



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

Serving With The Canadian Rangers



(Above) Home sweet home. (Inset) Section Commander Christopher Hart briefs the Patrol on the location of the upcoming field exercise.

By Major Abram

Over my 24 years as a regular force Communications and Electronics officer, I have served with the United Nations and NATO and have been fortunate enough to experience life in several different countries; however, I have never had the occasion to visit what I consider to be one of the

most interesting parts of my own country. So when the opportunity arose for me to be part of a Ranger exercise in the Canadian north, I literally jumped at the chance.

As I stepped off the Calm Air flight on the morning of 9 Dec 2004 the biting cold, blowing snow, and stark landscape did

nothing to diminish my sense of excitement. In fact it fuelled it, because after many weeks of anticipation I was actually in Churchill, Man., ready to participate in a Ranger training exercise.

In addition to seeing the North, I was looking forward to learning more

about the Ranger Program. While I knew that the Rangers existed, I didn't have a very good idea about what they did or how they interacted with the regular force. From this perspective, my week in Churchill was a real eye opener. The exercise focussed on the command and control of a

Ranger patrol and addressed the fundamental but important topics of orders, communications, and navigation. Classroom theory was reinforced with a three-day practical exercise in sub arctic conditions where we also practiced our weapons handling and survival skills.

Although there were some very memorable moments during the week (like sleeping in a tent during a wind storm in -40 degree temperatures), it is the general impressions I brought home with me that I will remember most: the people, the environment and the

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Canadian Rangers continued from page 1

range of skill and experience the Rangers offer the Canadian forces.

First, was the people. I was completely impressed with the motivation and willingness to learn displayed by the Rangers. The sense that they were doing something worthwhile and important pervaded throughout, and made the whole exercise an entirely positive experience. There is no doubt that this attitude was due in part to the professionalism and commitment of the Ranger instructors. It was obvious to me that they take their responsibilities very seriously and

take great pride (and pleasure) in what they do. In short, the interaction between instructor and Ranger made for a very enjoyable and very effective learning experience.

The second take away was the important realization that working in the unforgiving environment of the North is different. Equipment freezes up, body parts get cold faster. You need to think ahead, do it right the first time; or, suffer the consequences. The extreme temperatures and wind can turn what would be a minor inconvenience in the south into a matter of

life or death in a matter of minutes. Interestingly enough though, while I considered this to be a profound insight, I noticed that the "ability to get it right the first time" was second nature to the Rangers. I was also amazed by their resourcefulness when it was necessary to deal with the unforeseen. I witnessed repairs being made to snowmobiles using only a leatherman and a flashlight that I would have thought were only possible in a well equipped garage; certainly not in the middle of nowhere.

Lastly I was surprised to

learn how much the Rangers are capable of doing with a minimum of equipment and training. In these days of making sure we are getting the best bang for the buck it was very obvious to me that the Ranger program provides the Canadian taxpayer with excellent value. It is common knowledge that the North is an increasingly important resource that has attracted global attention. It is not so common knowledge though that the Rangers represent our main capability to protect Canadian sovereignty in this area. Whether it is through reconnaissance or

surveillance patrols or by providing expertise, guidance and advice, the Rangers are there when needed. They manage all of this with less kit than I would have considered necessary to fulfill their responsibilities.

Although, I embarked on my Ranger adventure for largely personal reasons, mainly my driving desire to see the North, as it so often happens in life, I found more than I was looking for. Not only were my personal expectations met in every regard, but more importantly, the experience provided intense professional gratifi-

cation. I learned that the Rangers are soldiers of exceptional motivation and commitment. They know "what to do, how to do it, and they do it well." The positive attitude and the excellent support provided by the Ranger Instructors gives the Canadian Forces an excellent capability that is indispensable to our mission of protecting and projecting Canadian sovereignty in the North. I always gauge the worth of any experience by asking myself the question "Would I do it again?"

I am just waiting for the invitation.

Hallowed Bones

By 2Lt VG Winter

For those of you who may not be aware the Manitoba Military Aviation Museum opened last November. I had the opportunity to be on hand for some of the last minute preparations as well as the opening. It was a moving experience.


The day before the opening, I saw the volunteers working busily to prepare everything. Yet at the same time they had a reverend respect for the memorabilia they were setting up. It was for them as if they handled the hallowed bones of warriors gone by. To people now, those who had passed before us were something of a mystery. We see their things and try to get a glimpse of their spirit, which lingers on clinging to the surfaces they touched. We want to ask them how did you find

the courage to carry-on in the face of such adversity. Such courage that you can confront death knowing that the week before your friends' lives were snuffed out. They would say we were courageous because we had to. In the face of such evil we couldn't simply stand by, we had to stop it. We risked our lives to save our consciences. Now, as I wandered through the exhibits I tried to understand. I talked to the volunteers because I knew that they understood the mystery more than I could.

The work continued on and all was made ready. Soon the day of the opening was here and a crowd gathered outside the museum waiting for the ribbon to be cut. Some faces I recognised from the preparations, yet most were new

to me but they knew each other. The told jokes and reminisced. The ribbon was cut and there was a buzz of excitement as the first visitors came in. Most were old comrades in spirit if not in deed. After all, they had a greater share than mine of the memories contained by the exhibits. Things, which for me were but stories and images on the TV, were places and times they had been, land that they had trod on, and friends they had known.

Now these visitors are also bound by their devotion to preserving that past. They understand that where we come from is who we are. They carried a special banner that day. It was of good will and an adventurous air force spirit. I caught a glimpse of it that day; maybe you will tomorrow...



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**DEADLINE FOR Voxair 2:
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CFANS Celebrates Canadian & International Graduates

By Jen Sharpe

It was a multinational event at Building 21 on 15 December as the CF Air Navigation School (CFANS) introduced nine new navigators to three air forces from across the globe.

Of the nine students graduating from Basic Air Navigation Courses (BANC) 0306 and 0307 in mid-December, four have been assigned to Canadian squadrons. The other navigators—including four from Norway and one from New Zealand—have since returned to their home countries and will navigate various aircraft for their respective Air Forces.

Although the graduation ceremony was quick, it was memorable for students, dignitaries, and guests alike. The Reviewing Officer for the



CFANS students participate in the school's 15 December ceremony for the graduates of BANC 0306 and 0307.

parade was Group Captain Pollock, Director of Air Force Training from Royal New Zealand Air Force (RNZAF) Base

Woodbourne, who addressed the graduating students near the end of the ceremony.

Group Captain Pollock also presented CFANS instructor Capt Walter Friesen with his CD at the graduation ceremony.

BANC 0306 and 0307 graduates include:

-2Lt Andreas Torgersen of the Royal Norwegian Air Force (RNoAF), receiver of the James R. Dow Trophy for demonstrating outstanding Air Navigator flying excellence. 2Lt Torgersen is posted to 335 Sqn in Gardermoen, Norway.

