THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
FEBRUARY 16, 2005 VOLUME 53, ISSUE 3 FREE

Winnipeg Hosts HMCS WINNIPEG Crew

By Jen Sharpe



MS Craig Moore (centre) and LS Lee Fitzpatrick (right) of the HMCS WINNIPEG chat with a visitor to their information booth at the Forks Market.



École Bannatyne students Josee Sousa and Brendan Groom, both 10, pose with MS Dan Simister of the HMCS WINNIPEG.



The HMCS WINNIPEG

Since the mid 1850s, that famous windy intersection Portage Avenue and Main Street could be found in downtown Winnipeg. But starting in 1995, a windless version of that same intersection could be found in Esquimalt, B.C. . . . or Guam . . . or the middle of the Persian Gulf.

Thanks to passageways named after Winnipeg's major thorough fares, the HMCS WINNIPEG has been toting Portage & Main around the world on various exercises and operations. Although the ship sits in her homeport of Esquimalt, B.C. until her next voyage, 17 crewmembers made a hectic weeklong visit to the home of Portage & Main in late January to renew the ship's namesake relationship with the city.

The HMCS WINNIPEG is one of twelve Halifax Class frigates in the Canadian Navy. The ship may call the B.C. port of Esquimalt home, but as her name suggests, Winnipeg is where her heart is.

"When I was asked if I wanted to come on the trip because I have relatives here, I thought it was a great opportunity to come and meet the people who have provided us with the support and to thank them personally for it," Cpl Susan Endean, Meteorologist and mail deliverer on the ship, says.

According to Cpl Endean, the crew cherishes its relationship with the city. "The old mayor of the city (Susan Thompson) was really instrumental in setting the city up as a sponsor for us. They donated money for our Christmas party and furniture for our relaxation areas so we have more comfortable furniture to sit on."

Although donations from the city are much appreciated, Cpl Endean admits that Winnipeg's biggest gift to the ship arrives in the mail on a regular basis. "We get a lot of letters and messages from schools in Winnipeg and its really great," she says. "It's nice to know that other people besides your own family and friends are actually thinking about you and where you are. . . It really is a morale booster."

"Susan always looks forward to getting 200 lbs of mail every time the mail is delivered," LS Lee Fitzpatrick adds with a smile.

Perhaps to give back to the schools that write to the ship, WINNIPEG's visit involved appearances at a handful of Winnipeg schools, including École Bannatyne, a French immersion elementary school near 17 Wing. PO1 Jacques Blais, MS Dan Simister, OS Marcoux, and École Bannatyne alumna LS Melissa MacKinnon gave a 45-minute bilingual presentation to three attentive classes of students.

After PO1 Blais quickly described the ship and each crewmember summarized their specific duties on board, the École Bannatyne students bombarded the crew with questions and comments about the Navy, life on the ship, and operational situations.

Questions like "Are the boy's uniforms different from the girl's uniforms?" "Does the Captain have to go down with the ship?" and "Do you have enough life rafts for everyone on the ship or is it like in Titanic?" were patiently answered by the smiling crew. (Don't despair: MS Simister assures they have more than enough life rafts. See page 2.)

One question "Do you ever attack bad guys?" received a thoughtful response from PO1 Blais, who drew on a hockey analogy to illustrate Canadian foreign policy. "You have offen-

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HMCS Winnipeg

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sive players in hockey who want to go out and score goals, and then you have the defensive players," he explained. "... and we are defensive. We are trying to prevent people from scoring goals."

"[The weapons] we have are just to protect us, not to go and attack people," PO1 Blais continued. "We use them to protect our ship and to protect our crew."

Near the end of the presentation, the crew explained to the wide-eyed students that with hard work and dedication at school, they too could someday travel the world on a Canadian Navy ship, just like École Bannatyne graduate MS MacKinnon.

"Everything is possible, PO1 Blais emphasized. "It's a dream at your age, but someday that dream could be reality."

For more information on the HMCS WINNIPEG and her crew, please visit http://www.navy.dnd.ca/winnipeg/.

Questions Asked by École Bannatyne Students to the Crew of HMCS Winnipeg

Do you escort ships?
Yes, we have to escort ships all the time for lots of different reasons.

How many girls do you have on the ship?
Out of 230 crewmembers, 20 are women.

Do you have to know how to speak French?
No, because out on the sea ships speak to each other in English. But many people know how to speak French, and some of our ships on the East Coast are designated French-speaking ships.

Do you celebrate holidays?
On the ship, we work 24 hours a day, seven days a week. But we try to do special things on holidays, like receiving presents Christmas morning.

Do you ever launch missiles?
Yes, but only for practice. It's important for us to know the proper way to use our weapons and to know that our weapons are accurate and work properly.

Do you ever get seasick?
Some of the new people get seasick their first few days on the ship, but it goes away pretty quickly.

Are the boys uniforms different from the girls uniforms?
They are mostly the same, although the men's and women's uniforms button up from opposite sides and the women wear a different cap than the men.

Do you have enough life rafts for everyone on the ship or is it like in Titanic?
We have enough life rafts for all our crew plus 30-or-so more people if we needed to.

Do you get scared when you're in danger?
We go through a lot of training before we get on the ship, so we know what to do in dangerous situations. We all have jobs that are important and we all rely on everyone else to get us through all sorts of situations.

How many enemies do you have?
We don't have any enemies. There are no bad guys out there, only people that don't understand. Our job is to explain the laws and the rules to these people.

Does the Captain have to go down with the ship?
No, the Captain doesn't have to go down with the ship . . . but he might want to because he signed for it.



BGen Dennis Tabbernor (left) presents MWO Jack Walton with his new MWO rank at Minto Armouries on 8 February.



The Royal Winnipeg Rifles Drum Line performs after the parade.

60-Year Band Veteran Honoured At Minto Parade

By Jen Sharpe

Despite 60 years of trumpeting, traveling, and entertaining everyone from royalty to deploying military, retired MWO Jack Walton was a man of few words at a parade in his honour at Minto Armouries on 8 February. With a quick but heartfelt thanks to friends, family, and fellow members of the 38 Canadian Brigade Group, MWO Walton concluded the well-attended ceremony and enjoyed a personal performance from his regimental family: The Royal Winnipeg Rifles Band.

Attending the ceremony and acting as reviewing officer of the parade was BGen Dennis Tabbernor, Director General Land Reserve. BGen Tabbernor presented MWO Walton with commendations from Governor General Adrienne Clarkson, Manitoba's Lieutenant Governor John Harvard, Commander of Land Force Western Area BGen Stuart Beare, and—in one of his last functions as Chief of Defence Staff—General Ray Henault.

BGen Tabbernor also presented MWO Walton with his honourary promotion to MWO. The promotions of other Royal Winnipeg Rifles (R Wpg Rif) members and various medal presentations made the 8 Feb parade a special one for many Winnipeg families.

In an address to the parade and its audience, BGen Tabbernor reflected on the MWO's "long and distinguished" 60-year military career, calling it "something you don't see very often in any organization, never mind the army."

