THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
OCTOBER 20, 2004 VOLUME 52, ISSUE 18 FREE

Boot Drive A Smokin' Success



Photo by Cpl Steven Bogue



Photo by Cpl Julie Whyte

(Above Photo) Firemen from 17 Wing participate in a Boot Drive for Muscular Dystrophy at the Whytewold Gate. Cpl Don Maclean (left) and Sgt Jaye Sheppard (right) The driver recieves a sticker as reminder to check his smoke alarm. (Right Photo) Cpl Kevin Chapdelaine, 17 Wing Fire Inspector, presents Janice Godfrey of Wing Accomodations with her Firewarden of the Year Award.

By Jen Sharpe

On October 4th, 17 Wing officially kicked off Fire Prevention Week by recognizing three people who strive to ensure the safety of those living and working at the Wing.

Janice Godfrey and Kevin Ketchen of Wing Accommodations, along with Cpl Adam Pankrantz of the 13th Field Battery in Portage, received the Firewarden of the Year Award from Cpl Kevin Chapdelaine, 17 Wing Fire Inspector.

According to Cpl Chapdelaine, Godfrey, Ketchen, and Cpl Pankrantz were recognized for their "dedication and professionalism" in completing their Fire Warden duties at their workplaces.

This year the theme of Fire Prevention Week was "Check Your Smoke Alarm." All proceeds from the Boot Drive—conducted at both 17 Wing gates for three hours on 4 October—went towards Muscular Dystrophy Canada. By the end of the day, 17 Wing personnel had donated over $1852.24 to the cause.

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50 Years Ago In The Voxair
October 29, 1954

Observation Post
By 'Scoop and Droop'

QUESTION OF THE WEEK:

When are people going to realize that the Rec Hall Floor is for Sports only, and is not a short cut to the bus stop?

--

We hear that the Station Band has been making progress since the last parade. We haven't seen them since that time, but it is rumoured that the Bandmaster has substituted the cymbals for a sledge hammer and a filing cabinet.

--

Understand one of the local contractors has been alerted for immediate repairs to the Rec Hall. Reason: the station bowling league has again commenced operations.

--

Re: The rumour that Les Brown and his Band appeared at the Airmen's club a week-end or so ago, your reporters made the inquiries and found out it was the sensational new band of Stan Harris, who, incidentally, will be featured October 29th at the Hallowe'en Ball.

--

HOOK, LINE AND SINKER

Two local airmen, fishing at a northern Manitoba settlement during their leave, had made a bet as to who would make the biggest catch. One of them got a bite and became so excited he fell out of the boat and into the lake. "Well," exclaimed his buddy, "if you're going to dive for them the bet's off!"

--

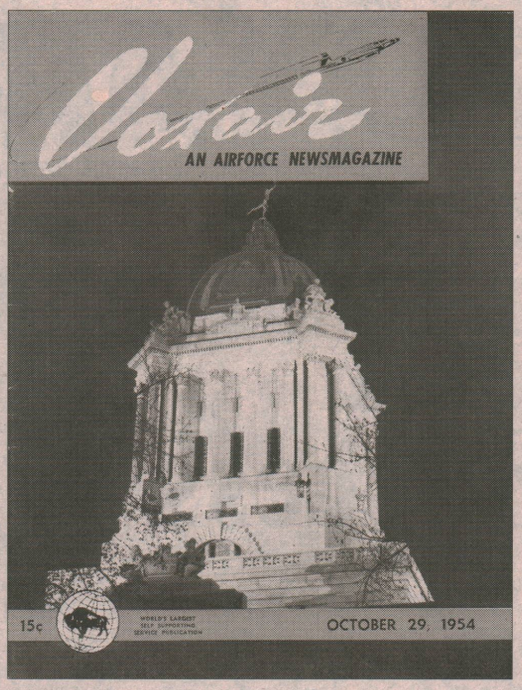
Has anyone noticed lately that the late meals have been excellent? Keep this up, fellows. We might even get to like working nights.

--

We have on this station an airman known as "Forgetful Harold." This lad, having been invited out to lunch recently, decided to hire a cab. Forty-five minutes and three dollars and fifty cents later, our hero returned—he had forgotten the address.

--

Notice any Flight Cadets missing lately? Possibly we can account for it. Observe the hole in the concrete



walk at the center entrance to the old G.I.S building!

--

These fellows working on the new Drill Hall really deserve a lot of credit. From early morning till late at night, through rain, shine, sleet and snow, they're going strong. Maybe the new recreation center will be a reality sooner than we expected.

--

Newcomers to the station need not go downtown for a scenic tour. Merely catch the bus every hour on the hour at the rear of the Rec Hall.

--

The new automatic washing machine now installed in the airmen's living quarters is a splendid gesture. Now if someone could only supply the dimes . . .!

--

LOST WEEKEND

Whilst touring one of the well known downtown areas a while ago, your reporters observed a well known Station Winnipeg figure in one of the local cafeterias, bedecked in cook's hat and apron, ready to mangle two hamburgers. When questioned on what the getup was, this was his reply: "I dunno—I just noticed there wasn't anyone around to serve me, so I helped myself—d'ya mind?"

--

Who is there among us today who will say that the world does not still require to hear those selfsame words of peace and assurance that Christ once spoke to Mary the Magdelene, "And neither do I condemn thee; but go in peace. Thy faith hath made thee whole."

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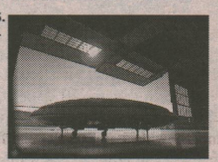
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DEADLINE FOR Voxair 19: 22 October 2004



Lt Amy Tsai-Lamoureux, QETE 2-2-2, was presented with her promotion to Capt by BGen Davies, 1 CAD HQ A3 and Mr Fred Lottes, QETE 2-2 on 14 September 2004. Capt Tsai-Lamoureux was attending Basic and Advanced Flight Safety Courses held 13-24 Sep 04. On completion of the courses, Capt Tsai-Lamoureux will return to QETE to be the AERE officer responsible for aircraft accident investigation support to the CF Flight Safety Program.



At a recent Awards Ceremony held at Canadian Forces Northern Area (CFNA) HQ, Col Couturier, CFNA Comd, presented from left to right Capt Dale Maedel his CD1, Capt Rob Ramsay his CD, CD1 to Capt Bryan Sullivan and Lt Doug Hartt his CD. Capts Maedel and Sullivan are Reserve pilots with 440 Sqn who have a combined time of 16 years in Yellowknife and over 9000 flying hours on helicopters and the venerable Twin Otter. Capt Ramsay is a second year Reg Force pilot filling the Sqn's Training and Standards position, and Lt Hartt is an Infanteer working with 440 Sqn as Oi/c Mission Support and GSAR Flight. Due to an ongoing Search in Tuktoyuktuk, Capt Chris Denko was unavailable for his CD presentation.



CFNA Comd, Col Couturier presents Lt McLean's her CFR and promotion to Lt Although not actually a member of 440 Sqn, Lt Mclean is an honourary "Vampire" due to geographic location and personal relationship. Lt Mclean works remotely from 440 Sqn for a Reserve Unit in Regina. In addition, Lt MJ McLean and her husband Capt Steve McLean, a Sqn Pilot, are pleased to announce the arrival of their first son, Justin Angus on Friday, September 1st, the day after this photo was taken.



Public Service Alliance of Canada (PSAC) workers strike outside 17 Wing's Whytewold gate the morning of 13 October. Up to 125,000 PSAC workers have been on strike across Canada since late September, resulting in traffic snarls and other delays at federal workplaces like 17 Wing.

