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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

May 04, 2011

VOLUME 60, ISSUE 09

FREE

CFB Golf Course Tees off another season



Brian LaPlante holds the flag while Dennis Sparling takes aim at the 6th hole at the CFB Golf Course at the club's grand opening for the season on 29 April 2011. See page 2 for more information.

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It's Spring cleaning time



A tractor cleans up sand on the grass at 17 Wing. Crews will be cleaning up around the base for the month of May. Photo: Shane Gibson

MFRC Spring BBQ



From left to right: Capt Sean Morris from Southport along with sons Cayden, 7, and Cole, 4, were all smiles as they cut into the cake. Photo: Shane Gibson

Letter to the Editor

April 20, 2011

Dear Editor,

April marks the 60th anniversary of the Battle of Kapyong – one of the most significant battles fought by the Canadians in the Korean War.

As a member of The War Amps Operation Legacy, a group of committed young people who are dedicated to preserving Canada's military heritage, I would like to highlight this anniversary.

On April 24-25, 1951, the 2nd Battalion of Princess Patricia's Canadian Light Infantry engaged in the Battle of Kapyong. From their stand on Hill 677, the Patricia's managed to hold their positions and re-open the supply route despite tremendous odds and bitter fighting. The Canadian action at Kapyong stopped the Chinese advance in this sector of the front for the rest of the war and earned the battalion the US Presidential Citation for valour.

Canada sent 26,791 soldiers to battle in Korea. More than 1,200 were seriously wounded and another 516 never came home. After the Korean Armistice Agreement was signed in 1953, the Canadians returned home amid little fanfare. There were no bands playing, and no parades. In fact, the Korean War had very little impact on Canadians, except, of course, those who fought in it or who lost loved ones.

To mark this anniversary, The War Amps has re-released its documentary Korea: Canada's Forgotten War to regular and specialty TV channels. Part of The War Amps Military Heritage Series, it is also available at a cost-recovery price of \$12 by calling 1 800 250-3030 or visiting waramps.ca.

Sincerely,

Olivia Auiat, 16

Operation Legacy Member, Brandon

17 Wing Winnipeg's MFRC celebrated the start of spring on 29 April 2011 with a family barbeque. The barbeque was held in a potluck format, which saw items such as salad, chips, cookies and cake brought by the estimated 40 people in attendance to go along with the hotdogs, hamburgers and condiments provided by the MFRC.

"It was a family program that we did, to get everybody out to come out, meet their neighbours and have a fun night," explains Andrea Estensen, information and referral coordinator with the MFRC. "Everyone had a good time."

- Shane Gibson

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Butting out: Hundreds participate in annual March 1st I Quit Challenge

Shane Gibson
Voxair Journalist

Quitting smoking has a number of benefits for those who decide to give up tobacco, from improved health to more wealth, but for three CF members from 17 Wing Winnipeg who gave up smoking in March, the benefits include adding cold hard cash to their pockets.

The names of three local quitters, and one local supporter of a quitter were all randomly drawn from those who took part in the annual March 1st I Quit Challenge run jointly by Health Promotions, Canex and SISIP Financial Services.

"The idea is to give people an incentive to quit," explains Kathy Godfrey, Health Promotion director at 17 Wing Winnipeg. "It's another form of motivation that might be helpful because everybody's quit is so individual.

"It gives people that deadline to know that as of March 1st they're going to wake up and be tobacco free."

Across Canada over \$18,000 in prizes were given out to CF members and civilians who were able to stay quit from 1 March 2011 to 1 April 2011 and their supporters. Here at 17 Wing Winnipeg MCpl Timothy Gillespie came in first place and took home \$200, Capt Brian Flynn won \$100 for his second place finish and Gord Wells walked away with \$75 for his third place finish. MS Dale Harper also won \$50 as a supporter.

"With the supporter the idea is that those people around you are very significant in helping with the quit, so each individual who registers has to find two supporters," explains Godfrey of the support winner.

Although the March 1st I Quit Challenge is only run once a year, Health Promotions also offers the Butt Out tobacco cessation program all year long, which offers CF members and civilians working in the forces help to quit smoking by focusing on behaviour modification and offering free smoking cessation medication for CF members.



This year, over 1000 people from across Canada registered to quit smoking for the annual March 1st I Quit Challenge. Photo: Michael Sherby

Godfrey says some of the March 1st quitters used the Butt Out program — including two of this year's winners — while others decided to tackle the task on their own.

"They don't have to do the challenge in conjunction with the Butt Out program, some people do, a lot don't

and find their own way to quit," she explains. "What the Butt Out does is we look at what the reasons and triggers for smoking are for a person, and help them to develop alternatives to those behaviours."

Nationally 1090 tobacco users and 2180 supporters registered for the challenge this year with 34 smokers registered here in Winnipeg.

Local first place winner MCpl Gillespie had been smoking for 25 years before quitting at the beginning of February. He's stayed tobacco free ever since, and says quitting smoking was a great decision.

"I feel a lot better," says Gillespie, who used the Champix medication to help him kick the habit. "You don't wake up and hack up a lung in the morning anymore... it was hard but a lot easier than it could have been because I have a daughter who would tell me I stink... and that's what gets you. I had to quit."

Many former smokers like Gillespie rely on the help and support of friends and family to get through tough cravings, and that's exactly why local support winner MS Dale Harper says he got involved this year.

Harper helped an employee of his at Minto Armouries as she attempted to quit in March and says he wanted help because he lost his father to smoking related cancer last June.

"It's really tough to quit, and I wanted to help," says Harper, who has never smoked himself. "You have to be motivated to quit more than you're motivated to smoke and as a boss I have to be patient and understanding while an employee is quitting."

For more information about Butt Out program contact Winnipeg Health Promotions at extension 4150.

Golfers line up to hit the links

Shane Gibson
Voxair Journalist

With all the snow melted and the grass underneath starting to turn green, the CFB Golf Course has gotten back into the swing of things once again.

The course officially opened for the 2011 season on 29 April, and Darlyne Fathers, manager of the CFB Golf Course says the start date falls more or less in line with when the nine-hole course normally opens every year.

"Some years you're a little bit earlier, and some years you're a little bit later, it just depends," she said late last week while busily getting the clubhouse cleaned and ready for customers. "I'm glad to be opening because we've been getting calls from golfers wondering when we open ever since the first nice day we had."

Fathers says she's been working for the last two weeks stocking the beer coolers, cleaning off the tables and making

sure the clubhouse looks as good as the greens for the opening day.

"We've cleaning and ordering because we have nothing when we move in here at the start of the year, in fact the water isn't even turned on yet so I bring water from home to finish wiping everything down," she explains, adding a crew of members volunteer their time on the first weekend to help clean up as well. "We'll get some of the members out to help clean up around the clubhouse and all of that."

