how the training went.

"It was a good job today … it was an interesting exercise," said Wilson.

CASARA members are all volunteers – many members are retired, with an interest in aviation, said Kolesnik, "…they are aviators – pilots, interested in aviation and rescue." Many rescue workers also volunteer, such as firefighters or first aid workers, yet volunteers come from many different sectors.

New CASARA members receive extensive training, depending on the background in aviation. Spotters, or the "eyes" of rescue missions, who scan the landscape beneath the plane, learn about flying, search-and-rescue standards, backcountry survival, first aid and CPR over a few months. Navigators take one to two years to train. Many volunteers used the CASARA training as a "springboard to greater activity in aviation, like getting their pilot certification" said Kolesnik. Spotters receive certification, first by CASARA, and then by the military. Despite rigorous demands, approximately 125 volunteers live in Winnipeg, according to the CASARA website.

"They're volunteers, and they're awesome," said Kolesnik, "They're very professional." It is Kolesnik's role to evaluate, train and maintain connection between the military and civilian groups. Without CASARA, said Kolesnik, response time would be much slower.

Of Wilson's own personal background, he said that he has always had "a tremendous interest in aviation. I wanted to combine my passion for flying to use skills developed to help other people."

Navigator Northam sums up the day's events: "A-1."

"We tried to do things wrong, and they kept cutting us off," he jokes. During this training exercise, Northam and Wilson feigned concern over fuel, compass readings and turned off their transponder. "The easy stuff (to intercept the lost aircraft) went out the window," noted Kolesnik.

The crew in the Hercules kept the two men talking, and told them to orbit. Once given directions, Wilson and Northam proceeded to go 45 degrees in the wrong direction, to throw in an added difficulty for the rescue team. The SAR crew gave very simple explanations, cutting out military "phraseology."

"If I was lost out there in a real situation … I think I would have had a real comfort," said Wilson on the runway outside of 17 Wing's Hangar 16, "It's commendable that the SAR crew can tone themselves down … take all the jargon away."

Once the missing plane was located, the SAR crew directed the wayward pilot to Gimli Airport, with a nearby smoke stack – actually part of a distillery – as a visual cue for the Cessna pilot.

Back on the ground, Kolesnik, Wilson and Northam joke about experiences from previous rescues – directing lost planes from 20,000 feet in the air, trying to get an accidentally activated ELT turned off, and so on. Such is the camaraderie between military and civilian rescue members – a camaraderie which continues to save lives in real-life dire situations.

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Photo by Angela Johnston

CASARA Cessna 172 on the 17 Wing ramp with 435 Sqn C-130 Hercules in the background.

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THE VOXAIR
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VOLUME 52, ISSUE 7

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Printed By
The Daily Graphic
1 204 857-3427

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This newspaper is printed using environmentally safe inks.
Publications Mail Agreement No. 1482823

DEADLINE FOR Voxair 09: 30 April 2004

Second Battalion Officers Join Regiment For History Lesson In Edmonton

By 2Lt Alex Sung, 2PPCLI

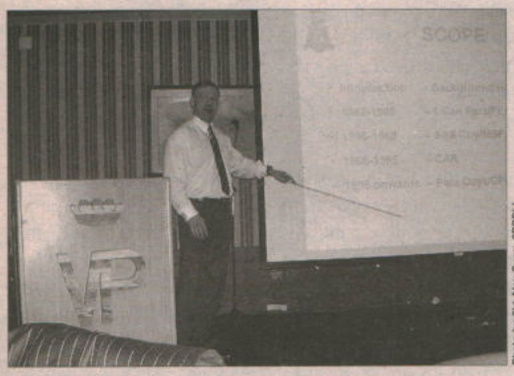

Photo by 2Lt Alex Sung, 2PPCLI

Col Kenward, warrior spirit

Photo by 2Lt Alex Sung, 2PPCLI

2VP Subbies. Travelling in style.

Photo by 2Lt Alex Sung, 2PPCLI

Jon MacNeil presenting the Marquette to 2PPCLI

Photo by 2Lt Alex Sung, 2PPCLI

Col of the Regiment poses with LCol Day and the Subbies

Every two years the junior officers of the Second Battalion are given the opportunity to join their sister battalions in Edmonton for Exercise Ric A Dam Doo. During this time, the junior officers of the regiment come together to learn regimental history from the first-hand experiences of senior serving and retired members of the regiment. As always, the Second Battalion brought its own unique brand of enthusiasm to the festivities.

On the first day, we were officially welcomed to Ex Ric A Dam Doo by the commanding officer of 1PPCLI, LCol Vida and the Col of the Regiment, Gen Stewart (retired). A series of presentations on the regiment's founding and its achievements during the First World War by the Subbies of 1 PPCLI were next, followed by presentations on the regiment in the Second World War from the 3PPCLI in the afternoon. After extensive learning the day ended with a meet-and-greet in the Edmonton Garrison Officers' mess. As the day ended, we looked forward to a night of "extra curricular" activities.

The second day, despite the intensity of the previous night's activities, was a success for 2PPCLI. The day began with Ret General Pitts's informative presentation on his experiences in Korea. Capt Craig Higgins, Capt Brandon Clancy and Lt Dennis Sansom delivered their presentation on the regiment in Korea following Pitt. Capt Paul MacIntyre, Lt Jordan Schaub and 2Lt Al Sung presentated on the Battle of Kapyong and Lt Tony Ross, Lt Andy Anderson and Lt Dave Johnston presented on the personalities of the Regiment in Korea to end the day. Effective and informative presentations were delivered, achieving our aim.

The day ended with a surprise announcement from the Senior Subaltern, Capt Jeff Ross that another series of extra-curricular activities had been organised by himself and the Third Battalion.

The third and final day of the Edmonton based exercise featured more presentations. Most notably was the presentation delivered by Col Kenward. During his presentation, Kenward gave an inspirational presentation on airborne history within the Canadian Army, and instilled the warrior spirit of the Canadian infantry soldier in us all. Finally, the day and the exercise were concluded by CO 1 PPCLI with closing remarks by the Col of the Regiment. However, the day's activities were not over, and we adjourned until the evening for the mixed dining in.

Finally, the exercise ended with a tour of the Museum of the Regiments in Calgary. At the museum, the MacNeil family very generously presented 2PPCLI with a Marquette depicting a soldier in action in Korea.

And so, Ex Ric A Dam Doo 2004 ended. To the Junior Officers of the Second Battalion, EX RIC A DAM DOO was a significant and successful event. In the words of LCol Day, as he delivered to us his private thoughts on the exercise, RIC A DAM DOO is not only about the Regimental history but it is also about the legacy that you, as an individual, leave behind to the Regiment.