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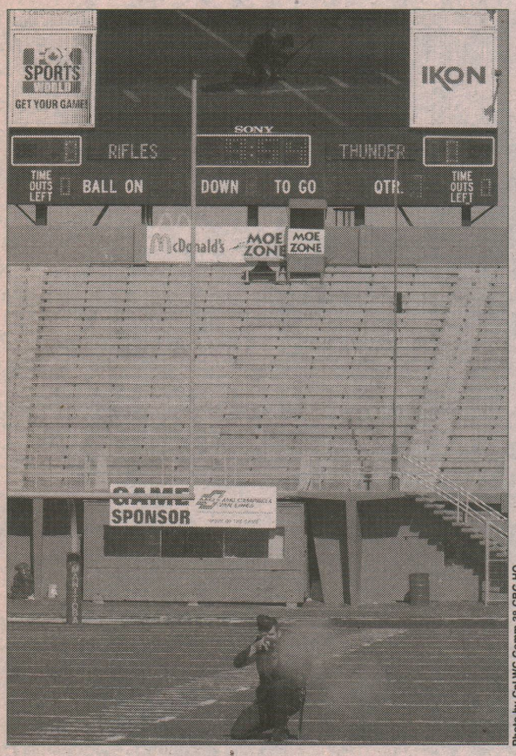


Photo by Cpl WC Gomm 38 CBG HQ

Members of The Royal Winnipeg Rifles were on hand for the Winnipeg Rifles final home game of the season. Recently, the amateur football club changed its name to the Winnipeg Rifles because it wanted a meaningful name with a solid community connection. Both the team and the Army Reserve unit's names reinforce each other's operating principal: "Fight the good fight and win."



Photo by Cpl WC Gomm 38 CBG HQ

Corporal Ken Van Ewyk, a trombone player with The Royal Winnipeg Rifles Band, performs during the half-time show.



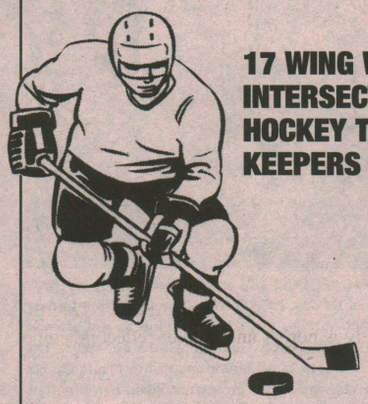
Photo by Cpl WC Gomm 38 CBG HQ

Pte Akousa Matthews, a trumpet player from The Royal Winnipeg Rifles Band, stands at attention as the Winnipeg Rifles football team runs onto the field.



Photo by Cpl WC Gomm 38 CBG HQ

Corporal Todd Smeaton of The Royal Winnipeg Rifles fires his Martini-Henry rifle as the skirmishers clear the field before play commences.



17 WING WINNIPEG INTERSECTION ICE HOCKEY TIME KEEPERS NEEDED

The 17 Wing Intersection Hockey League needs time keepers for this season. Games are held between 1050-1300 hrs, Mon thru Fri. If you are interested or would like more information, please contact Chris Merrithew, Sports Coordinator at local 5511.

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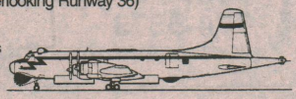

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Chaplains Open New Multi-Faith Prayer Room In B62

By Jen Sharpe

A place to pray and connect spiritually is now only a short walk away for many Wing personnel, thanks to the newly created 17 Wing Multi-Faith Prayer Room. Located on the third floor of Building 62, the new facility is easily accessible during the workday because it is within the secure perimeter of the base.

17 Wing Padre Capt Bob Brinn says the Chaplains hope personnel take advantage of the Prayer Room's centralized location. "It is more easily accessed than the Chapel during the weekday so personnel can come over on their lunch break and pray or reflect in a quiet place."

Between 12:15 and 12:35 each Wednesday, the Prayer Room will host a multi-faith service that all personnel are invited to attend. The first service—and official facility opening—was timed to coincide with the Feast Day of St Michael the Archangel, Patron of soldiers, paratroopers, police, pilots, and air forces.

According to Padre Capt Timothy Nelligan, St Michael was especially significant for a military multi-faith centre, not only because he is patron saint of the Armed Forces, but also because he is recognized by Judaism, Christianity, and Islam. Readings from Hebrew, Christian, and Muslim texts formed much of the 20-minute multi-faith service.

During the service, Capt Nelligan emphasized the importance of personal prayer and said that it can take many forms, including oral, written, meditative, and active. "Prayer is an integral part of the way many people express themselves in the faith dialog," Capt Nelligan explained.

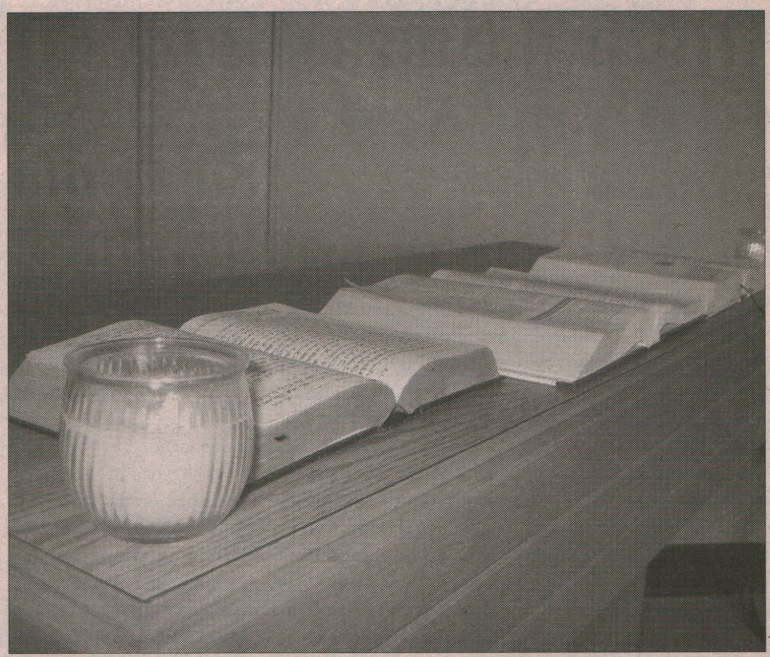
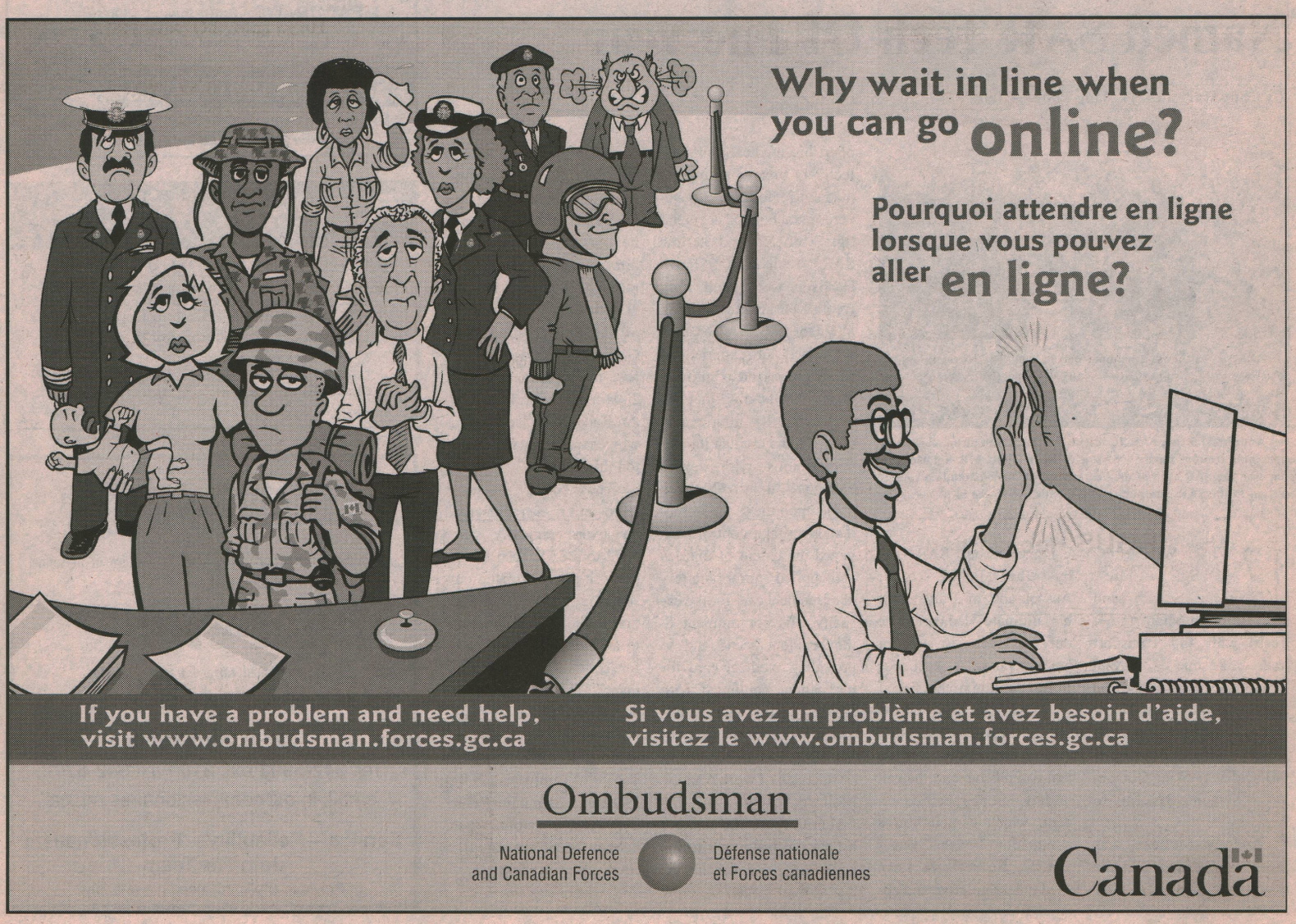


