



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MARCH 16, 2005

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FREE

## Fort Garry Horse Opens Doors To North End Neighbourhood

By Jen Sharpe

Residents of a North End neighbourhood were treated to a display of Canadian military strength and expertise as the local Army Reserve unit—the Fort Garry Horse (FGH)—held an open house at their McGregor Armoury on 5 March.

Inside the Armoury, the open house featured displays of weapons and landmines, a small arms training demonstration complete with videogame-like screen, and loads of FGH officers and soldiers on hand to answer questions from visitors and media.

Outside, soldiers introduced children to a tactical command post and winter survival tent, repeatedly performed the construction and de-construction of a mobile bridge, and participated in a mock battle on the Armoury's small field. As the final event on the balmy winter day, the mock battle attracted a throng of visitors and drew Armoury neighbours to their windows and onto their porches to watch the action.

At the event, LCol David Atwell, Commanding Officer of

the FGH, said the open house was designed to not only introduce the community to the FGH but also introduce the new Field Engineer Squadron, now in development.

"We want to let the community know that we have a new capability coming into the Army Reserve in Winnipeg with the Engineers," LCol Atwell said. "With the open house, we want to show our historic aspect—that the Fort Garry Horse has been here for a long time—and to let the community know that we're bringing something new to the city."

Since 1912, Winnipeg's FGH have been supporting the Canadian Forces by performing various cavalry, infantry, and armoured vehicle duties in wars and during peacetime. Currently, the FGH form an Armoured Reconnaissance Squadron and belong to 38 Canadian Brigade Group (38 CBG), based here in Winnipeg.

With the new Field Engineer Sqn, LCol Atwell said the FGH—and other 38 CBG units—will benefit from improved



Fort Garry Horse reservists engage the 'enemy' in a mock battle behind McGregor Armoury. The North End reserve unit staged the battle as part of their open house on 5 March.

construction and destruction combat capabilities.

"The capability the engineers bring is the capability of mobility and counter-mobility. So they allow us to be mobile to do our job, but deny mobility to the enemy," he explained. "It's building bridges or destroying bridges, clearing minefields or putting minefields in, or whatever's

necessary to make us mobile and to make the enemy not so mobile."

LCol Atwell also added that the new Sqn is capable of doing water purification and to act as infantry, if necessary.

To demonstrate the abilities of the new Engineer Sqn, the FGH welcomed members of the 33 Field Engineer Sqn in Calgary, 8 Field Engineer

Regiment in Edmonton, and 1 Combat Engineer Regiment in Edmonton to McGregor Armoury. The visiting engineers manned the landmine display and performed the bridge setup and removal outside.

"We're very glad to have them," LCol Atwood said. "They came down this week just to help us out for this and they've been very cooperative,

and we really appreciate the efforts they've put in."

Over the next four to five years, the number of soldiers at McGregor Armoury will grow from 120 to approximately 200 with the addition of the Engineers. The Armoury also houses two Air Cadet squadrons and one Army Cadet squadron for a total of over 200 cadets.

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# Web-Savvy Writers Wanted For CF Youth Website

By Jen Sharpe

A fresh and interactive web community is prepping for its grand opening, and CF youths with a passion for pen and paper—or, more appropriately, keyboard and mouse—can have a starring role in the big Internet event.

Now in its last few months of development, the Connecting CF Youth website project, a CF Personnel Support Agency (CFPSA) initiative, is recruiting stories, articles, and reports from Canadian military youth. From the end of March to May, interested CF teens (ages 13 to 18) can spend three to four hours a week researching and writing about different topics for future publication on the website.

According to Louise Gratton, a consultant co-ordinating the Connecting CF Youth Project, the website provides youth with a forum to keep in touch and get information on postings, deployments, and other military issues.

"The website is a tool for youth in CF families to stay connected after postings and to access information on moving, deployments, and how to make friends," she says. "It's also a platform to stay in touch with each other—it's a virtual community."

Since last summer, Gratton has been working with CF youth from around the country and abroad to get the website up and running. From the beginning, creative, web-savvy teens have been participating in focus groups and brainstorming sessions to help create the content and design of the site.

"The website has to be youth-driven for it to work,"

Gratton emphasizes. "They know what they want, know what they need, and that's why we made sure youths were involved from the start."

Although Gratton doesn't expect the site to be fully operational until late spring, curious teens can check out an unfinished version at [www.connectingcfyouth.ca/mockup](http://www.connectingcfyouth.ca/mockup). Visitors will notice that the temporary site has some blank pages—pages Gratton hopes new writers will be eager to fill up. "We're really looking for kids that enjoy writing," she says.

After receiving parental permission, participants in the final phase of the project can expect to develop content for the site, collaborate with team members to generate ideas, and help promote the website within their community.

According to Gratton, youth who have seen the site are already saying positive things about its content and design. "They all loved and identified with the look and feel of the site. . . . They felt the information on deployments and postings is very important, especially the parts about making friends and keeping in touch with friends."

Melissa Davidson, 17 Wing Community Recreation Director, adds that that the website gives youth service providers—such as Community Recreation, the Military Family Resource Centre (MFRC), and chapels—the opportunity to gauge youth interests and design youth programs accordingly.

"The website gives youths the opportunity to stay in touch no matter where they are. Hopefully we'll be able to stay in

touch with the youth too, so we can learn what they want and what they're interested in," Davidson says.

As a participant in last November's Connecting Youth workshop at 17 Wing, Davidson also recognizes the importance keeping the community in contact: "There are so many youths within the military community that live in all areas of the city, so many of their friends may not be from military families. For those youths, it may feel like they're alone in their experiences, but this website lets them know that they're not."

Gratton says that support from youth service providers like Davidson is vital to the website's development and success. "Youths want to know what's going on at their base or at the base they're moving to, and so it's

important for us to have regular updates on events and programs being offered to them."

"The support we're getting from every base is absolutely incredible,"

Gratton adds. "I'm amazed at the work the youth staff are doing, and I think working at a national level is exciting for everyone."

Those interested in writing material for the website

can email Gratton at [louise.gratton@rogers.com](mailto:louise.gratton@rogers.com). Teens are reminded that they must have permission from parents to participate in the Connecting CF Youth project.

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# VOXAIR

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# 40 Years Ago In The Voxair

March 12, 1965

## North America's Friendly Enemies

Today, as life in North America proceeds at its normal pace, the continent is under air attack. The Air Defence systems of NORAD click and whirr as computers, acting on information from radars across the length and breadth of Canada and the United States, feed vital attack and interception information to direction crews and fighter interceptor squadrons. Missiles with lethal tips hunt ominously as they wait for the signal to blast them towards the enemy at supersonic speeds.