-2Lt Arild Magne Johannessen of the RNoAF, posted to 333 Sqn in Andoya, Norway.

-Lt Geir Morten Ovestad of the RNoAF, posted to 333 Sqn in Andoya,

Norway.

- Lt Wayne Cardinal, posted to 435 Sqn in Winnipeg.

- Pilot Officer Brendan Zwanikken of the RNZAF, posted to 5 Sqn in Whenuapai, New Zealand.

- Lt Geir Petterson of the RNoAF, posted to 333 Sqn in Andoya, Norway.

- Lt Ken Barlin, posted to 429 Sqn in Trenton.

- Lt Marc Battram, receiver of the James R. Dow Trophy for demonstrating outstanding Air Navigator flying excellence, as well as the LCol Kenneth H. Pauls Memorial Trophy for outstanding achievement on the BANC. Lt Battram is posted to 407 Maritime Patrol Sqn in Comox.

- Lt Rob Scholte, posted to 405 Maritime Patrol Sqn in Greenwood.



MWO Luc Tremblay (left) receives his prize from Capt Eric Arsenault of the 17 Wing United Way Campaign.

Wing Sets New United Way Record

By Jen Sharpe

Thanks to 55 dedicated canvassers, a handful of fun fundraising events, and hundreds of generous 17 Wing personnel, 17 Wing raised a record \$80,758 for the United Way last year. That total is over \$12,000 higher than the initial fundraising goal of \$67,800.

17 Wing's United Way Campaign—that ran from 17 September to 3 December—is something everyone should be proud of, says Capt Eric Arsenault, Charman of the Government of Canada Workplace Charitable Campaign for 17 Wing and 1 Cdn Air Div.

"I knew we could get over \$75,000, but \$80,000 is definitely the most we've ever had," Capt Arsenault says. "We really had a great response."

According to Capt Arsenault, 85% of the money raised came from pledge forms distributed by canvassers. The pledge forms give people the option of setting a monthly contribution that is automatically drawn from their bank accounts.

The remainder of the money was raised during

special fundraising events, such as 2 book fairs at 1 Cdn Air Div, an MFRC craft sale, a Boot Drive, a WTEME Breakfast, casual Fridays, weekly draws, and a Pizza Day at Building 21. The United Way gives 100% of raised money to various charities around the province and across Canada.

To help thank the generous personnel who gave to the Campaign, everyone who completed a pledge form was entered to win a 4.1 mega-pixel digital camera worth \$400 from the Polo Park and St. Vital Sony Stores. MWO Luc Tremblay of Central Flying School won the camera at the final draw on 22 December.

In honour of an unprecedented fundraising campaign, the 17 Wing United Way team would like to thank their local sponsors:

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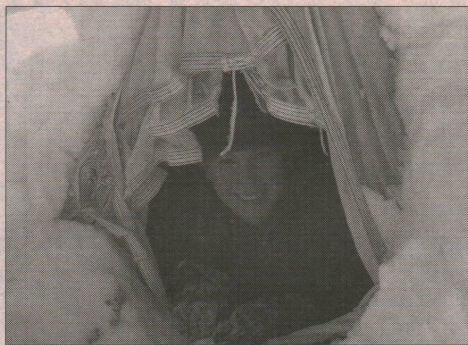
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90 DAYS



Maj Grant Hughes and MWO Jim McCluskey open the much awaited instructors' building at Springer Lake.



Lt Monica Bradley demonstrates a tactical shelter and how to play in the snow.

Photo by Cpl Whyte J.A.

Photo by Cpl Whyte J.A.

Coming In From The Cold: New Instructor Building At SERE Camp

By 2Lt V-G Winter

A new instructors' building was open at the Springer Lake Remote Training Facility, 60 km outside of Lac du Bonnet, on Jan. 6, 2005 before assembled instructors from CF School of Survival and Aeromedical Training (CF-SSAT). Maj Grant Hughes, Cmdt of CFSSAT, cut the ribbon at the opening, signalling a welcome addition to the training facility.

The new building was needed after the last instructors' building was condemned when portions of the flat roof collapsed from the weight of the snow, and mould was found in the walls. Hughes explained that without a building it was a "pretty rough go for them (the instructors)". The instructors had to sleep outside, in small shacks or in the classroom. Given that the instructors are at Springer Lake 120 days a year, the new building was an "issue

of quality of life," explained Capt Wayne Willmott, DCO of CFS-SAT. The new building houses the instructors' bunks, the kitchen, and a command center for courses.

Construction began on the new building in Sept. 2, 2004 and was completed by Dec. 10, 2004. Wing Construction Engineering (WCE) provided support by designing the plans for the new building as well as managing the contractors who built the building. "Wing CE did an outstanding job," said Hughes. He explained that new building has the same footprint as the old building and that WCE designed it so that the space is much better utilised. The separate command center will ensure that the "advanced course will run smoother" than before, explained Hughes. While there is not enough bunk space in the new

building for the advanced course, as it is more instructor intensive, plans exist for a 700 square foot extension on the instructor building in 2006.

Three courses are taught at Springer Lake; the basic Search, Evasion, Resistance, and Escape (SERE) course, the advanced SERE, and the Ground Search course. Springer Lake offers five advanced SERE courses, 10 basic SERE, and one Ground Search course per year. Willmott explained that the basic course teaches "how to survive on the land for as many days as you need to in a semi-hostile environment." The advanced course focuses more on the evasion, resistance and escape. He explained that the school invites in various police dog teams to "... track students through the bush, try and catch them." In addition the students practice heli-

copter extractions, and Special Forces link ups. Willmott added that "students really enjoy having done this course, but typically don't enjoy the course."

The SERE courses are offered to aircrew and to foreign survival instructors looking to take back some ideas they can include on their courses. The Ground Search course is offered to units that search aircraft crashes for parts and survivors.

The SERE instructors are Sergeants and above in their trades before coming to the school. They are made up mostly of SarTechs and Infantry. As well, army units willing to assist for the advanced course provide a Hunter Force. The SERE officer at CFSSAT is a bioscience officer. All the officers at CFSSAT must go through basic and advanced SERE.

40 Years Ago In The Voxair

January 22, 1965

A Bird's Eye View of Flying Wing

By The Gooney Bird

The only new arrival to report this week is that of Flight Lieutenant Lapointe coming to us from Moose Jaw where he was an instructor for a number of years. Since we only heard of F/L Lapointe's arrival very recently, we can tell you very little about him, however we hope to have more information for the next issue.

I am led to understand that Doug Mason's transfer to El Arish has now been confirmed. Doug tells me that he expects to be leaving for the OUT in Trenton on the 15th of February.

