



Logistics Complex Up And Running

By 2Lt David Tucker

The new Wing Logistics complex is up and running and it's time to make it official. So come join the festivities on May 12th and finally see the ribbon get cut.

The Logistics Complex is comprised of the new Wing TISS and Logistics buildings (buildings 136 & 129 respectively). The Logistics building shall be named in honour of Air Vice Marshall Reeve Collard, CBE, the man behind the construction of 8,300 buildings and 700 hangars during the British Commonwealth Air Training Plan during the 2nd World War. The Wing TISS building will be called the Flight Sergeant Semon Lievense after a RCAF Radar Mechanic who was dropped behind enemy lines in a glider during Operation Market Garden.

Capt Mike Rozak, the 17 Wing Heritage Officer, explains the rationale behind the naming of the Logistics building: "...Collard having been a Winnipegger and a builder of all the bases and looking after the largest construction project ever in the history of the Air Force: why don't we name our largest air force building after him?" The late AVM Collard still has family in Winnipeg; which includes his daughter and other family members, who will be present for the open-

ing ceremonies.

The plan for the new complex was started with Defence Construction Canada; who are responsible for defence project contracting. The 17 Wing Construction Engineers were consulted for materials-quality and also conducted intermittent visits of the site so that they would know: "what the guts of the facility were", says Marvin Esak, project Engineer for Defence Construction Canada.

Westeinde Construction of Ottawa, Ontario and Caspian Construction of Winnipeg, Manitoba were the two primary contractors for this project. This project created approximately 165 civilian jobs through contracted work and cost \$33.4 million and was also the 3rd largest project in Manitoba at one point in its construction.

The benefits of this new complex include its potential for increased productivity and convenience. For example; Wing TISS was in three different buildings before the move and now they can communicate and coordinate themselves much more efficiently, like sharing a single orderly room. Also, Supply has finally been retrieved from the former south side Army base. For 17 Wing personnel this is quite a treat, now being



(Above) Photo taken on March 12, 2004 of the Log Complex under construction. (Right) Air Vice Marshall Reeve Collard for whom the Logistics building shall be named in honour of.

able to drop by supply without taking the morning off.

Although the move naturally caused some disruptions in daily activities for the sections concerned, it was well worth it. As Lt Pamela Stuebing of Supply pointed out in regards to moving offices: "a good plan definitely makes it easier".

The parade for the opening ceremony will be comprised of members from Wing TISS, TEME and Supply. There will be approximately 100 personnel on parade and there could be anywhere from 80

to 100 VIPs attending the opening ceremonies. There will be a reception after the parade followed by tours of the new facilities (guided or unguided). The entire ceremony, parade and tours are expected to end by mid afternoon.

Come out and be part of our history in the making, please be seated by 0945 hrs on the 12th of May with the event starting at 1000 hrs. The parade will be held in the parking lot of the Logistics building and in case of poor weather it will be moved into the 17 Wing CE building.



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CKY News "Ride Along"

By 2Lt Dave Tucker

Investigating, interviewing, waiting, gathering footage, listening, writing, editing and of course, looking good while doing it – it's all part of the television news industry and last week I got a chance to be a part of it!

It all started a few months back when my On the Job Training began at the 1 Cdn Air Div Public Affairs office. In an attempt to immerse myself in all things PA-related, I went to CKY News for a "ride along" and it really gave me a new perspective on reporting.

Media relations is an important aspect of what the Public Affairs officer does. So I was sent to CKY News for the day to learn what a reporter has to go through to get a story. I met Kelly Dehn: CKY Crime Reporter (not to mention quite a character). He introduced me to our cameraman Les Chasin and then we sat down for the morning news meeting, where story ideas are discussed and agreed on.

We left the CKY building heading for the Winnipeg Police Station downtown. Kelly needed to talk to someone there who was not answering their phone but when we arrived there was already a podium set up. Several other news agencies gathered in front of it setting up their equipment.

This was a hasty news conference for the announcement of several routine police bulletins. It was looking like it was going to be a slow news day when the Sergeant conducting the news conference asked two young constables to come to the front. As it turns out a few hours earlier they had helped deliver a baby in a car enroute to the Health Sciences Centre – we had our story!