In the sky, booming southward at ten miles a minute, enemy aircrews intently scan the sky above and the earth below with sophisticated electronic eyes their target: The Heart of North America.

Suddenly, the radar scopes of the Air Defence system flash into unexpected brilliance, weird strobes of meaningless dots and dashes, unbearable noise on communications circuits, obliterate the orderly progress of the air battle . . . and the letters ECM flash through the minds of controllers, directors, and aircrews alike. The enemy is using his wizard war machines again Electronic countermeasures.

Specially trained officers and men swing into action as NORAD responds to the new threat. Banks of switches and dials light up as the Counter-Countermeasures crews attempt to eliminate the ECM blasting out of the Enemy attackers. On the success of the ECCM crews hang the outcome of the air battle if they lose the wizard war, we lose our freedom and our way of life.

An imaginary situation? Not at all! Who then is this Enemy and what is his purpose?

Fortunately for us, the Enemy is a friendly one. If you live in or near St. Hubert, Quebec, he may be your next door neighbor! That serious, friendly family man in the RCAF uniform the one who goes to work at strange hours, and plays baseball with the kids in the back yard, and uses strange terms like: Roger or CO or EWU in his conversation with you. He is a Canadian citizen with a unique, important, and deadly earnest task: His job is to attack and attempt to defeat the Air Defences of NORAD! His job is to ensure that should the dreaded day come when a real enemy decides to attack North America, your Air Defence system is

ready and able to destroy the invader before our homes are reduced to radioactive piles of rubble! That Air Force type next door is a member of the RCAF's Electronic Warfare Unit (EWU). It is the only one of its kind in Canada, and it has few if any counterparts anywhere in the world.

The Friendly Enemies of EWU became a single force several years ago when it was realized that despite the sophisticated and reliable nature of North American Air Defence Command radars and other attack warning systems, a potential enemy could, and probably would try to penetrate them with the aid of Electronic countermeasures designed to deceive, confuse and misdirect our defensive forces. At that time, the EWU role was defined as follows: To train NORAD forces in the conduct of an effective air defence battle in spite of an unfavorable electronic environment, and disruption of normal means of control of the defensive force.

To enable the Electronic Warfare Unit to fulfill this formidable assignment, they have been provided with specially equipped CF100 Canuck fighters and C119

flying boxcars. Aircrews have been specially trained in all aspects of electronic warfare, and selected groundcrews have been given the tools and the knowledge to maintain the complex machines needed for this vital job in air defence.

The Air Defence System itself has also been modified to make it equal to the task of counteracting ECM. Specially trained counter-countermeasures officers have been given a potpourri of equipment to help them neutralize the ECM threat.

EWU, along with various NORAD staffs, shares the responsibility of not only planning the role of a friendly enemy but also the planning of a co-ordinated, carefully thought out programme designed to fully train our defenders in air warfare under an ECM environment. Airspace requirements, deployment of forces, logistics, and thousands of details must be attended to in this constant, changing, complex operation; and EWU staffs, working with the Department of Transport, the U.S. Federal Aviation Agency, and other organizations are there, seven days a week if need be, to ensure that all goes smoothly.



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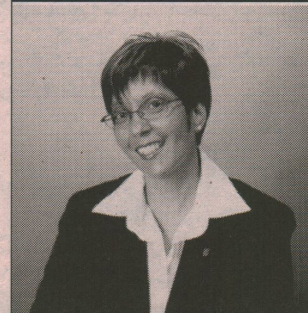
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# Prominent Businesswoman Speaks At Women's Day Conference

By Jen Sharpe

Barbara Bowes may not be military, retired military, or a DND employee, but she had some interesting—and useful—workplace insights for 17 Wing personnel at a presentation held March 7th.

In honour of International Women's Day, 17 Wing Management invited Bowes to address the audience on the past, present, and future challenges facing working women. As president of the Bowes Leadership Group, a Certified Management Consultant, and a Careers

columnist in the Winnipeg Free Press, her speech was casual but informed and motivated.

"I think today that women are taking their rightful place in leadership, but we have to remember that our work—not only from a feminist perspective but as a social change agent—is never done. . . You can't ever, ever stop social change," Bowes said.

Throughout the speech, Bowes drew on historical aspects of the feminist movement to illustrate how far workingwomen have

come—and how far they still have to go. Local feminist icon Nellie McClung, the woman who spearheaded the movement to get Manitoba women the vote in 1916, was a prominent figure in the one-hour speech.

"I recommend that in your career you follow the model of Nelly McClung: Never retreat, never explain, never apologize, just get the damn thing done and let them howl," Bowes said to applause.

After her presentation, Bowes said that despite all the struggles that remain,

she sees positive changes on the horizon for working women. "I'm hoping that there will be a lot more women in senior management positions, that women and men can flow in and out of the workplace more freely through maternity and paternity leave without jeopardizing their careers, and that there will be a continued recognition of the team-based leadership style."

"If you don't have those interpersonal skills and you don't have those teamwork, teambuilding skills, you



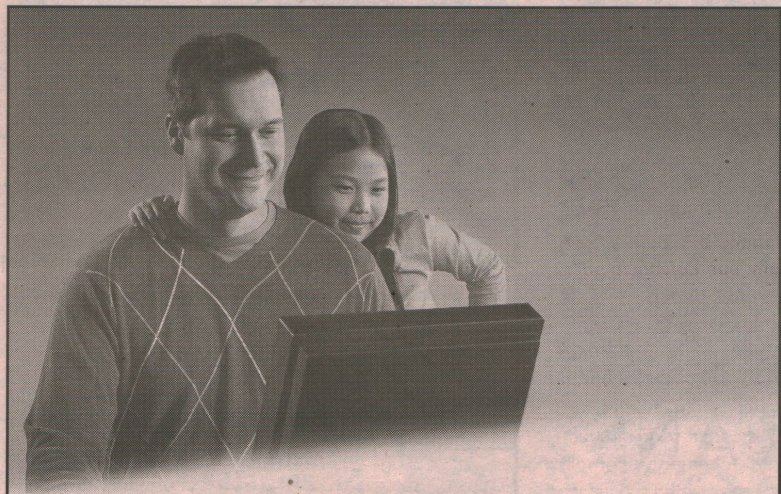
In honour of International Women's Day, Management consultant and columnist Barbara Bowes addresses a 17 Wing audience at the CFSAS Theatre.

won't be successful," she warned.

As for the military, Bowes said she admires "the ability to be task oriented" and admires "the women that go into it because it's much more rigorous I think than business."

"It's very competitive," she added, "and women are typically very competitive."

According to Laura Holden, 17 Wing Human Resources Officer, equality in the workplace continues to be a topic worth discussing and an issue worth addressing. "We still have employment equity legislation in place for a reason because we're not there yet and the struggle still goes on."