Although she says the course is "a little damp", Fathers says the club's grounds crew have got it ready for golfer's who have spent all winter itching to hit the links again.

"It's not too bad," she says of the conditions. "We're expecting to see a lot of people coming in on Friday."

The club is open to all members of the military, retired military and civilians, and those interested in joining only need to be sponsored by a current member to



be accepted. The club had roughly 400 members last year, down slightly from previous years, and Fathers says she'd like to see more CF members join this season.

"It'd be nice to see some military guys out here first thing in the morning before they go to work," she says, adding she usually opens the clubhouse between

5:30 a.m. and 6 a.m. everyday, and golfers who want an earlier start are welcome to do so. "If you're a member you can come and golf whenever you want, and even if you're not you can come and golf and when you finish the clubhouse will be open and you can come in and pay."

A membership at the course for a member of the military costs \$285; retired military, RCMP and DND civilians pay \$310 for the year; and civilians pay \$335 for an annual membership, which gives the member unlimited golfing for the season. A single round of golf for a non-member is \$12. The clubhouse is fully licensed, and Fathers says they can host parties for just \$25, which includes the use of the course's barbecue, or the club can also cater for an additional cost. For more information about the CFB Golf Course call extension 6909.

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The 2011 Women in Aviation International Association Conference

Cpl Prigione T.A.

Wow! There is so much to tell where do I begin? My name is Cpl Toby Prigione, I'm a CC-130 Hercules maintenance technician at 435 (T & R) Squadron. I had the good fortune of being selected to attend the 2011 International Women in Aviation Convention in Reno, Nevada. I had no real expectations other than maybe meeting a couple people and sitting through numerous long dry power point presentations with monotone and less than enthusiastic speakers. Well, I could not have been more wrong in my assumptions. From the very first seminar I was captured and connected with every speaker throughout the four days.

Although the conference is called Women in Aviation International (WAI), there was over three thousand attendees both men and women from a wide variety of aviation occupations. Presently, a growing number of men attend and contribute to this worthwhile event even though the premise and history is founded from a time when it was taboo to hire a woman in a male dominated aviation industry. There were no female pilots, executives or managers in the aviation industry; and although existing, there were minimal numbers in other areas such as maintenance technicians who experienced issues of inequity. Twenty two years later, this event has evolved from sharing stories of struggle to celebrating stories of achievements and successes. It was really wonderful to see WAI reward both deserving men and women with bursaries and scholarships; this is proof of WAI's commitment to provide support and encouragement for both genders worldwide breaking down the barriers of inequality.

While there, I attended a couple of professional development seminars and also got to listen to some worthwhile speakers tell their stories. Every time I left a session I was fuelled with inspiration and pride – I'm a woman in aviation!!!

Betty Shatton, author of "The Fuel You Need for Reaching High Altitudes", spoke of her experiences. After watching the Blue Angels at an air show in 1982, she became inspired and decided to look into becoming a fighter pilot. At the US recruitment centre she was informed that women could not be pilots in the US Navy. That astounded me, I could not imagine to be told that you can not do something that you dream of because of your gender in the 80's! This incident drove her to obtain her private pilot license, become an instructor and now CEO of her own successful airline company.

Years later, as women were now permitted to be pilots in the US Navy; Betty coordinated through the

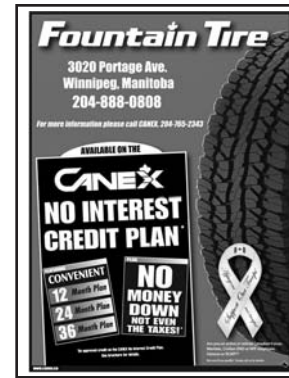
WIA a military leadership conference and asked the US Air Navy to include at least one women aviator. They agreed and when the time came, Betty witnessed a large US helicopter land, seeing someone jump out of it to marshal in the AC after shutting down, then watching four more exiting. Betty described with jubilation that when all five members removed their helmets (imagine, just like in the movies, in slow motion) they were five beautiful women. On the giant projector screen Betty showed us the picture of the five women posing in front of their AC. This gave me shivers, and it filled me with pride and inspiration.

Another great keynote speaker, and equally accomplished, was the Commanding Officer of 431 Air Demonstration Squadron in Moose Jaw, LCol Maryse Carmichael. She became the Number Three Flyer with the Canadian Snowbirds, first woman pilot to ever fly with the Snowbirds Aerobatic team, and the first female Commanding Officer of 431 (AD) Sqn. She is a true pioneer who has paved the way for women in the CF. She is also very kind, personable and approachable and I was able to talk to her afterwards about her thoughts on family versus career. She has personally never experienced any negative situations, was able to really enjoy both home and work life, and received positive support from her chain of command.

Having said that, she is not oblivious to the women who generally take family/maternity leave, putting their careers on hold, and having to discuss and plan their personal family leave with their employer; which is not always easy or comfortable and in a lot of cases has plagued the success of a career for a lot of women; something I have personally experienced during my career with the CF.

On a final note, it was equally wonderful to meet and speak with many of the men in aviation and get an idea of their perspective on this female dominated conference. One US Colonel of the 439th Airlift Wing, Bob Swain, brought his wife and four female colleagues; he found the conference to be insightful and very informative, and he felt fortunate to have had the opportunity to attend. I also spoke with a US Coast Guard officer who, like me, is encouraged by his chain of command to attend. US military branches are now proactive and encourage their members to be educated on issues that effect women in male dominated industries such as aviation.

Some common traits between all these fascinating and successful speakers and attendees is they all had barriers to overcome; they came to WAI to share these necessary stepping stones (which couldn't have been



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easy), they overcame and embraced these obstacles, and wanted others to learn and be inspired from them. Their perseverance and tenacity is virtuous.

There are so many moments of this conference that stand out in my mind. Meeting people and learning the complex array of occupations in the aviation industry. I have a better understanding of my significance in the CF. I needed this conference to be reminded that I do make a difference. I fix planes for a living! Throughout my aviation career I have fixed three types of Aircraft: the CF-18 Fighter, the CH-146 Griffon, and currently the CC-130 Hercules. I have changed engines, tires, valves and pumps, fueled and towed with a D-14 Mule in 40 below temperatures. My role is very important and I am good at it because I love it, it's my passion.

In conclusion, it is my recommendation that men and women who fly, perform maintenance, manage an aviation company or have any interest in any part of the aviation industry invest the minimal costs of this conference because, at the end of the four days, you walk away with a life time of knowledge that has been tried, tested and true. For those of you who need to rejuvenate your career and role in the CF, I highly recommend this valuable resource; it certainly provides education, professional development, inspiration, worthwhile networking, guidance, and support. All of these combined builds strength and confidence within – guaranteed.



