



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg



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FREE



Photo by Cpl Chris Ward, 17 Wing Imaging

LGen Lucas is greeted by honour guard upon arrival at 17 Wing Headquarters. Chief of the Air Staff (CAS) LGen J.S. Lucas toured various sections at 17 Wing Winnipeg during his first official visit as CAS. LGen Lucas also toured 1 Cdn Air Div HQ and 3 CFFTS in Portage La Prairie during his 3 day visit as well as participated in a town hall meeting at each location.

## Chief Of Air Staff, Former Winnipegger Visits

By Jeremy Besyk

Chief of the Air Staff, LGen Steve Lucas, visited 17 Wing from 13 to 15 Sept. and explained some of the changes to the Canadian Forces at town hall meetings that included the introduction of organizational and

capability transformations. Wing Commander Col Ken O'Brien welcomed LGen Lucas back to Winnipeg for his official visit to the Wing, saying the new changes are "an exciting time for us in the air force."

"What has happened in the last six months... is more than the last 10 years," said LGen Lucas, suggesting a lot of work has gone into redeveloping and drafting a new defence policy. He added that the current plan for

change "outlines a clearer path to the future," and that the Air Force is "moving from survival into growth mode."

The changes include the recently-created Canada Command in Ottawa, "one

of the two major elements" of the plan that will see six regional commands, Canada Command, Canadian Expeditionary Forces Command and a Special Operations Group operating in the Canadian Forces. The

creation of Canada Command means that for the first time, a unified and integrated chain of command at the national and regional levels will have the immediate authority to deploy maritime,   
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# An Evening With Romeo Dallaire

By Jeremy Besyk

An Evening with Romeo Dallaire saw a packed theatre at 17 Wing with the guest of honour conveying a message that had the audience captivated for the duration of the presentation, leaving many wanting more well after it ended.

The fundraiser for 17 Wing's Military Family Resource Centre was successful with a lecture from the award-winning author of the book *Shake Hands With the Devil*. A full house greeted General Dallaire with a standing ovation as he entered the theatre and took his place on stage, beginning what was going to be an entertaining and very informative night.

"I'm going to tell you why all humans count, why all of us are ultimately the same," Dallaire said as he welcomed the crowd. "And be it in a catastrophic scenario like New Orleans (following hurricane Katrina), be it a tsunami, be it Yugoslavia, be it Rwanda, be it Somalia - it's all the same thing. Human beings - men, women, children, elderly - going through the same traumas; innocently so often. And often, as you see, with a sense of abandonment; a sense that there's nobody really out there wanting to take care of us and being concerned about us who are human beings just like them. But we've had maybe not so easy or lucky a time."

"What we have been going through and what we are going through is the reality. It's not a blip. It's not something that's been happening and then all of a sudden we'll go back to what it was before. How we adapt to it and respond to it is the challenge that we face." Conflict resolution was the underlying message of his presentation.

"How do leaders grasp the

future? The leaders are the ones who are supposed to be giving us a certain guidance into where we are going. We don't need leaders who lead by crisis management. Because if you're in a crisis like everybody else at the same time, then you're not really leading, you're reacting. (And) essentially you've not led, you're just sorting things out. What we discovered is that we stumbled into a new era and crisis managed our way through it because we simply didn't grasp what was going on," Dallaire said. "We weren't leading. And so it wasn't unusual that people started to question the generalship of the Canadian Forces, and saying 'Where are these guys going? How come they don't figure out what's happening so we can then adjust to this? Why aren't they anticipating that?'" Dallaire told the audience. "And the reason why we didn't anticipate is because we were so focused on one area only. And that essentially was Europe and Central Europe and problems there. And the rest of the world really didn't count."

"It was merely simplistic at the time - you had the West and the Soviets. And what we had was essentially classic scenarios, classic war. What we had was huge armies on one side, and huge armies on another - armies, air forces and navies, of course - and facing each other and waiting for the day that the politicians are not able to grasp the situation and say, 'Well we gotta sort it out by fighting' and turn to generals and admirals and say 'Take our youth, go out there, fight and win.' And essentially that's exactly how we looked at what the rules were. We would be big structures facing other big struc-



The evening started out with a presentation from MFRC Executive Director Don Brennan (left) to Gen Dallaire (right).

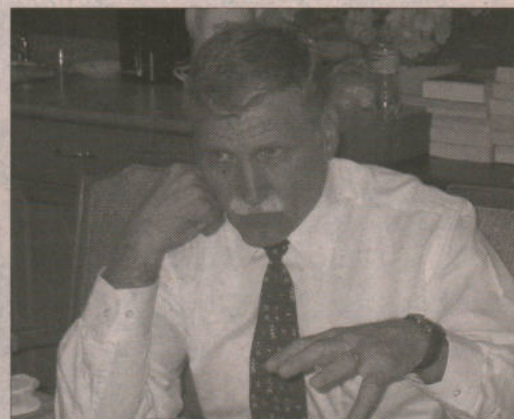
tures, we clashed, and somebody would win. Essentially the combination was World War II, but the Cold War was simply a continuum of that. And so we had a whole bunch of very conservative, classic leaders - which I was, of course, one of." He said, "Classic warfare is what we knew."

As Dallaire spoke of the atrocities Canadians saw overseas he used a slideshow to illustrate his point showing corpses on the ground and young children holding firearms nearly larger than their own bodies. Dallaire noted how humans were not treated as humans in many countries, particularly the Rwanda genocide, for which he wrote his best-selling book.

He said people in Rwanda were ambushed every day. In one village, "it was very quiet. You could really hear the sound of the birds. It was deafening because there was no other sound. Except in this village...the little church doors open and there were about 100 people in the church and what the extremists did is that they told the people to go to the church if they felt threatened and then once they were in there they were safe. Except what the

extremists would do is go into the church and slaughter them in the church - row after row after row (for) days on end." This, as a sergeant "calls back to the headquarters to get some transport to move (people) to a safe place...there's about 30 of these kids...that start opening fire on him, his soldiers and the people he's protecting. And as he's reeling from that, (at) the other end of the village, there's about 20 girls - same age, some of them pregnant - and they're human shields for other soldiers." Which puts the sergeant in an awkward place, Dallaire said.

"The question is, 'What does the sergeant do?'" Do you shoot kids who kill? (These are) kids who have been abducted from their families, brought into the bush and some of them (the families) killed outright. The girls are taken, they fight, they run a logistics base, they're sex slaves and bush wives. The younger ones are used to walk through minefields to blow up (mines)...so the older ones can go through." Dallaire asked the question again, "Do you shoot kids who kill?" He explained the sergeant's predicament. "He's only got nanoseconds, the bullets are flying."



Mr. Dallaire is passionate about his message about conflict resolution in the world as he chats with MFRC staff.

So what happened in this scene? "There are a couple of guys who were part of that section who still today remember hearing the sergeant order to fire. And one of them describes that he feels today...his finger pulling the trigger. He feels in his shoulder the rifle reacting. He sees digitally clear and in slow motion the cartridge flying out of his rifle and he's looking through the sight and sees the head of a child exploding."

Questioning the audience again, Dallaire asked, "Was that the right answer? And can we live with that answer? And how much did we prepare for that answer?" He pointed out that there are "new low-tech weapon systems out there that are destroying hundreds of thousands of other human beings." Dallaire said it's sickening "that we see children being one of the primary targets in this era. Over 300,000 were slaughtered in Rwanda in less than 100 days. The bulk of them killed by militia youths from 16 to 22, 23-(years-old) by machete. (These are) kids who are now living in refugee and displaced camps all their lives."

Dallaire went on to mention, "there's an NGO (non-

government organization) out there called 'Clowns Without Borders'. They go to these camps and they teach children how to smile and how to laugh because they've never done it. And they teach them games so they can survive in these types of scenarios...(because) the children have been...favoured instruments of war from an outright weapon system to a tool to create more horror and to create more fear."

Things are slowly starting to change in Rwanda, Dallaire said. "We're now seeing the reforms that are difficult in the UN but the policies that have now been articulated that are going to move us into...the front lines of not creating war...but assisting those who are in conflict and hopefully getting there earlier now to prevent the conflicts from happening."

He reiterated his original point that "all humans count" before taking questions from the audience. Following the presentation the foyer of Building 90 was packed with little room to move as much of the crowd was eager to shake Dallaire's hand and get their copy of his book autographed.

More Romeo Dallaire coverage on pages 7 & 11

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# Chief Of Air Staff Continued from page 1

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land and air assets in support of domestic operations.

"We have a good defence policy," Lucas stated confidently. What's different is the "standing contingency", for example, the deployment of forces following hurricane Katrina. He said the army, navy and air are "married" because "each service brings something to the mix." The "reintegration of forces" in a more organized fashion, now with "10 days notice to move" and deployments aren't "thrown together in minutes," is an improvement for the military.