"I imagine he'll be here as long as he can march," BGen Tabbernor said. "Hopefully in ten years we'll all be here again."

MWO Walton shared the honour of the evening with his wife of nearly 50 years, Shirley. Mrs. Walton was presented with flowers "in honour of the sacrifices she's made. . . We would like to thank your wife and your family for lending you to us all these years," BGen Tabbernor said to MWO Walton.

After the parade, MWO Richard Desjardins, Regimental Sergent Major for the R Wpg Rif, emphasized that MWO Walton is "the person that everyone in the Band looks to."

"I've been at this in uniform for 37 years myself, and I can only imagine—that's double my time," MWO Desjardins said while reflecting on MWO Walton's 60 years of service. "He sets the example and he leads by example. He doesn't ask anything of them that he wouldn't do himself and he's a professional at what he does. . . I love him to death."

MWO Walton's military career goes back to February 1945 when he joined the R Wpg Rif Band as a Boy Soldier at the age of 13. In 1950, the 16-year-old trumpeter was promoted to Sergent; because he was underage, he received special permission to attend his own mess after promising to drink only soda.

Throughout his career, MWO Walton traveled with the Band across Canada and around the world. In 1979, WO Walton performed for the Colonel in Chief of the R Wpg Rif, His Royal Highness Prince Charles; two years later, WO Walton performed for his Colonel in Chief again during the Prince's wedding to Lady Diana.

MWO Walton has also played in the Victory in Europe and Victory in Japan Day Parades of the 1940's, at Winnipeg Blue Bomber games, at the opening and closing ceremonies of the Pan-Am Games in 1967, and at the opening ceremonies of the Juno Beach Centre in Normandy, France in 2003.

Even with all those special events in his repertoire, MWO Walton said the Feb 8 parade was one memory that will stand out forever. "Tonight's a good one," he said with a smile. "I'll never forget the parade we had for my fifty years, but this one was a lot bigger. I'll never forget tonight."

MWO Walton retired from the CF in 1987 but continues to this day as a volunteer with the R Wpg Rif Band.

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DRC Targets Workplace Conflict

By Jen Sharpe

Since 1998, 17 Wing has been the home of a comprehensive, confidential program that provides military and civilian members with conflict resolution options and services. In those early years, the 17 Wing Dispute Resolution Centre (DRC) was one of only four pilot sites across Canada and represented the only Centre in the Air Force.

As of the summer of 2002, the Conflict Management Program has expanded to 12 regional and four local DRCs across the CF; accordingly, the DRC in Winnipeg has grown to "regional" status and now services 17 Wing, 1 Cdn Air Div, and all CF units from Thunder Bay to the Alberta-Saskatchewan border.

According to Maj Brett Takeuchi, Coordinator of Winnipeg's DRC, the Building 33 office has seen a steady increase in clients and inquiries since 1998. "Right now our main focus is on doing interventions because we've just been so busy in that regard," he says. "All indications are that the number of interventions is going to continue to increase."

Although the DRC performs a variety of services, they are most frequently asked to intervene in grievances and harassment claims. One conflict management technique—Interest Based Negotiation (IBN)–is commonly used to solve a variety of conflicts within DND workplaces.

"The program as a whole is governed in Ottawa by the Director General of Alternative Dispute Resolution (DGADR)," Maj Takeuchi explains. "This year they've rolled out a few new services, including Conflict Coaching, . . .Groups Needs Assessment, and Group Interventions, which is for large groups in conflict—basically a poisoned workplace."

Maj Takeuchi emphasizes that one of the benefits of the IBN is that it focuses on the interests—not necessarily the position—of specific parties in a conflict and actively works to find solutions that meet the common interests of all parties.

"The principle of Interest Based Negotiation is that the persons in the conflict are the ones who come up with the resolution. It's not a third party," he explains. "When a person looks at their interests instead of focusing on their position alone, they increase the number of options for resolution. And then when we interpose that with the other party's interests, they can see very often that the interests aren't mutually exclusive."

Individuals can also visit the DRC to receive conflict coaching. "This is a relatively new service that we provide," Maj Takeuchi explains. "We discuss a conflict situation and we help the person work through what parts didn't work for them when they experienced the conflict and what they have to do if faced with a similar situation in the future."

The interactive nature of the CF's Conflict Management Program is perhaps one reason why DRCs across Canada have reported a steady increase in fully resolved mediations and requests for their services since 2002.

According to the Program's 2003-2004 Annual Report, requests for group intervention rose by 58% in the past year, whereas 78% of all mediations—including conflict coaching and group intervention—were fully resolved by the end of the session. The Report also stated that the majority of interventions were between two military parties and involved work related issues, rather than harassment or disciplinary issues.

So how can you decide if the services of our local DRC could benefit you and your workplace? Maj Takeuchi emphasizes that there is no harm in visiting the Centre to find out more about their services—it can only help you make a more informed decision.

"It's important to know more about the program before saying it is or isn't appropriate for your situation," he concludes. "You'll want to make a decision that is most appropriate for your workplace and your specific conflict, and we have trained mediators who can help you with that decision."

For more information on the DRC, please contact local 4372 or visit their office in the Westwin Community Centre (Building 33).



Health Promotion Director Christa Zappitelli (left) and Assistant Penny Wawrzyniak

Health Promotion Welcomes New Office, New Director

By Jen Sharpe

Now more than a month into the New Year, many of us have abandoned our resolutions to reacquaint ourselves with the habitual comforts of life prior to January 1st. Not so for 17 Wing Health Promotion: With a new office to call home and a new Health Promotion Director to call the shots, 17 Wing Health Promotion has followed through with its resolutions and is now preparing for a productive year ahead.

Only days after relocating to Building 63, the Health Promotion office was joined by its new Director, University of Manitoba grad and Northwestern Ontario native Christa Zappitelli. Although this is her first experience working with the military, Zappitelli is eager to learn about the military community and positively contribute to the health and wellness of CF members and their families.

"I think being new to the military and learning the acronyms and lingo is going to be challenging, but I'm looking forward to it," Zappitelli says. "I think there's going to be some great opportunities to partner and do some interesting things. . . I'm really interested in empowering people with the skills that they need to make better choices and improve their own lives."

With the help of Health Promotions Assistant Penny Wawrzyniak, Zappitelli will be delivering Health Promotion programs developed by Force Health Protection, under the Director General of Health Services (DGHS) in Ottawa. The 17 Wing Health Promotions mandate is to provide CF members and their families with consistent programs in the four core areas: Active Living and Injury Prevention, Addiction-Free Living, Nutritional Wellness, and Social Wellness.

Although many programs are CF-wide and thus developed by the DGHS, Zappitelli emphasizes that personnel interested in more information for themselves or their unit are welcome to drop by the office anytime. "People know what they need more than I do, so if they have any ideas for their unit or for themselves they can just come to refer them to existing programs," she says.