Once the news conference was over Kelly began working on the details of the story. Our first priority was to try and get an interview with someone from the family. The hospital was arranging for a visit with the moth-

er and her new baby later in the day. Kelly made some calls and received a tip on the address of the family's apartment building. We were then able to get an interview with the proud father before heading back to the station.

During lunch, Kelly worked on the story as Les and I spoke about media relations in general. Once it was time to leave we got back into the CKY truck and headed off for the hospital.

After we arrived, we were herded into the small hospital room and after the questions we left the room so that Les could get additional footage. Kelly had another interview with the two constables outside the hospital. After finishing this we headed back to the apartment building where it had began to get some more shots and fill in the blanks of the story.

We then returned to the TV station once again. Kelly had more writing to do and it was getting close to production time. In the 2 hours

before the news was broadcast Kelly wrote up the segment and then proceeded into the editing booth with Les. I watched from behind as they cut together the 2:04 min piece using the video footage Les had collected and voice overlay from Kelly.

Kelly and Les truly seemed to be working in fast motion, as they discussed ideas at the same time. They would talk, try something, change a detail and then start again advancing only 10 seconds at a time or less.

Once the editing was done they emailed the finished product to the person who puts the show together. After that it was just a matter of heading up to the control booth and waiting for the segment to come on. To be able to watch the process from start to finish gave me a much deeper appreciation for the job that the reporter does and I would like to sincerely thank Kelly Dehn and CKY for the opportunity.

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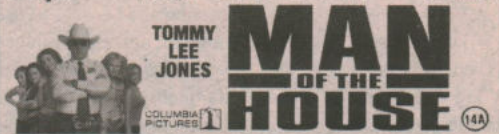
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are finite and the Help Desk staff will certainly address your issue as soon as possible.

Located next door to the Help Desk are our Network Administrators, DIN Support and software/application specialists. Mr Marty Nichol, the Network Services Support 2 I/C, provides overarching technical expertise and supervision for the Help Desk staff as well as the other aforementioned sub sections. Ms. Maggie Magee provides administrative support for our Novell and DSB accounts, DVPNI and PKI cards, while DIN support and Webmaster services are provided by

Mr. Marshall Ruskin.

When a problem exceeds the Help Desk level of support, for example a file on your Q: drive is corrupted, the trouble ticket is elevated to the appropriate section, in this case the Server Management section. Here, Mr. Mark Patryluk, Mr. Guy Bannister or Cpl Rob Sadick will investigate the problem. The roles of server management may seem obvious. At face value, I guess they are. Their main areas of responsibility include server configuration and maintenance, data storage and backup, Email servers, application servers and print servers.

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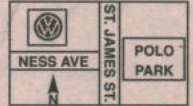
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Canada To Host Fourth International Conference On Employer Support For Reservists

By Major R. E. Gower

At the end of May leading military and civilian experts from around the globe will come together in Canada to discuss the challenges faced as reservists make up increasing numbers in military forces that respond to world-security, peacekeeping and disaster assistance missions.

Currently, about 8,000 Canadian Forces members – approximately one third of our deployable force – are preparing for, engaged in or returning from an overseas mission. Many of these personnel are members of the Reserve Force. Many NATO countries, as well as other countries that contribute forces to international military operations, face a similar situation.

The fourth International Conference on Employer

Support for Reservists will run from May 31st to June 4th, 2005 at the Lord Elgin Hotel in Ottawa. The program will allow for analysis and collaboration on the best practices of Reserve Force Employer Support Programs (RFESP), and will examine how military missions throughout the world are affected when reservists experience difficulty in obtaining time off from their civilian employment and educational institutions to train and serve.

Topics covered at the conference may include: Why an RFESP organization was considered necessary in the country, challenges caused by reservists being called up with increasing frequency, challenges in successfully addressing conflict between employers and their reservist employees, challenges convincing key decision makers (political, military, members of the civilian population) of the importance and relevance of the

RFESP organization and its programs, challenges recruiting and retaining Reserve Force members, challenges integrating Reserve Force members into active duty forces, challenges maintaining the desired state of readiness of Reserve Force members, challenges shifting Reserve Force missions and capabilities from traditional, territorial defense roles to expeditionary, multinational roles, and challenges convincing key decision makers (political, military, members of the civilian population) of the importance and relevance of maintaining a combat-capable Reserve Force.