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# 2005 Great Grain Relay

By Cpl JA Thompson

How far can you run in 2 hours? Recently five members of 17 Wing had the opportunity to find out.

Welcome to the 23rd Annual Great Grain Relay, which was held Saturday February 19, 2005 in the University of Manitoba's Max Bell Arena. The relay, which raised money for Joints in Motion, consists of teams of five people who run in a continuous relay on a 200m track for 120 minutes. This year there were 52 teams entered, ranging from Friends and Neighbours, High School students and Corporate teams.

Members of 17 Wing registered under the Corporate Male category and competed against some speedy competition. However, after the dust



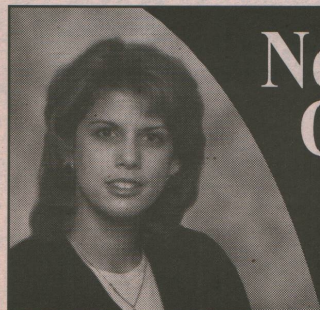
(L to R) Cpl Jim Thompson, Maj Bill Dymond, Maj Paul Anderson, MWO Dave Hiscock, and WO Paul Francesof 17 Wing's Great Grain Relay team.

settled and the track cooled off, the 17 Wing Runners won a silver medal in their division, with 168.25 laps or 33.65 kms completed, and took 6th place overall.

Congratulations to Major Bill Dymond, Major Paul Anderson, MWO Dave Hiscock, WO Paul Frances and Cpl Jim Thompson. Though the team did not train together

for this event, all members train for full and half marathons as well as triathlons.

Thanks to the 17 Wing PSP staff Al Brazeau and Chris Merrithew for their continued support for this enjoyable endeavor. Also a special thank you goes out to Jennifer Holmes who volunteered her time as a lap counter.



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Photo by Cpl Julie Whyte, 17 Wing Imaging



Photo by Cpl Julie Whyte, 17 Wing Imaging

## Double Graduation At CFANS

Submitted by Capt Rhonda Eddy

4 members of the Canadian Forces and 6 members of the Royal Australian Air Force are the newest graduates to receive their wings. On Friday, 25th Feb 2005, a graduation parade and ceremony was held to recognize the newest graduates of the Basic AESOP (Airborne Electronic Sensor Operator) Course – BAC 0401 and the Basic Air Navigator Course – BANC 0308.

The Reviewing Officer for the occasion was AIRCDRE Graham Bentley, originally of Victoria, Australia and is currently the Air Attache in Washington DC. He presented the 4 BAC graduates with their AESOP wings. The graduates of BAC 0401 are as follows: Cpl James Dean is posted to 415 (MP) Sqn in Greenwood, NS on the CP140 Aurora, Cpl Patrick

Lalande is posted to 415 (MP) Sqn in Greenwood on the CP140 Aurora, Cpl Bill Preston is posted to 443 (MH) Sqn in Victoria, BC flying on the CH124 Sea King helicopter, and Cpl James Smith is posted to 423 (MH) Sqn in Shearwater, NS flying on the CH124 Sea King helicopter. Dr. Ross Singleton of the Wartime Pilots' & Observers' Association along with Mrs. Sheila Dolunski and Mrs. Ellen Huffman, sisters of Flt Lt McNamara, presented the Reginald (Pat) McNamara DFC, DFM Trophy to the student who demonstrated an overall excellence in academics and flying while on the Basic AESOP course to Cpl James Smith.

Also receiving their wings were 6 students from the all-Aussie Navigator class. Family members of

the graduates had flown the great distance to par take in the celebration. Three of the graduates were presented their navigator wings by their fathers and the remaining three received their wings from AIRCDRE Bentley. The graduates of BANC 0308 are: PltOff Justin Baldry is posted to 76 Sqn, RAAF Williamtown in New South Wales on the F-111; PltOff Lawrence Benier is posted to 292 Sqn, RAAF Edinburgh in South Australia on the AP3-C Orion; PltOff Timothy Middlemiss is posted to 76 Sqn, RAAF Williamtown flying the F-111; PltOff Melissa Millar is posted to 292 Sqn, RAAF Edinburgh on the AP3-C Orion; PltOff Matthew Stade is posted to 76 Sqn RAAF Williamtown on the F-111; and PltOff Paul Thorburn is posted to 292 Sqn, RAAF Edinburgh

on the AP3-C Orion. Mr. Russell from the Wartime Pilots' and Observers' Association presented the James R. Dow trophy to the graduate of the Canadian Forces Air Navigation School who demonstrated outstanding Air Navigator flying excellence throughout the course to PltOff Timothy Middlemiss. The Reviewing Officer presented the LCol K.H. Pauls Memorial trophy to the BANC student who has demonstrated outstanding performance and professionalism while undergoing Basic Navigation Training to PltOff Timothy Middlemiss. Further presentations and celebrations took place following the parade at the Officers' Mess. Congratulations to all graduates and best of luck in the future from the staff and students at CFANS.

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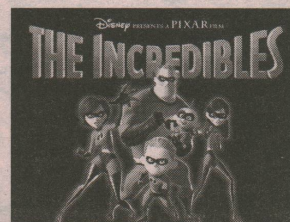
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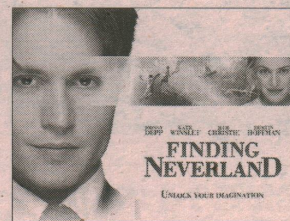
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# Nutrition Month

## March Is Nutrition Month

Remember that variety is the key to healthy eating. Healthy eating begins with a variety of foods. No one food can supply all the nutrients you need, so aim for a combination of foods that are rich in nutrition, fight disease, and taste great. To create balanced meals that are moderate in size, follow Canada's Food Guide to Healthy Eating. Mix and match food groups, try to include at least three of the four groups at every meal.

You may not know that fat is essential to good nutrition: it helps food taste better, it gives you energy, it protects your vision and organs, and it helps the body produce essential hormones and absorb certain fat-soluble nutrients, such as Vitamin A, D, and E. The trick is to choose the right kinds of fat and monitor your overall fat consumption. A healthy diet should have no more than 30% of total daily calories from fat.

Healthy eating does not end at watching fat and eating a variety of foods. A major downfall in eating healthy comes with portion sizes. The number of servings people need varies according to their age and activity but in general a serving size is smaller than you probably think! Follow the reference guide provided below.

All three eating tips, mentioned above, can be followed by using Canada's Food Guide to Health Eating.