Christa Zappitelli joins the 17 Wing PSP staff with degrees in Physical Education and Education from the U of M and experience working as a Health Promoter at the Mary Berglund Community Health Centre in Ignace, ON. She and Penny Wawrzyniak can be reached at local 4160 and 4150 respectively, or in room 148 of Building 63.

More information on the Strengthening the Forces campaign and other Health Promotion activities can be found on the DIN.

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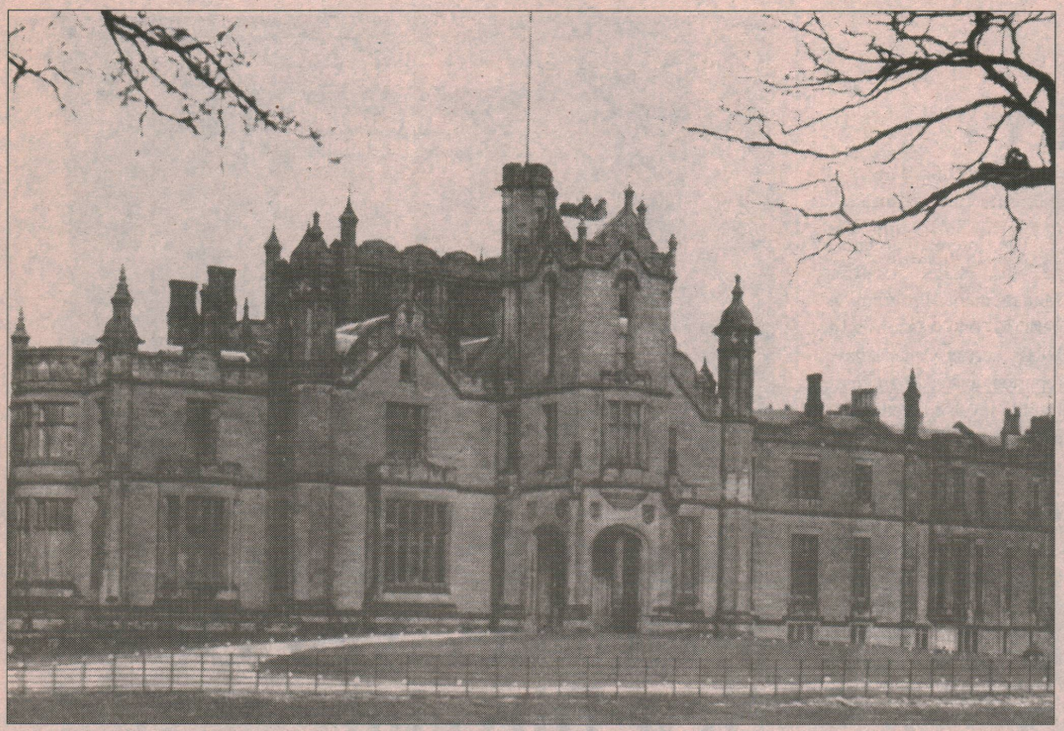

The historic Allerton Park Castle near Knaresborough in Yorkshire, England.

Fire Ravages Historic Home

By Chris Charland

In the early hours of Saturday the 22nd of January 2005, fire swept through the historic Allerton Park Castle near Knaresborough in Yorkshire, England. The alarm was raised shortly after 02:04 hours. The ten guests staying there at the time escaped safely. More than 100 firefighters were on scene battling the stubborn blaze. They were forced to draught water from the two small lakes on the 200-acre estate. This was the second time the fire service had been called to the home. Less than three hours earlier, the Knaresborough Fire Station of the North Yorkshire Fire and Rescue Service responded to a chimney fire which was quickly extinguished. The blaze destroyed 40 percent of the 162-year-old Tudor-Gothic home.

Allerton Park Castle has a very special and historic association with Canada. On the 25th of October 1942, an Advance Party arrived there to set up what would become the Headquarters for R.A.F. Bomber Command's No. 6 (RCAF) Group. The main move took place on the 6th of December 1942. No. 6 (RCAF) Group assumed operational status at 00:01 hours on the 1st of January 1943 under the command of Air Vice Marshall George Eric Brookes of Owen Sound, Ontario. The bomber group was originally responsible for 6 operational squadrons, one Heavy Conversion Unit and four flying stations. By war's end, it controlled 14 operational squadrons and 7 flying stations. With the war in Europe over, No. 6 (RCAF) Group was transferred to the R.C.A.F.'s Eastern Air Command on the 14th of July 1945. There it was to re-organize and commence training for duty in the Pacific as part of the R.A.F.'s 'Tiger Force'. No. 6 Group was officially disbanded at Halifax, Nova Scotia on the 1st of September 1945.

Like the mythical phoenix rising from the ashes, so too will Allerton Park Castle. Doctor Gerald Rolph, the owner since 1983, has vowed to rebuild it to its former stately glory.

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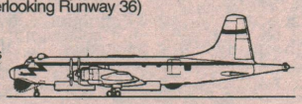

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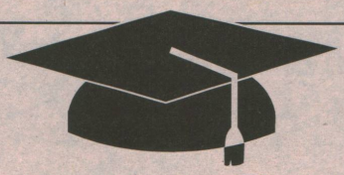

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Last year there were 14 scholarships awarded. For further information go to the website http://hr.dwan.dnd.ca/scholarship or contact Neil Kimelman, Winnipeg LCC Learning Advisor, at local 4637.

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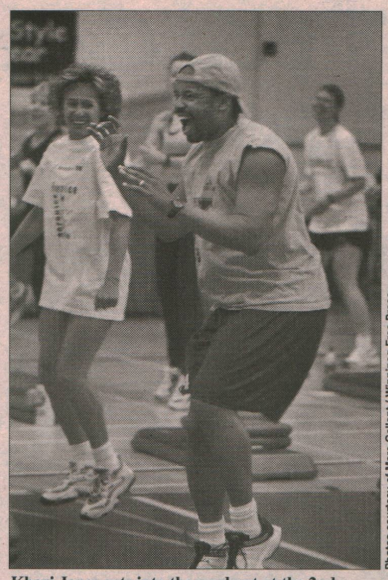

Photos courtesy of Marc Gallant / Winnipeg Free Press

Khari Jones gets into the workout at the 2nd Annual Hospice Challenge in 2003

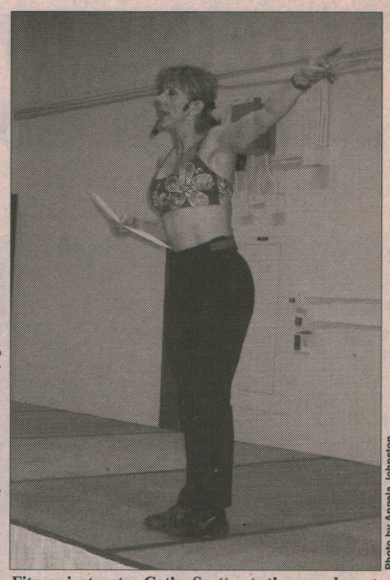

Photo by Angela Johnston

Fitness instructor Cathy Scott gets the crowd moving at the 2004 Hospice Challenge.