The Lt.-General reassured the audience that "the (federal) government has confidence in the CF," stating, "we're happy with the money we've got." He adds that the total pledged to the Forces for the next five years is \$900 million that "needs to be spent intelligently" to "grow as an organization." However, Lucas later stressed in an interview, "The challenge is not going to be money. It's going to be people." He suggested the only problem he foresees for the project is the number of people needed to have it come together. "To have the right number of people is my wish."

Air Mobility will see the CF having the ability to move troops in a more "tactical" method with the replacement of some of the older aircraft in the fleet, Lucas added.

LGen Lucas also mentioned the redeployment of Canadian Forces in Afghanistan from Kabul to Kandahar that is in the process of being completed overseas. "We are pushing the throttles forward," he said of the move. "The first responsibility is leading and

managing in Kandahar...and getting them organized." In doing so, he said that Uninhabited Aerial Vehicle (UAV) operations are expanding, and that the Forces are "looking to contract UAV to Kandahar" and "looking at medium-altitude UAVs like the Predator."

Following his response to several questions from concerned audience members, LGen Lucas said, "There's a lot of reasons to be happy at 17 Wing. 17 Wing has a lot of capability."

"It's very exciting as we move forward here," Lucas told local reporters in an editorial board. "The challenges are leading us in a positive direction," he said, noting that, "I'm more optimistic than I was a year ago," the former Winnipegger said from the Headquarters building on the Wing.

LGen Lucas had the opportunity to take in all that 17 Wing has to offer during the three-day visit. He had participated in the Wing Commander's Golf Tournament and checked out 1 Canadian Air Division HQ and Southport.

LGen Lucas attended John Taylor Collegiate in Winnipeg and has family ties in the city. He went to CFANS, receiving his Air Navigators wings in February 1974. In March 2003, he assumed the position of Chief of Staff Joint Force Generation within the DCDS Group. Lieutenant-General Lucas was promoted to his current rank in April 2004 and was appointed Special Advisor to the Chief of the Defence Staff for Defence Policy Review and Homeland Security Issues. In May 2005, he assumed the position of Chief of the Air Staff.



Mr Jim Kerr, 17 Wing development consultant, shows LGen Steve Lucas common area in new 17 Wing Headquarters



Mr Dave Evans shows LGen Steve Lucas 17 Wing Server farm at WTIS.



LGen J.S. Lucas (seated) signs guestbook at 17 Wing Headquarters while 17 Wing HCol Ben Van Ruiten (far left), 17 Wing Commander Col K.S. O'Brien and WCWO Claude Parent look on.

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**ROYAL LEPAGE**



(left to right) Cpl Kaulin Damron, Sgt Andrew Mclean and Sgt Dave Cooper standing in front of the survivor camp.

## 435 Squadron Search And Rescue Deployed, Locates Missing Man

By Jeremy Besyk

An overturned vessel en route from Churchill to Chesterfield Inlet lost its crew and 435 Transport and Rescue Squadron Search and Rescue technicians were dispatched to investigate and assist with the incident, locating one of the onboard crew.

The vessel was on its way to Chesterfield Inlet when it capsized in Hudson's Bay approximately 23 miles south of Whale Cove late September 9. Four community boats, including one from the RCMP Whale Cove detachment, rescued two of the four occupants of the vessel.

2Lt Steve Neta of 17 Wing Public Affairs said, "The local RCMP phoned the Rescue Coordination Centre (RCC) in Trenton on

Sunday the 11th. That is when the Hercules (aircraft) from Winnipeg was dispatched." He said the Rescue Coordination Centre "looks at the case and based on where it was and who could respond faster -- that was Winnipeg. So they tasked Winnipeg."

A Winnipeg-based CC-130 Hercules of 435 "Chinthe" Transport and Rescue Squadron, commanded by Capt David Helfenstein arrived and joined the vessels already conducting the search, Neta said.

When the Hercules arrived, the search and rescue technicians -- Sgt David Cooper, Sgt Andrew McLean and Cpl Kaulin Damron -- noticed "debris and indications of a possible survivor...(when)...flying overtop," Sgt. Cooper

said. On the final path of an intense search Sgt McLean "spotted a red gas tank on the south shore," Cooper added. When reaching an altitude of 150 feet, the team "saw a makeshift camp" with a "floater suit and a pair of jeans laying on a rock to dry," Cooper continued.

It was at this point that "RCC authorized a jump," Cooper said, and the aircraft climbed to altitude and the team prepared to jump. When searching the camp, a "knife, water and fresh fire" were found, along with "foot tracks in the sand and a barrel" on the island. After more exploration, Cooper said, they located one member of the capsized vessel's crew deceased.

With one member of the Chesterfield Inlet-bound

crew still unaccounted for, the RCMP took over the investigation as a missing persons case. According to Neta, it's believed the overturned vessel was privately run.

Members from 435 Transport and Rescue Squadron Search and Rescue also took part in the annual national search and rescue exercise, or SAREX, on the former Air Force base at Summerside, P.E.I. from September 19-23.

435 Transport and Rescue Squadron tasks include airlift of freight and passengers, air-to-air refueling of fighter aircraft in Canada and around the world and search and rescue operations within the Trenton Search and Rescue Region from the border with the United States to the geographic North Pole.

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# The Canadian Forces Professional Driving Competition 2005

By MCpl Schmidt D.J.

2005 marks the 25th anniversary of the Canadian Forces Professional Driving Competition (CFPDC). From 1948 to 1961 the Department of National Defence participated in the Armed Forces Division of the Canadian National Truck Driving competition sponsored by the Automotive Transport Association (ATA). In 1961, however, the ATA discontinued competition at the national level.

In 1979, an ad hoc committee was formed to hold a trucker's potlatch at CFB Chilliwack. This created enough interest that by 1980 the first national Rodeo was held. In 1987 the name was changed to Canadian Forces Professional Driving Competition and remained the same until this year.

The CFPDC is comprised of five events, Straight Truck, HLVW, Bus, Tractor Trailer and Road Rally. These events are to give the professional driver a chance to prove his skills



in simulated actual driving hazards. In the spring of every year, each base holds a CFPDC at the base level and the top three people or teams from each event go on to the regional level. From there the top three teams from each event progress to the national level.

This year the Regional CFPDC for the Western region was held at 4 Wing Cold Lake. 17 Wing Winnipeg was represented by Cpl Gelinas for Straight truck, HLVW and Bus, Cpl Lavolette for HLVW, Straight truck Bus and Tractor Trailer, Cpl Beal for Bus, Tractor Trailer, and Straight truck. The Road Rally teams were Cpl Paiuk and Pte O'Connor, Pte McDuff and Cpl Naylor.

Congratulations to Cpl Lavolette for taking First place in the HLVW event in the Regional and second place at the National CFPDC which was held in Aldershot Nova Scotia.

2005 not only marks the 25th annual CFPDC but it was also the last CFPDC. Beginning next year the name will be changed to Canadian Forces Safe Driving Competition (CFSDC) and will be open to all trades. As the year progresses more information will be made available as to the prerequisites of the competition. If you have any questions or are interested in participating next year please feel free to contact MSE Safety at local 6868. Hope to see you there.

# Your Community. Your Banking Program.



By Stephanie Webster with Debbie Brown and Bob Simpson

Tired of trying to get your banking done from deployed locations? Too much elevator music while you wait in line? Get bumped to the front of the queue with the new Canadian Defence Community Banking (CDCB) program.

This new exclusive banking offer, launched in September\*, is provided by the direct banking division of Canadian Imperial Bank of Commerce (CIBC) in cooperation with the Canadian Forces Personnel Support Agency (CFPSA) and aims to minimize the turmoil surrounding changing financial arrangements on posting of CF members while providing a broad range of banking services to authorized patrons.

"The Canadian Defence Community Banking program has been designed to provide a comprehensive set of banking services that are tailored to the military lifestyle," says Bob Smith, CFPSA Chief Financial Officer.

The military lifestyle sometimes makes it difficult to develop a relationship with your local bank. Frequent relocation means that you have to change banks or branches often, transfer bill payments and you're likely not receiving the benefit of long-term relationship rate advantages. Access to service can be a problem. The CDCB addresses these issues with

one single, national transit number giving patrons access to accounts, nationally.

Through an agreement with CIBC, the CDCB program offers many financial products and services to the defence community. The banking offer itself gives you higher savings rates on deposits and lower interest charges on lines of credit. A full range of products are available including the CDCB Chequing account that offers unlimited transactions for a \$5.00 per month flat fee and it pays interest on your chequing account balance.

The CDCB Savings account and GIC both offer great savings rates and the CDCB Line of Credit offers low rates to members. A full range of mortgages is also available through the HLC Home Mortgage program and you'll also have access to the best selection of VISA products in Canada through CIBC.

"We want to take advan-

tage of our numbers to negotiate a cost effective, feature-rich banking services package that caters to the military community. As participation in the program grows, we are confident that we will be able to negotiate even more features and value," says Bob Smith.