Eating Out? Here are some clues to Eating Healthy when eating out:

When you see the words . . .	It means the food is probably . . .
Baked, barbecued, broiled, charbroiled, grilled, poached, roasted, steamed, and stir-fried.	Cooked with little or no added fat.
Alfredo, au gratin or in a cheese sauce, battered, breaded, creamed, crispy, deep-fried, en croute, fried, hollandaise, pan-fried, pastry, prime, rich, sautéed, scalloped, with gravy, with mayonnaise, with thick sauce.	Higher in fat and calories.
Pickled, smoked, soy sauce.	Higher in sodium.

Snacking? Don't feel guilty about snacking between meals but do try to make healthy choices. In many snack foods, such as cookies, potato chips and baked goods, the fat is invisible and the calories can add up quickly. Some processed snacks, like potato chips, salted pretzels and doughnuts can also contain quite a bit of sodium. To cut back on sodium, choose the unsalted versions of pretzels, nuts, and crackers. Pick snacks that have lots of nutrients and fibre. The fibre will make you feel full, helping you to resist higher fat and higher calorie temptations.

Choose these healthier foods more often as part of your snacks:	Instead of . . .
Whole grain crackers, muffins & breads	Doughnuts or danishes

Fresh or dried fruit	Fruit leathers
Unsweetened fruit or vegetable juice or lower-fat milk	Fruit drinks or soda pop
Plain, low-fat popcorn	Buttered or sugar-coated popcorn
Baked tortilla chips	Potato chips or cheesies
Angel food cake	Cheesecake
Whole grain or oatmeal granola bars	Chocolate bar
Lower-salt pretzels	Regular pretzels
Frozen yogurt or low-fat fruit yogurt	Ice cream
Arrowroot, melba toast, digestive or other plain cookies, gingersnaps, fig bars	Chocolate or cream-filled cookies
Trail mix with whole grain cereal, nuts and seeds	Candy

Fat-Busters. Here are some ideas for trimming fat from your diet:

Use 1% or 1/2% milk instead of 2% or whole milk.
In bread or muffin recipes, substitute one-half of the fat (oil) called for with unsweetened applesauce.
Use butter-flavoured non-fat vegetable spray in place of actual butter when seasoning potatoes, rice, or vegetables.
In recipes calling for sour cream, use non-fat plain yogurt instead.
In recipes using chocolate (such as brownies or cakes) substitute 1/2 of the oil or fat called for in the recipe with an equal amount of baby food plums. The plums will enhance the chocolate flavour as well as reduce the total fat grams.
Use non-fat vegetable spray in place of grease or oil when sautéing or pan-frying.
To season baked potatoes, use hot bouillon instead of butter and sour cream.
When browning ground beef, turkey or bulk sausage, you can boil it to cook it and drain more grease off of the meat this way than after pan-frying.

For more information on Nutrition or to pick-up a Canada's Guide to Healthy Eating, contact your Health Promotion Team, Christa or Penny, at local 4160 or 4150, or drop by to building 63, room 147.

(Information provided by Canada's Food Guide To Healthy Eating, "Bringing Fats into Focus" Canadian Egg Marketing Agency, "Weight Wellness Program" Strengthening the Forces).

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# Moving Up The Chain...

By Capt BD Achim

Similarly to Wing Supply, Wing TIS recently proceeded with the first set of promotions to be done in the new WTISS Bldg (136). On March 2nd 2005, "Recognizing the importance of the future Air Force" could have been the theme for this inaugural

promotion presentation since all four members of Wing TIS received their first hook and updated their rank to Pte(T).

The four Pte(T) who received their promotions were: Pte(T) Joseph Barnes (absent for picture), Pte(T) Sean Dicks, Pte(T) Ronald Thompson, and



Pte(T) Sean Dicks receives his first hook by the WTISSO, Maj Vadon (2 Mar 05).

Pte(T) Jody Thomson (absent for picture). All Pte(T) have completed the



Pte(T) Ronald Thompson receives his first hook by the WTISSO, Maj Vadon (2 Mar 05).

mandatory requirements for their promotion, including a 6-month on job training package (locally developed) which introduces them to the diverse fields of information systems and telecommunications.



MWO Chris Gillan receiving his new rank from LCol Dan Chicoyne Effective 1 Jan 2005



The Commandant and Staff of CFSSAT would like to congratulate Lt Monica Bradley on receiving her Commissioning Scroll. The presentation was made by Col Spalding at CFSSAT on the 28th of February. Lt Bradley is currently the Maintenance Officer within CFSSAT's Aeromedical Training Flight.

# 2003 'I Quit' Winner Refuses To Call It Quits

By Jen Sharpe

Two-and-a-half years ago, Cpl Tracey-Lynn Aves made a decision that would improve her health, benefit her pocketbook, and, eventually, win her a DVD player. Now, as the winner of the Health Promotion's 2003 'I Quit' contest and a successful non-smoker, Cpl Aves is speaking out about her experiences.

"I still get cravings—more out of habit than anything. It's hardest when I get stressed out, but overall it's been pretty easy," she says. "If you are a smoker, you should identify the cravings and then learn how to change your reaction to them."

Back in October 2002, Cpl Aves fell sick and decided to stop smoking as a result. A few months later, Cpl Aves says, "I saw an 'I Quit' flyer. Although I had quit in October, the contest

was accepting anyone who had quit since September so I still qualified." Cpl Aves recruited two sponsors to monitor her progress and worked hard to stay true to her non-smoking commitment.

After the contest closed in April 2003, Cpl Aves received a call from Health Promotion Assistant Penny Wawrzyniak who passed on the good news. "They called me and asked if I had started smoking again, and I was the first person who said they hadn't so I won the contest," Cpl Aves remembers.

"I thought it was pretty cool that I got a DVD player. It was an incentive to stay smoke free. I would have been more disappointed in myself if I had started up again because I was accountable."

It's that accountability and incentive that makes the

'I Quit' contest a success, says Health Promotion Director Christa Zappitelli. "The 'I Quit' contest is a good way to get started for three reasons: not only will you get the benefits of not smoking, but you also have the support of your sponsors to help you through the tough times, and you have the incentive of the grand prize to keep you motivated."

"The 'I Quit' contest helps you get through the hardest period—the first few months smoke free," she explains. "It gives everyone a launching pad and makes them accountable to someone else."

Although the contest supports participants through sponsors and incentives, Cpl Aves maintains that people who want to quit must do it for themselves. "You have to honestly want to quit and quit for yourself,



Cpl Tracey-Lynn Aves (left) and Health Promotion Director Christa Zappitelli

not for anybody else," she says. "If you don't do it for your health then the monetary benefits alone are enough to get you to quit. . . Just hang in there."