Photo by Angela Johnston

Challenge participants in 2004 throw punches in support of Hospice and Palliative care.

4th Annual Hospice Aerobics Challenge

By 2Lt V-G Winter

Come out Winnipeggers and show us what you're made of. The fourth annual Hospice Aerobics Challenge fundraiser is being held at 17 Wing's gym on Whytewold Rd., Saturday morning, Feb. 26 from 9:45 a.m. to 12:00 p.m. Cathy Scott, a member of 17 Wing's fitness staff and a certified aerobics instructor, is leading the Challenge. She is a cancer survivor who having faced her own mortality now helps others face theirs. She is challenging 17 Wing units to raise the most money and have the most people come out. "This military community is in pretty good shape," said Scott. "Let's see them put their strong fit bodies to good use."

The challenge consists of a tough two-hour aerobic workout. Those taking the challenge must have signed up pledges of at least $50. The money raised will support Hospice and Palliative Care, a charity that aids persons and families coping with terminal illness. Last year the Aerobics Challenge had 167 people and raised over $15,000 but this year Scott's goal is to bring out at least 200 people and raise over $20,000. "The workout is doable for all levels," said Scott. The exercises can be modified to be harder or easier depending on the fitness level of the participant.

There will be prizes for those who raise the most money as well as door prizes. After the event, participants will be invited to go to the Airmen's Pub from 2p.m. to 6p.m.

Many of the people who come to the challenge are workers in palliative care. Scott explained that those palliative care workers are "Angels" for whom their work is a vocation. Hospice and Palliative Care Manitoba champions and promotes the availability and accessibility of quality end-of-life care and bereavement services for all Manitobans. They provide volunteers who aid the terminally ill so that they may die with comfort and dignity. Volunteers also aid the families of the ill with their grief.

You can pick up a form to register from Cathy Scott, 833-2500 ext. 2455 or from Hospice and Palliative Care Manitoba at 889-8525.

MB/NWON's Best Cadet Biathletes Advance To National Competition

By Capt Laurel Clarke



Photo by MCpl Lipp

Cadets waiting to start the 2005 MB/NWON stage III Prov. Biathlon competition Jan 30.



Photo by MCpl Lipp

Cdt Bortolon comes around the corner during the Jan 30 Biathlon competition at Falcon Lake.

The top twelve cadet biathletes in Manitoba / Northwestern Ontario (MB / NWON) were selected at the 2005 MB / NWON Stage III Provincial Biathlon Competition held on January 30, 2005 at Falcon Lake, MB. These twelve cadets will represent MB / NWON at the Stage IV National Cadet Biathlon Competition to be held March 5 – 12, 2005 at Mount Washington, British Columbia.

Both the top male and the top female unit teams from the Provincial Competition will be advancing to the National Competition. This year both of these teams are from 177 "Air Canada" Royal Canadian Air Cadet Squadron (RCACS) located in Winnipeg, MB. The male unit team is comprised of Jon Neima, Jesse Bell, and Taylor Ellement and the female unit team is comprised of Meaghan Kusyk, Khalicia Pettinger, and Jessica Biggs.

The male unit teams from 2511 "Lake Superior Scottish Regiment" Royal Canadian Army Cadet Corps (RCACC) located in Thunder Bay, ON and from 906 "Machin" located in Vermillion Bay, ON ranked second and third in the male unit team scoring respectively. The female unit team of 2511 RCACC ranked second in the female unit team scoring. There was, however, no third place female unit team.

The male and the female composite teams advancing to the National Competition were also selected and include the competitors with the top scores who were not members of the unit teams already advancing to the National Competition. The composite teams are also required to include a minimum of one junior competitor per team.

The Provincial Competition consisted of fifteen girls and twenty-four boys competing in one relay race of 4.5 km. Those thirty-nine competitors were selected from the sixty-four competitors, which included seventeen girls and forty-seven boys from 14 cadet units, who competed in the 2005 MB / NWON Stage II Biathlon Qualifier conducted on January 29 at Falcon Lake, MB.

Adam Laidler of 2511 RCACC and John Day of 84 "Astra" RCACS both from Thunder Bay, ON, as well as David Marion of 906 RCACS from Vermillion Bay, ON have been selected to form the Male Composite team. Meaghan Laidler of 2511 RCACC, Emma Wood of 84 RCACS, and Alison Bortolon of 2511 RCACC, all from Thunder Bay, ON, have been selected to form the Female Composite team.



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Front Row L-R: CWO Roy (SCWO) Mr. Redekopp (COMDT) CWO C.W. Kennedy (1 Cdn Air Div CMI) MWO Carleton (STDS) WO Arsenault (CC)
Back Row L-R: Sgt Siegnerschmidt (Instr) Pte Jutrasl Pte Linteau Cpl Boucher MCpl Fournier (Instr) Sgt Baulne (Instr)



Front Row L-R: WO Arsenault (CC) Mrs White (TSU LEAD) Mr. Redekopp (COMDT) LCOL C.G. Ness (1 CDN AIR DIV/CANR HQ A3 Marine Aviation Readiness) CWO Roy (SCWO) MWO Carleton (STDS)
Middle Row L-R: Sgt McInnis Sgt Murray Sgt Domarchuk Sgt Hurley Sgt Austin Sgt Robinson Sgt McLean Sgt Boutilier
Back Row L-R: Sgt Baulne (Instr) Mr Konzelman (Instr) Mr Murray (Instr) Mr Richard (Instr)

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Cpl Marc Boucher receives the Certificate of Achievement on QL3 0401 for the highest academic mark of the course from CWO C.W. Kennedy (1 CDN AIR DIV CMI)



Sgt Joe Robinson receives the Certificate of Achievement on QL6B 0401 for the highest academic mark of the course from LCOL C.G. NESS (1 CDN AIR DIV/ CANR A3 Marine Aviation Readiness)

Teaching The Weather Is Always Interesting At CFS MET

By MWO Rick Carleton

As I sit here in front of my computer typing this article, sipping from a cup of hot coffee, I come to realise that Winnipeg is indeed a great place to teach or at least experience the weather. It's the middle of January and it's not -35°C and the weather office surprisingly hasn't issued a wind chill warning. Ah, but it is a "dry cold", or at least that is what everyone has been telling me. We definitely are a hardy bunch here on the prairies.

After an enjoyable and well-deserved break, the Staff at CFS Met is busier than ever. We closed out the year with the graduation of two courses and currently have another two courses in-house, which should keep the folks in the field happy.

The first course to graduate was QL3 0401, which began way back in August and finished on November 16th. This was a very small course, however very special as all instruction was conducted in French.

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

Le premier cours suivi par les stagiaires du groupe professionnel technicien en météorologie (TECH MET) est celui d'Observateur météorologique NQ3. Le but du cours est de former des TECH MET qualifiés pour effectuer des observations météorologiques, diffuser des données observées et fournir des renseignements techniques à l'appui des opérations militaires.