Photo by Jen Sharpe

Spiritual texts from a variety of religions can be studied in the new 17 Wing Multi-Faith Prayer Room in B62

The Multi-Faith Prayer Room is designed to facilitate the prayer practices of a variety of faiths, so chairs, tables, and podiums can be moved around the room. Wing Chaplains ask that the room be returned to its blank state when visitors are finished.

Wing personnel can visit the facility between 08h00 and 16h00 Monday through Friday, excluding statutory holidays. For access outside of those hours—or to book a time for special group prayer—please contact the Wing Chaplain office at local 5087.



Distribution Of The First Four Items Of The Clothing And Equipment Millennium Standard

By Lt P.S. Stuebing

The distribution of the first four items from the Clothing and Equipment – Millennium Standard (CEMS) project will soon be rolled out across the CF. Following the successful completion of an initial sizing and issue trial at 19 Wg Comox, 1CAD is now preparing to begin sizing and issue across the Air Force. 17 Wg Winnipeg is eleventh on the 1CAD priority list for distribution to the Wings.

The 17 Wg Supply SAO (MWO Runge) has asked that SWOs provide him with the names of personnel requiring the clothing, the blue thread rank epaulettes, and the blue thread name tags. Sizing parades for Winnipeg are tentatively scheduled for late October with distribution expected sometime between late January to February. The four items that will be distributed include: Light Weight Combat Clothing (three pairs to include name tags and epaulettes), 2 in 1 Rain/Wind Suit, Wide Brimmed Combat Hat, and Integrated Clothing Ensemble (ICE) which is the winter gortex outerwear in CADPAT pattern. 17 Wing personnel who have already received their issue of combat clothing due to service on an operational tour are authorized to wear them in the interim (with or without the blue threaded epaulettes and name tags).

The goal of CEMS, as described on the project office website, is to "provide state-of-the-art operational clothing and equipment to Air Force personnel to promote interoperability and permit the conduct of joint and combined operations around the world in the mandated time frames." Pronounced "seams," CEMS is the Air Force equivalent to the Army "Clothe the Soldier" project. The Army and the Air Force worked together to develop common operational clothing designs (converged pattern) where feasible/appropriate, however, the Air Force sought to maintain environmental identification and has taken into consideration ergonomic factors important for service with the Air Force. Environmental identification concerns were met through the use of blue threading on epaulettes and name tags, to place an eagle on name tags, and to make a blue t-shirt standard rather than green (except for operational tours where green is required). Ergonomic factors were met by using technology to improve existing garments in the following areas: fire retardancy (FR), electro-static dissipation (ESD), moisture vapour permeability (MVP), and using more effective insulation properties. CEMS items also take into account the need to consider anti-FOD (foreign object damage) and Aviation Life Support Equipment (ALSE) compatibility. The new "converged" CADPATs are used by both the Air Force and Army (including Navy personnel filling Air and Army designated positions).

For more information on the CEMS project including an image gallery of items see: http://dglepm.ottawa-hull.mil.ca/dsspm/dsspm6/cems/site_map_e.htm . Also see NDHQ CAS OTTAWA DAR 67 221036Z Jul 04 (Subject: Distribution of CEMS garments) or the Project Implementation Plan for Capitol Project WBS 00002774-IMP-5-NCP.

435 Transport And Rescue Squadron Search And Rescue Technician Named SAR Tech Of The Year

By Capt Mary Lee, 17 Wing Public Affairs



Sgt Andrew McLean, SAR Tech with 435 T&R Squadron, completes parajump training during a SAR exercise in Gimli, MB. Sgt McLean has won the SAR Tech of the Year award for his outstanding contribution to the SAR community and for his excellence in physical fitness.

17 WING WINNIPEG – Sgt Andrew McLean, a Search and Rescue Technician (SAR Tech) with 435 Transport and Rescue (T&R) Squadron was awarded the SAR Tech of the Year Award at the National Search and Rescue Exercise (SAREX 04) held at 19 Wing Comox, B.C. September 21st to 25th.

Andrew McLean was presented the award at the completion of SAREX after being voted best SAR Tech by the Para Rescue Association of Canada for his ultimate dedication to duty and for his superior level of physical excellence in competitive running.

Most notable in his exceptional skills as a SAR Tech is his professionalism that extends beyond the call of duty. In one specific incident, which earned him a nomination for this year's award, Andrew McLean used quick initiative and applied his medical skills effectively to save an injured man's life following a severe parachuting accident. Sgt McLean and fellow SAR Tech Cpl Shawn Harrison were conducting freefall-parachute training in Victoria, B.C. when they witnessed an experienced parachute instructor suffer a mishap on landing that led to multiple leg injuries and rendered the civilian jumper unconscious with severe bleeding. Andrew McLean came upon the scene immediately to take control, surveyed the extent of injuries and applied appropriate level of medical care for the casualty. His commitment to the accident scene and to providing medical care for his patient continued with arrival of the paramedics and did not terminate until the ambulance departed.

Outside of work Andrew Mclean excels in his favourite sport of running – a personal testimony to his commitment to excellence. As a marathoner, Andrew placed in the top 25 in each of the three Winnipeg Marathons he has competed in. As an untramarathoner, he continues to challenge himself with demanding races such as the 125 km "Death Race" in elevations of 17,000 feet through the Canadian Rockies. His latest feat took place Sept. 11, 2004 at the World Cup 100 km Race in the Netherlands where Andrew placed in the top third.