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Hydro after Hours: adventure and challenge in the Reserves

Margaret Scott
Manitoba Hydro

Curt Fender (Apparatus Maintenance Shop) started working for the Canadian Forces seven years ago and has never looked back. He trains one evening a week as well as some weekends. In March, he took part in an EX Northern Bison exercise in Arviat, Nunavut.

If you want some adventure, the Canadian Forces Reserves might be what you're looking for. Just ask Curt Fender (Apparatus Maintenance Shop) who joined the reserves in 2004, and has enjoyed the experience so much, he wishes he had started when he was a much younger man.

"I love it," said Curt. "My brother was an RCMP officer and I always admired that sort of command/style atmosphere. I was too short to join the RCMP myself. Seven years ago, I was looking around for some volunteer work and when I checked out the reserve recruiters and liked what I heard."

That summer, he took a 12-week basic and soldier qualification training at Shilo, Manitoba. He then took his trade-qualification training over the next two summers in Kingston, Ontario and became a signal operators (Sig Op) maintaining the equipment and providing communications support to the 38 Canadian Brigade Group.

Travel has been one of the greatest re-

wards for Curt. He has trained in much of Western Canada, including Edmonton, Calgary, and Dundurn. In 2007, he began training in Edmonton so he could volunteer in Afghanistan but withdrew due to personal reasons. Recently, he flew to Churchill and snowmobiled 150 kilometres (km) north to a Forward Operating Base (FOB) and then another 150 kms to Arviat, Nunavut.

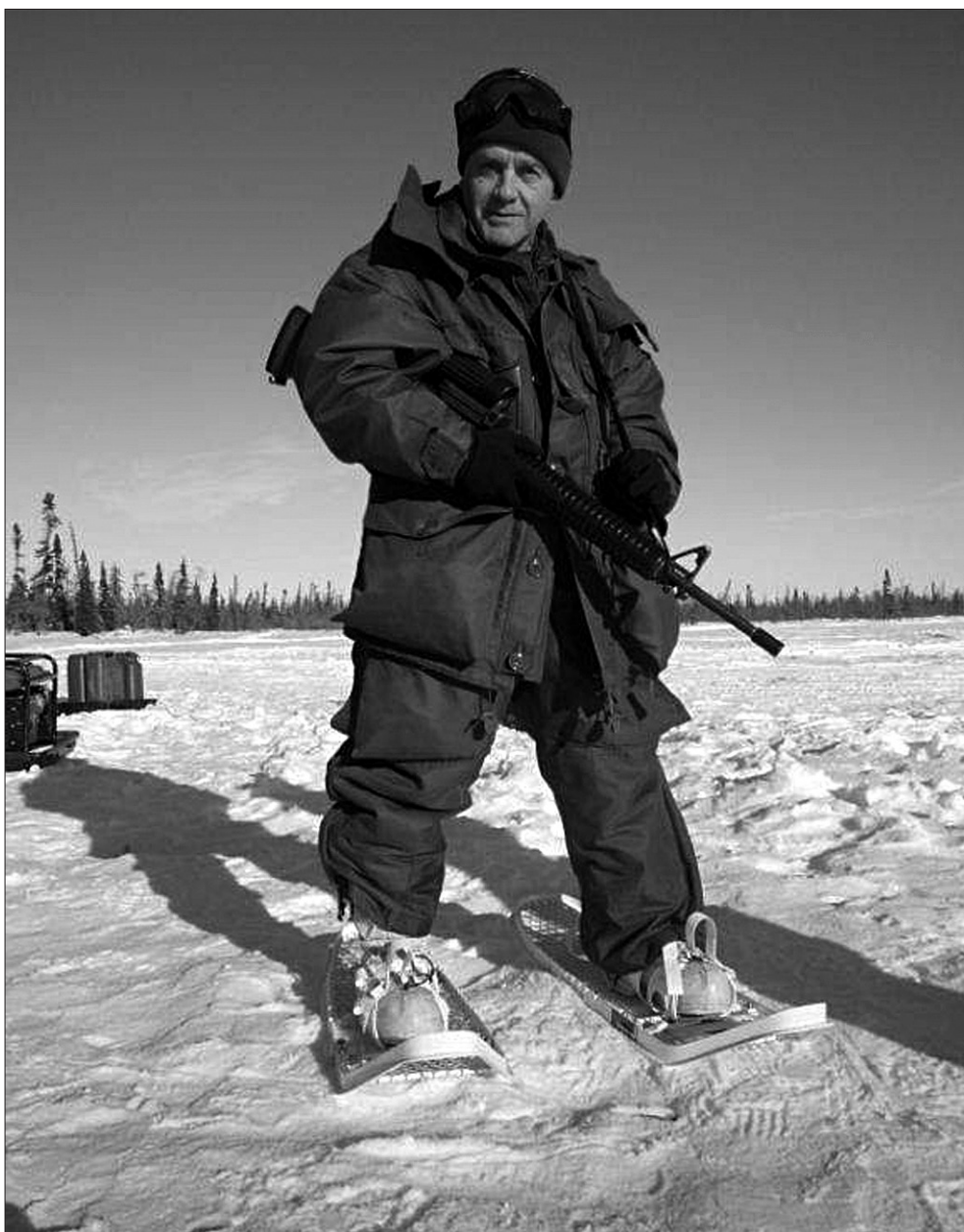
"Ex Northern Bison was an exercise to show that the Canadian Forces can set up a FOB and move a large group of soldiers in the north. Some of the experience was tough but the adventure and sense of accomplishment afterwards was good," he said.

Curt takes part in military training at

least one evening a week and some weekends with many exercises over the year. He is grateful that Hydro and his partner Kathy have supported him in his CF Reserves work.

"Kathy knows its something I love to do. I just wish I had started earlier. There are many opportunities, but I can't do them all."

Curt has found that the mentoring qualities he's developed while serving in the Canadian Forces has been beneficial in his position at Hydro. "We are always teaching new recruits and other groups what we do in our trade — and at Hydro there are always technicians and trainees to be taught."



Curt Fender poses for a photo during Exercise Northern Bison. Photo: Submitted

Philatelist's Corner with Alf Brooks Swiss Cheese Anyone?