Au cours des cérémonies, nous avons eu le plaisir de présenter le certificat de mérite de l'École de météorologie des Forces canadiennes au Cpl Marc Boucher de l'ERE Trenton pour avoir obtenu la note moyenne la plus élevée dans le cours.

The second course to graduate on November 26th was QL6B 0401. This training that began at the beginning of September is the senior course taught at CFS Met and the students have many years experience within the trade. The QL6B, which is also known as the "Specialized Weather Support" course, is the final step in a Met Tech's trade progression.

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

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

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

Ah, imagine just a few more months of winter to get through. Till next time "COGNITIO CAELI"

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~ MEET THE FOKERS

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THE EDGE OF REASON
Coarse language 14A

435 Sqn Promotions And Awards



Sgt Anderson receiving his NATO Bar from LCol Chicoyne on the 10th of Dec 2004



Cpl Sinclair receiving his first clasp to the CD from LCol Chicoyne on the 10th of Dec 2004



Sgt Shrewsbury receiving his first clasp to the CD from LCol Chicoyne on the 10th of Dec 2004



Cpl Carr receiving his CD from LCol Chicoyne on the 10th of Dec 2004



MCpl Foster receiving her first clasp to the CD from LCol Chicoyne on the 10th of Dec 2004



Capt Loney receiving his first clasp to the CD from LCol Chicoyne on the 10th of Dec 2004



Cpl Guay receiving his CD from LCol Chicoyne on the 10th of Dec 2004



Cpl Hunt receiving his first clasp to the CD from LCol Chicoyne on the 10th of Dec 2004



MCpl Dutcher receiving his retirement certificate from LCol Chicoyne. MCpl Dutcher officially retired the fall of 2004



Cpl Keizer receiving his CD from LCol Chicoyne on the 10th of Dec 2004



Sgt MacDonald receiving his first clasp to the CD from LCol Chicoyne on the 10th of Dec 2004



MCpl Gearns receiving his first clasp to the CD from LCol Chicoyne on the 10th of Dec 2004



Sgt Rodgers receiving his first clasp to the CD from LCol Chicoyne on the 10th of Dec 2004



MCpl Sagriff receiving his first clasp to the CD from LCol Chicoyne on the 10th of Dec 2004



Cpl Ricard receiving his new rank from LCol Chicoyne effective Nov 9 2004



A 435 Sqn SARtech dives towards the Florida coast during the Sqn's visit to the southern state for an international SAR excercise at Patrick Air Force Base in January.

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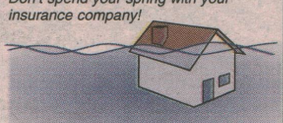



LCol Chicoyne (right) presents Capt Josh Moffatt of 435 Sqn with the 1st Place Trophy for Capt Moffatt's crew's performance in a SAR excercise in Florida.

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Photo by Cpl Chris Ward

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Photo by Cpl Chris Ward

LCol T. Whitburn, acting Wing Commander, with the help of club president Capt S. Wilson, draws four happy winners at the annual 17 Wing Wood Hobby Club.





Photos by 17 Wing Imaging

The Commandant and staff of CFSSAT would like to congratulate MCpls Carole Labby (right picture) and Allison Riddell (left picture) on their recent promotions and DEU change to the Air element. Upon completion of their formal training, Cpls Labby and Riddell commenced the OJT phase of training. This involved rotation through the administration, instruction and maintenance sections where they were able to refine their skills. The administrative cell involved identification of course requirements, course loading and awarding of qualification for initial and recertification courses at CFSSAT. While in the instructor cell, they prepared 10 aerospace physiology lesson plans. All lessons were reviewed and then presented to CFSSAT standards for approval before delivery to aircrew. Their technical skills were put to the test in the maintenance procedures for both the altitude and dive chambers capable of troubleshooting and correcting for numerous mechanical emergencies.



Mr. Stefan Stevens from the TEME Sqn-Tn Flight section, seen here with Maj Garth Moore the Deputy Wing Logistics Officer and Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with his 15 Year Long Service Award from the Government of Canada.



Pte Tyler Arnold from the TEME Sqn-Tn Flight section, seen here with Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with his promotion to Cpl effective 06 Feb 05.



Cpl Kevin Hitchcoch from the TEME Sqn-Tn Flight section, seen here with Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with the Trades Person of The Quarter for Oct - Dec 2004.

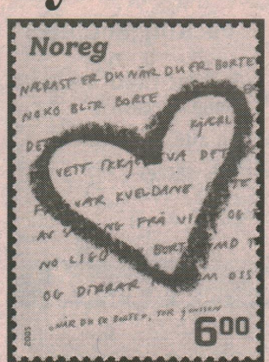
Stamps for Valentine's Day

By Alf Brooks

In the last few years many countries have issued stamps for Saint Valentine's Day. Some collectors argue that they are unnecessary, that they are only issued to have collectors buy them as souvenirs, that many are not used for postage.

Pictured are two examples from this year, issues of France and Norway. The Norway stamp is a heart placed over a poem; Norwegian Post says that the stamp focuses on communicating with loved ones and the importance of maintaining relationships.

A good idea; I am sure that many add to the message they send by using an appropriate stamp.





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Under the general direction of the Wing Administration Officer, the Personnel Support Programs (PSP) Manager plans, organizes, manages, and controls the operations and delivery of personnel support programs, including physical fitness, sports, recreation, health promotion, and community service programs. The PSP Manager advises the Wing Commander and Senior Administration on PSP matters and oversees the application and implementation of NPF and DND policies and procedures. The PSP Manager directs and controls the PSP operations to ensure budgeted sales, costs, profitability, and other financial objectives are met. Responsibilities also include managing employees and developing and promoting PSP activities.

Qualifications:

Bachelor's degree in Business Administration, Commerce, Physical Education, Recreation, or Health Promotion, AND five years of management experience in a related field

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OR

Ten years of experience in an occupation related to Sports, Recreation, Health Promotion, or a related field.

Language requirement: English essential, bilingualism (French / English) an asset.

Successful candidate will be prepared to commence employment as soon as possible.

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Eligible candidates should submit a resume clearly outlining their ability to fulfil all position requirements to: NPF Human Resources Office, P.O. Box 17000 Stn Forces, Bldg 63, Winnipeg, MB, R3J 3Y5; by e-mail at stanley.janice@cfpsa.com or to apply online at www.cfpsa.com before 1600 hrs 18 February 2005. Please note that only those candidates selected for further consideration will be contacted.

Jim's Classic Corner

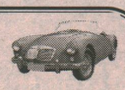

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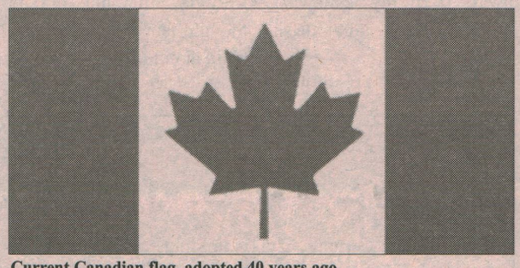
Photo by National Archives of Canada

Lester B. Pearson: The flag debate, December 1964.