The Para Rescue Association has presented an award annually since 1992 to a SAR Tech for the purpose of recognizing outstanding service contribution to the SAR community in an outstanding rescue or for continued high performance. The recipient of the award is chosen from nominations submitted by the home unit where the SAR Tech is employed. Sgt McLean was nominated by 435 T&R Squadron where he has been serving as a SAR Tech since 2000.

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It's More Than A Job... It's A Way Of Life...

By Sgt Bill Hares

I have seen this slogan on many recruiting posters over the years, however it never really seemed to hit home for me until January to July 2004. Let me explain what I mean. There was a time I would get up in the morning, get dressed in a blue uniform and head out the door for the office or workshops. I am sure that this sounds like a very common event for many of you that are reading this. The job is Monday to Friday, 8-4, and we all returned safely to our homes and private lives.

However, my life had changed, I now woke up in a foreign country and instead of blue I was putting on a tan set of CADPATs. Then the adventure began. Walking out of the air-conditioned barracks, my glasses fogging up as I am hit in the face with the +49C, 60% humidity and its not even 0630. My glasses would clear in the 50-meter walk to the mess hall for breakfast; however, my 24-hour protection should have been renamed to the 24-second fix, as I realized that my T-shirt is now soaked through as I stand in line for breakfast.

Yes, I was in Op Athena Camp Mirage, the Theatre Support Element (TSE) for Operations to the North in Kabul, Afghanistan (TFK). The Camp's mission was to form a vital link in the chain of transiting people and supplies in and out of the TFK theatre of operations. My part, as a member of the J6 Communications staff, was to maintain links to all communication systems back in Canada. The National Command, Control Information Systems (NCCIS) mission was to provide connection to the national systems such as phones (secure and non-secure voice circuits), message circuits, and data circuits for the secure network, similar to those in the 1 CAD Operations Center, the DWAN and Internet connections.

There was always lots to be done maintaining the communications requirements and needs of the Operation everyday and it seems there is never enough time in a day to get it done. The normal working time for NCCIS is 9 to 12 hours and then we would think about putting in some overtime. It was one of the RMS clerks that said it best, "A normal work day felt like we were moving at Mach 3 with our hair on fire...."

Within 2 weeks of my arrival at the camp, the reality of some of the dangers that are faced by Canadians while on deployment came to Camp Mirage. Late January 2004, Cpl Murphy of the Royal Canadian Regiment, transited though Camp Mirage as his casket was repatriated back to Canada on route to its final resting place. Those members from his regiment present at the camp formed two ranks, flanking the casket on both sides as it proceeded between the C130 Hercules and the C150 Airbus. With the exception of the working Operation staff, every Air Force member of the Camp Mirage TSE and Cpl Murphy's Regiment paid their last respects to a fallen comrade as he made his final trip home to his loved ones. I personally never wish to witness this again. If my wish was granted, it would mean that no other Canadian service member would ever lose their lives on foreign overseas missions again.



Camp Mirage TISS poses at the end of OP Athena Roto 1.



Maj Vadon (right) presents Cpl Jason Bishoff with a farewell certificate on behalf of WTISS.



Maj Vadon (right) presents Cpl Gina Tackley with a farewell certificate on behalf of WTISS.

You may think I have painted a very dim picture of life in Camp Mirage, and why would anyone want to go there, let alone volunteer for a second tour. Almost everyone returning from Camp Mirage suffered from PST, Post Shopping Trauma. Yes going to town and entering the markets, 'souks', was an experience. The 'shopping event' was often referred to as the national sport. The Host Nation is a wealthy country, and everyone hoped to make the best deal they could. Bartering is the way business is done and as always, some of us Canadians were better athletes than others. However, even those of us unaccustomed to this style of buying could find deals on anything from gold and shiny things to rugs, clothes, leather jackets, watches, electronic equipment, and souvenirs of every shape and size.

The R&R in the area was excellent. Many people took the guided tour known as the "Desert Safari", a trip that really got your attention as the drivers hurled the Jeeps over mountainous sand dunes. As we, his passengers, were treated to the roller coaster ride of seeing sky and, a moment later, sand as the vehicle plunged over the crest to the dune. The more adventurous of us opted for the "U-drive" version, driving their own dune buggies. (Roto 1 records set for "broken buggies" – EME 1, Padres 2)

The best part of the tour was the friends and bonds you form with people. Would I go again? Yes... if for no other reason than it only rained for 10 minutes one day in the entire six months and it really was an experience of a lifetime.

In our home lives, as with deployments, there comes the time to say goodbye to close friends. Since the last WTIS article, our squadron has had to say 'adieu' to two members; Cpl Gina Tackley retired Aug 2004 after 20 years of service and Cpl Jason Bishoff who left 'sunny' Winnipeg for a posting to CFIOG Ottawa.

Gina has moved to Halifax, where she and her husband have built a new home. Gina's hopes to return to the CF as a Public Service employee, a CM4, working in the Communications Center in Halifax, or to put the uniform back on as a Reserve RMS clerk. Good luck, Gina, in which ever route your life may now take you.

Jason, everyone here wishes you the best of luck at your new posting and we know we will see you again.



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Vous pouvez aussi joindre la Ligne d'accès des Services de retraite collectifs en composant le 1 800 724-3402.

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Group Retirement Services / Services de retraite collectifs

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Ahoy!





CANEX celebrated their 3rd birthday this year. We held our celebration the 18 Sep 04 along with the MFRC family day. Our theme for the birthday was pirates, so we dressed up in our costumes and provided everyone with a hearty meal of hotdogs, drinks and, of course, birthday cake. There was over 450 people taking part in the many entertaining events held by the MFRC staff and volunteers.

We would like to thank everyone for making our birthday special and a special thanks to the MFRC for letting us join in their family day celebrations. We had a great time!

Serving those who serve!



Colonel Cleland, Al Training, presenting 2Lt Stepanie Taylor with her commissioning Scroll.

2Lt Stephanie Taylor is originally from Toronto, Ontario. She enrolled in the CF in August of 2003 under the DEO program. She completed her IAP and BOTP in St. Jean in November of 2003. Before joining the CF, Stephanie completed her Masters of Education in Toronto. She was a high-school teacher for three years prior to joining the CF. She has taught both abroad and in Canada. She is currently heading to St-Jean where she will complete her second language training, after which she travels to CFB Borden to begin her Basic Qualification Course.



Brigadier General McCabe, A4, presenting 2Lt Julien White with his Commissioning Scroll.

On August 19th, 2004, 2Lt Julian K White received his commissioning scroll from Brigadier General P.J. McCabe at I Canadian Air Division HQ in Winnipeg. During the presentation, BGen McCabe read out the directives of the scroll and made mention of its importance. 2Lt White has ceaselessly aspired to become a military pilot. 2Lt White started flying in Alberta in August of 1996. He completed his first solo trip in November of the same year. He acquired his private pilot licence in January of 1997. 2Lt White attended the University of North Dakota where he graduated at the top of his class with a Bachelor of Science and Aeronautics degree. At the age of nineteen, he began instructing other aspiring pilots. In 2001 he was promoted to Assistant Chief Flight Instructor. Currently 2Lt White has accumulated over 2000 flying hours. 2Lt White applied to the Canadian Forces in 2003. He completed his Basic Officer Training course at CFLRS St. Jean in Quebec in April 2004. Currently 2Lt White is returning to St. Jean to complete his OPME course before he begins his Basic Flying Training (BFT) course in Moose Jaw. 2Lt White is slated to begin his BFT in the spring of 2005.

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HAPPY HALLOWEEN

from the Voxair



Operation Sugar Rush...