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'Brain Drain' - Losing More Than Kapyong Barracks

By: Rick Lawler

When the Second Battalion, Princess Patricia's Canadian Light Infantry (2PPCLI) moves to Shilo this summer, 17 Wing loses a lodger unit. But the Wing and the city of Winnipeg also stand to lose nurses, health care specialists, teachers, daycare operators, dental assistants and provincial public servants. Several community sports programs will lose coaches and various charities around the city will lose some of their hardest working volunteers.

Lieutenant-Colonel Mike Day, Commanding Officer (CO) of 2PPCLI doesn't think the impact of the battalion's move out of the city has been fully understood. Many of the serving members of the unit are actively involved in community events in their spare time.

"As an example, we are going to remove about 96 amateur coaches, assistant coaches or team managers from this local area and that is just one statistic. If you think that holds true across all activities, whether it be cub leaders, scout leaders and volunteer workers, it's a huge impact." LCol. Day said.

The CO of 2PPCLI feels the loss of spouses and their employment will be even more significant. "We have a number of spouses leaving who are specialized health care workers. I think they are going to see that the removal of two-dozen or so nurses that we have, that's a significant number. Especially when you're taking out the specialists," said LCol. Day.

Major Steve Joudrey will be moving to Shilo with his family. For the past four years, Maj. Joudrey has coached minor hockey and soccer for South Winnipeg division. His wife, Penny, a registered nurse for 19 years, works at Health Sciences Centre. She is one of only 18 nurses on staff who start all of the intravenous lines for patients as part of the hospital's vascular access team.

"Here in Manitoba, nurses don't start IVs. You need specialized training for that. My boss is not happy to see me leave." Joudrey said.

The move to Shilo means that Joudrey will face a loss of seniority going from one health care region to another, and her job will be different. "They do not have any specialized teams like IV access in Brandon. They told me I will probably work with their chemo patients," said Joudrey.

Major Mike Gagné is also posted to Shilo with his wife, Stacey Brown. Brown, a registered nurse since 1995, has worked for almost five years as a peri-operative nurse at Health Sciences Centre. Peri-operative nurses work exclusively in the operating room. "The hospital I work at now, it's one of two teaching hospitals, St. Boniface being the other one. So we get all the traumas, we get really big cases." Brown said. "We do everything from brain to heart surgery."

Brown wasn't very enthusiastic about the prospect of leaving Winnipeg. "At first I was not thrilled at all, because I love my job and I'm happy to go to work there everyday," said Brown.

"If we weren't planning a family, I probably would have stayed here. I start all over again for seniority. They mostly have part time jobs, but if I wanted to work full time, I could." Brown said.

"It won't be the same kind of work though," said Brown. "It will be quite a bit different, just the pace of it. We do everything here in Winnipeg. In Brandon, it's going to be more general surgery."

Brown's supervisor, Diane Ewaschuk, manager of Patient Care for the Adult Operating Room at Health Sciences said "experienced operating room nurses are few and far between. Stacey has been an asset to this operating team from the moment she got here. Brandon hospital's gain is our definite loss."

When Master Corporal Sacha Michaud moves his family to Shilo, the loss of his fiancé, Taylor McEachern, will be deeply felt by Meadow Green Riding Academy where she trains horses and is a coach and riding instructor. For the past year, she has also worked as a volunteer with the Manitoba Riding for the Disabled Association (MRDA).

"We work with children who are mentally or physically disabled, from six years of age into their teens," McEachern said. "It's a pretty big program, there's a three year waiting list."

"We work with their therapists," said McEachern, "It helps them to develop their socializing skills by having contact with the animals. Their bodies learn to work with their brains when they ride. The kids love it, and they develop a great bond with their horses."

Deborah Davis, program administrator for MRDA is saddened by the potential loss of McEachern. "It's heartbreaking. We rely on her so much to know which horse is right for the right child. We were so thrilled to get her help. I don't want to think about her leaving the program. She will be missed by everyone."

McEachern will try to come back for the MRDA sessions twice a week from Shilo, but with a family, it could be difficult. "If it doesn't work out, I would love to start coaching in Shilo." McEachern said.

With the arrival of 2PPCLI this summer, the city of Brandon and CFB Shilo will gain outstanding new members to their community. The loss to 17 Wing and Winnipeg is hard to measure, but the CO of 2PPCLI is sure that the unit will be missed and members of 17 Wing agree.

"It will be no one thing that the city identifies as being a loss. It will be the accumulation of what this battalion is, the battalion family in its larger sense, the wives, the husbands and the children, what we give as a family to the community. That's what they are going to notice, the cumulative effect." LCol. Day said.

Rick Lawler is a student of the Creative Communications Course at Red River College and a former member of 2PPCLI

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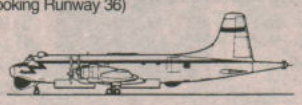

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Vampires, Swirling Skirts And Kicking Legs

All in a day's work for 440 Squadron

By WO Danielle Goulet

Photo by WO Danielle Goulet

Receiving the traditional Can-Can Girl greeting from left to right: Cpl Bernie Goldstein, Capt Rick Haiplick, Cpl Jeff Phillips, MCpl Dennis Booker, MCpl Rich Rousseau and Maj Glenn Maxwell. WO Danielle Goulet thought she would take the picture rather than participate.

In February, 440 Squadron travelled to Whitehorse on a special mission: Sourdough Rendezvous Air Show 2004. The squadron was once again responsible to coordinate all military efforts during this annual event and did so with professionalism and pride. In fact, the Sourdough Rendezvous Society thanked all members of the Canadian Forces for their tremendous support, but gave special mention to Air Show Director, Major Glen Maxwell and his "merry men and women" from 440 Squadron.

Participants were extremely well-received, greeted with kisses and the traditional Can-Can girl dance; personally, I would have preferred Can-Can boys, but none were to be found! In addition, all participants were given a welcome package including event information, soirée invitations, and an authentic Honorary Sourdough certificate.

However it wasn't all fun and games, we worked late into Friday evening to ensure the aircraft were secured and ready for the weekend show, and due to in-depth planning and good fortune both Saturday and Sunday's shows went off without a hitch. Perfect weather, beautiful skies, happy faces, and friendly Yukonners were everywhere – and yes, more Can-Can girls.