Current Canadian flag, adopted 40 years ago.



The "Red Ensign," former Canadian flag.

40 Years Ago In The Voxair

February 12, 1965

Maple Leaf Flag Official on 15 Feb.

February 15, 1965, will be a historic day for Canada. The new red and white Maple Leaf Flag will be raised for the first time officially at noon that Monday. The new Canadian flag will be raised on the Peace Tower of the Parliament Buildings in Ottawa and there are hopes for similar first raisings all across Canada on the same day.

The new flag, like most worthwhile national goals, was the product of a long and bitter battle in parliament. The longest session in parliament history was needed to finally get the flag through the Commons, but its final acceptance was worth the wait for most Canadians. Despite 33 days of flag filibustering by the opposition, the long wait for the selection committees decision, and a last ditch amendment to change the flag recommendation to the Red Ensign, the flag resolution passed the Commons 163 to 78.

However, this result came about only after the government had resolved to invoke closure to end the oppositions refusal to let the majority rule. Closure meant that the flag resolution would be allowed to come to a vote after one more day of debate. Thus, early in the morning of Dec. 15, the long flag debate ended.

It was a dramatic moment in the house as the vote was announced, and let loose an emotional scene seldom viewed from the spectators galleries.

For the staunch supporters of the Red Ensign, Monday will be a rather sad day, but as time passes and the distinctive maple Leaf emblem becomes familiar, sure everyone will come to take it as a symbol of Canada. As the Prime Minister said, it is a flag for the future that does not dishonour the past. The Red Ensign, however, will not pass completely from view. The Royal Canadian Legion will continue to fly the Ensign as its official flag on Legion buildings.

What part of the red Ensign will play in Monday's flag ceremonies is unknown, but the Ensign will probably be lowered from the Peace Tower with appropriate tributes to its long, though unofficial, tenure as Canada's flag. The Union Jack will have no part in the flag raising ceremonies but it will remain as a symbol of Canadas Commonwealth membership and of loyalty to the Queen.

It behooves members of the RCAF, the Army and Navy, to join with all Canadians in accepting and respecting the new Maple Leaf flag. As loyal and proud Canadians, we owe this new flag our allegiance as it is the symbol of a progressive, confident and independent nation.

Clubs

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Joanne Joyce 833-2500 ext 4034

Flying Tigers Swim Team

The Flying Tigers Swim Team is a very active 17 Wing Club. We consist of approximately 50 swimmers. We train up to 6 days a week at Lipsett Hall. Our swimmers range in age from 6-17 years and are at all levels of swimming ability. We have competitive swimmers who take part in many fun swim meets throughout Winnipeg and in nearby cities as well. Some swimmers choose not to compete and enjoy the opportunity to swim on a regular basis, improve their strokes and endurance, make new friends and simply have fun being active. We are fortunate to have a great head coach, Iga Ziendalski, and she is assisted by superb, dedicated coaches as well. If you have a child that is interested in our swim club, please contact us. Swimmers can join at any time on a trial basis to see if it is right for them.

If interested please contact our President—Denise Gipp 489-7965 or our Treasurer---Andy Sawatsky 488-0232 or our Secretary---- Karen Sawatsky—488-0232.

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Secretary: Sgt Linda Jardine - loc 6522
Equipment Manager: Cpl Rob Nevers - loc 6053

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9 years of age or older

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For more information contact:
Stephane Robbinson
H. 488-0356

Barrie Woods
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W. 833-2500 ext 6564

Norbert Pachet
H. 775-1584

New Members Are Always Welcome

Pumped To The Max

By 2Lt V-G Winter

It's a given that in a military lifestyle that you are physically put to the test. Each year actually. Like any test you're suppose to prepare, and study. This coincided nicely with Health Canada guidelines about daily exercise, and that going to the gym is "in". So here I am at the gym. Well, not just me, there is a lot people here actually. Less now that the weather is so cold but I expect that it will pick up once the summer gets here. I work out with only a vague idea of what I'm striving for. I'm by no means an expert in biomechanics or kinesiology. Still I have a plan, provided to me by some friendly PSP staff and I labour away, if in my somewhat comical and amateurish way.

Around me people of all shapes and sizes labour as well. For some it isn't about beefing up or slimming down but more about a social occasion. They come to chat with friends and discuss the day's events over a friendly game of squash. For others it's a single-minded pursuit of an ideal. They are striving to obtain a body like those seen on magazine covers and on TV. Given the constant bombardment that kids endure it's remarkable that anyone makes it past the teen years with their self-esteem intact. Even for those who don't worry about their body image, exercising is a good idea. We all hear about the bad effects of our sedentary lifestyle. It's not all bad though, sure people complain about being cooped up in an office all day but hey, when is the last time you heard about someone being eaten by a sabre-tooth tiger?

Still I toil, trying desperately to lift ten more pounds than last week. I find inspiration in the older couple that comes to work out together. They show dedication and caring, still fresh after many years. Our culture is very youth oriented but some things can only be understood with age. Experience gives the ability to put life events into perspective. We should appreciate age since youth is fleeting but old lasts forever.

Some scientists have claimed in recent articles that in an another 50 years people will be expected to live into their 150s. That thought gives one pause. Even if I don't live to be 150 but only, let's say, to be a 100, I might want to do things differently. Pacing myself will be a big one. Like the song says, be kind to your knees, you'll miss them when their gone. Why be in such a hurry to get everything done before you're 40 if you have another 60 years to fill after that. Not aging myself before my time is another important one. If you consider yourself old at 40, you still have another 60 years to be old. No, my plan is be a youth till 50, middle aged from 50 to 80, and after 80 I will consider myself old. That way it balances out. Of course this means I have to have my mid life crisis when I'm 65. I think I'll buy a sport hover-car.

17 Wing Ceramics Club

The 17 Wing Ceramic Club is holding two Spring Break Workshops for children between the ages of 8 – 14 year olds. These workshops will be held on March 29 and March 30, 2005 between 1:00 – 4:00 pm. Space for these workshops is limited to 10 children per class. Cost: $12.00 – everything is included What: Mardi Gras Picture Frame Note: Please pre register before March 15, 2005 Contact Joanne Joyce at 833-2500 ext. 4034

17e Escadre Club de Céramique

Le club de céramique offre deux après-midi pour les enfants pendant le conge du printemps pour venire s'amuser avec nous Date: 29 et 30 Mars 2005 Heures: 1300 hrs à 1600 hrs Age: 8 à 14 ans Prix: $12.00 pour la materiel Nous peinturerons un cadre à photo de table. Nous vous prions de vous inscrire avant le 15 Mars 2005. Limite de 10 personnes par groupes. Contact: Joanne Joyce, 833-2500 ext. 4034



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Military Family Resource Centre

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Our CCB gift basket winner was Sylvia Ukleja.
Your chance to win just by joining us…

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. Just by dropping in you are registered to win our monthly Gift Basket. 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. This past coffee break these fabulous Cheese Veggie muffins were featured. Try them!