So, how do you sign up? CDCB representatives are visiting bases throughout Canada but there's no need to wait. To enrol, call the Canadian Defence Community Banking Program toll free at 1-866-808-9933. For more information visit the CDCB web site at [www.cdcbanking.com](http://www.cdcbanking.com) or through the link on the CFPSA web site at [www.cfpsa.com](http://www.cfpsa.com).

The CDCB program is designed to meet the needs of customers who prefer online banking, access to great service via the telephone and 24/7 access to cash through the CIBC ABM network.

\*The banking offer will be available in Quebec in 2006.

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8:00pm SUN-MON **OCT 9-10** 136mins  

**THE ISLAND**  
 Ewan McGregor Scarlett Johansson

# Manitoban Aircrew Killed During The Battle Of Britain

By Chris Charland

Of the 14 Manitobans who took part in the Battle of Britain, three made the supreme sacrifice. These brave men are:

42185 Pilot Officer John Benzie, the son of John and Agnes Benzie from Winnipeg, Manitoba, was a member of the Royal Air Force serving as a pilot with the No. 242 'Canadian' (F) Squadron when killed in action. Benzie had previously served in Canada as a member of the Army Cadets for five years and later three years with the Princess Patricia's Canadian Light Infantry. He traveled to England and joined the Royal Air Force, where he was granted a Short Service Commission on the 24th of June 1939. On the 3rd of February 1940, after flying training, Pilot Officer Benzie reported for duty with No. 242 'Canadian' (F) Squadron at R.A.F. Station Church Fenton, Yorkshire. His Commanding Officer was fellow Canadian Squadron Leader Fowler Morgan Gobeil of Ottawa, Ontario. Pilot Officer Benzie was wounded in action on the 23rd of May 1940. He was part of a flight of Hurricanes escorting a Bristol Blenheim on a reconnaissance flight over northern France. While flying Hawker Hurricane Mk. I

s/n P2550, his flight was attacked by 18 Luftwaffe Me-109E's. Pilot Officer Benzie was shot down by a Luftwaffe Me-109E near Ypres, Belgium, but parachuted to safety. He was evacuated back to England by way of Dunkirk. After a period of convalescence, he reported back for flying duties in July 1940. On the 7th of September 1940, at 17:00 hours while flying a patrol over the Thames Estuary in Hawker Hurricane Mk. I s/n P2962, he was shot down by a Luftwaffe Me-109E. The 25 year-old pilot's body was never recovered. His name is inscribed on Panel 7 of the Runnymede War Memorial, Englefield Green, Egham, Surrey, England. The memorial honours Commonwealth airmen who have no known grave.

41837 Pilot Officer Harry Davies Edwards was another Winnipegger who lost his life during the Battle of Britain. He was the son of John Harry and Emily Maud Edwards. Pilot Officer Edwards, a member of the Royal Air Force, was a pilot with No. 92 'East India' (F) Squadron. The unit flew the Supermarine Spitfire Mk. I from R.A.F. Station Biggin Hill, Kent. Pilot Officer Edwards was

part of a patrol that mixed it up with Luftwaffe Me-109E's on the 11th of September 1940. Unfortunately for Edwards, he fell to the guns of an Me-109E near Smeeth, Kent at 19:00 hours. Pilot Officer Edwards was 24 years old when he met his untimely demise. He rests peacefully in Plot O, Grave 31 of the Hawkinge Cemetery, Folkestone, Kent.

43037 Pilot Officer James Thomas Johnston was the son of Peter and Alice Johnston of Brandon, Manitoba. He left Canada to become a member of the Royal Air Force. Pilot Officer Johnston served as a pilot with the Hawker Hurricane Mk. I-equipped No. 151 (F) Squadron based at R.A.F. Station North Weald, Essex. While there, the squadron maintained a detachment of Hurricanes at R.A.F. Station Manston, Kent and Rochford, Essex. On the 15th of August at 19:15 hours, while flying Hawker Hurricane Mk. I s/n P3941, he was shot down by a Luftwaffe Me-109E off the coast of Dymchurch, Kent. Pilot Officer Johnston peacefully rests in Plot O, Grave 16 of the Hawkinge Cemetery, Folkestone, Kent. He was 26 years old when killed in action.

## Manitobans Who Flew During the Battle of Britain

Pilot Officer C. L. R. Arthur  
Winnipeg, Manitoba  
No. 141 (F) Squadron  
Boulton Paul Defiant Mk. I

Pilot Officer H. D. Edwards  
Winnipeg, Manitoba  
No. 92 'East India' (F) Squadron  
Supermarine Spitfire Mk. I

Flight Lieutenant J. A. Kent  
Winnipeg, Manitoba  
No. 303 'Kosciusko' Squadron  
Supermarine Spitfire Mk. I

Pilot Officer J. Benzie  
Winnipeg, Manitoba  
No. 242 'Canadian' (F) Squadron  
Hawker Hurricane Mk. I

Pilot Officer G. J. Elliott  
Winnipeg, Manitoba  
No. 607 'County of Durham' (F) Squadron  
Hawker Hurricane Mk. I

Pilot Officer F. S. Watson  
Winnipeg, Manitoba  
No. 3 (F) Squadron  
Hawker Hurricane Mk. I

Flight Lieutenant M. H. Brown  
Portage la Prairie, Manitoba  
No. 1 (F) Squadron  
Hawker Hurricane Mk. I

Pilot Officer N. Hart  
Dugald, Manitoba  
No. 242 'Canadian' (F) Squadron  
Hawker Hurricane Mk. I

Pilot Officer R. H. Dibnah  
Winnipeg, Manitoba  
No. 1 (F) Squadron  
Hawker Hurricane Mk. I  
No. 242 'Canadian' (F) Squadron  
Hawker Hurricane Mk. I

Pilot Officer J. T. Johnston  
Brandon, Manitoba  
No. 151 (F) Squadron  
Hawker Hurricane Mk. I

# Battle Of Britain Parade




Photo of the Wreaths that will be placed in front of the Battle of Britain Monument at the Battle of Britain Parade. Photo taken at the Garden of Memories, 17 Wing, Winnipeg Manitoba.



MGen J.J.C. Bouchard, OMM, CD Commander, 1 Can Air Div salutes the Battle of Britain Monument as he arrives at the Battle of Britain Parade.



Members of the old guard watch on and listen to the final words at the Battle of Britain Parade.



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# Reaction To Romeo

Continued from page 2

By Jeremy Besyk

General Dallaire's visit to Winnipeg left a lasting impression on those who met him or simply heard him speak of his experiences in Rwanda. The fundraiser for the Military Family Resource Centre was successful and many people left feeling

inspired after leaving his presentation at the 17 Wing theatre.

Wing Commander Col O'Brien spoke of Mr. Dallaire's visit saying, "I'm very pleased to see General and Mrs. Dallaire's dedication to the MFRC as it is a critical

piece of the Canadian Forces at 17 Wing."

Executive Director Don Brennan said, "I was really impressed with (General Dallaire's) positive outlook for the world and humanity in general and some of the tools he provided for success in the future, particularly countries learning more about conflict resolution." Brennan, who presented the guest of honour with several Winnipeg-related gifts at a

dinner earlier in the evening, added, "General Dallaire has always been a strong supporter of the Military Family Resource Centre."

Charleswood-St. James-Assiniboia MP Steven Fletcher attended General Dallaire's speaking at Bldg 90 and said, "I don't think anyone can really comprehend what happened in Rwanda," describing the events as "a senseless tragedy." Fletcher praised Dallaire for standing up for humanity and added, "He's someone that policymakers should listen to."

University student Bjorn Radstrom was also at the speaking and noted, "Maybe it was because he was speak-



Wing Commander Col O'Brien (left) and Col Conway (middle) talk with Romeo Dallaire (right) at MFRC fundraiser dinner.

ing to a military crowd, but (General Dallaire's) focus on needing a new way to operate in the "New World Disorder" was insightful." Radstrom was referring to a slideshow graphic presented onscreen during the presentation that read, "80% of humanity is

deeper in the mud, the blood and the suffering of indignity."

When asked to describe General Dallaire with one word, Fletcher responded, "I can't answer that with one word."

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Power pilot graduates await presentation of their wings during graduation ceremonies at St. Andrews Airport, Manitoba. The cadets are scholarship recipients from air cadet squadrons in the Winnipeg area.



LCol G. T. Hook, Reviewing Officer, inspects power pilot scholarship graduates at St. Andrews Airport, Manitoba.

# A Look To The Future

By Lt(N) Sandra Olson, PAO RCSU (Pra)

"Make Friends, Accept Challenge, Go Far" is exactly what 25 senior air cadets did this summer as they successfully completed their flying training earning both a private pilot's license and receiving their "wings" at a graduation parade on August 18, 2005 at the Canadian Aviation Centre in St. Andrews, MB.

"Be proud - be proud of who you are. Be accountable for your choices. Be confident of your decisions. Be proud of the fact that you know and understand both your strengths, but more importantly, your weaknesses. Be professional in your approach and remember you

can always learn something. Be passionate, find something that brings you alive, that makes you want to keep coming back again and again," was one of many uplifting comments made to the students by the Reviewing Officer, Lieutenant Colonel Gary T. Hook, Commandant of Central Flying School during the parade.