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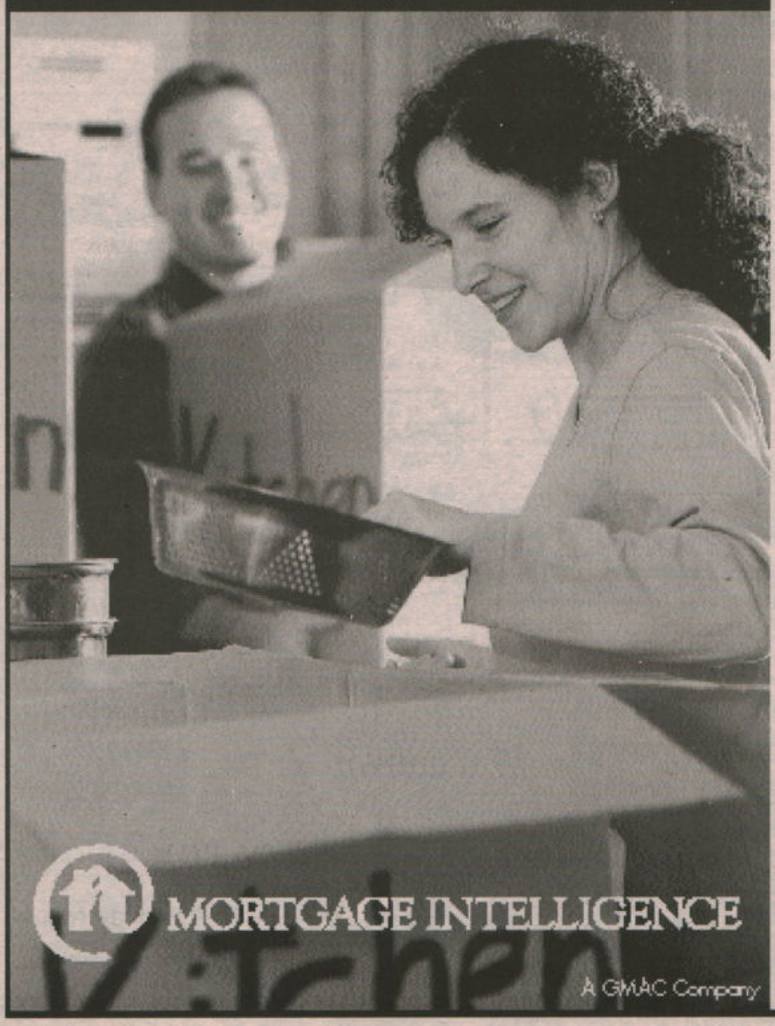

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Photo by Capt Christine Bannerman

John Joleun, mayor of the Winnipeg Military Community Council presents John Brennan with a plaque of appreciation for his time on the community council.

Photo by Capt Christine Bannerman

Mayor of the Winnipeg Military Community Council, John Joleun, presents Kendra Nevils with a plaque of appreciation for her time on the community council.

17 Wing Volunteer Appreciation Event

Photo by Angela Johnston

Gord Moore (centre), a financial planner with 17 Wing's SISIP office, presents a $4000 cheque to Cpl John Joleun, mayor of the Winnipeg Military Community Council, and Don Brennan, executive director of the Winnipeg Military Family Resource Centre. The money is to sponsor a 17 Wing volunteer appreciation event on May 1. Recipients and their families will attend a Prairie Dog Express adventure, with picnic lunch. A story on the event will follow in the next issue of The Voxair.

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May Is Allergy Awareness Month

Spring And Fall Into Allergies!

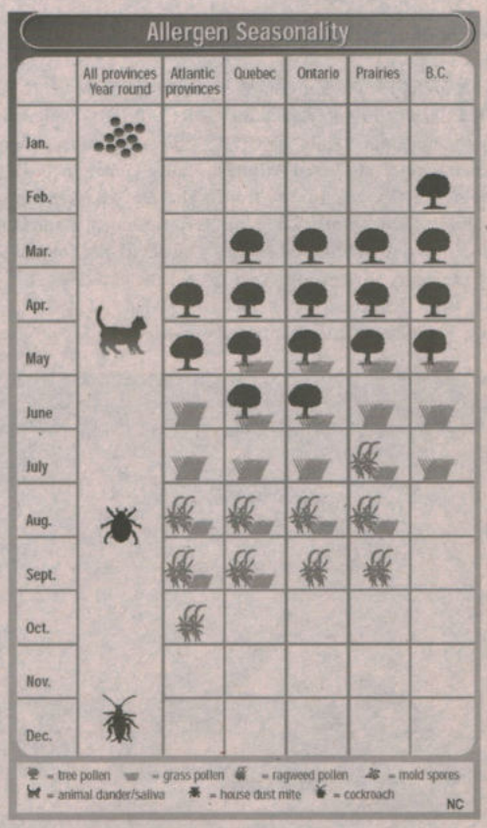
(NC)-If you have allergies, you're not alone. Allergies are one of the most common diseases and are experienced by as many as 25 per cent of the population in industrialised countries according to the World Health Organisation. Like many people with seasonal allergies, Daniel Jobin actually finds relief during the winter because he can take a deep breath of cool, crisp air and enjoy the outdoors. For people who suffer from seasonal allergic rhinitis, winter means being able to live without irritating symptoms such as sneezing, runny nose, watery/itchy eyes.

When spring appears many allergy sufferers would actually prefer to stay indoors. Avoiding allergy triggers is one way of coping, especially for Daniel.

For up to 90 per cent of allergy sufferers, nasal congestion is the most bothersome symptom. To relieve this discomfort, antihistamines are often combined with decongestants. One of the most common decongestants, pseudoephedrine, is associated with insomnia and may not be appropriate for people with high blood pressure, heart disease, diabetes or glaucoma.

Fortunately, newer medications are being discovered for the treatment of allergies. For example, a medication called Aerius®, was approved in Canada to treat both the nasal and non-nasal symptoms of allergic rhinitis. It does not contain pseudoephedrine and does not require a prescription. Ask your pharmacist or physician how this new medication or others can help you.

- News Canada



Hay Fever From Trees?

(NC)-Hay fever is an allergic reaction to pollen. In fact, pollen from trees such as elder, elm, hazel and especially birch cause what we call 'spring hay fever'. Pollen that causes hay fever can vary from person to person and from region to region but unfortunately, hay fever seems to be with us for most of the year.

Grass pollen and flowers are responsible for summer hay fever, while ragweed and other late-blooming plants set off late summer and early autumn hay fever. Some people may even experience symptoms year round – called perennial allergic rhinitis. It is caused by household dust, mould fungus and pet dander.