At the last international conference on employer support for reservists, held in Maastricht, The Netherlands in 2003, Canada was voted by its peer countries as being a leader in the field, and was asked to take the lead in hosting the next conference in Canada in 2005.



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Cpl Jackie Dean receiving a well-earned accelerated promotion to the rank of Cpl from the Cndt CFANS, LCol Cameron and the School CWO, CWO Hamalainen. Cpl Dean re-enrolled in the CF on 22 Mar 02 as a RMS Clk and is employed in the CFANS OR. Cpl Dean previously served as a Comm Research Technician. Cpl Dean will be following her husband, a recent graduate of CFANS Cpl James Dean, AES Op to 14 Wing Greenwood in the summer. We wish her good luck in her future posting.

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17 Wing Will Mark D-Day With Blood Donor Clinic:

Canadian Blood Services Seeking A New Kind Of Hero

June 6, 1944 will forever stand as a major event in the history of the world. The invasion of Normandy signalled the start of a new beginning for millions of people worldwide.

How appropriate then that 17 Wing will mark D-Day with a mobile blood donor clinic. After all, for many patients who receive the life-saving "gift of life", the event marks a new beginning, with hope for a healthy and productive future.

For those visiting the 17 Wing clinic, donating blood is a fitting way to remember those who made the supreme sacrifice, while performing an act of heroism that takes only a short time, yet can help so much.

The blood donor clinic, Monday, June 6, will be located in the Building 21 Gymnasium, and will be open from 11:30 a.m. to 3:30 p.m.

For many, the concept of blood donation and blood usage is a complex and unfamiliar subject.

We all have it. But what do we really know about blood?

Blood is a complex, life-sustaining substance. One 450 ml unit of donated blood can save several lives.

Red blood cells can help accident victims, surgical patients and people with anemia.

Platelets help treat leukemia and cancer patients who are bleeding.

Plasma is effective in treating certain blood

disorders or clotting problems.

Cryoprecipitate may be used to treat bleeding disorders.

Since one unit can do so much, is it any wonder that Canadian Blood Services considers blood donors to be heroes for taking the time to donate?

You can be a hero by being part of the 17 Wing Blood Donor Clinic, Monday, June 6, 2005.

For more information on donor eligibility, or to arrange an appointment, please call Canadian Blood Services, toll-free at 1 888 2 DONATE (1 888 236 6283).

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

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

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

Minister Of National Defense Visits 17 Wing



Minister of National Defense Bill Graham conducts a quick inspection of the Honour Guard. Cpl Costan is looked over by the Minister.



Minister of National Defense Bill Graham gives his address in 16 Hanger to a large portion of the wing.

2005 ABORIGINAL AWARENESS WEEK & THE YEAR OF THE VETERAN

Everyone is welcome to join us for a coffee break to meet and talk with a couple of aboriginal veterans. This is a perfect time to learn more about the experiences and challenges of these great Canadian Veterans. You will have ample opportunity to ask questions to gain a better understanding of the Aboriginal Veteran who enlisted in the Canadian Armed Forces to serve our country just as many of you have done. Please take a few hours of your day to commemorate Aboriginal Peoples and the 2005 Year of the Veteran.

WHEN: Tuesday 24 May 2005 1000 - 1200 hrs
WHERE: Mynarski Hall

1 Cdn Air Div and 17 Wing are proud to present a commemoration of Aboriginal Awareness Week and the Year of the Veteran, aboriginal veteran stories of real life experiences and challenges.

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116 Independent Field Battery, RCA Holds Open House

By Cpl Bill Gomm

WINNIPEG, Manitoba – Reserve soldiers from 116 Independent Field Battery, Royal Canadian Artillery (RCA) held an open house at their Kenora, Ontario Armoury on March 26.