Although it's too late to enter the 2005 'I Quit' contest, Zappitelli emphasizes that people interested in quitting smoking can participate in the CF's Butt-Out

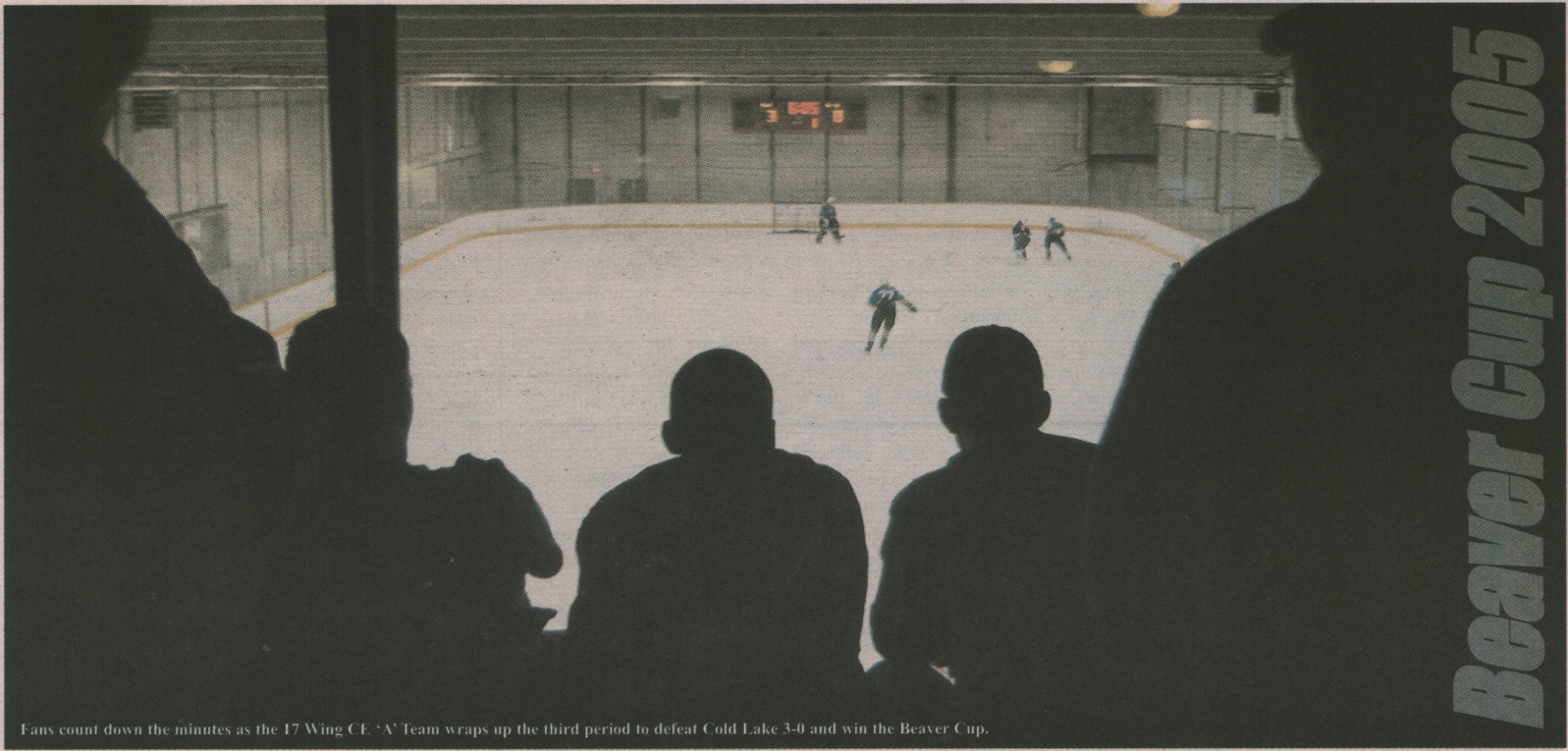
program' throughout the year. For more information on the Butt-Out program contact the Health Promotion Office at locals 4150 or 4160.



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Fans count down the minutes as the 17 Wing CE 'A' Team wraps up the third period to defeat Cold Lake 3-0 and win the Beaver Cup.

By Sgt Rob Dyke

With another fiscal year coming to an end and 17 Wing Construction Engineers busy with projects around the Wing, some of CE took time out to participate and host this year's annual Beaver Cup (Engineer's hockey tournament). 17 WCE had the honour of hosting this event with

Capt Bob Adams and his team leading the driving force.

17 Wing Winnipeg and CE were looking forward to seeing some old faces and new talent. All games were played at Ice Sports in Winnipeg. Six teams (Cold Lake, Edmonton, Shilo, Suffield, and team A and B from Winnipeg)

arrived on Sunday 27 February; we had a meet and greet held at the Officers' Mess lounge that night.

Old friends told stories and bets were made on who would win the cup this year. Pizza was the main meal that night and the laughter was the theme for most. Many teams were

tired from the long drive but were ready to play some hockey.

Last year a team made from players from Shilo and Winnipeg won the cup, but this year Winnipeg wanted to leave a mark and keep the cup here in Winnipeg. After Maj Stew Beal (WCEO) dropped the puck for the first game Monday morning, the games had started.

The first game was played between Suffield and Winnipeg team B. 50 seconds into the first period Cpl Will Smith (aka Junior) open up the tournament with the first goal and gave Winnipeg team B an early lead. It was a lead that was shattered quickly when Suffield went on to win the game 10-1.

Each team played two games a day and for the most, all teams were equal. With day one over and scars and bruises appearing, it was now time for some good R&R that night. Team B Winnipeg thought it would be a good gesture to offer to show the other teams the local pubs and Winnipeg's nightlife.

Day two started off with some fasted paced hockey and it turn out to be a full day of fun and excitement. Most teams had the kinks worked out and were starting to get their game



17 Wing CE 'A' Team players watch the action from the bench during the Beaver Cup championship game.

faces on. Winnipeg Team A, Shilo, Cold Lake, and Suffield played some good hockey, with close scores and great goals.

Day three started off with a bang when Winnipeg team B lost yet another game with its star player Cpl Rick Costain (aka Bambi) sliding gracefully up and down the rink. 14:30 would prove to be the highlight of the day as Cold Lake and Winnipeg team A squared off in the championship game. This proved to be a good game

and lots of home team fans from 17 Wing were in the stands to show support for the home team.

Winnipeg team A would prove to be the stronger team and go on to win the game 3-0. 17 Wing will rest well knowing that the cup will stay here in Winnipeg until we travel to Cold Lake for next year's Beaver Cup. I would like to thank all who helped out in this year's event and send a special thanks to 17 Wing Winnipeg for their support. Chimo!

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# Before You Fill Out Your Tax Return...