Happily for most people there are a number of medications that you can speak to your pharmacist or doctor about. Nasal congestion is what most people with allergic rhinitis complain about. In fact, this is the most bothersome symptom for up to 90 per cent of allergy sufferers. Often antihistamines are combined with decongestants to treat both nasal and non-nasal symptoms of allergies. Pseudoephedrine, the most commonly used decongestant, is associated with insomnia and is not recommended for people with high blood pressure, heart disease, diabetes or glaucoma.

A newer type of antihistamine, called Aerius®, is now available in Canada without a prescription to treat symptoms of allergic rhinitis including nasal congestion. Aerius® does not make you feel drowsy and it does not contain pseudoephedrine. Speak to your pharmacist or physician about your allergies and find what medication can best help your allergy symptoms.

- News Canada

Common Allergy Triggers

Seasonal allergic rhinitis
- Trees pollinate through to the end of May – those that scatter allergens include elder, elm, hazel and especially birch
- Grasses distribute pollen from May to September
- Weeds to stay away from in the late summer and fall include ragweed and sage

Perennial (or year-round) allergic rhinitis
- Household dust, mould fungus and pet dander

- News Canada

Treating Allergies? Ask Your Pharmacist

(NC)-One of the best 'treatments' for allergies would be to avoid what causes allergic symptoms in the first place and to stay indoors all spring, summer and fall. But that's not very realistic! We want to get out and enjoy the outdoors. Thankfully there are a number of medications that you can speak to your pharmacist about. Find out which kind is right for you to treat those annoying symptoms of allergic rhinitis such as sneezing, runny nose, watery/itchy eyes and especially nasal congestion, which is the bothersome symptom for up to 90 per cent of allergy sufferers.

Decongestants – work by constricting the blood vessels in your eyes and nose. They also shrink swollen nasal tissues and reduce blood flow to the mucous membranes. This helps you breath easier, soothes your red eyes and helps clear up your stuffy or runny nose. The most common decongestant, pseudoephedrine, is associated with insomnia and is not recommended for people with high blood pressure, heart disease, diabetes or glaucoma.

Antihistamines – work by blocking histamine receptors in the body. Histamine is a substance released during an allergic reaction which triggers symptoms of an allergic reaction. Although they are effective, antihistamines can make you feel abnormally sleepy or drowsy. A newer antihistamine, called Aerius®, is now available in Canada without a prescription to treat both nasal and non-nasal symptoms of allergic rhinitis. Unlike some other antihistamines, Aerius® is not associated with drowsiness and it does not need to be taken with a decongestant to relieve nasal congestion.

Nasal corticosteroid sprays – corticosteroids reduce the inflammatory response that is responsible for most of the symptoms of allergic rhinitis. These types of treatments are available only by prescription for the moderate to severe forms of allergies.

- News Canada

Vampires To The Rescue

By Cpl Doug McCallum

March 19 marked another chapter in 440 Squadron's ever-increasing "Aid to Civil Agency" role. A United Airlines Boeing 777, en route from Frankfurt to San Francisco, experienced engine trouble and landed unexpectedly in Yellowknife. This was the second such incident; a similar situation happened during the 9/11 crisis. The RCMP/DND hangar was quickly converted into a temporary hospitality center in order the handle the 259 passengers and crew. Refreshments, food, phones and even city bus tours were arranged for the guests.

Many of 440 Squadron's unexpected guests were first time visitors to Canada, let alone the north and had nothing but positive comments about their experience, with many promising a return visit. This was due to the big role played by all the volunteers not only from the Squadron but also RCMP, Yellowknife Municipal Enforcement, and the Yellowknife Airport Authority.

Photo by Cpl Wassim Abil-Mona

Photo by Cpl Wassim Abil-Mona

(above) United Airlines Flight 901 waits for a left engine change.

(left) Passengers trying to make the best of their unscheduled visit to the North. Many had never seen snow before nor the -20C tempatures that acompanied it that night

Winnipeg Learning and Career Centre

Spam, Scam and Jam: The Tin Man in Cyberspace
Internet Scams: Consumer Tips

Presented by: Marjorie Kolbe, Director, Consumers' Bureau, Manitoba Department of Finance

What is "mouse trapping", or "page jacking"? Which Canadian jurisdiction was the first to enact consumer protection legislation specifically for online shopping?

In one of the first internet scam sweeps, the Manitoba Consumer's Bureau joined with more than 65 enforcement and consumer protection agencies from 32 countries to detect potentially fraudulent schemes on the Internet. Called GetRichQuick.Com, the sweep resulted in thousands of suspected addresses and dubious schemes being reported. Marjorie Kolbe will report on the latest creative and not-so-creative internet scams.

She will also discuss who is targeted and vulnerable to these scams as well as what is happening to enhance consumer protection in cyberspace.

Who should attend?

Anyone who uses the Internet for personal reasons or has family members who do so will find the tips on what to look for and how to protect yourself useful.

Date: Tuesday, May 11, 2004
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Lt Walsh receiving his commissining scroll from LCol Latouch CO 435 (T&R) Sqn 30 Mar 2004

Sgt WK Webster receiving his retirement certificate from LCol Latouch CO 435 (T&R) Sqn 26 Feb 04

MFRC Volunteer Receives Governor General's Caring Canadian Award

Photo Credit: MFRC

Nicole Johnson – MFRC Coordinator of Volunteer Services & MWO Marilyn White, Rideau Hall

On Friday 16 April 2004 former Winnipeg Military Family Resource Centre satellite Thunder Bay Volunteer, Marilyn White received the Governor General's Caring Canadian Award at Rideau Hall, Ottawa.

The Governor General's Award, announced in 1995, was created to recognize Canadian caregivers and volunteers, both formal and informal – the "unsung heroes" of our country- whose voluntary contributions have strengthened community values and inspired commitment and dedication in others. The award represents Canadians who unselfishly give of their time and energy to others.

MWO Marilyn White has always volunteered in the communities to which she has belonged. She played a key role in establishing the WMFRC satellite MFRC in Thunder Bay. Marilyn organized military spouses into focus and interest groups and prepared detailed documentation and follow-up proposals that led to the establishment of the Thunder Bay Centre. She oversaw the development of programs and services, including a daycare. Her career has always included volunteerism, and her inspiring leadership, untiring efforts and genuine concern for others were major factors in the success of many initiatives that have benefited military families.

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Sisters Give Rocking Performance At 17 Wing

By Angela Johnston

Photo by Angela Johnston

One male "sister" dons a cape and gold-rimmed sunglasses, imitating Elvis Presley – causing many of the other Sisters to swoon.