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Everything you ever wanted to know about the VP International Association but were afraid to ask

Lloyd E. Graham
VPI Historian

1966-2011

The history of the VP International Association (VPI) is solidly established on the foundation of the P-2000 Club which was formed at Royal Canadian Air Force (RCAF) Station Comox, British Columbia, on May 1, 1966. The association originally began with 19 VP aircrew as an hours/aircraft oriented fellowship Club flying P2V7 Neptune aircraft. Over the past 45 years it has transformed itself into VP International, a truly world-wide aircrew association, with a volunteer membership of over 5,800 serving and retired military in some 23 countries. This year VPI will hold its 45th Anniversary Reunion during the period June 09 – 12, 2011 in conjunction with the 70th Anniversary Celebrations for 404 Squadron, 405 Sqn, 413 Sqn and 415 Sqn at 14 Wing Greenwood, Nova Scotia. The reunion theme for RV2011 is history and fellowship.

Established with a Charter, a Constitution and a Headquarters at CFB Greenwood, Nova Scotia, Canada on 1 November 1970 under the sponsorship of the Base Commander, VPI quickly became the focus of attention for many of our allied air forces flying similar missions around the globe. Since then VPI has continued to grow and play a visible role in maritime aviation around the world through its aim of "To maintain a worldwide organization of aircrew to foster goodwill and fellowship through the promotion of understanding and recognition of VP operations." The term "VP" is accepted by VP International as a military designator applied to fixed-wing, Maritime Patrol aircraft, employed in intelligence, surveillance, reconnaissance, anti-surface and anti-subsurface operations: ". The activities of VPI can best be illustrated by highlighting a few of its accomplishments since its inception.

ACTIVITIES

VP International has established a world-wide with a membership of over 5,800 regular and retired aircrew in 23 countries. They include Argentina, Australia, Canada, Cyprus, France, Germany, Greece, Hong Kong, Italy, Japan, Malaysia, Netherlands, New Zealand, Norway, Pakistan, Portugal, Republic of Korea, Republic of South Africa, Spain, Sweden, United Arab Emirates, United Kingdom and United States. All have voluntarily joined the Association, however hundreds of members have lost contact with VPI over the years due to postings, retirement or their demise,

The Association has established in-

ternational recognition for the VPI emblem, the flight suit badge and associated blue, red, silver and gold pins as symbols of maritime flying achievement.

A new logo and badge was designed, featuring a red maple leaf and a P2V7, the symbolic links denoting Canadian origin and the P2000 Club. The letters VP identify with heavier than air, land-based operations and the globe, balanced within a gyro ring, represents the worldwide international scope, stability and precision essential in ASW teamwork.

In 1988, to promote professionalism in the field of maritime aviation, Colonel (retired) Herb Smale formed a vol-

past 50 years.

The VPI Memorial Service at 14 Wing Greenwood on October 3, 2010 dedicated the names of six Royal Air Force crew members from 201 Squadron, who died in a Shackleton crash December 8, 1965. Their names were read from the Book of Remembrance by Flight Lieutenant Rolf Hippman here on exchange duties with the Maritime Proving and Evaluation Unit. Padre, Captain Robert Lauder assisted in the ceremony and dedicated the pages of the Book of Remembrance, which now contains 1896 names representing 13 countries. The dedicated work of tracking and compiling this important

days with military or industrial presentations; awarding honorary recognition to deserving individuals; and communication world-wide with its members in many countries.

As has occurred in the past, VPI has had to adapt its operations over the years to fit the ever-changing aspects of the maritime patrol community. Periodic reviews by the VPI HQ were generally related to the fundamental criteria for membership and related to the role and aircrew flying hours. Various reviews recommended changes to the flying hour's criteria for membership, which has varied from 3,000 initially, to the current requirement to graduate from a VP OTU and posted to an operational squadron. Graduates are offered a blue pin, those achieving 1,500 hours are eligible for a red pin, a silver pin for 5,000 hours and presented with a gold pin for a year in the air (8,760 hours). These changes of course were simply a response to a changing world scene: the end of the Cold War, changes in the scope of maritime patrol operations, the reality of reduced flying hours and inventories, national priorities, social influences and a renewed effort on the part of VPI to encourage the younger aircrew to volunteer to join and support the Association.

CONCLUSION

During RV2011 at 14 Wing Greenwood, VPI will share the limelight on its 45th Anniversary with the Canadian Squadrons, as current and former air and ground crews celebrate their 70th Anniversaries. With a Reunion theme of History and Fellowship VPI will have a role to play. The Acting President of VPI, Maj Al Harvey, will take this opportunity to hold a VPI Memorial Service for fallen comrades and to discuss the future of VPI at an International gathering. Key to the success of VPI and its membership is the official support it receives nationally and internationally from its military sponsors and the pride, motivation and dedication of hundreds of current and retired aircrew members who take leadership roles with the Association. It is significant that after 45 years this unique, volunteer association continues to grow and can promote aircrew interest in its goals of professionalism and fellowship in maritime patrol aviation. There is an extraordinary legacy of leadership and commitment on many levels. Our air force community has a right to feel extremely proud of this unique aircrew Association.



Pictured above (L-R) Maj (retired) Norman Donovan; Padre Robert Lauder; F/L Rolf Hippman; President VPI, Maj Derrick Hotter; and A/Wing Commander, Lieutenant Colonel Ron Walker, Commanding Officer of 404 Sqn.

unteer editorial team of current and retired aircrew to start production on the "Maritime Patrol Aviation" magazine. This magazine was free for all members and provided to various civil and military organizations. It was a huge success world-wide for several years until costs for production and mailing became unsustainable. Current plans are afoot to revisit magazine production or make greater use of current technology and the internet/web-page capabilities to re-establish communications links by newsletter with the membership.

The VPI Memorial at 14 Wing Greenwood and its accompanying "Book of Remembrance" recognize and record the names of all aircrew, from member countries, who have been killed on active duty in maritime patrol operations over the

information over the past 14 years has been the responsibility of Major Norman Donovan (retired).

Two flying trophies were established by VP International for aircrew competition. The VPI/O'Brien Attack Trophy was donated for Maritime Patrol rivalry for Canadian Squadrons. The VP International Fellowship Trophy, which has become a symbol of the fellowship and professionalism shared by each countries top air and ground crews is for flying excellence in the Fincastle Commonwealth Competition with Australia, Canada, New Zealand and United Kingdom participating.

Among its NATO allies VPI has achieved international recognition and trust for the role 14 Wing Greenwood has played as sponsor of VPI Headquarters and the official home of its "Centre of Excellence". There are four established VPI Wings in Canada and several have been formed in other countries to support similar activities as in Greenwood.

Over the years when tragedy struck VPI was there to support other Air Force's projects like the RAF Nimrod and United States Navy/VP50 Aircrew Memorials.