By Phil Marcus, SISIP Financial Services, Ottawa

Now that the RRSP season is behind us, Canadians turn their attention to income tax time. The deadline for filing your tax return is April 30th. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

**Charitable donations**  
Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 16% on the first \$200 and 29% on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation receipts can be transferred to your spouse. The higher income earner should claim all donations if the province of residence has a provincial surtax and the higher income

earner is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

**Medical Expenses**  
Medical expenses are also transferable between spouses. Medical expenses can include amounts paid outside of Canada and they must be more than 3% of your net income or \$1,813, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended upon you for support during the tax year. The total of these expenses must be more than the lesser of \$1,813 or 3% of the dependent's net income for the year up to a maximum of \$5,000.

You can claim medical expenses paid in any 12-month period ending in 2004 that were not claimed in the previous year.

**Tuition and Education Amounts**

You can claim fees paid for post-secondary courses. Each claim must be \$100 or more for each educational institution and the institution should provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children. To find out what amount is eligible, complete the calculation on the back of your T2202A or schedule 11 in your income tax forms.

**Spouse or Common-Law Partner Amount**

If your spouse or common-law partner earned less than \$7,484 last year, follow the calculation on line 303 of your return to see what

amount you can claim.

If you were single, divorced, separated, or widowed you can claim the same amount of \$7,484 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

**Age and Pension Credits**

These amounts are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2004. Take the time to read the portions of the guide that apply to your claims. It may save you from making a costly mistake.

This article is for general information purposes only and is the opinion of the writer.

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## Stamps That Commemorate Events

By Alf Brooks

The block of four stamps illustrated here is part of a set of 154 stamps issued by the Marshall Islands from 1989-1995, picturing decisive events of World War II. One writer names the series a "superb group to collect."

The battle was the battle of the

River Plate, fought in the South Atlantic in December, 1939. Three British cruisers - HMS Ajax, HMS Achilles and HMS Exeter engaged the German pocket battleship, Admiral Graf Spee, that had been raiding Allied shipping. It took minimal damage

but retreated to the neutral port of Montivideo, and then was scuttled. Military historians mark this as an important naval battle; why the Marshall Islands would issue a long set of stamps to mark events in the War, events unconnected to the Marshalls, is

another question. I see the answer as more to make money than to provide collectors with significant stamps. Collectors are free to buy these issues, but are souvenirs not intended for postal use the best items for a philatelist to collect? I would say no.



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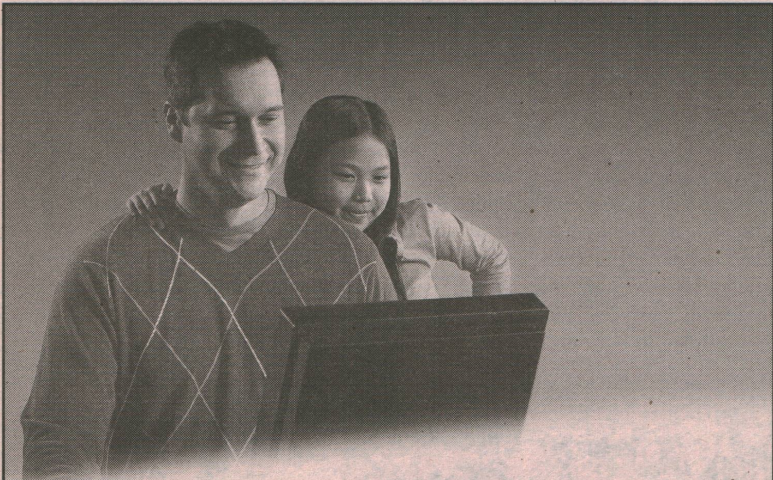
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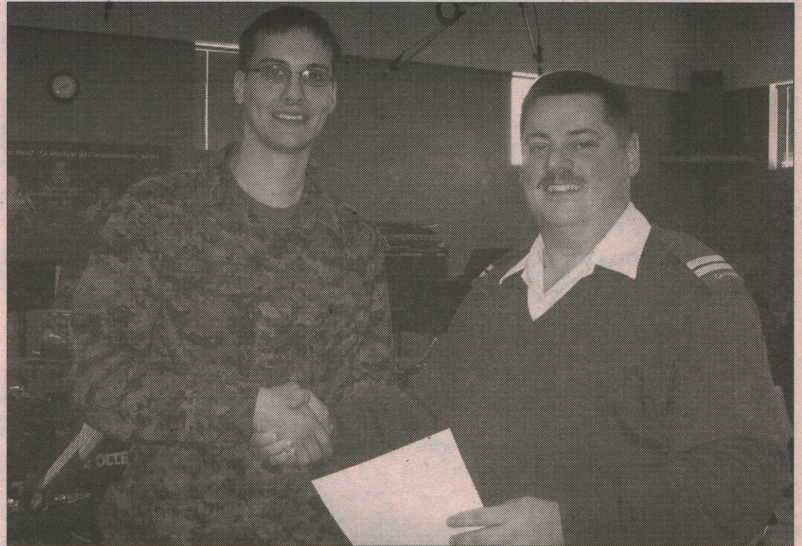
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Sgt Benoit Parent (left) receives his promotion to the rank of Sgt from Air Command Band CO Capt Raymond Murray.

## Oboist Adores Unique CF Career

By Jen Sharpe

Sgt Benoit Parent has an important—and rare—job at 17 Wing, one that is shared by only five other regular force members across the CF. It is a job that requires leadership, dedication, quick fingers, and strong lungs—as well as the ability to read music, keep time, and march, all at once.

For those of you who successfully absorbed high-school level musical theory, Sgt Parent is the only Oboist in Air Command Band and thus plays an important role in the woodwind section; for those who don't know much about musical arrangement, that means Sgt Parent plays the clear, distinctive clarinet-like instrument from its ear-piercing highs to its romantic, captivating lows.

As Sgt Parent will tell you, the life of a military Oboist—or any military musician, for that matter—is challenging, creative, and, perhaps most importantly, a lifetime endeavour. The Sgt himself has been playing the oboe and other wind instruments since 1991 and has been a member of military bands since 1995 when he joined la Musique des Voltigeurs as a reservist in Quebec.

Nearly a year ago, Sgt Parent joined the regular force as part of the Air Command Band in Winnipeg. In that time he has toured with the band around the province and across the country, playing in various

concerts and festivals, including the International Military Music Festival in Quebec City this past summer.

"I did the festival as a reservist and now I've done it as part of the regular force," Sgt Parent says. "It's always fun to play outside for people and to meet the people that come to see us perform. With formal concerts we usually go in, we play, and then we go out, but with that kind of festival we have the opportunity to go to the people and speak with them."

But outdoor festivals aren't the only place Sgt Parent enjoys performing: "I prefer to play in the concert hall," he adds. "It's more consistent and it's more my place as an oboe player than an outside concert. Outside we usually play more jazzy and popular pieces where the oboe isn't a major instrument."