One suspects that the Sisters of the Holy Rock are not a typical convent from the moment they take the stage. Reverend Mother has cherry red satin heels with iridescent bows on the toes. Her habit has gold trim. Almost immediately into the show, two "sisters" reveal a passionate flair – a zest – with outrageous pantaloons hidden under their habits, bright sunglasses and colourful scarves. They bring out maracas and bongo drums to entertain the crowd. One sister reaches into an audience member's popcorn to grab a quick bite during the performance.

Accompanied by a quintet from 17 Wing's Air Command Band, the sisters enter the Base Theatre to a brass rendition of "When the Saints Go Marching In," during an April 16 concert to support the Winnipeg Military Family Resource Centre (MFRC). The Sisters are a non-profit group who donate entrance fees to charities all over the city.

In total, the Sisters have raised over $1.5 million in the over ten years they have performed, according to the group.

"This is a group of people who just love music," says Reverend Mother Carole "Whoopee" Stone. The Sisters loosely base their concerts on the Sister Act movies, starring Whoopi Goldberg.

Stone uses wry, deadpan humour to address the crowd. Never a group to discriminate, she describes how the Sisters evolved from a 17 member group, who dressed up as nuns to sing at the Grey St. United Church, to a non-denominational, and non-gender specific powerhouse with over 70 "sisters" – approximately a quarter of the group are men.

They flow from songs familiar from the Sister Act movies, such as "My God," to a parody of the Beach Boys' "Aruba" injecting Manitoban small towns such as Morden, Gimli and Anola into the song lyrics. They pull out pink-tinted studded sunglasses and leis during the song. No celebrity is safe – the Sisters mimic Elvis, and surprisingly – yet successfully – unite imitations of both Willie Nelson and Julio Iglesias.

They touch on the serious side with a Hebrew hymn in the middle of the set mixing traditional church hymns with revved-up contemporary classics.

After the concert, Sisters Dorothy Barron and Vina Main, discuss how the concert went during a reception. They agree that the show went well – the audience always helps to get them "geared in."

The Sisters perform every weekend except in July, August and at Christmastime and practice at least once a week. Members are not paid – the Sisters prove to be a formidable force with serious time commitments from members. The group is now booked until 2007. They are "people from all walks of life," says Stone.

Most of the Sisters have no musical background; often they cannot read music. Stone says it often takes a long time to learn a song, but what is more important is to try to get music that is a mixture of toe-tapping, seriousness, silly antics and recognizable tunes. She has directed the group since its beginning.

The Sisters, while not paid, receive an honourarium for their performances which they, in turn, also donate to charity. Donations could go towards private families, NGOs or support groups – all requests come from within the group.

This is the third time the Sisters have performed at 17 Wing. According to Linda Belisle, a co-ordinator with the MFRC, 358 tickets were sold for the April 16 performance, and the funds raised will go towards children's, youth and special needs programs.

For more information on the Sisters, see www.sistersoftheholyrock.org.

Photo by Angela Johnston

The Sisters long for a warmer-than-Winnipeg climate with tropical leis and musical parody on the Beach Boys.

Photo by Angela Johnston

17 Wing's own Air Command Band warms up the Base Theatre by playing "When the Saints Go Marching In," just as the performance begins.

VOXAIR 2004 PRODUCTION SCHEDULE

ISSUE	DEADLINE DAY	PUBLISH
09	30 Apr	12 May
10	14 May	26 May
11	28 May	09 Jun

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Dust Rhinos To Charge Through 17 Wing

Celtic-rock band to play fundraiser for Military Family Resource Centre

By Angela Johnston

It is approximately 10 p.m. on a Thursday night in Shannon's Irish pub, a downtown bar with a grotto-like feel. The basement has Alexander Keith's flyers strung from corner to corner and stucco siding. Servers don hiked-up kilts, some with bleached hair dyed hot pink. A rowdy young crowd stakes out the corner – presumably the newly minted drinking age set – thumping the wooden tabletops with their palms. They are very enthusiastic for the night's performers, the Dust Rhinos.

The Celtic-rock inspired band plays songs at a high tempo; some are covers, others original. They flow effortlessly from U2's "With or Without You," – infused with fiddle, no less – to the Mission: Impossible theme song to the White Stripes' "Seven Nation Army." They end the set by playing their own material; one song called "Whisky in the Jar," and finally, a song they co-wrote with London's Oysterband.

Singer and guitarist Blair McEvoy stops for an interview between sets. Lightly sweating, he wipes his brow and laughs, "It gets a bit hot up there."

The Dust Rhinos have been around for approximately twelve or 13 years, or as McEvoy says, "a long freaking time." They come from modest beginnings: a group of buskers began to perform at parties, which lead to a monthly gig at the Toad in the Hole on Osborne; now a ten-year tradition. He describes the band's elusive nature: while not everyone has heard the Rhinos play, most people have heard of them.

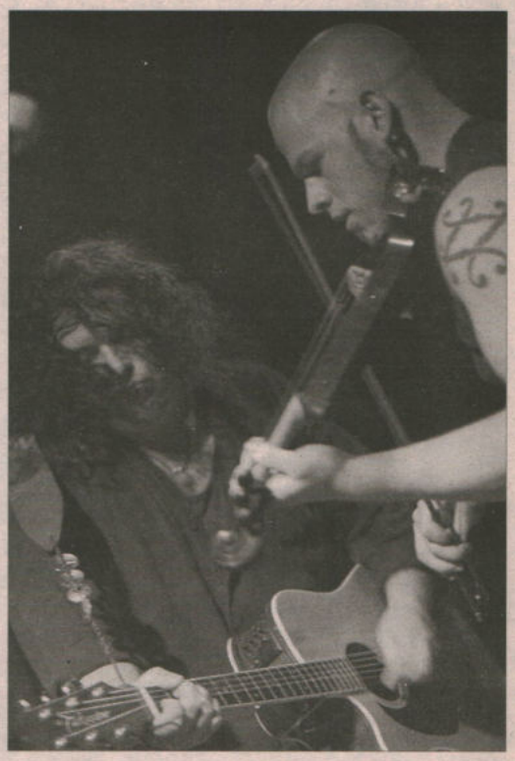
The Dust Rhinos unite McEvoy, who also plays bodhran, an Irish drum, with Dale Brown, who plays fiddle and mandolin, Rob McAlpine, who plays bass, guitar and keyboard, with Brad Friesen, who plays drums.

The band plays at many different venues, ranging from pubs to outdoor concerts, festivals, Folklorama and Festival de Voyageur. One of the Dust Rhinos upcoming stints includes a fundraiser performance in the Junior Ranks mess on May 28 for the Military Family Resource Centre.