Here at home, over the last 41 years, VPI has provided regular assistance to the Base/Wing in terms of organizing and hosting various events such as exchange visits, support on AFD's, professional



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CFS Met graduates QL6B course

With much anticipation, Meteorological Technician Course QL6B 1101 graduated on April 7th at CFS Met, with eight smiling faces. For these students, what began at the beginning of January (although I'm sure to some it felt much longer) finally came to completion. Even forecasting weather days with the accumulation of snow, ice pellets, freezing rain and rain showers could not deter them as they reached quite a significant milestone in their military careers that will undoubtedly lead to new roles and

challenges.

The aim of the QL6B course is to train personnel to provide advanced weather support to land, sea, and air operational commanders in the form of forecast and weather warnings. During the course the student is taught basic short range forecasting techniques, techniques to produce a marine forecast for a ship's captain and aviation forecasts for ship-borne helicopter crews. Other subjects taught include how to properly maintain and calibrate meteorological equipment found in a typi-

cal military weather office and administrative skills to manage a military weather office. This is the final rank qualifying course in the Met Tech's career.

During the ceremony, we had the distinct pleasure of having LCol T.W. Heuthorst, Commandant of 1 CFFTS, as our Guest of Honour.

LCol Heuthorst presented Sgt Geoff Rusconi from CFSMet with two certificate; first the CFSMet Certificate of Achievement for obtaining the highest academic mark, and second the CFSMet

Certificate of Merit in recognition of a high standard of performance and exceptional leadership throughout the course.

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

As for the staff at CFS Met, contrary to popular belief, we are always busy with training. Currently a BOQ is in house with the graduation in the middle of June 2011.

Till next time "COGNITIO CAELI"



Sgt Geoff Rusconi receiving his certificate of merit from LCol T.W. Heuthorst (1 CFFTS Commandant) and Maj Lawrie (CFSMET CMDT)



Front Row L-R: Mr Louis Richard (Standards Officer), CWO Ray Fonger (SCWO), LCol T.W. Heuthorst (1 CFFTS Commandant), Maj Doug Lawrie (CFSMET CMDT), Mrs Jasmin Paola (Chief MM TSD), WO Brent McDonald (CI). Middle Row L-R: Ms Cathy White (Instr), Mr Albert Skiba (Instr), Mr Damian Braet (Instr), Mr Chad Thompson (Instr). Back Row L-R: Sgt David Windsor, Sgt Geoff Rusconi, Sgt Pat Fortin, Sgt Reginald Hanna, Sgt Corey Chevrier, Sgt Collin Woodworth, MCpl Donna Larsen, Sgt Andrew Williams. Missing: Ms Karen Kilcup (Instr)



Sgt Geoff Rusconi receiving his Certificate of Achievement from LCol T.W. Heuthorst (1 CFFTS Commandant) and Mr. Louis Richard (CFSMET Standards Officer)

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Geese Crossing



Motorists are urged to use caution while driving around the base as there are quite a few geese making it their home right now. Photo: Shane Gibson

Wing Commander's



PSP Manager Rick Harris opens the Wing Commander Volleyball tournament. Photo: Cpl Beverley Dunbar

Shane Gibson
Voxair Journalist

olleyball players from 17 Wing Winnipeg served up some great action last week as PSP hosted the annual WCOMD Volleyball Tournament.

The tournament was held at the Fitness and Recreation Centre (Bldg 90) on 29 April 2011, and saw 11 teams hit the courts for a full day of volleyball fun.

"Every thing went really well there, and everyone really enjoyed themselves," says PSP sports coordinator, Chris Merrithew. "It was great for morale and esprit de corps."

The competition saw five teams take

part in the more competitive A Division, and six squads compete for the more recreational B Division title. The tournament was held in a round-robin style, with the top two teams in each division squaring off for the championship's two titles.

"The competition was very evenly matched, and in both divisions the second place was decided by a tie-breaking procedure," notes Merrithew.

At the end of the day the "Odds and Sods" team defeated the "You got Served" squad to bring home the A Division championship and the "Loose Cannons" bettered the Wing CE team to earn the B Division title.

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Volleyball Tournament a smashing good time



The competition was fast and furious at the Wing Commander's Volleyball Tournament. Photo: Cpl Beverley Dunbar

Rick Phillips, captain of the "Odds and Sods" team says his team really enjoyed the tournament, especially the fact that the divisions were split this year to make sure that teams of similar skill levels played against each other.

"In years past we didn't have the divisions... and sometimes you'd have a lot of strong teams playing against the weaker teams, but this year Chris seeded the better teams so you didn't have a really strong team playing against a team that comes out once a year for fun," he said. "We went 4-0, but we didn't really walk over anybody... I've been here for 20 years and this was one of the better tournaments because it's good when you can play a better level of volleyball and not have to worry about beating somebody 45-2 or anything.

"People seemed to enjoy this format."

Maj Kevin Kullman, team captain of the "Loose Cannons" says most of his

team was made up of players who have been playing in the Inter-Section league, and winning the B Division title was a great way to end off the season for them.

"We managed to pull it off, we had some great competition," he explained on Monday following the tournament. "Between the comradery and being able to play a sport we love, it was most enjoyable."

There will be more volleyball action at Bldg 90 this week as the Inter-Section league wraps up its season with a championship game featuring another match-up between the "Odds and Sods" and the "You got Served" team.



A player gets ready to serve a high ball at the Wing Commander's Volleyball Tournament. Photo: Cpl Beverley Dunbar

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Camp Mirage: The end of an era



LCol Tom Dunne salutes while Canadian Forces personnel lower the flag during the Camp Mirage closure ceremony. Credit: WO Stephane Gervais

LCol Tom Dunne

The following article is a first-person account of the weeks leading up to the closure of Camp Mirage as told by the last commanding officer of the base in southwest Asia.

On October 5, 2010, I received a call from Colonel Robert Perron, the Canadian Defence Attaché in the United Arab Emirates.

"Tom, you'll never believe the news," he said. "Canada is to be completely out of Camp Mirage within 30 days!"

This type of surprise doesn't come along too often and I had never expected that the end of Rotation (Roto) 10 would come in this manner. The 30-day timeline was tight but due to a period of diplomatic negotiations on the final end date,

I was only able to give the camp 25 days notice to move.

I made the official announcement to all of Camp Mirage Roto 10 personnel on Oct. 11, telling them we had a unique opportunity; that we had the good fortune that our Roto would be entirely different. Ours was an important challenge – we had the responsibility to close Camp Mirage in record time – we had to be out by November 5.

The great news was that Theatre Support Element (TSE) Roto 10 did not have to do it all alone. Help was on its way in the form of a mission closure team (MCT), mounted by Canadian Operational Support Command (CANOSCOM) and led by Lieutenant-Colonel Ghislain Sauv . The MCT played a key role in much of the logistics involved in cataloguing, loading and shipping our equipment and they were heavily involved in other areas, from engineering to communications and finance. They also brought along experts in disposal and contracting – two areas that were key to our departure.