.... Well, it's that time of year again, OCTOBER 31, and it is a time for trick or treating, candy and goblins. The Military Police and volunteers of the Military Community want to make this a fun and safe event for you and your children. Here are a couple of things you can do to help...

PARENTS:

- Supervise children under age 12.
- Educate children on proper Halloween and traffic safety.
- Ensure children do not eat treats until they are inspected.
- Only trick or treat in familiar, well lit routes.
- Ensure children eat an early meal prior to trick or treating.
- Establish a return time, and stress importance of maintaining this time.
- Report any suspicious activity or persons to the Military Police, 833-2633.

COSTUMES:

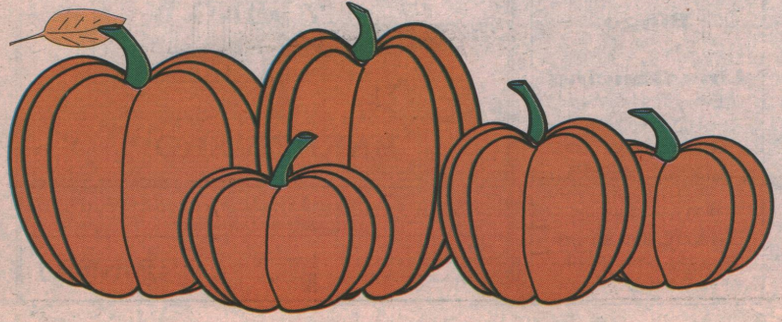
- Ensure they are made of fire retardant material.
- Costumes should not be too long so as to cause falls.
- Warm clothing should be worn underneath.
- Reflective tape, Glow sticks and or flashlights should be used to help your child be seen.
- If wearing a mask, ensure there is adequate eye space so the child can see.
- Makeup would be preferred.

ON THE WAY:

- Walk on sidewalks to avoid vehicle traffic.
- If children are not with an adult, ensure they travel as a group.
- Never enter a home/apartment without adult supervision.
- Walk, do not run.
- Place your child's name and address on a piece of paper and place it in their pocket in case they get separated from their group.

... These are the major points of interest that as parents you should be aware of. If these reminders are followed then everyone will be able to enjoy Halloween. The Military Police, along with Military Community Volunteers will actively participate in foot patrols at both North and South PMQ areas.

From the Military Police...



THE ROYAL CANADIAN LEGION

LEGION

THINKING ABOUT YOUR FUTURE?

We've been a part of your past and we belong in your future because we can play an important role, not just for retired members, but serving military personnel too.

THINK LEGION!

The Royal Canadian Legion ensures that you and yours will be taken care of when the need is there. We've got more than 75 years' experience in making sure that Canadian service people get a fair shake while they are serving and when they retire. Our mission was passed on to us by those who, like you, served Canada in its time of need, and in return, worked to secure the benefits they deserved. The Legion also strives to make sure that what you do in war or peace is never forgotten.

WE'RE THERE

Injured while serving? We have a national network ready to assist you with any claim you may have. Interested in getting more involved with your community? We have programs that need your expertise.

FOR YOU.

There's a lot more to the Legion than you may think. We're an extended family of more than 400,000 people accross Canada who share a vision in our country and our communities. Why not visit a Legion Branch or join as a Military Member at Large by contacting your local branch or visit our web site at www.legion.ca.

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Taking The "DIE" Out Of DIET Part 3

STRENGTHENING THE ENERGIZER LES FORCES

By Jennifer Taylor, RN, BScN, Health Promotion Director

Last week, we looked at the mechanics of digestion and discussed the body's ability to manage combinations of foods with ease. This week, we will explore energy and discover the not so secret or earth shattering solution to achieving and maintaining a healthy weight.

We all know that food gives us the energy we need to stay alive. Specifically, the body gets its energy from carbohydrates, fat, and protein. This energy is measured in the form of kilocalories, what we affectionately call calories. The average healthy adult, according to Health and Welfare Canada's Guidelines for Healthy Eating, requires at least 1800 calories per day. It is preferred that we get these calories by eating a well balanced diet so we also receive the vitamins and minerals we need. How many calories our bodies need depends on a few things like activity level, body size, and health status. Having said that, life is too short to count calories! Especially if it becomes obsessive and we forget to enjoy food and the rest of our lives. Remember, this is about what we can live with!

Luckily we have Canada's Food Guide to Healthy Eating to clarify what a "well-balanced diet" really is. And hey, not only is it researched and supported by scientific evidence, it is FREE. There aren't any premade foods with fancy logos to buy, no pills to take. Following this Healthy Eating Guide will ensure that we receive the number of calories (energy) we need as well as the nutrients, vitamins, and minerals our bodies need to function (no supplements needed!). Allow yourself some time to get reacquainted with it (you can find it on the internet or call me for a copy), note the four food groups, number of servings per day, and SERVING SIZE!

So, what is the equation to dropping a few pounds to achieve a healthy weight? Calories burned must be greater than calories in! ALL calories taken in are converted to fat if they are not burned off. Again, that is ALL calories, regardless of the source, healthy or unhealthy. It also includes beverages. Everything counts, so make it count! Choose healthy, nutrient dense foods more often.

Nutrient density means you are getting more nutrients for the amount of calories. For example, a brownie has 227 calories and gives you 16 mg of calcium. A 175 g cup of yoghurt (1-2% Milk Fat) with fruit on the bottom has only 177 calories and gives you a whopping 214 mg of calcium. Yoghurt also gives you more potassium, vitamin A, and folate than a brownie. It doesn't mean a brownie is forever out of bounds, it just means choose it less often. Make it a treat.

Think about where you get most of your nutrition. Try writing down everything you eat for 7 days, including beverages, and size of each serving. Then compare it to the recommended amounts on the Food Guide. Where are you at? What is one thing you can change? Then work on changing that one thing for the next week.

Tune in next week when we look specifically at carbohydrates and low carb/no carb diets.

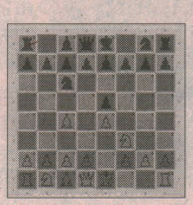
Information for this article was obtained from the following resources:

Canada's Food Guide to Healthy Eating., Health Canada.
Health and Welfare Canada., Action Towards Healthy Eating…Canada's Guidelines for Healthy Eating and Recommended Strategies for Implementation, Minister of Supply and Services Canada, 1990.
Sizer, F. S., and Whitney, E.N., Nutrition Concepts and Controversies, Wadsworth/Thomson Learning., 2003.

For additional information contact Health Promotion: Penny @ 4150 or Sheila @ 4160

Chess On Postage Stamps

By Alf Brooks



There are still some stamp collectors who try to collect all stamps issued in the world, an almost impossible task, given the number of stamps issued every year. Most of us specialize, selecting a limited

number of countries or areas and learning all we can about them. Many collectors select a theme or a topic, and topical collecting is a popular way to go.

One popular topic is chess on stamps; estimates are that over 1 000 stamps have been issued on this topic, and there are many others picturing related games. In September Hungary added to the total with the 64 stamps pictured here, the complete sheet making a chess board. Each stamp has micro printing that tells something about chess history in Hungary. The sheet itself sees the stamps arranged in such a way as to form the start of the 'Hungarian Defence', a strategy which helped the Hungarians defeat France during a series of matches in the 1840s.

17 Wing Will Host Blood Clinic To Mark Remembrance Day

Canadian Blood Services Seeking a New Kind of Hero

Next month, the nation will pause to remember those Canadians who made the ultimate sacrifice in defence of liberty. Remembrance Day will also allow us to pay tribute to the Canadian Armed Forces now in service at home and abroad.

Here at home, Canadian Forces personnel and families have a unique opportunity to underscore the importance of Remembrance Day, and to honour comrades past and present.