Vegetable Cheese Muffins



2 Cups Flour

1 tablespoon baking powder	1/4 cup oil
1/2 teaspoon salt	2 tablespoons diced onion
1/2 teaspoon garlic pepper	3/4 cup grated sharp cheddar cheese
2 tablespoons sugar	3/4 cup shredded zucchini
1 egg	1/2 cup diced peppers (green/red/orange)
1 cup milk	1/2 cup shredded carrot

Heat oven to 400 degrees. In a large bowl, sift together the flour, baking powder, salt, pepper and sugar. In another bowl, combine the onion, lightly beat the egg and stir in the milk and oil. In a third bowl, combine the onion, cheddar cheese, zucchini, green pepper and carrot. Add the vegetables to the flour mixture and stir to coat well. Pour in the egg mixture and stir just until the dry ingredients are moistened. Fill the greased muffin tins. Bake for 20 minutes or until the muffins are golden brown.

Who knows what will be cooking next time…- March 3/05 10-11 AM
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!

Upcoming Coffee Breaks are March 3, April 7, May5 and June2, 2005.
Join us at 102 Comet St. 10-11am
For more information, call Catherine at Loc. 4506

"Hey!…it is our middle name….."

Resources you will find at the Winnipeg MFRC....

- Teen babysitters listings
- Community Computers
- Community Childcare listings
- Resource Library
- Employment and Education library
- Deployment resource library
- "Sherlock" the best Winnipeg (& area) street map EVER! ($15)
- Passes to Fort Whyte and the Museum of Man and Nature
- Manitoba Tourism information
- Toy lending library
- Pet sitting service listings
- SSIP information
- Business registry
- Odd job registry
- Fax machine
- Postal packing station
- And much more….

Drop in to 102 Comet Street Mon-Fri 8:30 – 4:30
We are here for military families.

Joignez-vous à nous le premier jeudi de chaque mois.

Pause-café communautaire
10h à 11h

Prenez cette opportunité pour rencontrer d'autres familles qui vivent les même expériences que vous, soit un déménagement, un déploiement ou une séparation. C'est l'occasion idéale de prendre contact avec le CRFM et ses nombreux services. Nos employés amicaux sont toujours disponibles pour répondre à vos questions concernant leurs programmes et services. Inscrivez-vous pour un atelier, ramasser la dernière édition du bulletin de nouvelles « Réseau » ou seulement relaxer et rencontrer de nouveaux amis. Les enfants sont toujours les bienvenus. Café et goûter à partager !

Membres militaires, vous êtes aussi les bienvenus! Venez avec vos collègues de travail et découvrez ce que nous faisons au CRFM. C'est une excellente occasion de développement professionnel et de réseautage.

Nos prochaines pause-cafés sont le 3 mars, 7avril et le 5 mai 2005, au 102 rue Comet. Pour plus d'information, contactez Catherine au poste 4506.

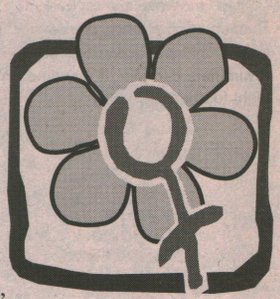
Winnipeg Military Family Resource Centre

Annual Women's Conference '05

March 11 & 12

YOUR PASSPORT TO……..

This year's theme, "Your Passport to…" promises to offer something for everyone. The Conference Committee has worked hard to provide what we believe will be our best conference ever. Our Women's Conference can be your passport to education, learning, new friends, new experiences or even new passions.





Call the MFRC for more information or drop by to register.

If you will be "travelling" with children and require assistance, please contact the MFRC office. Registration for childcare is required by March 1. Childcare is available for the Saturday portion of the conference only.

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

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 apointment. Contact the chaplain's offiee.

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

By Padre Bob Brinn

During November and December 2004, the 17 Wing Care and Share Benevolent Committee met to plan and provide the Holiday Cheer outreach to members of the Department of National Defence family at 17 Wing Winnipeg and 1 Canadian Air Division.

This Committee is made up of representatives of the Units of 17 Wing Winnipeg, 1 Canadian Air Division and Ms. H Schroeder of the Military Family Resource Center.

Ms. Schroeder coordinated the toy drive, procuring gifts for children of families who were in need of assistance this year. Padre Brinn as acting OPI and Vice Chairperson of the Committee coordinated the identification of families in need. This year 16 families were identified and received a $200 Safeway Gift Food Card and presents for any children in the family. Once more, this annual outreach ensured that needy families were able to celebrate this season without the added stress of worrying about where food and gifts would come from.

Special mention should be made of the efforts of Cpl Thistle from Wing Operations. Cpl Thistle took responsibility fro the Potato Drive. This fundraiser was highly successful. The potatoes were delivered to the Fire Hall in 50 pound bags. Cpl Thistle's work party then broke these down into 10 pound units, which were sold at $3.00 each. Close to $500 was raised in this way. I wish to express our appreciation for a job well done Cpl Thistle!

This year each unit and section representative took personal responsibility to canvass their respective coworkers for donations. This year $1,537.90 was raised by donations, $1,100 of which was contributed by the personnel at 1 Canadian Air Division. This added to the $500 raised by the Potato Drive gave us a total of $2,037.90.

Safeway gave us a 5% discount on the cost of the gift cards. A total of 18, $200 gift cards and 4, $100 gift cards were purchased at a cost of $3,427.00. 16, $200 cards were distributed during the month of December, leaving 2, $200 and 4, $100 gift cares in the Care and Share Fund for emergency situations during 2005. The balance in the Fund bank account is $2,439.94 and there is $106.11 held in petty cash.

All who gave of their time and resources to this outreach program have my heartfelt gratitude.

On 12 January the Committee was back at work planning for the Toonie From the Heart drive and Raffle. Committee members are currently selling Raffle tickets on four draws. The four prizes are: 2 X $100 Gift Certificate to the Royal Crown Restaurant and 2X $20 Gift Certificates to any Famous Player Theatre. Tickets are $1 each or 5 for $3. The draw was held 10 February at 1300 in Room 327 of Building 62. The fortunate winners will have something to celebrate this Valentine's Day.

As Vice Chairperson and Acting OPI of the Care and Share Programme from November 2004 to the end of January 2005, I wish to thank all committee members. I also encourage all members of the DND family at 17 Wing and 1 Canadian Air Division to look for and participate in Care and Share events throughout the year.

Turning Points

Do you or someone you love have an important event that's worth noting? Do you have a new baby, marriage, engagement, graduation, or momentous birthday announcement that you would like to put in the paper? The Voxair is proud to announce a new section called Turning Points that's open to such community notices. We'll be glad to post picture your new baby picture or recent grad that makes you proud. Our friendly staff will even help you compose the announcement if you so wish.

We can be reached by phone at 833-2500-6976, by e-mail at voxair@mts.net or by mail.