The task ahead was clear. Consolidate vital Canadian equipment. Identify what was to be forwarded to Kandahar, what was to be relocated to Germany or Cyprus, and what was to return to Canada. Make preparations to vacate all buildings. Leave the Camp in an acceptable state to hand over to the United Arab Emirates (UAE). Complicating this was the ongoing requirement to support the mission in Afghanistan until alternate support arrangements could be made. Fortunately, we were well supported in this. Plans had been developed at Canadian Expeditionary Forces Command (CEFCOM) and CANOSCOM to relocate services at a designated time and minimize the impact on Joint Task Force Afghanistan (JTF-A). TSE Roto 10 and the MCT reacted fabulously, achieving success despite ever-changing circumstances.

Since Canada had been in the UAE the longest of all our coalition partners, we were still providing support to them in a variety of ways. We were relied on for

everything from fuel trucks to fire trucks and medical clinics to barber shops. Before removing a service, we ensured there was adequate time available for the coalition partners to put alternate arrangements in place.

The Camp Mirage Cenotaph was critical in order to properly respect our fallen. The TSE Camp Chief Warrant Officer, CWO Richard Lefebvre, prepared a solemn and respectful farewell to the cenotaph on Oct. 22. It was then carefully dismantled and loaded into a sea container headed back 8 Wing Trenton, Ont.

During the ceremony, I remarked that, "Nearly every soldier, sailor and airman that has worked in support of this mission has walked this path and laid eyes on this monument. [The monument] will return to glorify them on our native soil." Plans are now being put in place to have this same cenotaph re-erected in a suitable location at 8 Wing.

In the end, 62 sea containers were shipped, 122 vehicles were prepared and shipped and more than 150 aircraft pallets were also prepared and shipped. The final sea container was shipped on Nov. 2.

The personnel challenge was one of the most difficult. Morale is greatly affected by uncertainty and, due to changing circumstances, it took some time before I could tell everyone with certainty where they would end up on Nov. 5. In the end, about 250 military and civilian personnel were either relocated to Kandahar or Cyprus, or returned to Canada.

A CC-150 Polaris conducted the final personnel movements on Nov. 4. However, some members of Roto 10 were delayed longer in theatre. The engineer support flight didn't return to Canada until Jan. 22, 2011, having spent a few unexpected additional months outside the wire in Afghanistan. For their great work in theatre they earned a JTF-A Commander's Commendation.

The final camp closure ceremony took place on Nov. 3. It was a significant event, with a lot of visibil-

ity from Canada. Canadians were well supported by all our Allies throughout the closure, and they didn't miss the opportunity to say goodbye to us officially on parade as well. I have a vivid and lasting memory of watching the Canadian flag being lowered for the last time amongst the flags of those with whom we had worked so closely, for so long.

During the ceremony, I cited the positive relations that remained with those with whom we had worked, including the UAE military. I noted, "...this is the final ceremonial act of closure. When we take this flag down, we are closing a chapter on Camp Mirage. However, we part as friends. Aviators, warriors – men and women of arms. But friends."

I am extremely proud of all the work that went into the closure of Camp Mirage. It was a team effort, facilitated by the early work of Roto 10 and completed by dedicated people from both TSE Roto 10 and the MCT, sweating in the desert sun, loading box after box and sea container after sea container. The assistance of the MCT was well appreciated and the help that was provided by our Allies was phenomenal.

But, most of all, it was the hard work and flexibility of TSE Camp Mirage Roto 10 that will always stand out in my mind.

In recognition of the historical significance of what we had accomplished, I signed off Roto 10's final situation report to headquarters with these words: "Ten years of accumulation...rarely before in the history of mankind has so much been moved by so few, in so little time."

Have you got a story you'd like to share?

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Elton Adams (left) with Canadian rock icon and Blue Rodeo singer/guitarist Jim Cuddy in Afghanistan.
Photo: Courtesy www.eltonadams.com

Shane Gibson
Voxair Journalist

A CF member from 1st Canadian Air Division Headquarters in Winnipeg has written and recorded a song that many expect will become a rock anthem for today's Canadian Army.

MCpl Elton Adams is the composer, lyricist and performer of "Lock and Load (With Canada's Heroes)" and the song, which he describes as "new age, modern rock" is quickly gaining attention.

"It's just been phenomenal," explains Adams of his success, adding the single has garnered 18,000 views on YouTube since its March 4 release. "There's been great response, and it's just warming up really because it hasn't been played on the radio yet, and there's a lot of things promotionally that will be

done in the future.

"It's going to be neat to see how everything unfolds."

Adams, who is trained as a field artilleryman, was asked by the Canadian Forces to write a single to commemorate hard work of troops last November after the success of his first hit song "What a Soldier Left Behind" earned him both a colonel and a general's commendation. His latest song is being released as Canada's mission in Afghanistan is making a transition from combat to training and soldiers and Adams says he wants the song to honour the amazing efforts of Canadian troops over the last decade.

"It's an anthem that commemorates our new age military in every aspect," he says of the single, which was recorded at Winnipeg's Studio 11. "How the Canadian troops readied themselves to fight for the

suppressed and our every day freedoms."

Adams, who comes from a musical family, first began writing music during pre-deployment training and subsequent deployments in Bosnia and Afghanistan, and he performs at many Support the Troops functions and even got the opportunity to perform on stage with Blue Rodeo in Afghanistan.

"That was amazing, it was probably one of the highlights in my CF career musically," says Adams of performing with the Canadian rock legends. "They're such humble people, and such amazing artists — I was very fortunate to be able to play with them."

Watch the video of "Lock and Load (With Canada's Heroes)" at www.army.forces.gc.ca/landterre/multimedia/video.eng.asp.

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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Let's Get Physical

Shane Gibson
Voxair Journalist

Little changes can make a big difference, and that's exactly why Health Promotions at 17 Wing Winnipeg is running their second annual Active Living Challenge next month.

Like last year's inaugural challenge, points are earned by participants for each small change they make over the month, including things like eating breakfast, taking breaks throughout the day, participating in physical activity and even reading a book. At the end of the month all points are added up and prizes will be awarded to the large unit, small unit and individual who rack up the highest number of points.

"The idea is that we identify wellness indicators, so whether it is consuming enough vegetables and fruit during the day, taking a break from your computer or making sure you get enough sleep at night," explains Health Promotion Winnipeg's director, Kathy Godfrey. "We look at what can happen if people make these daily changes, and how it can affect their overall well being after doing it for a month."

"The idea is that little changes can make a big impact on your life."

Last year's challenge saw more than 120 participants take part, with units earning over 76,500 points, and individual participants picking up a total of 9,950 points. Godfrey says she hopes to see even more participation

this year, because those who take part can see amazing changes.