The 25 air cadets are from across the Prairie provinces and Northwest Ontario each earning a position on the Power Pilot Scholarship program offered through the Royal Canadian Air Cadet Program. Power scholarships are awarded to selected

cadets 17 or 18 years of age who complete qualifying exams and review boards. Each candidate completes seven weeks of intense training preparing for Transport Canada's written exam and flight test. Candidates must complete a minimum of 45 hours flying time prior to receiving their wings.

Flying training for this scholarship is offered in three locations throughout the Prairies. Male scholarship recipients train at Harv's Air Service in Steinbach, MB or The Canadian Aviation Center in St. Andrews, MB. Female scholarship recipients train at Skywings Aviation in Red Deer, AB.

# Musical Salute To Heroes A Community Effort

## Military Band Concert To Raise Funds For Veterans' Care

By Air Command Band Public Relations



On Thursday, October 13, an extraordinary event will be taking place in Winnipeg's Centennial Concert Hall. Canada's Veterans, members of our society who have given of themselves for our nation, will be honoured by a concert showcasing all three of Winnipeg's military bands.

The concert is being performed as a fundraising vehicle for the Veterans Endowment Fund of Deer Lodge Centre. With almost 500 patients and residents, the centre is Manitoba's largest long-term and rehabilitative care facility - the proud home of 150 veterans. The Deer Lodge Centre Foundation has established this fund solely for the enrichment of the lives of those Veteran residents.

Proceeds from the Salute To Heroes concert will be directed to this fund as a gesture of thanks and respect. "We are very grateful for the loyal support of our friends in Air Command," said Linda Truss-Baron, Executive Director of the Deer Lodge Centre Foundation. "Thanks to their generosity we can make lives better for all our veteran residents".

The musical salute promises to be an evening of performances as diverse as the veterans it honours. The participant musical ensembles will be the Air Command Band, the HMCS Chippawa Band and the Regimental Band of the Royal Winnipeg Rifles.

The Air Command Band is a thirty-five piece professional ensemble that performs throughout Canada and abroad. The role of this multifaceted organization is to pro-



vide musical support to the Canadian Forces, all levels of government and various public functions. The Air Command Band dates back to 1946 when Carl Friberg, a wartime bandmaster from Vancouver, was invited to form a professional band for the Royal Canadian Air Force No. 2 Training Command. Stationed in Winnipeg since 1964, the Air Command Band travels extensively, bringing superb music and exciting entertainment to audiences throughout Canada, the United States and Europe. This world-class ensemble performs at commemorative events, high profile ceremonies, and at international festivals and tattoos. The director of music, Captain Ray Murray, offers some insight and perspective to this upcoming concert event: "Musically speaking, combined-band concerts are a rare thing, but a great opportunity for musicians from different ensembles to work together. Combined band events help to build a sense of musical community. As such, and on the larger scale, this is also an appropriate platform by which to honour those Canadian Veterans who have given of themselves for our society - and for our freedom. It is our honour to salute these

heroes."

The second participant ensemble, the HMCS CHIPPAWA Band is one of four Naval Reserve bands in Canada. The band is tasked with the job of providing musical support to the Naval Reserve and the rest of the community in Manitoba, Saskatchewan and Northwestern Ontario. In addition to supporting the Naval Reserve through performing military music, the band has also participated in charitable public concerts and related functions. Currently, the band has 25 members whose civilian professions vary - from university students to a medical doctor and even a commercial pilot. Each one of these people is a dedicated musician and member of the Naval Reserve. This versatile band performs many styles of music. Lieutenant (N) Floyd Hall, the band's director of music, adds his perspective on the upcoming Salute to Heroes concert event: "This concert is a very unique and unprecedented opportunity for all military musicians from all three elements, Army, Navy and Air Force, to show their appreciation to all veterans through music."

The third ensemble, the Regimental Band of the Royal

Winnipeg Rifles, is actually the oldest community band in the City of Winnipeg, having been founded on November 9th, 1883. In 1885, the members of the Band accompanied the Regiment to the Northwest Rebellion, creating a link between the soldiers and musicians of the regiment that still exists today. The Band initially consisted only of buglers and drummers. During the Second World War, the role of the band of the Royal Winnipeg Rifles expanded to provide entertainment to soldiers both at home and abroad, as well as to provide service alongside the Regiment. The band has since developed into a professional band of woodwind, brass, percussion and vocals, and proudly carries the Regiment's Battle Honours on its drums. The Director of Music, Lieutenant Danielle Gaudry, adds her perspective on the Salute to Heroes concert, in saying, "I believe this concert is different from other military presentations in that we are focusing on saluting our veterans this year rather than today's soldiers. It is an honour to be part of such an exciting and meaningful event."

This concert event - the Salute to Heroes - seems a fitting and timely partnership in many respects: the year 2005 is of course the Year of the Veteran. The concert takes place at Centennial Hall on Thursday, October 13th, at 7:30 pm. Tickets are available from Ticketmaster at (tel) 780-3333. For further concert information, please Contact Mr. Kevin Scott at Deer Lodge Community Relations (831-2120).

## 2005 Registration Fair



While some kids tried their luck at games, others tried to master their horseback riding skills with pony rides, but sometimes the small cuddly animals from the petting zoo were more fun to play with.



Maj Paul Johnston of Air Div HQ (left) battles his son Jimmy Johnston, 12 (right) in a giant inflatable jousting match



Kids had lots to do on (and in) the inflatable structures outside with a huge slide and giant jumper to bounce around in.

# Sparky's Corner

## History Of Fire Prevention Week



The history of National Fire Prevention Week has its roots in the Great Chicago Fire, which occurred October 9, 1871. This tragedy killed 250 people, left 100,000 homeless, destroyed more than 17,000 structures, burned 2000 acres in 27 hours and cost \$168 million which started people thinking in terms of fire prevention rather than only firefighting.

While the origin of the fire has never been determined, there has been much

speculation over how it began. One popular Old Cow's Tale is that Mrs Katherine O'Leary was milking her cow when the animal kicked over a lamp, setting the O'Leary's barn on fire starting fiery conflagration. Like any good story, the "case of the cow" has some truth to it. The great fire almost certainly started near the barn where Mrs. O'Leary kept her five milking cows. But there is no proof that O'Leary was in the barn when the fire broke

out - or that a jumpy cow sparked the blaze. Mrs. O'Leary herself swore that she'd been in bed early that night, and that the cows were also tucked in for the evening. All we know is that night it was like a snow-storm only the flakes were red instead of white.

The city of Chicago quickly rebuilt, however, and within a couple of years residents began celebrating their successful restoration to memorialize the anniversary of the fire with festi-

ties. On the 40th anniversary of the Chicago blaze the Fire Marshals Association of North America sponsored the first National Fire Prevention Day stating anniversary should be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention. President Woodrow Wilson proclaimed the first National Fire Prevention Week, calling the loss "startling". Every year since

1925, on Monday through Saturday where the 9th of October falls Fire Prevention Week has been observed.

The theme of this year's Fire Prevention Week is "USE CANDLES WITH CARE". So join Sparky the Fire Dog's fire safety team and work together to learn more about the rules of candle safety.

Remember fire prevention does not only last the week in October but 365 days a year. The 17 Wing

Fire Prevention Bureau Office would be more than pleased to assist you in any matter concerning Fire Prevention.

**SPARKY SAYS**  
"Support your local fire department in its efforts to promote fire safety education in your community year 'round and during Fire Prevention Week."

# October 9-15 Is Fire Prevention Week

### USE CANDLES WITH CARE

The theme of this year's Fire Prevention Week is "USE CANDLES WITH CARE". Candles may look nice, but they're a growing fire threat in our communities. And knowing the facts about candles is key to fire safety. That's why National Fire Prevention Association has chosen "Use Candles with Care" as the theme for Fire Prevention Week (FPW), October 9-15. Candles are an increasing source of deadly home fires. Last year there were more than 11,000 fires caused by candles and many of them were started when children were playing with them. Reported fires started by candles are at the highest level in years.

With candle sales doubling in the last five years, this dangerous trend shows no signs of ending. The candle craze is understandable as the aromatherapy and decorative candles not only smell amazing, but also the light source casts a glow and creates a relaxing mood. Perhaps too relaxing. "Nearly half of candle fires start in the bedroom as people use them to set a soothing atmosphere and then fall asleep".

The reason candles are so dangerous? Most of the

designs are taller than they are wide, which increases the chance that they will tip over. They are also frequently placed too close to curtains or bedding where fires can start when pieces of wick break off and land on combustible material. Also, fires are started when the candle wax gets so hot it will catch fire using the flame as an ignition source.

It may be a dog eat dog world but when it comes to teaching families about fire safety for half a century, Sparky The Fire Dog will "paws" at no one. This cool Dalmatian needs you to join his fire safety team! Working with a grown-up, review these safety tips from Sparky to make sure candles are used safely in your home.