Flying Wing is faced with a genuine whodunit mystery; WHO LOCKED JACK FISHER IN THE JANITOR'S CLOSET; the incident occurred at 1433 hours on 15 Jan. 65, a lot of suspicion befalls a red headed secretary but no proof has so far been brought forward. In any event, on that day, after it was discovered that Jack was missing, somebody suggested that the disappearance might have a certain connection with the strange yelling and banging that had been coming out of the janitor's closet for some time. Our friendly neighbourhood dis-

patcher was called to the rescue and adroitly picked the lock; this was necessitated by the fact that the janitor is the only one to have a key to the premises and that he was away at the time. If this column appeared in the editorial page it would be appropriate to pass judgment on the mean soul who dealt such a foul blow to a man with a broken arm...

Our second trip over the Rocks left last Friday, it is hoped that there will be many returns. Talking about trips a little out of the ordinary, three of our aircraft left Sunday morning for a CNS visit to Quebec city; it should be mentioned that most of the pilots were qualified interpreters, one can never be too well prepared when comes time to order a meal or ask for directions...

Trips to the east have been a very popular way to get away from sub-zero temperatures this season; Toronto, Montreal or Ottawa have seldom been below freezing this winter, there is hardly enough snow in Montreal to make one realize that it is winter. Hoping to see you all again next week in the land of ice and snow.

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Taking The "DIE" Out Of DIET Part 7 Physical Activity

STRENGTHENING
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ÉNERGISER LES FORCES

By Jennifer Taylor, Health Promotion Director

Welcome to the final part of the series! All this focus on nutrition and diet is important, but this series would not be complete without discussing physical activity. There is a tremendous amount of information and advice out there. When you are sorting through it all, remember safety. To avoid injury, make sure you've talked to some experts for instruction on proper technique. Now, lets get to the heart of this topic. This article was written in partnership with Tammy Buchanan, resident expert on physical activity. We've decided to answer the most common questions people have asked us.

What is the best exercise to lose weight?

To lose excess weight, calories burned must be greater than calories in. All exercise burns calories. Choose activities you enjoy and will stick to. This is about lifestyle. Physical activity is a necessary part of the rest of your life. Start with finding something that you enjoy, stick to it and make it a part of your everyday life. There are so many things to choose from: walk-

ing, biking, hiking, gardening, badminton, basketball, squash, resistance training, yoga, pilates... As physical activity becomes part of your life, challenge yourself to find different activities, add some variety. Canada's Physical Activity Guide recommends accumulating 60 minutes of endurance, flexibility, and strength activities every day to stay healthy or improve your health. To get to the 60-minute goal, try adding activity to your daily routine. Walk/bike to work instead of driving, take the stairs instead of the elevator, and play actively with your kids.

What time of day should I exercise?

The best time of day to exercise is whatever time of day works for you. If you enjoy walking, but hate early mornings, then walk at lunch, after work, or after supper. You will reap the benefits of physical activity no matter what time of day you do it. The trick is to make time.

How long do I need to exercise to improve my health and lose weight?

As stated earlier, an accumulation of 60 minutes of

moderate activity daily will go a long way in improving your health, posture, fitness, strength, and energy levels. In 2002, the Alberta Centre for Active Living surveyed Albertans, and found only 57% were meeting these requirements!

The American College of Sports Medicine looked at whether one longer session of exercise or two shorter sessions of exercise per day would be more beneficial for individuals who wish to lose weight. It was determined that individuals could benefit from two short (20-30 minutes) moderate exercise sessions because of the energy expended during the actual exercise, as well as that of the recovery period would be greater.

On the other hand, one longer exercise session (40-60 minutes) may be easier to incorporate into an individuals' lifestyle. If one exercise session can only be done per day, it would be beneficial to try to increase the duration of the session to capitalize on the calories expended after the session while recovering. A University of Saskatchewan study showed individuals who bicycled for

30 minutes versus 15 minutes expended twice as much calories during the session and twice as much during recovery. When they biked for 60 minutes versus 30 minutes it was found the group expended twice as much calories while bicycling, and five times as much during the recovery time after the exercise! Therefore, if someone plans to exercise after supper for 1 hour, one can then enjoy the benefit of burning additional calories afterwards even if they are sitting on the couch watching their favourite program!

How hard do I need to exercise to improve my health and lose weight?

Whether you choose to work with light, moderate, or vigorous effort will provide one with different results. If someone exercises with a light effort most of the time, they may see benefits to their health - increased energy, stress reduction, and decreased risks of disease. If moderate activity is mostly what they do, then they may see benefits to their health, fitness level, as well as weight management. Vigorous effort is dif-

ficult to achieve each session, but athletes working towards improving their skills and abilities usually work in this range. Individuals wishing to improve their fitness level and weight control may try to work in the moderate to vigorous range for most exercise sessions.

Different systemic or aerobic exercises will allow each person to burn a different amount of calories per minute. The amount of muscles used during different exercises, the effort put into the exercise, and the weight of the person can dictate how much calories an individual can utilize per session.

For example, if Jane is 150 pounds and rides her bike at a moderate effort to work in 50 minutes, she would burn 368 calories (150 lbs x 50 min. x .049 effort). Jack is 200 pounds and rides his bike with a vigorous effort to work in 30 minutes. He used 426 calories (200 lbs x 30 min x .071 effort).

To illustrate how intensity and duration work together, "walkers would need a little over an hour of exer-

cise seven days per week to lose a half pound of body fat, whereas runners would obtain as much weight loss with only thirty minutes of exercise, four days a week".

Information for this article was obtained from the following resources:

1. Exercise Management for Persons with Chronic Diseases and Disabilities. American College of Sports Medicine
 2. Canada's Physical Activity Guide to Healthy Active Living. Health Canada
 3. Smart Exercise - Burning Fat, Getting Fit. Covert Bailey
 4. Alberta Centre for Active Living. Research article: Highlights of the 2002 Alberta Survey on Physical Activity
 5. Exercise Prescription - Case Study Approach to the CAMS Guidelines. David P. Swain, Brian C. Leutholtz
 6. Alberta Fitness Leadership Certification Association. Fitness Theory Manual
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Flowers From Canada Post

By Alf Brooks

If you are a stamp collector who likes flowers on stamps the new definitives Canada Post issues this year, due to increased postal rates in January, will please you. They are available in both booklets and coils as self-adhesive stamps. The three stamps have denominations of 50 cents (the domestic rate), 85 cents for USA mail, and \$1.45 for other international letters.

Also issued at the same time are 50 cent stamps picturing the Canadian flag (five different designs in a booklet of ten) and a booklet of stamps picturing Queen Elizabeth II.



Childcare Centre Celebrates 5 Years

By Jen Sharpe

Five years, countless facility improvements, and a new play structure later, 17 Wing's MFRC Childcare Centre has reached child capacity and facility Director Lois Johnson couldn't be happier. Since its grand opening in January 2000, the Centre has gone from caring for 12 children to 81 children, and has increased its full and part-time staff from 5 to 17.

To thank parents, staff, and the base for their support, the Centre is holding an invite-only Wine & Cheese party later this month. "We wanted to provide a chance for the parents to speak with the staff without children around, in more of an adult atmosphere," Johnson explains. "We thought it would be kind of

nice for them to meet up and have a good time."