According to Sgt Benjamin Trowell of the Air Command Band, Sgt Parent's position as oboist is an important one. "The oboe part in symphonic band repertoire is quite important actually, in terms that they get a lot of solos. When we play music that is strictly more concert or symphonic, as opposed to military music, the role of the oboe is important and is usually a solo role that leads the woodwind section."

Unlike most military

environments, 'leading' a section within a smaller musical ensemble, such as a quintet, sometimes relies less on the rank of the musicians and more on the instrument they play or the music they perform.

"It's a little different here because sometimes the person who leads the group may not be the highest ranking," Sgt Trowell explains. "As it stands right now the Warrant Officer in charge (of the woodwind quintet) is officially the leader of the group, but generally speaking the oboe player is the leader of a woodwind quintet."

"The lead also depends on the pieces we play, because when we talk about leading it's more about when to start together without counting than who's in charge," Sgt Parent adds.

Forming part of the Air Command Band is definitely a unique military experience, and Sgt Parent emphasizes that the Band's role is an important one within the CF: "We play for the visibility of the military and the Canadian Forces throughout the world."

Now, with his recent promotion to Sgt, Sgt Parent adds he looks forward to continuing the visibility of the Air Command Band by playing in more concerts, festivals, and parades this upcoming year. "It's a great place with great people and a great band to work with," he says.

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## 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 Zienkalski, 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.

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# TEME MSE Safety Section: Driving And Emotions

By Sgt P.J. Babcock

Two emotions commonly encountered on the road are anger and aggression. Aggressive driving is when negative emotions turn into bad driving behaviours. These can be anything from leaning

on the horn to assault. Crowded roads and busy schedules can shorten tempers and even the most patient drivers aren't completely immune to the stresses of everyday life. It's important to remember

not to let your emotions set the tone for your behaviour behind the wheel.

If you come across an aggressive driver, don't react. The only problems you can solve behind the wheel are your own.

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# Military Family Resource Centre



## Community Coffee Break at the MFRC

the first Thursday of EVERY month 10-11 AM.



This month's door prize winner was Janice Stanley, congratulations!! Drop by next month for some delicious baking, a chance to connect with MFRC staff, win a prize and maybe meet some new friends! Take this opportunity to join with other families experiencing a move to a new posting or managing the challenges of deployment and family separation. Children are always welcome! 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!

On the menu from March 3.....

Cheese and bacon breakfast muffins

Everyone will enjoy this breakfast bun. Great for families on the run!

- |                             |                                   |
|-----------------------------|-----------------------------------|
| One egg                     | 1 teaspoon baking powder          |
| 2 Tablespoons Sugar         | 1/2 teaspoon baking soda          |
| 1 cup sour cream            | 1/2 teaspoon salt                 |
| 1 tablespoon oil            | 1 cup crumbled cooked bacon       |
| 1 teaspoon prepared mustard | 1 cup grated cheddar cheese (old) |
| 1 1/3 cups flour            |                                   |

Heat oven to 400 degrees. In a large bowl lightly beat the egg. Add the sugar, sour cream, corn oil, and mustard. Mix well. Add the flour, baking powder, baking soda and salt. Stir until the dry ingredients are moistened. Gently stir in the bacon and cheese. Fill greased muffin tins. Bake for 20-25 minutes or until golden brown. Makes one dozen muffins.

Upcoming Coffee Breaks are April 7, May 5 and June 2, 2005.

Join us at 102 Comet St. 10-11am

For more information, call Catherine at Loc. 4506

Winnipeg Military Family Resource Centre Presents:

## "Now that I'm all grown up... what do I want to be?"

An interactive discussion group and workshop for adults on how to develop your career and education plan

Date: Tuesday, April 19, 2005      Where: MFRC 102 Comet Street  
Time: 6:30PM - 8:30PM      Cost: \$5.00

Please call 833-2500 Ext. 4500 by April 15, 2005 to register or call 833-2500 Ext. 4511 for more information.

## Coming attractions at the MFRC

Workshops begin at 7pm and take place at 102 Comet Street. Meet some new friends, learn something new and have fun! Workshops are free unless otherwise indicated. Childcare is available on request on registration. Call 833-2500 loc. 4506/4500 to register.



**March 23** - Have a great Yard Sale!  
Tips and hints to make this year's yard sale a great success.  
Have a lighter load next time you are posted!



**April 20** - Get Moving...get organized! Information and resources gathered from the experts...YOU. We have some coping skills and super hints to make this move painless...OK, less painful!



**May 18** - "Oh...the places I have been"...create a beautiful map framed mirror.  
Bring a map of your favourite place(s) and we will transform a framed mirror into a work of art celebrating the strength and flexibility of Military families!

## Some NEW resources now available at the MFRC

Great Books and guides to address many issues faced by families. Call Haley at 4512 for more information!

- Yikes! a smart girl's guide to surviving tricky, sticks, icky situations
- Sex, Puberty and all That Stuff: A Guide to Growing up
- Smart Girls Starting Middle School
- The Stars Program, Learning about anger & Learning about anger more (For Children)
- The Anxiety and Phobia Workbook (relaxation techniques and more coping techniques)
- What's Wrong with Spanking (pamphlet)
- Emotional Abuse (national clearing house on family violence)
- Violence Issues: An Interdisciplinary Guide For Health Professionals
- Breaking The Pattern: How Communities Can Help (Family Violence)
- The Effects of Media Violence on Children
- Television Violence: A review of the effects on children of different ages

Winnipeg Military Family Resource Centre Presents:

## Jobs for Teens



**April 5, 2005      The World of Work**

- |   |                                  |
|---|----------------------------------|
| Welcome to the world of work (Course outline) | How do I learn?                  |
| Check-in and class housekeeping               | Paving the Career Path           |
| What is work?                                 | Motivations (likes and dislikes) |
| The benefits of work                          | Checkout and homework            |
| Who am I?                                     |                                  |

**April 6, 2005      Skills Unlimited**

- |                                |                       |
|--------------------------------|-----------------------|
| What am I good at?             | If I could be...      |
| Just the Facts - Cover Letters | Checkout and homework |
| The Resume Reason              |                       |

**April 12, 2005      Knock, Knock, Knocking on Employment's Door**

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| Check-in and homework review      | Interviewing Secrets                  |
| The Secret World of Job Searching | Film: Career Search - "The Interview" |
| The Interview                     | Mock Interviews                       |
| What's it all about?              |                                       |

**April 13, 2005      Opening the Door of Opportunity and Keeping it Open**

- |   |   |
|---|---|
| True Interview - Employer Interviews      | Questions and answers                   |
| The Taxman Cometh                         | Graduation and Pizza Party!             |
| Unions and Associations                   | Check out and the real homework begins! |
| Employment Survivor - Workplace Behaviour |   |