- Make sure a grown-up is always in the room when a candle is burning.
- If a grown-up does leave the room, make sure he or she puts out the candle first.
- Never burn candles in bedrooms.
- Don't let teenage brothers and sisters burn candles in their rooms.
- Set up a 'kid-free' zone around burning candles: no playing with or near candles, with candle wax, or with things that

could catch fire near candles.

- Keep candles at least a foot away from anything that could catch on fire.
- Don't put candles in windows or doorways where the wind could knock them over, or blow things into them that could catch on fire.
- Keep matches and lighters up high, out of children's sight and reach, preferably in a locked cabinet.
- Make sure to use candle-holders that are sturdy and won't tip over easily, and are big enough to catch any wax that drips from the candle.
- Don't let kids light candles (and grown-ups should be careful to keep hair and any loose clothing away from the flame).
- A grown-up should put out candles by using a snuffer or by blowing softly. Be careful of splattering wax. It is hot and can burn you.
- Grown-ups shouldn't leave the room until wicks have stopped glowing.
- Kids should always make a wish before they blow out -- CAREFULLY -- their birthday candles.
- Sometimes grown-ups use candles because the

power has gone out in a big storm, or because there is no electricity in the home. But Sparky wants to make sure that you and your family are safe from fire - even during an emergency. If the power does go out, use flashlights and lights that use batteries. Make sure to have extra batteries on hand.

In Following the above basic candle safety tips will not only prevent a catastrophe but keep your candle glow from getting out of control. Remember candles can be beautiful, aromatic, romantic, and soothing but also VERY DANGEROUS, and DESTRUCTIVE....

**SPARKY SAYS Remember To Blow It Out, Before You Go Out!**

### Smoke Detectors

A fire emergency can happen anytime anywhere. It has been proven that many lives could be saved by a functioning smoke detector as it is an early warning system and is considered one of the most effective defences when fire strikes. Most people perish in fires as a result of smoke inhalation from the toxic gases given off by a fire.

Ensure that a ULC

labelled smoke detector are installed in all sleeping areas with a minimum of one detector on each floor of your home with a battery back up. Remember your smoke detector should be tested on a monthly basis and battery changed annually as maintenance of your detector may save your life when you least expect it, as fire is unpredictable when and where it strikes.

Make sure that everyone in your home knows the sound of the smoke alarm, and knows exactly what to do if the alarm goes off. Have a grown-up sound the alarm at night to make sure that everyone wakes up as smoke can have a lethal effect before a sleeper is disturbed from his slumber.

**Remember, a working smoke detector saves lives.**

### Everybody out

When the alarm sounds, get out - stay out. Always assume that the alarm means a real fire and follow your escape plan. A fire can grow quickly and in a typical home fire you may have as little as two minutes to escape once your smoke detector sounds. Knowing how to use these minutes wisely can make a life saving difference. Developing and practicing a home fire escape will help you snap



into action immediately if the smoke detector sounds, so you get out quickly and safely. Your ability to get out depends on advance warning from smoke alarms, and advance planning of home fire escape plan that everyone in your family is familiar with and has practiced. Plan ahead of time how they would get out if fire strikes, and practice that plan regularly.

Having early warning of fire, and a well practiced escape plan to get out quickly -and staying out - can make the difference between surviving a fire and dying in one.

Remember fire prevention does not only last the week in October but 365 days a year. On behalf of 17 Wing Fire Prevention we are pleased to be providing you with our services in Fire Prevention and Fire Education. We thrive on preventing fires, not fighting them. Any fire life safety queries can be directed to the Fire Prevention Bureau at loc 5501.

# Bits And Bytes

By IS Flt

**H**ave you ever wondered where your files are stored when you click save? Or how much hard drive space is being used at 17 Wing? The IS Flt is often asked these types of questions and the following FAQ covers your top ten queries:

## FAQ 1

Where are my personal network drives physically located?

## Answer

Right now, all the 1's and 0's that make up your Q: drive are distributed throughout a column of six 146 gigabyte hard drives. That column of six drives is in turn sitting inside a bank of 84 hard drives, which is sitting inside one of our Storage Area Networks (SANs). The particular SAN that everyone's Q: drive is held on is sitting in the WTISS server farm in building 25. We will shortly be moving that data to a pair of SANs, one in building 25, and one in 136 (the new WTISS building). These new SANs are capable of holding up to 35 terabytes (1 terabyte is 1024 gigabytes) (versus 11 terabytes for the old SAN), and all of the data will be mirrored between building 25 and 136, so if there is a power outage or other sort of failure in one of the server farms, your data will be safe and sound on the other side of the Wing.

## FAQ 2

How much data is out there?

## Answer

We currently host almost six terabytes of data. That's equivalent to a stack of 3.5" floppy diskettes about 47 thousand feet high or laid side by side 425 KM long, a distance equivalent to a flight from Winnipeg to Norway House! The amount of data we host is increasing at about 25% per year. If we grow at the same rate, we will be managing almost 20 terabytes of data in the year 2010.

## FAQ 3

When do I get a new PC?

## Answer

Recapitalization of PC's at

17 Wing is based roughly on a 4 to 5 year life cycle. This means that in any given year we attempt to replace approximately 750 PC's. Unfortunately, the number of PC's that get replaced annually varies significantly from year to year as the determining factor is always the funding that is available. As it stands now 17 Wing has been approved for 249 PC's this FY and at this time, it is not known what the final tally will be.

## FAQ 4

Will I get a new PC this year?

## Answer

We conduct daily inventories of all systems connected to the 17 Wing Defence Wide Area Network (DWAN). As such, we have access to detailed specifications of everything from individual H/D space usage to monitor and CPU specs. Using this information we determine where the greatest need is and in most situations we will attempt to replace all machines in a given area. The intent is to elevate all machines to a common standard in offices with the largest qty of older machines. Ultimately distribution is fair and equitable based on the actual assets connecting to this network.

## FAQ 5

Why are we still running Win 2000?

## Answer

The DWAN is in the midst of migrating to a common network operating system (NOS). A project of this magnitude is extremely complex consuming a great deal of time and resources. As such, the current implementation of the new NOS requires that desktop operating system configurations be frozen until this project is finalized. We expect the new NOS to be implemented at 17 Wing sometime within FY 05/06.

## FAQ 6

Why do my calls to the HelpDesk often go directly to Vmail?

## Answer

The HelpDesk is staffed with three full time CS personnel and at times is augmented with a fourth military member. HelpDesk workload varies significantly throughout the week and staff levels are adjusted accordingly. On average, the HelpDesk receives more than 14000 calls per year with approximately 35% of those calls going to Vmail. Unfortunately, it is inevitable that a significant portion of our calls go to Vmail as providing support to more than 3000 users often results in all of our phones being busy.

## FAQ 7

Why can't I call an IT technician directly?

## Answer

At any point in time, the WTISS HelpDesk may have more than 100 outstanding trouble calls. Calling a technician directly for support jumps the trouble ticket prioritization queue and further delay response to those users who are currently waiting for service. In addition to jumping the queue a technician is a single point of contact, and if that person is away from their desk or involved in a project such as delivery of new PC's, direct response to your problem skips all the checks and balances currently in place at the HelpDesk. Calling the HelpDesk is the best method of ensuring that all users receive support in the shortest time possible.

## FAQ 8

Can I get rid of the Screen Saver?

## Answer

The screen time out issue has been on going for some time. The issue is, and will always be, about accountability and the requirement to secure our systems. Information Management Configuration Control Board (IMCCB), the body mandated to govern and control the configuration management of our information systems (in Ottawa) have, after much debate, approved the current stan-

dard. The decision to set a screen time out limit was not taken lightly by any means. The IMCCB is well aware that there are a number of opponents to this current policy and has heard numerous arguments against it. In the end, and on the advice of D IM Secure, IMCCB maintains the current position on the policy of screen saver times for every DWAN connected PC. That's the policy and for the time being, we have to work within it.

## FAQ 9

How many technicians do you have?

## Answer

We currently have six Civilian CSs and five Cpl/Pte ATIS Techs who provide direct desktop support to the 3000 DWAN users at 17 Wing. These personnel are also responsible for supporting roughly 200 GpNet (Internet) terminals giving each technician an area of responsibility equivalent to approximately 290 workstations.

## FAQ 10

Are my files backed up?

## Answer

Only files that are sitting on the network - like your Q: or G: drives (basically, any of your files that you can access from a computer in another building) are backed up. Note, local drives like your C: are not backed up to the network. We run backups four nights a week - differential (short) on Monday, Tuesday, and Thursday, and a full on Friday. We have eleven tape drives running at the same time, and even then, it takes almost 36 hours to do a full backup.

The most important customer service we provide is responding to problems and answering questions. If you would like clarification on any of the above or have questions on any topic regarding IT support at 17 Wing, please feel free to contact the helpdesk at Loc 2244 or Email us at +HelpDesk@WTISSqn@Winnipeg.