According to Johnson, one of the greatest supporters of the Childcare Centre has been the Wing, who provided the initial funding for the project through the 17 Wing Quality of Life budget. The facility is now provincially funded, but the Wing continues to provide "wonderful support," Johnson emphasizes. "Every Wing Commander and every person I've come into contact with has always given us great support and we are really very grateful."

Although the Childcare Centre has come a long way in the five years since its opening, Johnson says the Centre will continue to improve and adjust its services to meet the demands of mil-

itary parents.

"For the future, we're working really hard on more professional development for staff right now," she explains. "My staff are also looking into something called Emergent Curriculum, which is a way of challenging children and incorporating what they're interested in into what they learn in their daily life."

Through input from the MFRC Board of Directors and the Parent Advisory Group (PAG), the Childcare Centre keeps informed on the concerns of the military community and military parents. This mandate hasn't changed since Spring 1999, when a steering committee was appointed to the project.

According to a March

17, 1999 VOXAIR article, the yet-to-be-built Centre was mandated to "continually assess the needs of the military community and to strive to meet each of them to the best of their capability." On 14 January 2000, then Wing Commander Col Watt and Laurie Johnson, Chairperson of the MFRC Board of Directors, performed the Centre's official ribbon cutting duties.

Since that day, base personnel have been the driving force behind the success of the centre, Lois Johnson says. "They have supported us since the beginning and have made it happen," she concludes. "The military community knows that if your family is taken care of, you do everything better."



On December 1, 2004, MWO Robert Gaumond received his promotion from LCol Wayne Gauthier, WLogO. MWO Gaumond enrolled in the Canadian Forces on July 12, 1973 in the province of Quebec. In 1980, MWO Gaumond served in Syria as part of a peacekeeping mission. Three years later, he was assigned as overseas posting at Lahr, Germany, until 1987. After posts in Borden and Moosejaw, MWO Gaumond was posted to 73 Comm Gp Hq on September 1, 1994. As part of WTISSqn, MWO Gaumond provides his significant experience and leadership to the CCSS Flight.



Sgt Richard Pitt received his promotion from LCol Wayne Gauthier, WLogO, on December 1, 2004. Sgt Pitt, Signal Operator, enrolled February 2, 1983, in New Brunswick. He was posted from 726 Comm Sqn in Halifax on July 15, 1996, to 733 Comm Sqn, Winnipeg. Now an integral member of WTISSqn, Sgt Pitt occupies the role of Message Center Crew Chief.



On December 1, 2004, Cpl Kevin Snyder received his promotion to MCpl from Major Paul Vadon, WTISSO. Originally from British Columbia, MCpl Snyder enrolled on March 3, 1994 as an infantryman. Upon completing training, MCpl Snyder was posted to Winnipeg with 2 PPCLI and later with 3 PPCLI in Edmonton. As an infantryman, MCpl Snyder was deployed to Bosnia where he completed a peacekeeping mission. Five years after having joined the Forces, he transferred to the Communications Branch as a linesman. MCpl Snyder was posted to 17 WTISSqn on August 16, 2004.

Jim's Classic Corner



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Winnipeg MB

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télé: 885-8005

courriel: pthibodeau@atrium.ca

directrice: Patricia Thibodeau

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Junior Ranks Christmas Dinner



Col (Pte) James Tucker, HCol (Pte) Charles Hogsden, and CWO (Pte) Campagna prepare to slice the turkey after receiving their day-long promotions at the Jr Ranks Dinner on 14 December.



Wing personnel serve the headtable during the traditional holiday event.

Photo by Jen Sharpe

Photo by Jen Sharpe

'March 1st, I Quit!' Challenge: Kicking The Nicotine Addiction

By Donald Déry, Cdn Forces Health Services Group & Stephanie Webster, CFPSA Media Relations Coordinator

For the third year, the CF Strengthening the Forces team is launching its smoking cessation challenge. Take the 'March 1st, I Quit!' challenge and free yourself from tobacco use once and for all. The challenge is to quit smoking for at least four weeks, from March 1st to April 1st, 2005.

Last year, thousands of people took up the challenge. The campaign targets Canadian Forces (CF) Regular and Primary Reserve members, the Cadet Instructor Cadre, Canadian Rangers, DND

civilian employees, Non-public fund employees, and Supplementary Reserve members who smoke regularly.

The 'Challenge' provides a quit date for smokers already motivated to refrain from smoking and who have not yet set a quit date. The program also provides an opportunity for the involvement of supporters (non-smokers), whose job is to provide encouragement and advice to smokers enrolled in the program.

Participants and supporters in the 'Challenge' are eligible to win prizes in-

cluding five gift certificates of \$1,000, 80 MP3-CD players, and 20 digital cameras. Prizes are provided by CANEX and SISIP Financial Services (SISIP FS), partners of the 'March 1st, I Quit!' Challenge.

"Tobacco use is the most important preventable risk factor for ischemic heart disease and cancer, which remains two of the most common causes of death among CF members," says Surgeon General BGen Hilary Jaeger. "I strongly support this smoking cessation campaign and I encourage smokers ready

to quit smoking to take the challenge and register by March 1st, 2005."

Last year the 'March 1st, I Quit!' challenge had 3,369 participants. In support of the smokers who took up the challenge, 2,246 supporters provided encouragement and advice to the 1,123 smokers who signed up for the challenge.

To register, simply fill out the form available online at www.cfpsa.com/health (starting January 19, 2005) or contact the Health Promotion Director at any CF base/wing or unit.

Sparky's Corner

Use Of Power Bars, And Flexible Extension Cords



The use of power bars and flexible extension cords is normally safe and hazard free, but unfortunately with use comes misuse, which has been noted by Sparky the Fire Dog while snooping through out the Wing. Handled properly, electricity is a safe dependable servant, yet treated carelessly for even an instant it can produce significant property damage, serious injuries and all too frequent fatalities. While electricity need not be feared, it does demand respect! Those who are ignorant of the dangers associated with electricity can suddenly become the victims of tragic fires and electrical shocks. You can prevent most electrical fires and shock: make it your priority to deal with the reduction, control and elimination of the factors that contribute to high risk situations and associated electrical fires. For safety purposes it would be a good idea to carry out a pre-inspection safety check.

Flexible cords for electrical equipment for household use having a rating of 15 amperes or less at voltages not exceeding 250 volts are recommended. Use of proper size for proper job and consult your supplier and read the labels if required. An extension cord is a handy device to temporarily bring power to an area where no electrical outlet is available but not designed to take the place of permanent wiring. For long-term use a power bar is the best solution due to the surge protection it offers. Flexible cords are preferred to be plugged into power bars instead of directly into a wall socket, as there is protection against power surges, however flexible cords shall not be plugged into each other. Temporary extension cords shall not be permanently fixed to any part of a structure by looping, tying, or nailing. They shall not run under carpets, doorways or anywhere they will get excessive wear. Do not pull on the cord to re-

move it from the outlet as this weakens the plug and can lead to sudden failure and subsequent short circuits or fires. Check your extension cord for loose connections, frayed jackets and exposed wires and if so damaged have them replaced or repaired by a qualified electrician immediately.