One of the first visitors to the open house was Erin Harvie from Kenora. As a student at the University of Winnipeg, she has plans on becoming a teacher in her hometown but is also interested in the Reserves. "I'm thinking about becoming an Artillery Officer," said Harvie, during the recruiting interview.

The purpose of the open house is to connect with the citizens of Kenora and the surrounding area and to provide information on Kenora's Army Reserve unit, as well as to highlight the array of jobs available within the Army Reserve.

On display at the armoury were:

- C3 105mm Howitzer field gun
- Targeting equipment
- Flying kitchen (army field kitchen)
- Field medical display
- Various vehicle displays
- Recruiting displays
- Army, Air Force and Sea

Cadet displays.

"It was a success, with 212 visitors coming out," said Lieutenant Colonel David Fraser, the commanding officer.

In the afternoon an artillery demonstration was held in the parking lot behind the armoury, using a C3 105mm Howitzer and blank ammunition. With coloured smoke grenades used as an effect the howitzer was towed in and readied for firing. After two blank rounds were fired, two soldiers were used as simulated casualties and medics were called forward to care for the injured.

"Went very well, everything went off without a hitch," said Sergeant Joel Campbell, the gun commander.

"The open house and the career fair on Thursday March 24 gave us 21 possible recruits," said LCol Fraser. The event, which was covered by local media, raised community awareness and showed a lot of people on how 116 Independent Field Artillery, (RCA) works and what it does.

Cpl Bill Gomm is a photo-journalist with 38 CBG PAO



Smoke covers soldiers and the gun position after the C3 105mm Howitzer fires a blank round.



Bombardier Eric Rule uses the gun sight of the C3 105mm Howitzer to properly align the gun. Bdr Rule is with 116 Independent Field Battery, Royal Canadian Artillery.



Bombardier Doug Leblanc speaks with Jon Wlodarek (R) and Zach Skead (C) about the weapons used by the Army Reserve. Bdr Leblanc is with the 116 Independent Field Battery, Royal Canadian Artillery.



Volunteers Needed!

The 17 Wing Community Chapel is looking for volunteers to participate in this year's Vacation Bible School from 11 to 15 July.

VBS will run from 0900 to 1200 daily, but any time you could spare would be greatly appreciated.

Military members volunteering for VBS may be eligible for community service leave.

For more information please contact Andrea Murali at local 4274 or murali.am@forces.gc.ca or Michelle Wohlgemuth at local 2490 or wohlgemuth.mke@forces.gc.ca by 31 May.

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Mental Health Week 2005

Caring for physical fitness brings many benefits. What about nourishing our emotional or mental health? WHO (World Health Organization) definition of good health includes both physical and mental health.

What is Mental Fitness?

Mental fitness helps us to achieve and sustain a mentally healthy state, just as physical fitness helps us to achieve and sustain a state of good physical health.

Having good mental health enables us to:

- More fully enjoy and appreciate our environment and people in it
- Better resist stress
- Tackle out challenges in a positive frame of mind
- Be creative and use our mental abilities to the fullest

Factors Which Facilitate Good

Mental Health Include:

(The following are useful guidelines for measuring your own mental fitness)

- Realistic Attitude – optimism, perspective, and flexibility build resilience
- Self-Esteem and Confidence – focus on good qualities
- Mental Agility – develop with crosswords, playing musical instruments, etc.
- Emotional Support – network of family/friends

Developing Mental Fitness:

- Think about, assess, measure your emotional well-being
- Responses to stress are individual and unique; so are measurements of individual mental fitness
- Allow yourself to take a break from your worries, concerns, and stresses of daily life

Tips for Mental Fitness:

(Here are some simple ways to practice mental fitness):

- Daydream
- "Collect" positive emotional moments
- Cope with negative thoughts
- Do one thing at a time
- Exercise – multiple benefits
- Hobbies – for a variety and balance
- Set personal goals – attainable ones
- Express yourself – keep a journal, talk to the wall
- Share humour
- Volunteer – win/win activity
- Treat yourself well

Practice, Practice, Practice!

Practicing mind + body fitness is the best approach for attaining and sustaining overall well-being.