PLEASE CALL LOCAL 4500 BY MARCH 18TH, 2005 TO CONFIRM PARTICIPATION OF YOUR YOUTH OR LOCAL 4511 FOR MORE INFORMATION

Class will run from 6:00pm - 8:30pm each evening.  
Cost is \$10.00 which includes workbook and snack

## 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.

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

# Lenten And Easter Services Roman Catholic And Protestant

Throughout this holy time of year services will be held in the Wing Community Chapel, 2235 Silver Avenue (Bldg 94, off Whytefold), as follows:

## Roman Catholic in English only.

Ash Wednesday		9 Feb 05	1900 hrs	
Saturdays	Lent	12, 19, 26 Feb; 5; 12 Mar 05	1630 hrs	
Sundays	Lent	13, 20, 27 Feb; 6, 13 Mar 05	0900 hrs	
Tuesdays	Lent	15, 22 Feb; 1, 8, 15, 22 Mar 05	1900 hrs	
Wednesdays		16, 23 Feb; 2, 9, 16 Mar 05	1900 hrs	Stations of the Cross
Passion Sunday		19 Mar 05 (Saturday)	1630 hrs	
Passion Sunday		20 Mar 05 (Sunday)	0900 hrs	
			2130 hrs	Reconciliation Service
Wednesday		23 Mar 05	1900 hrs	Solemn Stations of the Cross
Maundy Thursday		24 Mar 05	2000 hrs	Feast of the Lord's Supper/ Reposition and Adoration
			0900 hrs	Catechumenate Retreat
			2000 hrs	Easter Vigil
Easter Sunday		27 Mar 05	0900 hrs	

## Protestant in English only.

Sundays	Lent	13, 20, 27 Feb 05	1100 hrs	
	Lent	5 Mar 05	1100 hrs	Holy Communion
	Lent	12 Mar 05	1100 hrs	
Palm Sunday		20 Mar 05	1100 hrs	
Easter Sunday		27 Mar 05	1100 hrs	Holy Communion

## Ecumenical Service in English only.

Ash Wednesday		9 Feb 05	1215 hrs	
Good Friday		25 Mar 05	1500 hrs	

Please join us.

**We're Hitting The Slopes And  
You're Invited!!! Join Us As  
We Head To Asessippi.**



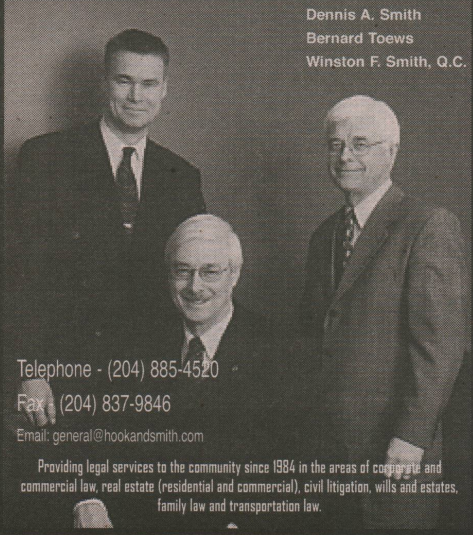
**April 1-2, 2005**

Check out [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)  
for more information or call  
833-2500 ext. 2057

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**One Mans Air-force Mess Kit,**  
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**TAROSCOPES** BY **NANCY**

**ARIES (March 21 - April 19):** You receive news that tries your patience as you question someone's choices. You've just about had it with the rash behavior of others. Luckily you've got lots of emotional support as those who you've helped reciprocate now. Show your appreciation by letting them help you.

**LIBRA (September 23 - October 23):** It's better to do nothing than to act inappropriately. You may feel the need to share your thoughts with others, but honesty and openness don't automatically endear you to others or open doors. Appreciate what you have. Those of like mind and heart will be there for you.

**TAURUS (April 20 - May 20):** You'd like to avoid conflict as it wears you out and reminds you that there are still some invisible barriers holding you back. Outstanding issues won't be resolved right now so just contain any crisis that arises, so it doesn't get out of control and then you can deal with it later.

**SCORPIO (October 24 - November 21):** If you put all your eggs in one basket you'll feel like you're limiting yourself. Your optimism fuels your excitement but be willing to see and read the signs instead of focusing only on what you wish for, then you will know what to expect, what to do, and when to do it.

**GEMINI (May 21 - June 21):** Because you won't take shortcuts your efforts may feel as if they are unending, however it is partially your inability to be satisfied that causes a lot of your stress. Perfection is impossible. Find the middle ground, proceed and then make adjustments later if necessary.

**SAGITARIUS (November 22 - December 21):** You feel like no matter how hard you try you're not making progress. However some of your goals may be obsolete. Initiate closure on those that are and remember it is okay to change your mind about past choices. Evolving and growing are positive.

**CANCER (June 22 - July 22):** Relating openly and maintaining harmony are not always going to be possible. Both the desirable and undesirable qualities of others are revealed. Accept that people are a mix and that you don't have to rush in and try to ease strained relations and control situations.

**CAPRICORN (December 22 - January 19):** Be patient, open, and feel free to be who you really are. Follow your own path instead of trying to do the right thing. You make a good impression when you maintain your focus and show discipline. Luckily, this is easy for you right now.

**LEO (July 23 - August 22):** Learn from your past but don't get swamped by skepticism. You have a wealth of good experiences and special qualities. It's time to look at what you've avoided about how you've contributed to your current situation though. Your answers lie within you.

**AQUARIUS (January 20 - February 18):** Because you're more organized over the next little while, you can tackle tasks efficiently. Learn who has the power to make decisions that affect your life so that you can ask them to help you plot a course through rules, red tape, and the ego issues of others.

**VIRGO (August 23 - September 22):** Determine what is right for you and what you feel entitled to and you'll be able to decide where to make changes. There are consequences to action and inaction. Expect the right choice to automatically appear before you, keep your eyes open, and trust yourself.

**PISCES (February 19 - March 20):** There's a real vibrancy and energy to you these days. Use your intuition to see ways to break free of restricting, preconceived notions. Don't waste time wondering if you can do something; just do it. Find ways or invent ways to transform yourself and your life.

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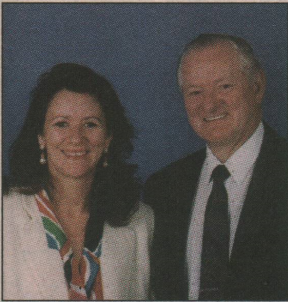
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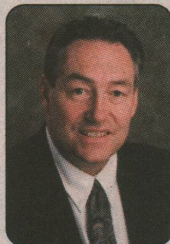
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