Ensure that when purchasing these items they are Canadian Standard Association (CSA) approved and have three prongs that include a ground. Home made sets of multiple sets of cords and plugs are illegal. Eliminate "octopuses" as plugging a number of extension cords into each other and using them as a long extension cord where you use all the outlets on each cord causes the circuit to become overloaded very quickly and can become a fire hazard in a very short time. Never break the grounding prong of a plug to fit a cord, as it is there to ensure proper grounding to prevent or minimize shocks. If you have 2 prong plugs in your household or workplace it is recommended that you replace them with a new three-prong plug. Cords should not be coiled when in use, as there could be a heat build up and cause damage to the insulation. Also never use extension cords near water or heat as this breaks down the insulation and can create a severe shock hazard.

These few tips will prevent fire and injury and ensure your safety in your workplace and at home. For further queries contact the 17 Wing Fire Prevention Bureau at loc 5502.

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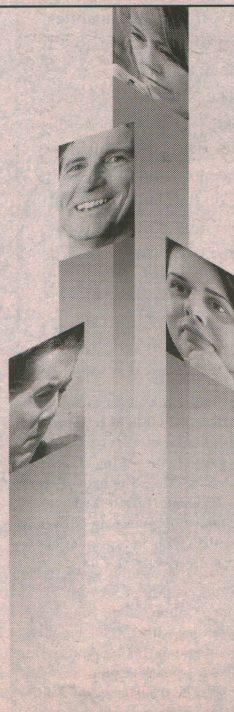
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Off And Flying

By Captain Dave Fouts, UIO, 3CFFTS Southport



Photo by Cpl Ward

On 5 Nov 04, seven students from the Advanced Flying Training – Rotary Wing course and five students from the Advanced Flying Training – Multi-Engine course received their Canadian Forces pilot wings from Col Bill Cleland, A1 Training at 1 Cdn Air Div HQ. The occasion was marked with a Wings Presentation Parade inside Hangar 2 at 3 Canadian Forces Flying Training School at Southport, where families and friends gathered to celebrate.

The graduates of course 0403 are as follows (standing, back row, left to right): Lt Mathieu Bergeron is posted to 408 Sqn in Edmonton AB where he will fly the Griffon helicopter, Capt Andrew Feltrin is posted to 443 Sqn in Esquimalt BC where he will fly the Sea King helicopter, Capt Bill Thomey is posted to 423 Sqn in Shearwater NS to fly the Sea King helicopter, Capt Peter Bolton is posted to 405 Sqn in Greenwood

NS to fly the Aurora aircraft, 2Lt Syldan Thompson is posted to the Jamaican Defence Force Air Wing where he will fly the Bell 412 helicopter, Capt Richard MacEwan is posted to 429 Sqn in Trenton ON to fly the Hercules aircraft, Capt Scott Dennis is posted to 435 Sqn in Winnipeg MB to fly the Hercules aircraft, Lt Chevon Smith is posted to the Jamaican Defence Force Air Wing to fly the Bell 412 helicopter, Capt Spencer Selhi is posted to 436 Sqn in Trenton ON to fly the Hercules aircraft, Capt Martin Lefrancois is posted to 430 Sqn in Valcartier PQ where he will fly the Griffon helicopter, Capt Brent Peardon is posted to 415 Sqn in Greenwood NS to fly the Aurora aircraft, and Lt Andre Bennett is posted to the Jamaican Defence Force Air Wing to fly the Bell 412 helicopter.

(Seated front row, left to right): LCol Steve Bannister, Comdt 3 CFFTS, Col Bill Cleland,

A1 Trg 1 Cdn Air Div HQ, Col Linton Graham, Jamaican Defence Advisor to the United Kingdom and North America, HCol Hal Wishart 3 CFFTS Honorary Colonel.

HCol Wishart presented the trophy named in his honour to the best Multi-engine pilot candidate: Capt Peter Bolton. Sqn Ldr Eric Titheridge of the Wartime Pilots and Observers Association presented the Gos Goulding Trophy for best Rotary Wing candidate to Lt Mathieu Bergeron. Counsellor Earl Porter presented the City of Portage la Prairie Trophy for the candidate displaying the most officer like qualities and professionalism to Lt Mathieu Bergeron.

The Reviewing Officer presented a Canadian Forces decoration to a student, Capt Sean Dionne.

Congratulations to all the Wings Graduates of Course 0403 from the staff of 3 CFFTS, Southport.



Capt Amanda Ives from the TEME Sqn-Tn Flight section, seen here with LCol Wayne Gauthier the CO of the Wing Logistics Branch & Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with her promotion to Capt (effective 28 Dec 04).



MCpl Dionne from TEME Sqn-Tn Safety section, seen here with Major Parent the OC of TEME Sqn receiving his plaque for completing a winter driving instructor training course with Manitoba Public Safety Council.



MCpl Jensen from TEME Sqn-Tn Safety section, seen here receiving his plaque from Major Parent the OC of TEME Sqn for completing a winter driving instructor training course with Manitoba Public Safety Council.



Cpl Boudreau from TEME Sqn-Tn Safety section, seen here receiving his plaque from Major Parent the OC of TEME Sqn for completing a winter driving instructor training course with Manitoba Public Safety Council.



Cpl Joleun from TEME Sqn-Tn Safety section, seen here receiving his plaque from Major Parent the OC of TEME Sqn for completing a winter driving instructor training course with Manitoba Public Safety Council.



Pte Kathleen O'Connor from the TEME Sqn-Tn Flight section, seen here with LCol Wayne Gauthier the CO of the Wing Logistics Branch & Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with her First Chevron (effective 08 Jan 05).

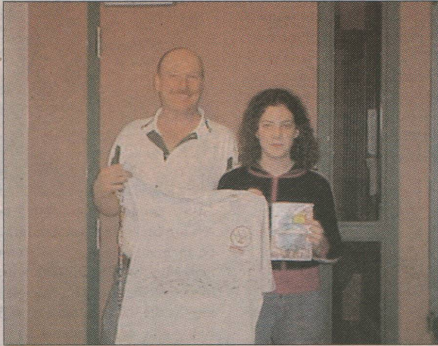


Cpl Alexandre Gelinas from the TEME Sqn-Tn Flight section, seen here with LCol Wayne Gauthier the CO of the Wing Logistics Branch and Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with his promotion to Cpl (accelerated promotion effective 01 Oct 04).



Lt Todd Batt from the TEME Sqn-Tn Flight section, seen here with LCol Wayne Gauthier the CO of the Wing Logistics Branch and Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with his promotion to Lt (effective April 04).