LGen Steve Lucas presents Chief of Defense Staff commendation to MCpl Charles Mathews, AVN Tech with 402 Sqn.



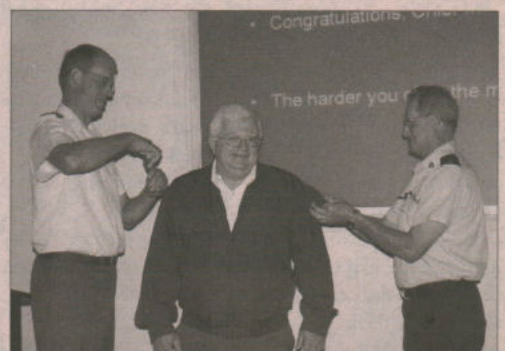
LGen Steve Lucas presents Chief Warrant Officer scroll to Francis George Dierckse of 17 Wing TISS.



LGen Steve Lucas presents Air Command Commendation to Sgt Ron Rea of 17 Wing.



MCpl DM Lustig, TEME, receiving her promotion to MCpl from LCol WH Gauthier, WLog O.



MWO Larry Rondeau, Camp Coordinator, Rocky Mountain National Army Cadet Summer Training Centre receives his promotion to CWO with some help from LCol M. Milligan, CO RCSU (Pra) and the unit chief, CWO JC Hannem.



Joan Carriere, administrative assistant, receives her 15 year service award from LCol T. Szczerski, Deputy Commanding Officer RCSU (Pra). Joan began her career with the Prairie Militia Area HQ in 1990 and has since worked in a number of sections throughout her years of service. Joan has been a valued staff member with the RCSU (Pra) since July 2001.

# A Time To Give?

## Government Of Canada Workplace Charitable Campaign (GCWCC)



By Capt A. Scott Cursley

It is that time of year again. The leaves are starting to turn, temperatures are dropping, kids are back in school and starting to think of Santa's arrival. However, for many in our community these changes go by unnoticed due to the hardships they face in their daily lives. Luckily there are people and organizations here in Winnipeg and around the country that try to alleviate some of these difficulties. More so than the changing leaves, these people and organizations look forward to the annual Government of Canada Workplace Charitable Campaign (GCWCC), more commonly known as the United Way.

So just what is the GCWCC? Firstly, it is not just the United Way. Yes, the United Way is a large part of the campaign, they act on behalf of the Canadian Government in collecting the charitable donations that civil servants make during the fall. They then distribute the contributions to the appropriate agency. Formerly known as the United Way/Healthpartners campaign, the GCWCC is federal government employees and retirees working together for a brighter future. Your contributions change people's lives and make an incredible impact on our community. It is the only authorized charities campaign here at 17 Wing. But that does not limit where your donations go.

Contributions are funnelled to any registered charity in Canada, not just ones in the immediate area. You, the contributor, decide where your money goes. The two largest beneficiaries of the GCWCC are the United Way and Health Partners Canada. Both encompass several smaller charities, acting as a central focal point.

One of the biggest misconceptions of the United Way is that a large portion

of your contribution goes to administration fees, lessening the amount going to those who need it. Here in Manitoba the Provincial Government has given a grant to the United Way to cover admin costs and Winnipeg Media Companies donate all of the promotional items, pamphlets, videos, etc. This ensures that 100% of all donations to them arrive at the right place at the right time. The United Way ensures that monies that are donated to no specific charity, but directly to the United Way, are distributed fairly and to the people who need it most. In Winnipeg, the United Way has over 80 recognized agencies that they provide assistance to. These range from The Andrews St. Family Centre, where troubled families work to meet their own unique needs, The Arthritis Society, Multiple Sclerosis Society of Canada, Meals on Wheels of Winnipeg to The Women's Health Clinic. These 80 organizations are spread throughout Winnipeg and the surrounding area, including your neighbourhood and can be found at <http://www.unitedwaywinnipeg.mb.ca/programs/agencies/a.html>

Health Partners Canada is a partnership of national health charities raising funds exclusively through workplace charitable giving programs. Agencies included are many of the charities that you already give to, including the Alzheimer Society of Canada, Heart and Stroke Foundation of Canada, and the Canadian Cancer Society. Some are more obscure. A complete listing can be found at the following website: [http://www.healthpartners.ca/en\\_partner\\_info.asp](http://www.healthpartners.ca/en_partner_info.asp)

If you regularly contribute to an organization that is not on one of these two lists you are not shut out of the campaign. The GCWCC also can route donations to any registered

charity within Canada.

By participating in the GCWCC you ensure that your dollars are getting to the charity that you want, with the added benefit of not having to give at the door during dinner. The GCWCC allows you to give all year round through payroll deductions. This can be as little or as much as you want. The benefit to payroll deduction is that if you normally donate say \$120.00, this can be spread out over 12 months at \$5.00 per pay, or 3 large Tim Horton's coffees every two weeks. So, it is truly less than the price of a Tim Horton's coffee every morning. And who can't afford to drink less caffeine.

This years GCWCC has some added competition. Since early last year, people have been asking all of us to help those in need. From the Tsunami to Hurricane Katrina, it seems that there is a never ending demand for your hard earned money. The reality is, however, that the people here in our community need your assistance as well. The fact is that if every person at 17 Wing and 1 Cdn Air Div HQ give up those 3 coffees every 2 weeks, \$5/pay, we would be able to put over \$300,000.00 into OUR community. And doesn't that make Winnipeg that much more attractive to live in?

This year's GCWCC kicks off in early Oct and will run for approximately 8 weeks. Continue to read the Voxair and watch for signs for upcoming events. And please take the time to talk to your unit canvasser when they come around to see if the GIVING SPIRIT is really in you.

This years campaign chair is Capt Scott Cursley of CFANS. He can be reached at [Cursley.AS@forces.gc.ca](mailto:Cursley.AS@forces.gc.ca) or loc 6721 if you have any questions, or connect to [http://www.ndcccdn.forces.gc.ca/2004/Q\\_A\\_e.asp](http://www.ndcccdn.forces.gc.ca/2004/Q_A_e.asp) if you have general inquiries.

## Romeo Dallaire Interview

Continued from page 2

By Jeremy Besyk

After dinner at the MFRC during his Winnipeg visit, Voxair reporter, Jeremy Besyk, had the opportunity to briefly speak one-on-one with Romeo Dallaire.

Jeremy Besyk- Why was it important to you to come out and help the MFRC with this fundraiser?

Romeo Dallaire- I was here (in Winnipeg) for a fundraiser last night and there was a school that was put in my name that has a number of French-speaking students. And a number of people from the military base send their children there and I was here for that. The word was out that I was coming for that so I was asked if I

was interested. My wife was with me and she's involved with the MFRC in Valcartier and so I said "Absolutely".

JB- How does it feel to have a school named after you?

RD- The first thing is I got a little worried. I said, "Are they allowed to do that? Because I'm not dead yet." What really struck home this morning is as I was seeing this school and the children who did a video and the pride they are taking in that, I also saw a very particular school in Rwanda that came to mind. And the differences and to that I hope to be able to continue to sensitize our youth into the plight of so many. So I think it's just a marvellous opportunity.

JB-How important is getting that message across? I understand you addressed the children directly and spoke to them.

RD- For the last five years I have been working with war-affected children, speaking to senior high schools and undergraduates across the country to mobilize them to be far more activists in fighting conflict with their involvement and assisting and getting the Canadian government and the Canadian people behind reducing and helping to prevent catastrophic conflicts in the world.

JB-In just a few minutes you will be addressing a sold-out room of guests who are eager to hear you speak. What do you hope people take away from your speakings like the one this morning (at the school) and this evening (at 17 Wing Theatre)?

RD- My aim is to inform how significant their involvement is. And, in fact, that every individual does make a difference. And people who say, "Well, you know, no one is really absolutely important, it's like putting your hand in a pail." And I say "That's crap. You put your hand in the pail, you take your hand out, you take water out." Everyone brings something to every job. And so everyone is important and that's why I like to talk to them to make people realize that they - everybody - has his five cents to put into it and that's why it's important.

## 17 Wing Winnipeg Learning Fair



October 19th, 2005

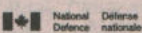
1000 - 1500

17 Wing Fitness & Recreation Complex - Bldg 90

Over 40 Military & Civilian Learning Institutions

FREE ADMISSION to all military personnel, public service employees & military families.

Contact Local 4511 for more information.