"We're always up to helping out," said McEvoy, "The family centre is a great support." The Rhinos have played at 17 Wing previously; once they teamed up with a comedian at the Junior Ranks mess, and another time they performed at the Officers' Mess. "The armed forces are always big supporters of us," he continues, "We really appreciate the fellows."

McEvoy describes many different musical influences of the band. While the Oysterband is a large influence, the band also draws upon Alabama 3, who penned the theme to The Sopranos, the Pixies, and Spirit of the West, with whom the Rhinos played backstage at the Winnipeg Folk Festival – the band still recognizes the Rhinos to this day.

The audience for the band falls anywhere between "nine and 90," says McEvoy. The band once played in Rankin Inlet with Trooper, Kim Mitchell and Farmer's Daughter, they have played with Fred Penner, will close the Dauphin Country Fest this summer, and once played at a posh $2 million ski lodge wedding reception for 30 people in Ferney, B.C.



But what the band really enjoys, says McEvoy, is playing in small towns and communities. He recalls playing in Antler, Sask., in a hall that could fit approximately 150 people – on this night, over 200 people were packed in the room. "They really appreciate everything," says McEvoy. Or after playing a gig in Vita, parents drove kids in for a later social in Steinbach. It is this kind of following that McEvoy says he really appreciates.

The band's most recent album, "Up Your Kilt," has taken more money and time than the other two, "Sociable," and "Got Guinness." The band recorded two songs with Oysterband, and then waited six months to record more of their own songs. "We're really proud of that album," said McEvoy. He said that their song writing has improved, and with each album the band becomes more inventive.

The May 28 fundraiser at the Junior Ranks mess will include a fish and chips dinner with the performance, and the cost is $20. For more information, contact the MFRC.

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Sports & Fitness

Athlete of the Month:
American officer soars through the pool

By Angela Johnston

LCol Al Laursen chats with a colleague outside of 17 Wing's Central Flying School in the industrial Hangar 16. He is genial, friendly, relaxed. His uniform is slightly different from the others. Once in his office, one spots a small American flag on the shoulder of his jacket. American Laursen has been on exchange in Winnipeg for three years, teaching American procedures to Canadian pilots at the school. But in his off time, Laursen has proven to be quite the avid swimmer.

Laursen takes to the pool three to four times a week, for an hour, swimming anywhere between "2000 to 3000 yards." After a quick imperial to metric conversion, the distance is 1.8 to 2.7 km. In high school, Laursen competitively swam, though he said he was a "big fish in a little town." He would often qualify for state meets, but said he enjoyed winning races at the local level.

Laursen used to have a "stroke of the month," as he says. Though he prefers freestyle, or front crawl, he would alternate between various other strokes. One month, he decided to try out the butterfly stroke, which is a "very intense" stroke, in the words of Laursen.

Laursen laughs, and says he was "acting like a 22 year old … trying to do butterfly at age 37." He hurt his shoulder about two years ago, and has since slowed down. He now focuses on his kicking skills, using a kickboard, swimming breaststroke, using flippers, or practicing the dolphin kick.

There is a loose camaraderie at the pool, says Laursen. Often he will race with his friend, Luke. Others, he says, keep to themselves – that swimming is their quiet time – but he said he knows most of the people at the pool.

"I swim because I enjoy it more than running," said Laursen, "I like the sound of the water, the feel of the water."

Still, having participated with no military swim teams, Laursen keeps his priorities in check: "I've been a flier my entire career. Take care of the mission first, play second." The B-52 pilot joined the US air force in 1983, and became an officer in 1987. He has served in Michigan, Oklahoma and most recently, Winnipeg.

In Winnipeg, swimming is not the only activity in which Laursen participates. He has recently encouraged his ten-year-old son, Jonah, to cross-country ski. Because of regular fitness tests, he also runs on treadmills and tracks, enjoys canoeing and kayaking, and plays baseball.

Though Winnipeg has no major league baseball teams, Laursen says the Goldeyes team is one of the best things about the city. He enjoys attending games with his sons, Jonah, and seven-year-old Kieran, saying it is the "best game of baseball … the team gives access to the players … You stay with the team because you know the players."

Of Winnipeg, "I love it. The city's great," Laursen pauses, and then, "The weather is pretty rigorous. But the job I have is really a lot of fun."

Laursen will stay in Winnipeg until June, when he will return to a Washington posting in the US, where he will both pen flying regulations and receive flying time.

For his commitment and dedication to swimming, The Voxair congratulates LCol Al Laursen on becoming April's Athlete of the Month.

Wing Commander's Curling Bonspiel

By Angela Johnston

The annual Wing Commander's curling bonspiel hosted many teams from 17 Wing on April 7. After a long day of curling, PSP Fitness and Recreation took first place over 435 Squadron B, and in the consolation finals, the MFRC team won against 402 Squadron. As the curling club will close on May 1, this was the last Wing Commander's Bonspiel for the club.

Photo by Angela Johnston

In the final game, PSP Fitness and Recreation took home first place, victorious over second place team, 435 Squadron B.

Photo by Angela Johnston

Teresa Morris, third for the MFRC curling team, throws a rock in the Wing Commander's curling bonspiel.

Photo by Angela Johnston

Hayley Schroeder, skip for the MFRC curling team, plots the team's next strategy.

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Military Family Resource Centre

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MFRC EVALUATION COMMITTEE: Silvia Ukleja, Terry Smith & Laurie Johnson

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Katherine Luta
Kerry McLaughlin
McLaughlin Family
Caroline Newton
Susan Nicholas
Katie Nichols
Mary Lou Proctor
Helen Rodgers
Bob Spence
Ron Smith
Sue Smith
Krista Sviergula
Fran Trane
Pascal Turgeon
Jessie Whitaker
Scott Whitaker
Anne Zuliani

The TBMFRC would also like to thank the following for all of their support during the last year:

PO Bastien
Rob Cutbush
WO Lavine
WO Mercure
Sandy Nichols
Sgt Rasmussen
Padre Swayze
PO Wilks

Thank-you to all of the TBMFRC Volunteers who contributed over 700 hours to programs and services in 2003—2004!

CountryFest
July 1-5th

Local Concert supports Military Families!!!!

Call today to get a free Friday pass or discount weekend pass!

- For all CF members ..a special price of $115.
- For families of deployed personnel...a free pass for Friday.

Call 1-800-361-7300

and have your service # available for confirmation.
For more info call Catherine at Loc. 4506.

EVERYONE WELCOME

Winnipeg Military Family Resource Centre

DUST RHINOS

Friday May 28
Northside Junior Ranks Mess.
Tickets $20
includes
Fish & Chips Dinner

BUTT KICKIN' CELTIC ROCK

FOR TICKETS 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	

Did you know?