Congratulations to Jeff Morris the 17 Wing Survivor Champion. Jeff was able to Outwit, Outplay, and Outlast his daughter Kimberly as well as the many other challengers who participated in the weekly Survivor Challenges that took place at the Base Theatre. Jeff and Kimberly are pictured above with their first and second place prizes. Jeff won a t-shirt autographed by Survivor Africa champion Ethan Zohn, while Kimberly took home the Survivor All Star season on DVD.



Throughout this season of Survivor a dedicated group of challengers met in the Base Theatre each Thursday to watch the show and participate in different reward challenges and answer Survivor Trivia. The challenges ranged from picking up rice with chopsticks, to dropping clothespins in a bucket, to completing puzzles. Each challenge and trivia question was worth a certain amount of beads that the competitors added to their immunity necklaces. A grand total of 195 beads were enough for Jeff to be the last one standing.

A special thank you to Catherine Chatterly from the MFRC who donated the autographed t-shirt.

Lieutenant-Colonel Dan Chicoyne, of Bridgeville, presents Sergeant Brian Ste-Croix of St-Georges de Malbaie with his new rank of Warrant Officer. Though they used to be opposite sports teams as teenagers, they are now on the same team and fly together on the C-130 Hercules at 435 Squadron in Winnipeg, Manitoba. 435 Squadron flies the Hecules in all parts of the world in the Search and Rescue, Air-to-Air Refuelling, and Strategic Transport roles. Lieutenant-Colonel Chicoyne is the Commanding Officer of 435 Squadron and Warrant Officer Ste-Croix is a Flight Engineer in charge of Standards and Training.



LCOL Daniel Chicoyne presenting WO JB Ste Croix with his new rank effective 01, Dec 2004



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Ranger (Ret) Robert Schweder received his Certificate of Service from Major Brendon Abram



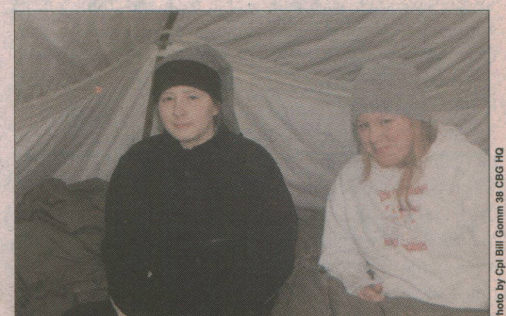
Ranger (Ret) Robert Schweder of the Churchill Ranger Patrol joined the Canadian Ranger Programme in May 1981 and served as a Canadian Ranger for 22 years. He retired from the Canadian Forces Dec 2004. During his 22 years as a Ranger, he participated in many activities such as searches for lost persons in the Churchill area, Canada Day celebrations, Remembrance Day and numerous community events. He could always be counted upon to volunteer his time to both his community and the Ranger Programme. He received his Canadian Decoration for 22 years dedicated service and a Certificate of Service from the Chief of the Defence Staff. He was also awarded The Queen's Golden Jubilee Medal to commemorate the 50th anniversary of Her Majesty Queen Elizabeth's accession to the throne on 6 Feb 1952.

The Comdt of 3 CFFTS, LCol Steve Bannister, presents Sgt Guerreiro with a memento of his visit to the School.



Air Cadet Sgt Patrick Guerreiro of 170 Air Cadet Sqn in Winnipeg was the top Glider Cadet at the Region Gliding School (Prairie) held this past summer at Gimli, MB. In coordination with the Regional Cadet Support Unit (Prairie), 3 CFFTS conducted a familiarization day to recognize Sgt Guerreiro's achievement as well as expose him to military flight training. He has a keen interest in pursuing a career in the CF, and 3 CFFTS wanted to strengthen that motivation in addition to recognizing his achievement.

WINNIPEG - Barely out of their sleeping bags, Cpl Tasha Kaye (L) and MCpl Erica Murphy (R), of the 1226 Fort Garry Horse Royal Canadian Army Cadet Corps (RCACC), wait for their rations, which are being prepared by their tent commander outside. Cadets from the 1226 Fort Garry Horse, RCACC deployed to St. Charles Range from 20-21 November 2004. The cadets lived in arctic tents while practicing field craft.



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Photo by Capt. Schurr

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CRIB NIGHT: Thursdays at 8 p.m.


DANCING: Fri & Sat Evening

6 MEAT DRAWS: Saturdays at 1500 hrs.

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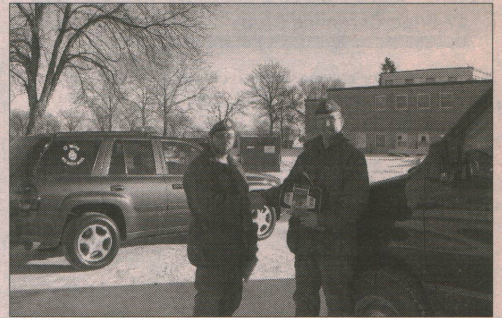
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Once again Safe Driving Week has come and gone; this year's theme was Drinking and Driving as I am sure you were aware of with our car displays at both gates. We are happy to announce that during Safe Driving Week we didn't have any accidents; however, the Military Police gave out two 24 hour suspensions. MSE Safety would like to take this time to remind you that you should practice safe driving all year long. We also would like for you to have a safe happy and accident free new year.



Cpl Robins from WCE seen here receiving from Cpl Allen a small Safety Essentials bag.



Sgt Laviolette from Hanger 16 Supply seen here receiving from MCpl Dionne a Tim Hortons gift certificate and a small Safety Essentials bag.



Capt Ferries from 1 Cdn Air Div HQ seen here receiving from Cpl Allen a Tim Hortons gift certificate.



Mr. Chuck Howard from WCE seen here receiving from Sgt Babcock a Auto Safety Duffel.



Cpl Margetts from WTIS receiving a Auto Safety Duffel and Mrs. Joan Dawkins from WTIS receiving a Tim Hortons gift certificate.



Mr. Dan Forzley and Mr. Fred Shalapata from WCE seen here receiving Tim Hortons gift certificates.



Mr. Roman Gresiuk from WCE seen here receiving a Tim Hortons gift certificate.



CWO Goch from WTIS seen here receiving a Tim Hortons gift certificate.



Mr Bates from WTEME seen here receiving a Safety Essentials bag.

The following personnel from WTEME received Tim Hortons gift certificates Sgt Kennedy, Cpl MacKeigan, and Mr John Bessas .

Military Family Resource Centre



Artisanats

Cours de peinture Folk art

Boîte de sous-verre et peinture sur pots Masson

Découvrez les techniques de peinture sur bois et vitre. Le cours vous permettra de terminer deux pièces différentes soient une boîte de sou-verre et des pots Masson. À la fin de ce cours, vous serez capable de lire des plans, préparez votre surface de travail, utilisez différentes techniques de peintures et appliquez la couche finale. Peut-être découvrirez-vous un nouveau passe-temps et le goût de re-décorer votre maison.