## Clubs

### 17 Wing Ceramics Club



Club open for anyone with a recreation services card

- Over 600 Molds & 3 kilns
- Lots of space
- Supplies avail. at the club
- Qualified instructors

#### Open:

- Tuesdays & Thursdays from 6:30 to 9:00
- Sometimes on weekends
- 18+ Yrs old can get the key 24hrs a day, 7 days a week
- Wednesday: 1:00 to 3:30

#### Prices:

##### Memberships

- \$10.00 / 10 - 15 yrs of age
- \$20.00 / 16 - 20 yrs of age
- \$42.80 / 20 yrs and up
- Casual: \$3.00

Box of slip - \$10.70

Firing - Average cost for 1 piece is between \$1 & \$5

Club during operational hours - 2496  
Joanne Joyce 833-2500 ext 4034

### Flying Tigers Swim Team



Welcome to Winnipeg new 17 Wing Families. If you have a family member that is interested in swimming—we have a spot for them. The Flying Tigers Swim Team is a very active 17 Wing Club. We are here to serve our military community, ordinary members and civilian families as well. Our swimmers range in age from 6- 17 years and are at ALL levels of swimming ability. This year we are thrilled to be starting a Masters Swim Program. We welcome those training for triathlons, wishing to learn or perfect strokes or just want to be active and build endurance with the assistance of a coach. We have competitive swimmers who take part in many fun swim meets throughout Winnipeg and in nearby cities as well. Some swimmers choose not to compete but enjoy the opportunity to swim on a regular basis, improve their strokes and endurance, make new friends and simply have fun being active. If you have a family member that is interested in our swim club, please contact us. Swimmers can join at any time on a trial basis. The Flying Tigers Swim Team is calling all former members to "Come back home" to Lipsett Hall and take part in the fun of the club.

If you have any questions please call Denise Gipp 489-7965, email gipp.mld2@forces.gc.ca or Sherry Moran 489-3432, email themorans@shaw.ca.

### 17 Wing Woodworking Club



- Located:** Building 33 (WestWin Community Centre).  
**Hours:** 24 hours a day 7 days a week.  
**Cost:** \$50 + GST per year individually or \$75 + GST family (dependants over eighteen).  
**Equipment:** Full complement of stationary and hand tools.  
**Sales:** Limited supply of hardwoods.  
**Discounts:** Hardware store discount cards and access to wholesale lumber.  
**Contacts:** Pres: Capt Steve Wilson - loc 6674  
Vice Pres: MWO Bill Lesko - loc 2149  
Treasurer: Capt Lawrence Klepachek - loc 5952  
Secretary: Sgt Linda Jardine - loc 6522  
Equipment Manager: Cpl Rob Nevers - loc 6053

### 17 Wing Judo Club



Mondays & Wednesdays 7:00 p.m. - 9:00 p.m.  
Building 21 (1CADHQ GYM) 9 years of age or older  
Annual fees: Youth: \$25 / Adult: \$50

For more information contact:

- Stephane Robbinson**      **Barrie Woods**  
H. 488-0356                      3rd Degree black belt  
**Norbert Pachet**              H. 889-3444  
H. 775-1584                      W. 833-2500 ext 6564

New Members Are Always Welcome

# Care And Share Charity Golf Tournament A Big Success

Submitted by Padre Paul Southen

Friday 5 August was a beautiful day for the "Second Annual" Care and Share Golf Tournament, held at the Wing Golf Course. Some 60 golfers turned out to enjoy the day and support a good cause.

The Care and Share Fund is a benevolent fund, administered by the 17 Wing Chaplains, that provides emergency financial support (often in the form of grocery vouchers) for military and DND families. This short term assistance is most commonly needed as a result of unexpected financial burdens caused by circumstances beyond the person's control. The fund frequently helps in those situations that "fall through the cracks" of circumstances that qualify for normal financial support from DND.

This year's tournament used a "two ball / best ball" format, wherein golfers play in a foursome but work in pairs, teeing off together, and then shooting on from whoever's ball is closest to the hole. After playing 18 holes, the golfers gathered at the clubhouse for a delicious lunch, followed by draws for prizes. The pair who took the trophies for the lowest gross score this year were (believe it or not!) Col. (ret.) Ben Van

Ruiten, and our new Wing Commander, Col. Ken O'Brien. (Although colonels generally seem to work hard, to win the tournament there has obviously been a fair bit of time spent on the golf course as well!) Other winners were, for the women, Lt (N) Amy Campbell - our new Training Development Officer - for longest drive, and Wendy Richardson, the MFRC Children's Program Coordinator, who came closest to the pin. For the men, Rick Larose, one of our Wing CE's plumbers (and last year's lowest gross score winner) hit the longest drive, and Wing CWO Claude Parent came closest to the pin for the second year in a

row. (Last year CWO Parent won in both these categories).

In addition to the golfers, we would like to thank our sponsors this year, who were: Terry Hashimoto of Champions Nest driving range, Hendrickson Medal Mounting Service, 3C Auto, Domenica's Hairstyling, Hair Force, Baldwinson Insurance Agencies, On Call Technical Support, SISIP, and Labatt's. Thanks to the generosity of our sponsors, every golfer received a prize.

The Wing Golf Club

were gracious hosts for the tournament. Maj Paul Joudrey - CO of 23 Health Services Centre donated his winnings from the 50/50 draw to the Care and Share Fund. (Extra kudos to golf course manager Darlyne Fathers, and her staff, for their gracious assistance in many different ways with the tournament.) As a result, \$1,426 was raised, after expenses, for the benevolent fund. Keep an eye out next summer for the "Third Annual" Care and Share Golf Tournament, and bring a friend!



Advisory Group Secretariat  
(AGS)

## DID YOU KNOW?



### Defence Visible Minority Advisory Group

[http://hr.ottawa-hull.mil.ca/dmgjee/agesec/engraph/VM\\_home\\_e.asp?sidecat=2](http://hr.ottawa-hull.mil.ca/dmgjee/agesec/engraph/VM_home_e.asp?sidecat=2)

### Logo & Mandate

Our logo symbolizes the various minorities within Canada. The various hues represent the various cultures that make up Canada's diversity.

**The Defence Visible Minority Advisory Group's mandate is to:**  
Take a supportive role and apply our unique perspective to the job of building, nurturing and retaining a talented and diverse DND/CF civilian and military workforce.  
Help leaders at all levels by:

- Communicating employment equity and related matters;
- Helping to identify and recommend ways to eliminate systemic barriers;
- Providing advice to DND/CF on the preparation, implementation, monitoring and revision of its employment equity plan.

DVMAG will establish a productive dialogue among members of the Defence visible minority community, and between those members and DND/CF as a whole. The DVMAG is empowered by the Act to engage itself proactively in the implementation of employment equity throughout the DND/CF.

That said however, the DVMAG will not become involved in individual cases where conditions of disadvantage have been experienced since this area is addressed by other means or offices charged with this responsibility. The DVMAG focuses on the more global approach to employment equity as it relates to DND/CF personnel.

We see ourselves as supporting DND/CF leaders in the transformation of the organization into what Canadians from every background - but with particular focus on the needs and aspirations of visible minorities - will perceive to be an attractive, inclusive, welcoming, and invigorating workplace. Through this DVMAG seeks to assist the senior leadership cadre to position DND/CF as an employer of choice, an institution where careers can be forged, and individuals are seen for whom they are and can aspire to be the best they can.

Who can I call for more information?

Region 17 Wing and associated Units  
DDAG - Chair - Thea M. Haut, ext 5958  
DAAG Mil Co-Chair - Cpl Corena Letandre MacKay ext 5424  
DAAG Civ Co-Chair - Brandi Ives ext 5644

Gov't Approved to represent the debtor

### CANADA DEBT ASSISTANCE

We have the SOLUTIONS  
Consolidate your debts into one affordable monthly payment  
Call us for your free assessment today  
Evening & weekend appointments available

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101-2800 Pembina Hwy  
or visit our website:  
[www.canadadebt.ca](http://www.canadadebt.ca)  
Over 15 Locations Across Western Canada

Canadian Association of  
Independent Credit Counselling Agencies

CHEVROLET Orion Oldsmobile

### Winnipeg's Best Selection of

New or Late Model Vehicles

Your "Military Deal" Specialist

**1-800-267-5843**

Greg Melnechuk, C.D.  
Sales and Leasing Consultant  
email: gmelnechuk@shaw.ca

Pointe West Auto Park • 100-3965 Portage Ave. • Winnipeg, MB  
Ph: 204-837-4000 Cell: 204-795-2566 Fax: 204-837-2582

Jr Ranks Mess Presents

## Super Bosses Night

(old SNCO's Mess Bldg 66)

### Pig Roast • Cribbage Tournament

Prizes--Many Chances to Win

DJ Starts at 15:00 • Band at 19:00

30 Sept 05 - Start Time: 15:00hrs

All Invited

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

**Military Family Resource Centre**

Moving has a wide variety of challenges but securing health care at your new posting can be one of the most difficult. Check out some of the resources below to give you a head start on.....