On Wednesday, Nov. 10th, 17 Wing will partner with Canadian Blood Services for a special mobile blood donor clinic on the base. Canadian Blood Services in Winnipeg will be open on Remembrance Day, but with reduced hours of operation. This makes the 17 Wing clinic very important to maintenance of an adequate blood inventory.

Eligible military personnel and their families are encouraged to attend the Nov. 10 clinic, which will be held in the gymnasium of Building 21, from 11:30 a.m. to 3:00 p.m.

Canadian Blood Services is hoping to attract as many as 70 donors.

In recognition of Remembrance Day, donors will be invited to sign "In Honour" cards that will be forwarded to National Defence Headquarters.

For decades, Canada's blood program has enjoyed a strong link with Canadian Forces. During World War Two, Canadian blood donors were unprecedented in support of our troops abroad. Between 1940 and 1945, a total of 2.4 million units of blood were donated in Canada, which had a population of only 11.5 million. The per capital rate of donating blood was three to four times higher than in the United States or Great Britain.

"The rate of public participation during wartime was heroic," said Susan Shimla, Acting Director of the Canadian Blood Services' Prairie Region. "Unfortunately, in 2004, more than 96 per cent of eligible Canadians don't give blood, so again we're looking for Canadian heroes to step forward."

"And what more appropriate time than Remembrance Day?" asked Shimla.

To minimize the length of the individual donation time, donors are encouraged to make an appointment for the clinic, although donors without appointments are welcome.

To make an appointment, or for more information on the blood program, donors can call Canadian Blood Services, toll-free at 1 888 2 DONATE (1 888 236 6283).

To ensure donor safety and the safety of the blood supply, some restrictions are in place. To avoid the disappointment of being turned away, or "deferred", prospective donors should consult information posters placed strategically around the Base. The posters will give them what they "need to know" about donor eligibility before visiting the clinic.

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

Information on restrictions is available by calling the 1 888 2 DONATE toll-free line. Donors can also visit the Canadian Blood Services website. (www. bloodservices.ca) Click on "Temporary Deferrals".

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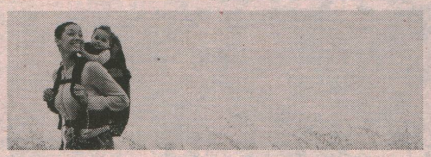


Better Health Care for Canadians: A 10-year plan

De meilleurs soins de santé pour les Canadiens : plan d'action sur 10 ans

Working together, the Prime Minister, Premiers and Territorial leaders have signed a 10-year plan, supported by $41 billion in new federal funding, that will lead to better health care for Canadians.

Better Health Care

☑ **Reduce waiting times**
- Improve access so that Canadians don't wait as long for key tests, treatments and surgeries

☑ **More Doctors, Nurses and other Health Professionals**
- Plans to train and hire more health professionals while also developing faster accreditation for foreign-trained health professionals

☑ **Expand home care**
- Provide better support for people being cared for or recovering at home

☑ **Improve access to family and community care**
- Increase 24/7 access to doctors, nurses and other health professionals

☑ **Better Access to Needed Medicines**
- A commitment to manage drug costs and ensure that no family is forced to choose between needed medicines and financial ruin

☑ **Improved Aboriginal Health**
- New investments and better planning to close the gap between Aboriginals and other Canadians in terms of health

Shorter Waiting Times

The federal, provincial and territorial governments have committed to report clearly on the progress we are making in health care and, for the first time will report on progress in reducing waiting times.

☑ **Comparable indicators ... so we can measure**
- Federal, provincial and territorial governments will use comparable information to report their progress in improving access to doctors, and to diagnostic and treatment procedures

☑ **Benchmarks ... so we know what we are striving for**
- Federal, provincial and territorial governments will set medically acceptable waiting times – based on advice from medical experts – starting with cancer, heart disease, diagnostic imaging, joint replacement, and sight restoration

☑ **Targets ... to drive change**
- Provincial and territorial governments will set their own targets and report annually to citizens on progress in reducing waiting times

Canadians will see for themselves where their health care money is going and how it is making a difference.

Le premier ministre du Canada et les premiers ministres provinciaux et territoriaux ont de concert adopté un plan d'action décennal qui, grâce notamment à un nouvel investissement fédéral de 41 millards de dollars, consolidera les soins de santé pour tous les Canadiens.

De meilleurs soins de santé :

☑ **réduction des temps d'attente**
- améliorer l'accès pour que les Canadiens obtiennent plus vite les tests cruciaux, les traitements et les chirurgies essentiels

☑ **davantage de médecins, d'infirmières et d'autres professionnels de la santé**
- élaborer des plans plus former et recruter davantage de professionnels de la santé, et accréditer plus rapidement ceux formés à l'étranger

☑ **élargissement des soins à domicile**
- améliorer le soutien aux personnes soignées ou en convalescence à domicile

☑ **meilleur accès aux services de santé à la famille et communautaires**
- augmenter l'accès en tout temps à des médecins, infirmières et autres professionnels de la santé

☑ **meilleur accès aux médicaments essentiels**
- gérer les coûts des médicaments afin qu'aucune famille n'ait à choisir entre les médicaments et la déchéance financière

☑ **amélioration de la santé des Autochtones**
- investir de nouveaux fonds et mieux planifier pour combler l'écart entre les soins de santé offerts aux Autochtones et aux autres Canadiens

Réduction des temps d'attente :

Les gouvernements fédéral, provinciaux et territoriaux ont convenu de rendre compte des progrès accomplis dans le domaine de la santé et, pour la première fois, dans la réduction des temps d'attente.

☑ **des indicateurs comparables... pour mesurer les progrès**
- les gouvernements fédéral, provinciaux et territoriaux utiliseront des indicateurs comparables pour rendre compte de l'amélioration de l'accès aux médecins, aux services de diagnostic et aux traitements

☑ **des jalons... pour préciser le but visé**
- les gouvernements fédéral, provinciaux et territoriaux établiront des temps d'attente médicalement acceptables – fondés sur l'avis d'experts – d'abord dans les domaines du cancer, des maladies du cœur, de l'imagerie diagnostique, des remplacements articulaires et de la restauration de la vue

☑ **des objectifs... pour susciter le changement**
- chaque gouvernement provincial et territorial établira ses propres objectifs pour les temps d'attente et rendra compte annuellement aux citoyens des progrès réalisés

Les Canadiens pourront constater à quoi sert leur argent affecté aux soins de santé et les résultats déterminants qu'il produit.

To obtain a copy of "The 2004 Health Care 10-Year Action Plan at a Glance", call **1 800 O-Canada** (1 800 622-6232) or, to see it on the web, click **www.canada.gc.ca/healthplan**.

Pour obtenir un exemplaire du document « Aperçu du plan d'action décennal sur les soins de santé 2004 », composez le **1 800 O-Canada** (1 800 622-6232). Vous pouvez aussi le consulter sur Internet à **www.canada.gc.ca/plansante**.



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Canada

Sports & Fitness

Athletes Of The Month

Slo-Pitch Stars Represent Wing At Nationals

By Jen Sharpe

Two years ago, fastball—the longtime CF national sports staple of summer—was replaced by the more casual slo-pitch. Many fastball diehards criticized the change and claimed that the new sport lacked the competitiveness and intensity of its windmill-pitching cousin.

However, because many CF fastball teams were having trouble finding windmill pitchers, some otherwise great teams struggled at Regionals and Nationals. The change to slo-pitch made the pitching position more accessible, and thus improved the turnout and overall quality of play at CF softball tournaments.