Les mardis du 25 janvier au 1 mars de 6 h30 à 9 h 30 (cours de 6 semaines)

Où : 102 rue Comet

Coût : 30.00\$

Toi, moi et la Mère l'oie...C'est gratuit et c'est en français

Ce programme est une expérience de groupe, pour parents, bébés et enfants de 0 à 4 ans, qui se réunissent pour connaître et partager la joie des comptines, des chansons, des rondes et des contes.

Ce programme est rendu possible grâce à un partenariat avec le CRÉÉ, l'école Roméo-Dallaire et le Centre de ressources des familles militaires de Winnipeg

Où : École Roméo-Dallaire (367 rue Hampton)

Quand : les mercredis matin du 19 janvier au 23 mars 2005

Heure : 10h00 à 11h00

Inscrivez-vous au 833-2500 poste 4515 avec Louise

Information And Referral Services

Greetings, my name is Catherine Chatterley and I am your new Information and Referral Services Coordinator. I have been involved providing programs and services for Military Families since 1985 and I have enjoyed working directly with MFRC's since 1991. Having coordinated Deployment Services here at the Wpg MFRC for several years now, I have found it to be a very challenging and rewarding position. I encourage you to become familiar with Nicole Johnson, our new Family Separation and Reunion (formally "Deployment") Services Coordinator. I know she has some great ideas and new things planned to assist 17Wing families manage the challenges of deployment. Now, however, it is time for me to take on an exiting new role at the MFRC. Information and Referral Services will allow me to meet all our newcomers and help 17 Wing families adjust to their new home in Winnipeg. For families leaving us, my job is to make that transition easier by providing resources, which help to introduce them to their new posting location. I look forward to having opportunities to provide workshops on family relocation issues, promote Military lifestyle and market our community to our civilian partners and stakeholders. Please drop by for one of our Community Coffee Breaks on the first Thursday of EVERY month to find out more about I & R Services, in addition to the wide variety of programs available to you and your family at the MFRC.

For more information, please feel to call me at 833-2500 Loc. 4506

Now Available At the MFRC...

Is the deployment almost over for your family?????
Tie a yellow ribbon...to celebrate!

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

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

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

Join us the first Thursday of EVERY month for...

Community Coffee Break

10-11 am.

Take this opportunity to connect with other families experiencing a move to a new posting or managing the challenges of deployment and family separation. Introduce yourselves to the MFRC and our wide variety of services. Our friendly staff is always on hand to answer your questions about our programs and services. Register for a workshop, pick up the latest newsletter or just relax and meet some new friends. Children are always welcome and there will be plenty of refreshments.

CF members, you are invited too! Bring your section to meet the MFRC staff and see what we are all about. A great professional development opportunity...networking and yummy snacks too!

Our Next Coffee Break is February 3rd at 102 Comet St. For more information, call Catherine at Loc. 4506



Mother Goose On Saturdays

Starting on January 15th, Mother Goose will be offered at 102 Comet Street from 10:00am to 11:30am. This program is being funded by the St. James-

Assiniboia Neighbourhood Resource Network. The program is being offered free of charge and is open to everyone.

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 when it is 30 below.

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.

The program will start January 20th.

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.

Office Manager Mona Currie 4500	Emergency Childcare 935-7733
Reception Teresa Morris 4500	MFRC Childcare Centre 837-3653
Youth Centre North 4502	Lois Johnson (Director) 837-3626
Youth Centre South 488-8563	Employment & Education Services John Chabih 4511
Executive Director Don Brennan 4504	Social Work Services Haley Schroeder 4512
Deployment Services Nicole Johnson 4507	Francophone / Volunteer Services Louise Cameron 4515
Youth / Adult Services Diane Brine 4508	Thunder Bay MFRC Evelyn Harrison (807) 345-5116
Information & Referral Catherine Chatterley 4506	Winnipeg MFRC Fax 489-8587
Children's Programs 2491 or Wendy Richardson 6846	

Together in Church



CATHOLIC

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 appointment. Contact the chaplain's office.

Baptisms

We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Weddings -Marriages

Contact the chaplain at least six months in advance. A marriage-preparation course is a requirement.

Catholic Women's League

Meets the third Tue of the month at 1900 hrs in the Chapel Annex.

PROTESTANT

Chaplains

Padre Bob Brinn

(United Church)
Office 833-2500 ext 5349

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 chaplain 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

"But it's a Dry Cold!" - A New "Winterpeg"-ger's View

By Capt Paul Southen

As I write this on 12 January, my mother-in-law arrived last night from southwestern Ontario for a three week visit. Her comment on our weather was "This isn't so bad!". And she was right, it was only about minus 18 last night, no wind to speak of, and it was a positively springlike minus 8 this morning when I came to work. However, they are calling for blizzard conditions for tonight and tomorrow, with 70 - 80 km/h winds, and wind chill values of minus 50. That should get her attention, eh? Maybe I will have to do an "emergency redecorating" of the guest room, where-in she gets to stay in a hoochie outside for a night or two. That'll teach her to say "this isn't so bad!" to a neophyte Winnipegger feeling sorry for himself about the weather! I guess whether you find it cold or not is all relative to your own experience.

We used to sing a version of the old song "When It's Springtime in the Rockies" that went like this:

"When it's springtime in the Yukon, and it's ninety-nine below, and the Inuit run barefoot, through the deep and drifting snow..." Anyway, you get the picture. Cold is all relative.

Nevertheless, personally, I was glad to have lots of interior renovation work to do on my new house over the holidays, because I wouldn't have

enjoyed myself outside. Now there may be some of you who enjoy wintersports like snowmobiling (which is, some have noted, a great way to clear out the "shallow end" of the gene pool), but I'm not one of those. Give me a good book or movie, a hot drink, and a nice warm fire (from a gas, not wood-burning fireplace - after all, as the old timers say, "wood heats you two ways") and I'm a happy man.

Oh, I know that they say things like "when life gives you lemons, make lemonade",

but when it comes to the weather and lemonade, I'll take mine by the pool at some tropical Club Med, not in the form of Neo-Citran, thank you very much.

Now, being a religious person, I have given praise to God as I've noticed the beauty of the sun making the snow sparkle like diamonds, or when pausing to enjoy the peaceful hush and winter beauty of a cross-country ski trail. But at -50, you don't pause anywhere for long, because at -50, that peaceful feeling coming over you isn't "the peace that passes understanding", it's hypothermia!

However, you know what I just realized? At the end of the day, I think winter is still my

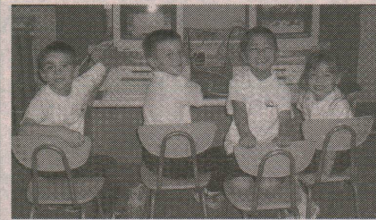
favourite season in Winnipeg - there are no mosquitoes at all!