Remember, it won't work if you only think about it when life's challenges become overwhelming. Decide which tips/methods work for your lifestyle now and stick with them.

For more information contact the Health Promotion Team:

Christa, Health Promotion Director, local 4160
Or

Penny, Administrative Assistant, local 4150

Information provided by the Canadian Mental Health Association

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Military Family Resource Centre

Newcomer Corner

Are you new to the city ?????? If you have not already...drop by the MFRC to pick up your Welcome to Winnipeg package with all the info you need to get started in the 17Wing and Winnipeg community. The MFRC provide tons of great opportunities to meet new folks and meet up with old friends. Craft classes, Community Coffee Breaks, personal development and parenting workshops and much more. Take time to explore the Community Connections and find out what your new MFRC has to offer!



Relocation provides unique challenges for military families. The Newcomer Program is here to ease the transition to your new posting. We have great resources from, where to get a Doctor to tips to help your children deal with yet another move. Welcome visits/interviews and Newcomer Nites can connect your family with this program and other CF families sharing your challenges. Become familiar with your new city. Discover the wealth of resources and services in Winnipeg and how your family can thrive at your new posting. Watch for more information about our annual Newcomer Event

This year Saturday October 1, 2005!

OSI Spousal Support Group

Do you have a partner suffering with an Operational Stress Injury? Would like to meet with other spouses experiencing similar situations? If the answer is yes then make sure to mark down on your calendar the third Tuesday of every month at 7:30. The meetings are informal and open to everyone at any time. The meetings offer a place for spouses to share experiences, support and resources.

If you have any questions please contact Haley Schroeder MFRC Social Worker at 833-2500 ext 4512

Upcoming Dates: May 17, June 21, July 19, August 16

**When: 7:30 p.m.
Where: MFRC 102 Comet St.**



Posted?



Donate your houseplants to the MFRC Newcomer program...we will look after them with tender loving care and pass them on to a new family posted in as a token of welcome. Give the gift that keeps growing...as you help a CF family sprout in Winnipeg!

Attention CF members....Sponsoring a new colleague to the Wing?

For Individual sponsors or Units preparing pre-posting packages (*) for incoming members...the MFRC carries a wide variety of resources from local tourism to maps and the 17Wing Directory. Please feel free to include our number, we would be happy to provide assistance before, during and after the move. The Newcomer program can be reached through 833-2500 loc. 4506.

*Note that the MFRC continues to compile and distribute comprehensive welcome packages for new families who are encouraged to visit the MFRC upon arrival or call to receive theirs.

17 Wing members...you too are invited to drop by the MFRC for our monthly Coffee Break...the FIRST THURSDAY of every month 10-11am. A great way to introduce your new section members to the MFRC and it's services, provide staff development and networking opportunities. A wide variety of base services are often represented. Bring your whole section to meet the MFRC staff and see what we are all

Upcoming Coffee Break is June 2, 2005 @ 102 Comet St. 10-11am

For more information, call Catherine at Loc. 4506



WWW.MFRC.MB.CA



102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5
Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587
Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

Our Programs

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
 - Information and Referral Services
 - The Newcomer Program
 - Employment & Education Assistance
 - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

MFRC Monthly Community Coffee Break



The 1st Thursday of EVERY month
10-11 AM
102 Comet St.

Resources

The MFRC has internet ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

Other Numbers

- MFRC: 833-2500 ext.4500
- Emergency Childcare: 935-7733
- MFRC Childcare Centre: 837-3653
- Youth Centre South: 488-8563
- Youth Centre North: 833-2500 Ext 4502



The MFRC gratefully acknowledges donations from 17 Wing Headquarters of a great new desk for our Executive Director, Don Brennan. The MFRC Staff would like to congratulate 17 Wing on their fabulous new building, and we look forward to being neighbours!

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.



From The Desk Of The WAC

The Wing Addictions Counsellor is now in business full time.
Hours are: 0730-1600 hrs daily, Mon - Fri.