Former fastball player Capt Ed Roberds, 17 Wing - Wing Commander's EA, eagerly made the transition to slo-pitch and has excelled at the sport since his arrival at the Wing in July 2003. Capt Roberds, along with Pte Alex Gelinas of Wing Transport, led the 17 Wing slo-pitch team at Regionals this summer; both powerful players were picked up by Regional champions Wainwright to play at the National Slo-pitch Championships in Borden September 11-15.

For Capt Roberds, the chance to play at Nationals was an opportunity to gauge the caliber of play of teams from across the country. Slo-pitch has been played at the inter-section level for years in the CF, and Capt Roberds says it was obvious which regional teams had the most competitive softball leagues.

"You could tell the teams who played in slo-pitch before. Because of our terrible summer, the 17 Wing team didn't get a lot of chances to play together and get our game together," he says. "It would be nice to win at Regionals next year; we had good talent this year, but we hadn't played together enough."

According to Pte Gelinas, the week at Slo-pitch Nationals in Borden was "amazing. There are some strong teams from around the country, and I want to go back next year an all-round better player, hopefully with the17 Wing team. . . We have the talent here, we just need to put it all together."



Capt Roberds poses after winning the home run contest at the slo-pitch regionals this past summer. Capt Roberds and Pte Alex Gelinas were selected to play with the champion Wainwright slo-pitch team at nationals in Borden.

Although both men admit that the experience would have been better had they been representing 17 Wing, they are both quick to say that the Wainwright team couldn't have been more welcoming or encouraging.

"You have to trust everyone on the team, and Wainwright made us feel like we were part of the team from the beginning," Pte Gelinas says. "We went to win, but we still went to have fun."

Capt Roberds says that he was a little nervous joining an opposing team right before Nationals, but his worries were ultimately unfounded. "I was a little bit surprised; I thought they might try to put us on the bench for a while in the beginning, but we played right from the start," he explains. "They picked us up for our playing skills, and they didn't waste any time getting us in the game."

At shortstop and third base respectively, Pte Gelinas and Capt Roberds helped enforce the left side of Wainwright's team. Wainwright also picked up a leftfielder from Shilo who further augmented the left side.

Aside from their excellent defensive skills, Pte Gelinas and Capt Roberds impressed the Wainwright team by showcasing their running and batting skills in the skills competition at Regionals. Pte Gelinas, along with teammate Pte Vince LaChance, placed first in the base-running competition with a combined time of 25.15 seconds. "My running is good and my defensive game is good, but there are always improvements to make. I'd like to improve my batting for next year," he explains.

With five homeruns out of a total of ten swings, Capt Roberds decidedly won the homerun competition at Regionals. "I'd still like to improve my hitting though," he says. "I know that I don't hit as well as I could."

Although Capt Roberds and Pte Gelinas excel at and thrive in competition, both say slo-pitch allows them to relax and enjoy time with friends. "It's a very good social sport," Capt Roberds explains. "It's a sport where you can play for the social aspect, but it's also a sport where you can play and be extremely competitive."

Any 17 Wing personnel interested in playing slo-pitch next year can contact Chris Merrithew, 17 Wing Sports Coordinator, at local 5511. Inter-section slo-pitch starts up again in May.

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Wing Judo Club Spawns Budding Champ

By Cpl Dawn Lustig



(L to R) Sensei Otto Kionke, Tonia Lustig, and Sensei Barrie Woods celebrate one of Lustig's many Judo wins.

Tonia Lustig joined Judo at 17 Wing in 1999 at the age of 9. Since then she has been to many competitions throughout Canada, including the Pacific International Judo Championship held in Vancouver, the Rocky Mountain Invitational held in Calgary, the 2003 Canada Games held in Campbelton, NB, and the 2004 Judo Nationals held in Kelowna, BC. Overall, her performance has been outstanding.

Tonia has over 60 medals and 4 trophies including one that stands 4 feet high. Presently, she is a blue belt and ranks fourth in Canada in her age and weight category. Tonia's goals are to compete at the Olympic Games and someday have her own Judo Club.

Every summer, she attends Judo camps including the Legion Athletic Camp held at the International Peace Gardens and the Saskatchewan Summer Camp of Champions held in Fort Qu'Appelle, SK. The St. James Legion, Branch #4, the 1 Winnipeg School Division, and Judo Manitoba have been her sponsors for many years.

Tonia would like to thank Sensei Otto Kionke, Sensei Barrie Woods, and Sensei Gary Sova for all her achievements. She would also like to thank her sponsors—without them, Tonia would not be where she is today.

The 17 Wing Judo Club is currently looking for more military personnel to join their 26-member strong organization. The Club currently meets Mondays and Wednesdays from 19h00 to 21h00 in Building 21.

Military Family Resource Centre

MFRC Annual Newcomer Event

This year's event was held on Saturday 02 October at the Officers' Mess. The morning began with introductions, followed by a great breakfast, a presentation from John Chabih, the MFRC Employment and Education Coordinator, and some games before 75 of us boarded the buses. Our tour guides from Heartland International Travel and Tours, Giselle and Ray, shared their knowledge of the city with us. However, it was the sweetness from Fred Morden of Morden's of Winnipeg Chocolate that truly gave these Newcomers a taste of Manitoba's kindness. We were served Russian Mints, and given a souvenir of a chocolate Bison. Volunteers Jodi Chappel, Charmaine Lyons, Evelyne Reitsma, Diana Vandehoef collectively donated their time and energy towards the success of this event. Staff members, Louise Cameron, John Chabih and Teresa Morris, Thank-you! Our next destination was at the IMAX Theatre where we viewed a showing of Heartland while enjoying lunch. Ginette Lavack from Destination Winnipeg enlightened us with information about some of the newest restaurants, nightclubs and highlights of "things to do" in Winnipeg. More sightseeing and fantastic manoeuvring thru our construction site season by our bus drivers, Pte Larry Martin and Cpl Jean Madore. After a full day, we returned to the Mess for some refreshments and some prizes.The Childcare centre deserves a hearty thanks for providing childcare. Thanks to Staff Melodie Nelson, Trisha Broszeit and Lana Redmond-Skaftfield.and Volunteers Caroline Hook and Juliana Guenter Also thanks to Youth Centre Staff Kathy Alexiuk for ensuring the youth had some fun while in care. The generosity of Winnipeg is apparent as most everyone received something. We hope that although you never came to the Newcomer Event, that you will stop by the MFRC for our next coffee break dedicated to all the Newcomers on the 4 Nov @ 10 am. Children are welcome to accompany you. Calling all Newcomers (Posted in Jan 04-present) if you did not attend the event, you will still have an amazing opportunity to enter a draw for a chance to win two airlines tickets donated by Jetsgo. There will be another draw for everyone to enter as well. Hope to see you there. The following sponsors contributed to our event, and we THANK-YOU.

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ALL MFRC EMPLOYMENT & EDUCATION SERVICES ARE COST FREE
Contact John Chabih at Local 4511 for more information

Gym And Movement

This program was developed to provide parents and their young children the opportunity to play together in the gym. It includes creative movement, parachute games, cooperative games and a circle time. Large muscle skills and interpersonal skills will be enhanced as well as the opportunity to socialize and to run off some steam, especially as fall turns into winter.

Location: Lipsett Hall
Time: 1:15 to 2:15p.m. Thursdays
Cost: $20.00 per family for a ten-week session. The drop in fee will be $2.50.
This program will run until November 25th. It will start again in mid January.

Building Blocks

Free Books and Snacks
Bring your children for some fun as we explore why military families are special.
Location: Lipsett Hall
Time: 1:15 to 3:15pm on Tuesdays
Start date: October 5th

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

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

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Louise Cameron 4515

Thunder Bay MFRC
Donna Hrycyszyn
(807) 345-5116

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Chaplains

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

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

Administrative Assistant
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 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

Padre Paul Southen
(United Church)
Office 833-2500 ext 4277

Administrative Assistant
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 Chapel 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 info on service times and contact with the c haplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Visit the chaplains' Web Site at http://17wing.winnipeg.mil.ca/main, then click on 'Services.