- The WMFRCs' mission is to enhance the quality of life and enrich the military experience for families by providing specialized programs and services to promote health, education and social well-being. The WMFRC does not duplicate programs and services you can access within the civilian community. We provide programs and services which focus on the unique challenges of the military family lifestyle such as postings and deployments.
- The WMFRC is a provincially incorporated not-for-profit organization with charitable status. This means, that although we are under the umbrella of the Canadian Forces Personnel Agency (CFPSA) and 17 Wing, we operate independently. Funding is provided on a year-to-year basis from Treasury Board through the Director of Military Family Services (DMFS) to cover salaries and provision of mandated services. Additional site-specific programs must be funded by alternate sources.
- An elected volunteer Board of Directors, 51% of whom MUST be civilian spouses of military members, governs the WMFRC. This is how we ensure that the community voice...YOUR voice... is heard and incorporated into how we do business.
- The WMFRC employs 11 fulltime and 20 part time personnel, working at five separate locations throughout the Wing and at our satellite Centre in Thunder Bay, ON. Each WMFRC employee is independently contracted.

We want to hear from you! Your feedback allows the WMFRC to evaluate the importance of a service/activity relative to the needs of our community.

Together *in* Church

CATHOLIC

Chaplains

Father Tim Nelligan
(Roman Catholic)
Office 833-2500 ext. 5272

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

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 20 minutes before mass and by apointment. Contact the Chaplins' 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 WOps Duty Centre, 833-2700, or 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.

Marriage Preparation Course

The 17 Wing chaplains, together with other elements on Base, are offering a marriage preparation course. It will be held in the north community chapel at 2235 Silver Avenue from April 29 to May 1 between 7-9 p.m. on Thursday and Friday, and from 10 a.m. to 4 p.m. on Saturday. This course is a requirement for all couples planning marriage in a military chapel or by a military chaplain. The cost is $20, to cover lunch and snacks, payable to the Protestant Chapel Guild. To register, contact the Wing Chaplain's Office, at 5087. For more information, contact Chaplain Lenora Grauer, at local 5785.

Cours de preparation pour le marriage

Les aumôniers du 17e escadre, conjointement avec d'autres organisations de la base, offrent un cours de préparation pour le mariage. Le cours aura lieu à la chapelle communautaire nord à 2235, avenue Silver du 29 avril au 1 mai, jeudi et vendredi de 19 à 21 h, samedi de 10 h à 16 h. Il est nécessaire que tous les couples qui projettent de se marier à la chapelle militaire ou par l'aumônier militaire suivent ce cours. Le cours coûtera 20$, déjeuner et repas légers compris. Faites les cheques pour le Protestant Chapel Guild. Pour vous enregistrer, contactez le bureau des aumôniers au poste 5087. Pour plus de renseignements, contactez le lieutenant Lenora Grauer, au poste 5785.

ADVENT OF CDA Con-Ed PROGRAM

On 31 March 2004 after 10 years of dedicated service to the continuing educational needs of Canada's military members, the CFCCN (Canadian Forces Community College Network) closed its doors. This however, does not mean that the care and concern of the individuals responsible for your opportunity to continue your education have "left the building". Although the torch from CFCCN, beginning on 1 April 2004, has been passed to CDA (Canadian Defence Academy) it will be lifted higher and brighter than ever before. The needs of those serving members who engage in extra-curricular con-ed courses will continue to be of primary concern to the CFPEP (Canadian Forces Personal Enhancement Program) Advisor/Counselor. This concern shall manifest itself in such areas as: equivalencies; educational counseling; course evaluations; prior learning assessments; and, educational reimbursements, as well as many other areas of educational concern.

Your Con-Ed Advisor/ Counsellor may be reached:

Name: **Kenneth J. Garrity**

Place: **Bldg 33 (across from the wood working shop)**

Phone No: **833-2500 ext: 5115**
(Normal) Office Hours:
Mondays 12h00 to 20h30
Fridays 08h00 to 16h30

As these hours may occasionally fluctuate slightly, and if you have a need to talk to me regarding your con-ed needs, please call to set up an appointment. And if you have any specific questions or requests regarding Con-Ed, don't forget your Section Training Officer as these people are an integral part of your educational process.

KEEP THE FAITH . . . GIVE ME A CALL
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Classifieds

For Sale

Palliser Entertainment Centre Solid oak front and doors, $200.00, Call 489-7990

Air Force Mess Kit by Ralph,s tailor in Winnipeg, Very good to Excellent condition, Non-smoker, $200.00 OBO, Capt Bergeron 5474 or 488-4646 or ghyber@mts.net

Air Force clothing for FREE! 2X size 7040 CF tuniques (hvy/lgt wt) 7X dress pants size 7032 (lgt/hvy wt), Capt Bergeron 5474 or ghyber@mts.net

Multi Family Yard Sale Saturday 15 May 04, 9am-3pm Doncaster

Woods Freezer 20 cubic feet, works well, $100 OBO, Call 487-7847

8' x 8' Wood Shed $75 OBO, Call 487-7847

8' x 10' Cedar Playhouse "Train station", $1000 OBO, Call 487-7847

1990 Buick LeSabre, White, 170,000km, safetied $3500, Call 889-6056

Yamaha Electric Keyboard, w/stand & seat, Exc. condition, $300 firm. Call 888-9368 after 5pm.

Snare Drum, w/pad & carry case, VG condition, $100 firm. Call 888-9368 after 5pm.

10,000 BTU Air Conditioner, used 2 summers, $350 (over $600 new). Call 832-0155

Chain link fence, 5 feet tall, 175 feet long, 2 gates and all hardware $200, Available May 2/04, Colleen 488-2563

2000 Ford Explorer Sport 4x4, black, $13 500. Call 489-8096.

Hotpoint Stove, self-cleaning, almond, $250. Call 487-2864.

Ceiling Fan w/light, white, 4 - 17" blades, $30. Call 487-2864.

Ceiling Fan w/light, white, 6 - 11" blades, $20. Call 487-2864.

Kenmore washer & Hotpoint Dryer , $100 ea or $150 for both. Call 487-2864.

Sears roll down black-out blind, white, for PMQ window - 64 inch, $40. Call 487-2864.

Sears roll down black-out blind, ivory, for PMQ window - 64 inch, $40. Call 487-2864.

Curtain Rod, white wood, decorative ends, w/shears, fits PMQ window, $30. Call 487-2864.