Therefore, enjoy the special blessings of winter. While this time of year I won't say, "take time to smell the roses", you nevertheless understand my point. Like all of the "seasons of life", do not waste it complaining about the particular challenges of the "season" you're in, such as "I'll be glad when my kid grows out of this phase", but rather, find the special things that are present in each "season", and in each day of your life, and enjoy them. After all, none of us knows what tomorrow holds for us individually, and "we may never pass this way again". Carpe diem! ("Seize the day!")

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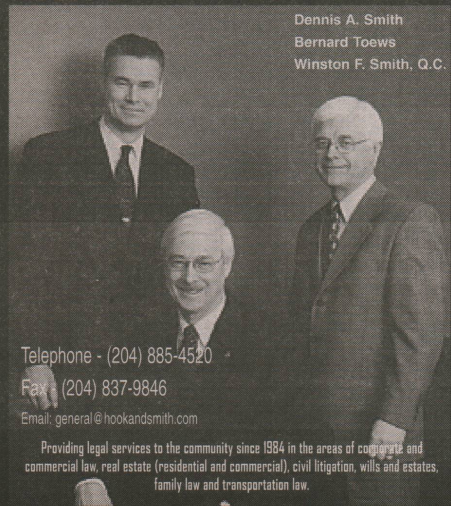
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Ask Julie

Dear Julie,

I'm concerned for my best friend. She's getting married to a guy she has been dating for three years, but during that time I've only seen him once. The time I did see him, he seemed evasive and non-committal. When I asked my friend to describe him, the first thing she says is that he has a bad temper. I'm afraid she may be making a mistake but I don't want to offend her by telling her, so what do you suggest?

Concerned Friend

Dear Friend

You should voice your concerns delicately. Gently test the waters with your friend about her fiancée and if she seems defensive about her guy, back off. Remember that there is no better way to lose a friend than by telling them who not to marry. Some lessons people have to learn the hard way, and you will just have to support your friend in her choice. If however she seems willing to talk about it, tell her how you truly feel and why. She might be having second doubts herself.

Dear Julie,

I'm in a long distance relationship with my fiancée. She lives on her own and goes to see her parents regularly. When I come down to see her for the weekend I want to spend some quality time with her but she just wants to hang out at her parents' place. I feel we aren't spending well what little time we have together. What can I do?

Frustrated Fiancé

Dear Frustrated

While you must understand that her parents are important for her that is no excuse for them to get in the way of your relationship. You should have a frank discussion with your intended about the situation and how it makes you feel. If she still wants to spend more time with her parents than with you this may be an indication she isn't ready to be married. She will have to sort out some things of her own before your relationship can progress.

Dear Julie,

I go out to the bar fairly regularly to meet men. I flirt with some men and have a good time. However I never manage to find a man who merits a second look. They all seem awkward and dumb. My friends tell me I test them too hard with my sarcasm and wit. I want to settle down and have kids while I'm still in my twenties. What should I do?

Disappointed

Dear Disappointed

Firstly you should never set a deadline for yourself when it comes to life's big events. It puts too much pressure on what are supposed to be fun encounters or it could make you jump into something that is not suited for you. Secondly you should review your standards when it comes to the opposite sex. Are they set too high? A lot of guys are awkward when they meet girls. If you want to wait for a guy with Brad Pitt's looks, George Clooney's charm and Albert Einstein's brain you will never find someone to measure up. You might have to lower your expectations. On the other hand maybe your expectations are well suited but you just have not met the right person for you yet. Might I suggest you look elsewhere than just bars. After all, your Mister Right might just not be a bar-goer!

If you have relationship questions you can ask Julie, Voxair's own Psych Major with a long history of giving relationship advice. Questions can be mailed to the Voxair, e-mailed to voxair@mts.net or called in on our anonymous voice box 833-2500 ext. 4120. Anonymity is assured.

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TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): When you give a lot, it makes you feel needed, but now it is time to accept assistance. Opt out of some things to allow time for what interests you more now. Past choices may have led to destructive self-talk but you can change this. Find natural ways to increase your energy.

TAURUS (April 20 – May 20): What's missing in your life is a feeling of being emotionally connected. Retain allies who help you develop, and heal associations with those who were once a positive force in your life. Then think about how you can return the love you've been shown. Learn to temper your words.

GEMINI (May 21 – June 21): You are passionate about what you want to accomplish. Seek out influential people to work with. Honestly initiate a truce with those who have disagreed with you in the past. You've earned their respect. Get their support now as it will enhance your chances of success.

CANCER (June 22 – July 22): You could be impatient and eager to act because you've found your purpose, or at least a new focus, but first you must sell others on getting involved. You're more decisive now and may be seen as too impulsive. Share your thoughts with others so they can follow your logic.

LEO (July 23 – August 22): Reviewing old patterns helps you find happiness and peace of mind. Think carefully about your part in creating the past. A spontaneous decision or action impacts for years to come. Be kind to, and accepting of others, and they will reciprocate. Some sooner than you think.

VIRGO (August 23 – September 22): The more advice you receive the wider the range of perspectives to consider. Your key question should be: Where do I want to end up? Not: How easy or difficult is the work involved? Though your choice may not be met with glee by others; ultimately it is yours to make.

LIBRA (September 23 – October 23): What you prefer to avoid seeing and that which takes the most work are your greatest teachers. There may be a longer journey ahead than you'd hoped and it may feel lonely but you're wise to follow your own muse and not go with the flow for the sake of being accepted.

SCORPIO (October 24 – November 21): If you don't know your strengths, start by looking at where you work the hardest to get results then look in the opposite direction and see if your gifts are easier to spot. Give yourself time to ponder before making a final decision. You will know when it is time to get going.

SAGITARIUS (November 22 – December 21): Before you initiate anything new, realize everything has consequences, even non-action. Your convictions or past actions may have resulted in unexpected outcomes. You can deal with whatever comes next. Loving thoughts keeps you going.

CAPRICORN (December 22 – January 19): When you keep your talents inside they remain safe. You're not eager to be judged, but if you keep everything to yourself, what's the point? In real life, work gets edited, ideas evolve, skills are critiqued. It can be scary but it's worth it in the end because you develop.

AQUARIUS (January 20 – February 18): You may have to give up something in order to attain what you covet most. Ultimately you gain more than you lose. Sweep away illusions and come out from behind your clever mind and closed doors. Expose your essential self. Be seen for the powerful person you are.

PISCES (February 19 – March 20): When you see your surroundings as a reflection of yourself you'll take greater care of them. Find inner peace by accepting all aspects of yourself and your life. What you desire is natural and right for you so don't deny it or change it. Focus on purposeful, meaningful work.

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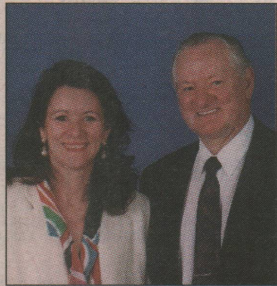
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