Interfaith Prayer Room
Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

Padre's Corner

On Being Posted

By Padre Paul Southen

On Saturday October 2, I took part in an excellent event for newcomers to Winnipeg. Run by Linda Belisle, the Information and Referral Coordinator at the MFRC with a handful of very helpful and enthusiastic volunteers, about 65 newcomers, including both CF members and their partners, spent Saturday getting a bit of a snapshot of the city via a bus tour and an IMAX film about the province, called "Heartland". We started the day off with breakfast at the Officers' Mess, followed by an "icebreaker" and a bit of an overview of the programs and services of the MFRC, in particular the support available to spouses from John Chabih, the Employment Assistance Coordinator. We then went on our tour, had lunch as we watched the IMAX film, continued our tour and ended the day back at the mess, where we had refreshments and almost everyone received gifts - courtesy of many generous sponsors in our community. It was a good opportunity to meet other folks who are also trying to find their bearings as they adjust to a new city, house, job, school for their children, and in the case of many spouses, adjust to having left family / friends / rewarding work, etc. behind, and find themselves in a strange place far from home, feeling "adrift".

As we all know, though over time forget, it is very hard to move to a new place. It is an emotional time. If you have been wanting to move somewhere specific, for family or career reasons, and it happens, although it may be difficult, it is also very exciting. If you have badly needed to go somewhere, especially for family reasons, it can be extremely disappointing if you have to remain another year (at least). However, if you are one of those who hope to stay where you are for much longer; one of those who have put down roots; whose spouses have fulfilling jobs, whose children have made friends and are established in their schools, and now find yourself living in a strange place you didn't want to come to, there is a whole grief process that must be gone through. Upon initial arrival it all feels a little surreal – you are in mild shock, feeling disconnected from your surroundings, even as you are forced to settle in. As time goes on however, you hopefully find yourself increasingly able to let go of your hold on the old, which you must do, in order to take hold of the opportunities and unique blessings of the new.

While I would never suggest that the career manager's posting choice is the same as God's choice of location for you, I have nevertheless taken comfort in the apostle Paul's testimony, that "God works for good in all things, with those who love him, who are called according to his purpose". In other words, Paul is saying that, while much happens in this world that God does not will, God can nevertheless use that situation to bring us blessings that we would never have received otherwise. Those blessings may be things like the making of new and dear friends, having a spiritual awakening, or experiencing places or events that we may never have done otherwise, if we had remained determined to not relinquish our tight control over where our lives will lead. Indeed, if we are open, we will probably find some aspects of our lives that are an improvement over our old setting!

So, "Bloom where you're planted"! God's grace continues to be with you and yours, and good things can and do come your way from God's gracious hand, even (or perhaps especially) out of difficult circumstances.

And now for a commercial break… Remember, whether you are newly posted here or are continuing to stay put, the community chapel provides a "home away from home"; a community of acceptance and understanding about what life is like for military families, and a commitment to do all they can to support and nourish you and yours in whatever circumstances you find yourselves. Here in Winnipeg, the Roman Catholic chapel community meets on Saturdays at 4:30 pm, and on Sundays at 9:00 am. The Protestant congregation gathers on Sundays at 11:00 am. Both Protestant and Roman Catholic church families enjoy a wonderful warmth of fellowship, and are always delighted to welcome you (or welcome you back!). We are waiting for you, and so is God!

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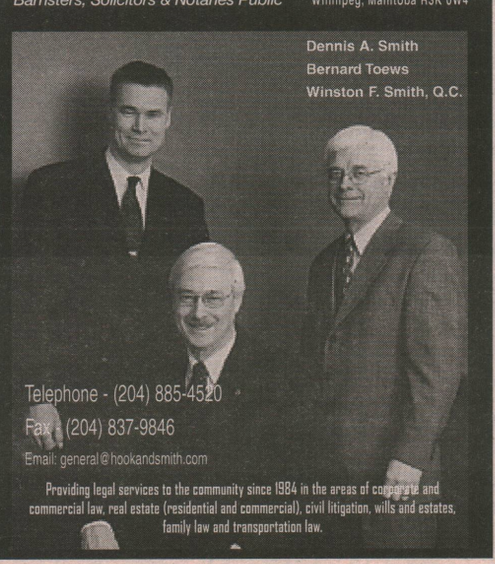

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Nintendo System
w/ 3 Games (1 includes 50 separate games) and pistol, $40, Call Alain at 489-3940

Fence - Approx 150 feet
(green chain link with wood posts and frame), $150 OBO, Call Pam at 896-1925 (leave message)

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TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): A long and difficult time is finally coming to an end and even though it was stressful, it did lead to someone's growth and development. Maturity and awareness will prevail. Expect surprising revelations and information as the past actions of others are fully revealed.

TAURUS (April 20 – May 20): Use your intellect but also take an intuitive leap. Trust your gut and you'll experience joy beyond anything you could have expected. Have faith in your success and believe you are entitled to it. If you work hard and persevere you will get there. Aim high. Nurture your dreams.

GEMINI (May 21 – June 21): Investments are paying off. An artistic endeavor will bear fruit so take the time to incorporate original touches into creative work. If you want to go on a vacation, see if you can get off the beaten track or take a side-trip to a sacred site to inspire inner transformation.

CANCER (June 22 – July 22): Peace of mind can be yours if you let go of the expectation that security is necessary for happiness. If you expect that things will work out, then you'll instinctively make decisions that ensure they do. Remember there are little annoyances in everyone's life. You are not alone.

LEO (July 23 – August 22): It's important to reassess your career path to avoid getting stuck in a rut or remaining in a dead-end job. To meet your increasing needs and realize your potential be open to information about other possibilities. Be realistic about what's required to sustain your lifestyle.

VIRGO (August 23 – September 22): Search out alternative routes to a goal. There's more than one way to succeed. Look for unconventional answers. Break your own rules and see what happens. Remain focused on your success even as you switch from Plan A to Plan B, then you won't lose your momentum.

LIBRA (September 23 – October 23): Though it may seem tedious, unexciting and frustrating, slow down and do things carefully and methodically. Learn the importance of timing; some things can't be rushed and the up-side is that in the end you won't be too burned out to enjoy what you attain.

SCORPIO (October 24 – November 21): Failing to get what you want does not make you poor. You're in a phase where you are compartmentalizing and magnifying everything. Transforming wants into needs puts too much pressure on your pocketbook. Step back and review your situation honestly.

SAGITARIUS (November 22 – December 21): Use your worries to find out how you can better prepare. When you feel your fear fully you can also discover what's really driving you. Sometimes it's the fear of losing control that's actually getting in your way. Total chaos won't result from your loosening up a bit.

CAPRICORN (December 22 – January 19): Issues in relationships revolve around money and shared interests. Avoid starting an argument until you've really checked out the other person's point of view. Cultivating empathy and awareness serves you well. A loyal friend is better than a rich acquaintance.

AQUARIUS (January 20 – February 18): It's time to get focused. You prepare better when you have a clear plan instead of a vague idea. Dreams need energy and money to be turned into reality. Start applying yourself in a more disciplined way. One step at a time you get done everything required to succeed.

PISCES (February 19 – March 20): Complete a project to get a sense of accomplishment. Expanding into new ventures brings unexpected benefits. You don't have to invest much as you have most of what you need already. Before you start, brainstorm on the best way to proceed to avoid the trial and error stage.

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