Along with the new hours, new programs and new services are being offered:

Secondary Intervention Programs (SSI) - these are three separate programs for people who may only want to cut down on their drinking or even quit, but DO NOT want nor need to undergo a full residential treatment program (AKA "The Coffee Course"). These programs are conducted on an individual basis with the WAC for one hour every two weeks and are afforded complete medical confidentiality.

The WAC also offers counselling, programs or treatment for gambling and other behavioural addictions, ie internet, sexual addiction, food, and work, to name but a few.



Other services include:

- Addictions assessments • Addictions treatment referrals • Addictions counselling
- After care and follow-up • Adult children - info & counselling • Spouse/family recovery counselling



In short, if it has anything to do with any type of addiction, I probably have a program that can help.

So.....don't struggle by yourself or drive yourself nuts trying to come to grips with something that is getting out of control..... there is a solution and I might have it! Come on over or give me a call - all inquiries are confidential.

Supervisors of any rank are more than welcome to visit or call for info on what is and what isn't.

Wing Addictions Counsellor - Bob Murphy - at extension 5780; located in room 230 of the Wing Medical Clinic.



BINGO: Mon - Wed - Friday 7:30 pm
Early Bird starts 7:00 p.m.

CRIB NIGHT: Thursdays at 8 p.m.

DANCING: Fri & Sat Evening

6 MEAT DRAWS: Saturdays at 1500 hrs.

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TAROSCOPES

BY NANCY

ARIES (March 21 - April 19): Maintaining your individuality is important but so is being honest about how your attempts to do this are affecting your perceptions of people and your relationships. You'll discover a hidden motivator that impacts on the decisions you make and your interactions with others.

TAURUS (April 20 - May 20): By living consciously you are showing personal responsibility. Refrain from judging. Look for solutions even when others want to look for someone to blame. How you respond to a situation is your choice. Compromise is the key. Stay open to options.

GEMINI (May 21 - June 21): To put an end to what isn't working and take charge of your life so that it reflects the true you, you're prepared to discontinue unhealthy habits and relationships. Check out different ways to approach your challenges. Your actions influence others as well as yourself.

CANCER (June 22 - July 22): Timing is everything when you want to see results. It also helps to remove temptation from your environment. Discipline your thoughts instead of being dramatic when others overreact. Understanding how they feel is okay, but pandering to their whims is a waste of time.

LEO (July 23 - August 22): Your emotions are in overdrive right now. Appreciate this, accept it and refrain from analyzing too much as it distances you from others. A secure future is important but too much emphasis on making money or the look of things can be counterproductive.

VIRGO (August 23 - September 22): Pick goals that will make life more enjoyable. Post reminders where you can see them. Strive for balance. Be aware of what is realistic. Personal cycles and the environment are affecting you strongly right now. There are connections you need to become aware of.

LIBRA (September 23 - October 23): Because you're impatient and want to instigate change quickly you may be perceived as being too forceful. Explain the value of doing things differently, and give details that show others what to expect, especially what will remain the same, and what they will have to adapt to.

SCORPIO (October 24 - November 21): There is a natural rhythm to all things including how you work. Go with the flow once you find it. Stop checking for signs of progress, be patient and persevere. If you're uncertain about what to do next, take a break. Sometimes that's when the best answers appear.

SAGITARIUS (November 22 - December 21): Accepting your limitations can actually make it easier to cross boundaries and enjoy new experiences as you learn to work with what you have. When someone seeks your advice and assistance, you'll find your response applies to your own life as well as theirs.

CAPRICORN (December 22 - January 19): What you have unconsciously avoided seeing in yourself, is surfacing. Learn to accept all aspects of yourself and enjoy who you are and what you are doing instead of worrying about what others are doing or what they think of you. Let the beauty of your soul define you.

AQUARIUS (January 20 - February 18): When learning a new skill, accept that it takes time before you will become proficient. Contain any fear of failure by reminding yourself of the progress you've made. Keep track of what works. Releasing limiting beliefs lets you realize your potential sooner.

PISCES (February 19 - March 20): Deal with frustrations and negativity that drain your energy by using your unique talents to help others. Practice staying grounded then you'll not be distracted by other people's emotions. Complete projects so that you can become involved in a new interest.

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