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Ask Julie

Dear Julie,

I live with my dad, step mom, and half sisters. My step mom always just comes into my room without knocking. When I tell her to stop, that it's my room, she says she pays for the house and she can go anywhere in it. How do I get her to not just barge into my room?

My own person

Dear My own person,

While it is true that the house in which you live is not your own, you should still be entitled to some space and privacy. Since it is her house, she is entitled to come in your room but it is not her right to do so without asking you first. It appears that your step mom might be a little controlling in her ways and attitude. I would definitely try talking to her about it. Choosing a good time is critical here. Do not tell her how you feel when you are angry because that would only help her become defensive rather than understanding. Chose a moment when the two of you are hanging out alone together. If expressing your needs and your feelings at a suitable time does not work, I would then suggest you approach your dad. Being she is his wife, he might be in a better situation to stand up for you.

Dear Julie,

I have a colleague who pretends to always smile but seems to have lots of pent up anger. Sometimes something will set him off and he goes into an angry rage. Afterwards he pretends like nothing happened. He makes people in the office uncomfortable and every one feels like they're walking on eggshells. How do we deal with this co-worker?

Speaking softly

Dear Speaking softly,

Being around someone who has anger management issues is never an easy thing. The first thing I would do is talk about your feelings with your supervisor. Chances are he/she has noticed the same thing or has been approached by another staff member. You can ask your boss to have a chat with him. Perhaps there is something at work or at home that is bothering him or maybe this job is simply not suited for him. Whatever the reason, it is not fair for anyone to be working in such an atmosphere. Your supervisor is responsible for the well-being of his/her employees. It is his/her duty to find a solution to this problem while respecting your confidentiality. If your supervisor decides not to do anything about it, remember that Human Resources is there to help.

Dear Julie,

A group of us military wives get together a few times a month for coffee in one of our houses. It gives us a chance to chitchat about things. One of the wives in the group always has to be better than me. She seems to constantly be criticising my decisions, my kids, or my things. Then she goes on about how she does everything right and her kids are so perfect. I can't stand her but I enjoy the group. What do I do?

Hurt Mom

Dear Hurt Mom,

It is great to have support from other people who are living the same things as you are and I definitely think you should continue going. However, as soon as you put people in a group together, you have a mixture of different personalities, different histories, different forces and also different insecurities. In my opinion, the lady you are referring to is not criticizing you to be mean. In fact she probably doesn't even realize the impact that it has on you. Often mean comments and criticism are used as a defence mechanism to hide insecurities. Chances are she does not feel as confident as she tries to demonstrate. I recommend that you try to be more assertive next time she says something that hurts you. Ask her why she would criticize you like this and tell her you find it to be very hurtful. I know this can be hard to do but taking this step is important for your own well being. While she may seem a little insulted at first, expressing your feelings might help her express her own in a healthier way. Also remember that your different personalities might make it difficult for the two of you to form a real bond. However it is important not to let this stop you from developing friendships with the other women with whom you might have more in common.

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 dedicated anonymous voice box 833-2500 ext. 3333. Anonymity is assured.

Classifieds

For Sale

Microsoft Combat Flight Simulator 3: Battle For Europe + Logitech Extreme 3d/Twist Handle Force Feedback Joystick, $70, Call 889-4442

Dolomite Adjustable Extra Low Walker, Was $595, Seat /Tray /Basket, $350, Call 889-4442

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W/ Outside wooden slats and metal corners, Has a drawer, $45, Call 889-4442

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$60, Call 889-4442

Library Desk
Good condition, $100, Call 889-4442

Blue 7 pax 1994 Dodge Caravan, Good running condition. 3.0L V 6, ps, pb, ac. $2000.00 OBO, Call Dan or Elaine 885-3639 or local 5467

Sears Free Spirit Treadmill
W/ 2.5 HP motor, length suitable for jogging, inclination, distance, pulse, and calories burned. Used approximately 5 times, Asking $600, Call 885-2308 after 4pm

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Manitoba Military Aviation Museum

17 Wing Winnipeg - Building 66

Open Mondays, Wednesdays, and Saturdays
1pm - 5pm

People and schools interested in tours should contact Capt Rozak at 833-2500 ext 2429

TAROSCOPES BY NANCY

ARIES (March 21 – April 19): Begin something only when you have definite instructions or a well marked path to follow. Keep track of your progress. Build on past successes. Strive for balance; don't put all your energy into one thing until there's an indication of a return. Minor adjustments may be necessary.

TAURUS (April 20 – May 20): Focus on the future. Consider how you want life to look then you'll know what you need to organize and start on. Agreements are highlighted; read everything carefully. Speak plainly to avoid confusion. Expect to be called upon to act fast in response to someone else's efforts.

GEMINI (May 21 – June 21): Wondering why you are working so hard. You have the energy and the drive to prosper, but you feel like you're missing something. Enjoyment in life seems to be slipping away. Look at what started you on your journey. Get back to basics and what you do will reflect the real you.

CANCER (June 22 – July 22): Reach out to reconnect with someone. Put more effort into what you are doing; live consciously instead of just making do. You need to reaffirm your purpose at this time. Embrace your beliefs and stick to your resolutions and decisions. Simplicity can help you fight stress.

LEO (July 23 – August 22): You are unconsciously drawn to the people you need to meet and to doing what needs to be done. Complete what you started long ago. Though you seek signs of change in those around you, you also sense that it is a shift in yourself that you see reflected in others when it happens.

VIRGO (August 23 – September 22): When you love your life it is easier to weather the ups and downs. You need a sense of connection to family and your heritage, so work at building good relations with loved ones. What you give you'll receive. What you seek, calls to you.

LIBRA (September 23 – October 23): Looking for the fastest way to make changes and for the secret of success. Willpower and work will help and so does fate. What you were born to be and where you were meant to go is there to see if you are open to it. Affirm that you are willing; opportunity will find you.

SCORPIO (October 24 – November 21): If you let all you've accomplished and all you own hold you back then your future isn't built on the past, but limited by it. Look for a new venture. Search for a way out of what is great, and into something even better. A calculated risk isn't the same as folly.

SAGITARIUS (November 22 – December 21): You're getting more than one offer and they all lead to everything you could hope for via different routes. So, the choice is yours. Flying indicated and a remote location. A "Golden Opportunity" lies ahead. You feel like you've found your calling.

CAPRICORN (December 22 – January 19): Change how you present yourself. Keep a rein on your temper. Use this energy to instigate discussions that foster understanding and you can accomplish something significant. Accept the fact that you prefer to give the orders and like immediate responses.

AQUARIUS (January 20 – February 18): When a group effort results in a winning plan, remember to consider the costs, the purpose and the individual agendas involved. You have to be aware of every part of the process in order to make the right choices. Do test runs at intervals to work out the kinks.

PISCES (February 19 – March 20): This is a good time to look at your inner demons and transform them. Let go of outworn ways of being and old ways of doing things if they don't work for you. Embrace life, your strengths and your passions. Gather with positive people who share the same values as you do.

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