"Basically the changes fit into all of the components of our Strengthening the Forces programming," says Godfrey. "We're supporting all of the things that are already going on around the Wing, and trying to get more people involved."

New to this year's challenge is an activity calendar that will be given out to all participants that has daily suggestions of different things they can do to improve their health and add bonus points to their totals.

"We've scheduled programs and different initiatives for people to get out, be active and earn bonus points as well," explains Godfrey. "Sometimes the points can be very motivating for people."

The Active Living Challenge is an initiative unique to 17 Wing Winnipeg, and this year Health Promotion is running it in conjunction with the CBC's Live Right Now campaign, which was started in January.

"We're utilizing their website, so our individuals are registering through the CBC's Live Right Now," says Godfrey. "It's a way for us to track registration and a way for us to get the message out as well."

The challenge is taking place through the entire month of May and everyone interested in taking part to register online at www.liverrightnow.ca or contact Health Promotions at extension 4150 for more information.



Making even small changes, like walking short distances instead of driving, can add up to big health benefits. Photo: Kristy Rydz

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24 May 2011
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Recognize and respond to early warning signs and develop effective interview skills.

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24 mai 2011
0800h à 1600h
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Workshop
10 May, 2011
1300—1600 hrs
Bldg. #25, Room #112

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10 mai 2011
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Les programmes pour francophones, c'est essentiel!

S'adapter au style de vie militaire et aux nombreuses mutations, c'est tout un défi. S'intégrer dans un nouveau milieu où la langue n'est pas la nôtre peut s'avérer également un défi de taille. C'est pourquoi le service d'information et de références pour les francophones peut vous aider à trouver réponse à vos questions.

Le Groupe des femmes francophones

Le Groupe des femmes francophones est un groupe dynamique de femmes qui se rencontrent une ou deux fois par mois pour se divertir et parler en français. Les activités proposées sont diversifiées et tentent de rejoindre les intérêts de chacune. Les femmes de tous les milieux, civils et militaires, sont les bienvenues à se joindre au groupe. Le groupe des femmes francophones permet aux nouvelles arrivantes qui parlent français de créer des liens dans la communauté et de rencontrer d'autres personnes qui ont vécues ou qui vivent les mêmes cho-

ses qu'elles. C'est aussi une belle occasion pour les habituées de se retrouver et de passer un moment en très bonne compagnie.

Activités pour les francophones

Deux ou trois fois par année, les familles de militaires francophones se réunissent afin de s'amuser, de socialiser, de tisser des liens ou tout simplement d'avoir le plaisir de se retrouver entre francophones!

Le programme ABC... viens t'amuser!

Programme où enfants (0 à 5 ans) et parents s'amuse ensemble tout en découvrant l'univers du livre. L'animateur apporte de la vie aux livres avec des animations dynamiques, des chansons, des comptines et des activités créatives. Le tout se déroule en français.

Vous aimeriez en connaître davantage sur ces programmes et services? N'hésitez surtout pas de contacter la Coordonnatrice du service de langue seconde et des programmes pour francophones. Elle se fera un plaisir de répondre à vos questions!

Mélanie Lyrette

833-2500 poste 4515

melanielyrette@forces.gc.ca

Winnipeg MFRC Second Language Services- resource to discover

Your maternal language, your first language, you learned it without a teacher, without a course, with nothing but your intuition and your desire to understand and communicate. Without a teacher, without training, it's not quite true because people around you have certainly tried to stimulate your learning. There is no magic in learning a second language. The same basic methods are applicable. Everyone adapts to their preferences, availability and budget.

Whether to satisfy your curiosity, your personal aspirations or for sentimental reasons, whatever the reason, learning a language takes time and requires some effort. In all cases, it is good to have a clear idea of why you want to learn a new language.

The Winnipeg MFRC provides structured second language training for spouses and children (14 years old and older) of military members who are interested in learning English or French. Military personnel, reservists and civilians can also register. A minimum of five registrations is required to start a course and a maximum of 10 students per class is accepted. This program consists of 60 training hours per session, six hours per week. Taught by competent teachers, courses are offered in the fall, winter and spring. The purpose of this training is to develop the knowledge necessary to be able to communicate in a second language. The course focuses

specifically on oral communication.

Programs for Francophones, that's essential!

To adapt oneself to military lifestyle and its many changes is a challenge. To integrate oneself into a new environment where the language is not ours may also prove to be a challenge. This is why the Information and Referral Service for Francophones can help you find answers to your questions.

French Ladies' Group

The French Ladies' Group is a dynamic group of women who meet once or twice a month for fun and to speak French. The activities are varied and try to reach the interests of everyone. Civilian and military ladies are welcome to join the group. The French Ladies' Group allows newcomers who speak French to create links in the community and meet others who have experienced or are experiencing the same things they do.

Francophone family activities

Two or three times a year, French military families gather to have fun, socialize, build relationships or just have the pleasure to be among Francophones!

ABC program

Program where parents and children (0 to 5 years old) play together while discovering the world of books. The facilitator brings dynamic animations, songs, rhymes

and creative activities. Workshops are held in French.

Would you like more information about these programs and services? Do not hesitate to contact the Second Language and Francophone Program Coordinator. She will be happy to answer your questions!

Mélanie Lyrette

833-2500 poste 4515

melanielyrette@forces.gc.ca



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COMEDY

Night

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in support of the

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DAN LICOPPE
Dan headlines comedy clubs with his cutting edge, clever commentary on the world, as he sees it, combined with hilarious stories from his own life. Fresh off the Winnipeg Comedy Festival, his smart, hip material and engaging style will have you howling and wiping tears away.



HEATHER WITHERDEN
Heather is re-writing history. She burst out of her wife and mother cocoon, grew wings and started performing stand-up comedy. In 2010, she received rave reviews for two Winnipeg Fringe Festival shows, *Break Friends* and *Tazzy's Angels: You can hear her on XM Satellite radio and also on CBC Radio's Definitely Not the Opera.*

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TICKETS AVAILABLE AT THE WINNIPEG MFRC, 102 COMET ST. & AT THE DOOR
FOR MORE INFORMATION, CALL 833-2500 EXT. 4500

Chaplain's Corner

The Sweetest Name: Mother

The gift of life offers us many things to celebrate; one of them is Mother's Day. Why do we celebrate Mothers Day? What is it about this day that tugs on our heartstrings? Is it a marketing trick?

Mother's Day is the yearly May ritual which invites us to cultivate a heart of gratitude. Mothers are the ordinary and at the same time extraordinary women who nurture us into being. Their qualities are many and their hearts pure. We may address them in different names such as Mama, Mommy, Mother, Inay, Nanay, Imma, Muter, Matka, Ahm, Nana, etc. yet, they all serve as a pillar in a family.