Curtain Rod, Brushed Metal with decorative ends and curtain ties - 1year old, $40.00 - Fits 4bed-PMQ bedroom window perfect. Comes with curtain clips if desired - window treatment can be negotiated when seen. Call 487 2864

Metal Mini Vientian blind, white, 60", $35. Call 487-2864.

2000 Ford Ranger Truck - less than 40 000 kms, exc. condition, asking $11,000. Call 489-0519 (home) or 833-2500 ext 5612.

2001 Suzuki GE 500 E - very low km, lady driven, $4000. Call Mary-Anne 831-8012.

Beige Couch - 7 ft w/single hide-a-bed. $75 obo. Call after 5 pm at 338-4117.

Lloyds Stereo with turntable and Cassette. $75 obo. Call after 5 pm at 338-4117.

Paradigm Monitor 9 vers 3 speakers, exc. cond., under 1 yr old, cherrywood finish. See http://www.paradign.ca for specs. Original owner, new-cost $1,255 w/tax, asking $795. Stephen 488-7209, evenings.

Playstructure by Little Tykes "Wave Climber". Like new. 2 levels w/slide, for ages 3 & up. Asking $125. 888-4526.

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Shared Accommodations. Male /Female roommate needed. Georgous 2 bdrm character apt. on Red River, sec bld, hrdwd flr, all util, $420 per/mo., inc. pkng. 297-0134 or 772-3164.

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TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): Hidden motives influence your thoughts and actions. Uncover these, you'll know yourself better and you'll be able to identify like minded others. Consider a class in an area that stimulates your intellect. You shine when involved in academic pursuits.

TAURUS (April 20 – May 20): Barriers that feel like a prison can build up when you make too many assumptions. Your sense of self-worth is based on the choices you've made as well as the attitudes of others. Use logic to get out of your current predicament and reconnect with healthy influences.

GEMINI (May 21 – June 21): You want to honor the advice of another but conversely you may not feel able to live up to the standards set. Embrace your own inner wisdom. Questionable relationships undercut your confidence. If you've seen this pattern with companions before and it's unhealthy, move on.

CANCER (June 22 – July 22): Your internal messages are mixed in response to current events. You're in a lose/lose situation until you stop avoiding facts. Stubbornly trying to maintain an illusion to justify past misjudgments is a waste of time and effort. Relax. People are more forgiving than you expect.

LEO (July 23 – August 22): Though you long for harmonious relationships you continue to rock the boat. You keep pushing for what you want or feel you deserve. Dealing with issues concerning how you relate to others is easier once you understand the effect power struggles can have on communication.

VIRGO (August 23 – September 22): Interference evaporates, issues are resolved. Your relationships are more solid than in the past. You have the caring support of those around you. Successfully reaching out and initiating contact with someone special. Blocks to progress are revealed and dealt with.

LIBRA (September 23 – October 23): Turn defeat into victory through perseverance. Winners see challenges as opportunities that present themselves so they can show what they're capable of. You're in good company. No one has smooth sailing all the way; it's how you cope in a crisis that counts.

SCORPIO (October 24 – November 21): You can take pride in reaching a goal. It was possible after all. Enjoy your accomplishment. Contemplate on how and where you excelled to know what your true assets or skills are. Determine your best future course of action based on this new awareness.

SAGITARIUS (November 22 – December 21): You're surprised to find you've lost something precious because you were so busy you didn't notice it slip away. It's important to realize what you've missed but dwelling on it won't solve anything, just remember when one door closes another opens.

CAPRICORN (December 22 – January 19): It's full speed ahead these days. Trust your gut. You know what you want and how to get it. Extra effort will be rewarded. Don't shy away from an offer that falls in front of you. This type of challenge is what you're best suited for. Show confidence.

AQUARIUS (January 20 – February 18): Be open to love but use caution as your desires can affect your judgement. If it looks too good to be true, it probably is. A dynamic relationship that allows freedom and passion brings growth. This kind of commitment takes time to find and to cultivate.

PISCES (February 19 – March 20): You may not feel up to facing your fears, but do it anyway. Ultimately you'll gain more than you lose. Keep busy you'll have less time to worry. Be patient with yourself and others. Suspend judgement and you'll make interesting connections.

FOR APPOINTMENTS CALL 775-8368

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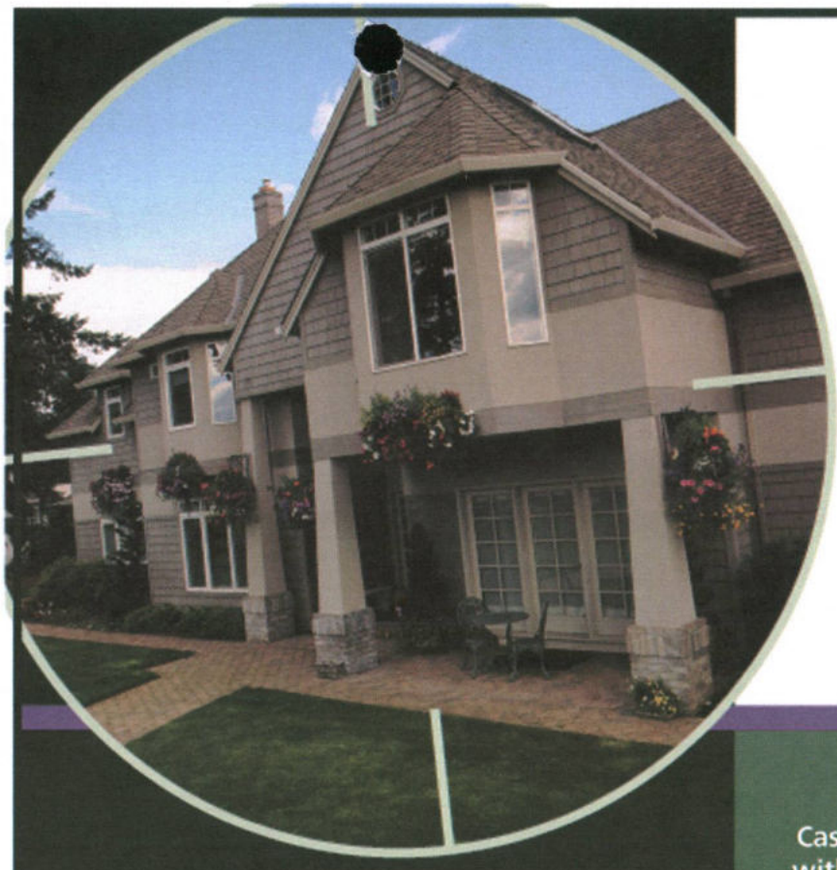

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