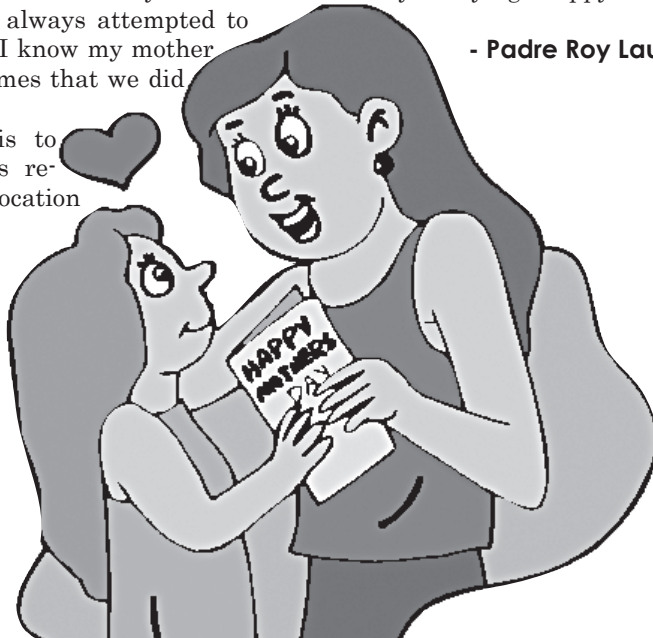
When I think of my mother, wonderful memories come to mind. While we were young, my mother would hum us some lullabies which put my siblings and I to sleep. She was always there to take care of us. Along with my father, she made sure that we were properly fed. She was our primary teacher at home; she helped us with our homework and also in developing human values. She taught us how to cook and do house chores. She also taught us how to pray and to always treat each other with respect and kindness. In her own simple ways, she continues to teach us to enjoy and be thankful about the blessings of life. Growing up, I realized that my mother was not perfect nonetheless, she always attempted to give her very best for our family. I know my mother loves us even when there were times that we did not agree on certain things in life.

The nature of motherhood is to love and nurture. Most mothers remain steadfast in their lifetime vocation

as mothers. Generally, mothers deserve recognition for their selfless commitment to raising their children and shaping us to who we are and what we do during our life. We also acknowledge the many women who mother others especially those who adopt or because of an early death of one's mother. Some of us may have been raised by a grandmother, an adoptive mother, an aunt, or a stepmother but underneath it all the heart beat of mothers who love and respect us into being. We also acknowledge that certain realities in life tell us that some may not have been blessed with great childhood memories of their relationship with one's mother. Thoughts of one's mother may continue to stir up sentiments, pain, and anger. How does one come to terms with such woundedness? May I suggest we allow ourselves to feel deeply, reconcile and find meaning in the unhealed wounds.

Mothers are central to our life's narrative and they bless us into being. They breathe life in and guide us to becoming self confident and capable human beings. Today, let us honor them by our love and respect. Let us cherish them in their old age and may we always pray for them in their vocation to love. Celebrating Mother's Day may have marketing elements but flowers in May have a way of saying: Happy Mothers Day!

- Padre Roy Laudenorio



Fir Hydrant Flushing

- 17 Wing Winnipeg will be flushing fire hydrants from May - June 2011.
- If you encounter discolored water, you should leave the tap running until clear again.
- Thank you for your patience and cooperation
- Any concerns, contact the Water, Fuels, and Environment section at Local 6267



Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio
Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson
Roman Catholic Office 833-2500 ext 5956

Masses (English only)
Sunday 1100 hrs

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

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.

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.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

PROTESTANT

CHAPLAINS

Padre Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4277

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)
Det Dundurn Office (306) 492-2135 ext 4299

Sunday Services (English Only) 0900 hrs

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

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 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.

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. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

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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.



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- MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY NANCY

Aries (March 21 - April 19):

Looking back on how some things have been going, shakes your confidence in the future because not everything has gone as planned. Still you have been making the necessary adjustments. Give it time. Try not to listen to the dire predictions of others. Rome wasn't built in a day.

Taurus (April 20 - May 20):

Even if you're eager to get what you want quickly, it's important to hold to your personal standards or you'll regret your actions later. Be respectful of others and the world we live in. If you're unsure about what to do, talk to someone who really knows you and cares about you.

Gemini (May 21 - June 21):

Your efforts are finally having an effect. Give yourself a pat on the back. Then continue on your current path. Watch for upcoming, advantageous opportunities. Express yourself in your surroundings. Even if you can only make little changes, they should reflect the true you.

Cancer (June 22 - July 22):

You may be stuck in a pattern of relating that no longer works for you. If you've kept things inside too long, share your concerns with a trusted confidant. The resolution may mean you have to sacrifice the illusion of harmonious relationships but ultimately you gain peace of mind.

Leo (July 23 - August 22):

Trying to "work" things a bit more to get a greater personal return may fail you this time. Even though you've ached things in the past, there are times when you have to accept that your plans have a glitch. Be prepared for surprises as you embark on new ventures.

Virgo (August 23 - September 22):

You receive news that brings closure to an old issue. It's important to be aware of your thoughts at this time and how they affect your outlook. Take action to alleviate worries. When you see results you are able to recommit to your efforts. Don't let doubts stop you. Go for it.

Libra (September 23 - October 23):

You'll feel a strong connection to someone new who you really hit it off with. You can be in synch with another without losing any of yourself. Your goals don't suffer and your life is enriched by a healthy relationship. Reaffirm what makes you happy and do more of it.

Scorpio (October 24 - November 21):

The things that worked for you in the past are no longer effective. It's time to reinvent yourself or change your habits. A combination of boldly striding forward interspersed with small steps will work best. Take your cue from the situations you find yourself in as they arise.

Sagittarius (November 22 - December 21):

Determine what you want from the next phase of life. Consult people who know more about health, finances and living a more creative, fulfilled life. You may feel a desire to establish deeper connections but on your own terms. Enjoy the simple things in life.

Capricorn (December 22 - January 19):

Right now you're feeling like your old self. You're confident in your decisions and fully committed to the actions you are taking. What you do now is rewarding in itself, but it also has a positive impact further down the road.

Aquarius (January 20 - February 18):

You know you can get what you want if you focus on success. It's also important to proceed in a way that is honorable. When all is said and done you need to feel proud of who you are and what you've accomplished. Be honest, then let go of inhibitions and go for it.

Pisces (February 19 - March 20):

Wish for what you desire but also do things that foster this. Soon you'll see small signs of change and clues as to how things will unfold. Trust your intuition. More people are drawn to you as you become known for giving wise counsel. Your future is taking shape today.

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