**Your Family's Health**

**FAMILY DOCTOR CONNECTION** - 786-7111 / NO CHARGE DIAL 1-866-690-8260

**MANITOBA HEALTH SERVICES** - 786-7101 / NO CHARGE DIAL 1-800-3921207 (PROVINCIAL INSURED HEALTH AND DRUG PROGRAM\*)

Manitoba Health Cards must be applied for within 90 days of your arrival as your home province ceases to cover you after that time. Arrivals from Quebec must pay for any consultations until your Manitoba Health Card is received. After the consultation you can then apply to Quebec Health for reimbursement

**\* PHARMACARE** - 786-7141

This is a drug benefit program for any Manitoban, regardless of age, whose income is seriously affected by high prescription drug costs. Coverage is based on both your total family income and the amount you pay for eligible prescription drugs. Each year, you are required to pay a portion of the cost of your eligible prescription drugs. This amount will be your annual Pharmacare deductible. Your deductible is set based on your annual family income. Pharmacare applications are available at any retail pharmacy. You qualify if: You are eligible for Manitoba Health coverage/ your prescriptions are not paid through other provincial or federal programs /Your prescription drug costs are not fully covered by a private drug insurance program/ Your eligible prescription drug costs exceed your Pharmacare deductible. Call for more info.

**HEALTH LINKS / INFO SANTE** - 788-8200 (Connecting you with immediate health advice)

**PUBLIC SERVICE HEALTH CARE PLAN** - 1-888-757-7427

**SUNLIFE** - 1-888-757-7427

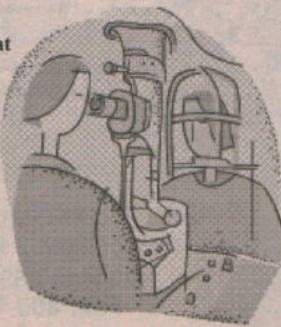
Current updates on CF health plan coverage available @ www.tbs-sct.gc.ca.

**WINNIPEG REGIONAL HEALTH AUTHORITY** - 926-7000

**Community Public Health Nurses** - English - 926-7000 / French - 940-2373

Your local Public Health Nurse can answer your questions about newborn babies, breast-feeding, infant nutrition, child health and parenting. Community Nurses also have great resources regarding immunization and communicable diseases, women's health issues, birth control, sexuality, postpartum depression, nutrition, stress, relationships and family transitions. Service can be provided over the phone or in home visits. Public Health nurses work together with local schools, hospitals, physicians, health-related agencies and community resources. That's us!

**The MFRC has a great New & Expectant Mum's group too!** The Public Health Nurse visits; there are great snacks and a relaxed atmosphere to connect with other moms. Call the FRC to find out more 833-2500 loc. 4500



Help is Here!!!!

**The BBB CF MILFAM Line**



Great new resources for CF Families brought to you in partnership with the Better Business Bureau.

YOUR Direct Line to:

- Consumer tips & advice
- Product Reliability reports
- Local business member directory
- Super links
- Dispute resolution services



Call the BBB CF Military Family line at: 989-9019 or Toll Free: 1-800-385-3074

Don't Forget to RSVP for.....

**The Buffalo Social - MFRC Annual Newcomer Event '05**

Newcomers...call today to activate your ticket for the Buffalo Social October 1st at @ the WO & Sgts Mess. It is an evening to celebrate arrival of folks to 17 Wing from Oct04-Oct05. If you have not yet received your invitation call today! This year we invite you to experience a Manitoba tradition... "the Social" Join us October 1st for a night of prizes, food, fun, music and information about your new home in the style of a Winnipeg Social Evening. This event is free of charge to all newcomers. To activate tickets please call to RSVP by 23 Sept 05, this ensures your seat at the event and your ticket can be entered in the grand prize draw on the evening of October 1st. Catherine 833-2500 loc 4506.



This year's Family Fun Day & Registration Fair was a resounding success! It was a super team effort on behalf of the MFRC & Community Recreation staff, volunteers, with generous support from a wide variety of contributors. Of course the day would be nothing without YOU! More than 500 17 Wing family members enjoyed a great afternoon! Special Thanks to the FFD & RF committee and in particular to Louise Cameron for coordinating a fabulous event! Again THANK YOU to everyone!

**Community Coffee Break The First Thursday of Every Month!**

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



# Together in Church



## CATHOLIC

### Chaplains

**Father Gary Killen**  
Roman Catholic  
Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane  
Office 833-2500 ext. 5087

### Masses

(English only)  
Sunday 1100 hrs  
Monday - Friday 1215 hrs  
Saturday 1630 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 in the Chapel Annex the third Monday of each month at 1830hrs.

## Protestant

### Chaplains

**Padre Bruce MacKenzie**  
(United Church)  
Office 833-2500 ext 5417

**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) 0900 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.

### 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.mb.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.

STRENGTHENING THE FORCES  
ENERGISEZ LES FORCES

HEALTH PROMOTION information is now available online through the DIN and also on the PSP website.

On the DIN Home Page, click "Services" and follow the link to Health Promotions. From there you can see a listing of the current HP Programs. Click on a program for more information and use the registration form to sign up for any of the programs posted on the page.

Check out [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca) and look for the HP link for an overview of the upcoming programs offered by Health Promotions.

For more information contact:  
Health Promotion Director:  
Christa Zappitelli, 833-2500 ext. 4160  
Health Promotion Assistant:  
Penny Wawrzyniak, 833-2500 ext. 4150

## Health Promotion Programming

October						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monthly Theme: Breast Cancer Awareness						1
2	3 National Healthy Families Week	4	5 WEIGHT WELLNESS (WW) Starts	6 Butt Out Session 2	7	8
9	10	11	12 WW STRESS TAKE CHARGE	13 Butt Out Session 3	14	15
16	17	18	19 WW Learning Fair	20 Butt Out Session 4	21	22
23	24	25	26 WW	27 Butt Out Session 5	28	29
30	31					

2005

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Winnipeg, Manitoba R3K 0W4

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Bernard Toews  
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Fax - (204) 837-9846  
Email: [general@hookandsmith.com](mailto:general@hookandsmith.com)

Providing legal services to the community since 1884 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.

**NEW ARRIVALS.**

Puzzled about Manitoba License Plates?

Obtain them at your Base Insurance Office in the Main Rec Centre

**autopac**  
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Pleasure items? • Auto Insurance?

Call us or drop in to:  
**BALDWINSON AGENCY**  
BLDG 90 (REC CENTRE) • WHYTEWOLD RD  
MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM  
Phone: 889-2204  
Fax: 885-1964

**RONALD HABING**  
Barrister & Solicitor

*Serving the needs of the military community for 20 years & counting.*

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- Wills & Estates • Business Law

**R. HABING & ASSOCIATES**

- 2643 Portage Avenue •
- Phone: (204) 832-8322 •
- Fax: 832-3906 •

# Classifieds

## WINTERIZE \$39.95 (MOST VEHICLES)

**OIL, FILTER & LUBE INSPECT:**

COOLANT, BELTS, AIR FILTER, FLUIDS, WINDSHIELD WIPERS & WASHER, INTERIOR & EXTERIOR LIGHTS, TURN SIGNAL, REAR DEFROST, BLOCK HEATER, BRAKE SYSTEM, SUSPENSION, STEERING, EXHAUST SYSTEM, TIRE PRESSURE & CONDITION, PRESSURE TEST COOLING SYSTEM, ALTERNATOR & STARTER TEST, BATTERY LOAD TEST & TOP UP WINDSHIELD WIPER FLUID

### TUNE UP

**STARTING @ \$29.99 PLUS PARTS**

**COOLING SYSTEM FLUSH \$52.00 PLUS PARTS**

**BLOCK HEATER TEST FREEBIE** | **COOLING STRENGTH TEST FREEBIE**

## 3C AUTO CLINIC CAR CARE CENTRE

646 Whytewold Rd. Ph 832-8410 Closed Saturdays and Sundays  
Open Mon - Fri 8:00am - 5:00pm

### For Sale

**2005 Palomino Mustang Tent Trailer 14' box**  
Opens to 25', 2 King Beds, Slide out Dinette, a/c, Add-a-room, Fridge & furnace, Sleeps eight. \$13000 OBO, Call 255-3953.

**Set Of 4-Brand 8 Spoke Rims**  
New in box, \$1000 OBO, 17 X 7 Rims - 8 HOLES AND 40 OFFSET - 4X100/4X108 BOLT PATTERN, CALL RENA OR CHRIS AT 661-1802 or email scharer@mts.net



**Bissell Carpet Cleaner**  
\$100, Call 895-9278.

**Set Of "Mikasa" China**  
Table setting for 12 including two server bowls, two large platters, cream & sugar and gravy boat, White background, Silver trim w/ a pear green pattern, asking \$100 for the set, Call 895-9278.

**Admiral Deep Freezer,**  
7 cubic ft, white, new condition, \$75, Call 895-9278.

**1981 Yamaha XS400**  
Great starter bike or commuter bike, Exc cond, 27,000 Km, Cheap insurance, Saddle bags, Safety just expired but will pass easily, Will safety for the right buyer, Bike is still insured and used regularly, \$1100, Call Scott at 4231 or 478-0528.

**Premier Drum Set**  
Full drum set with Sabian symbols, Mint condition, \$1000, Call local 6291 or 5789 or 888-9368 after 4 pm.

**Four Winter Tires On New Rims**  
Size - P195 55 R15, Used one winter,

\$550 firm, Call local 6291 or 5789 or 888-9368 after 4 pm.

### Are you looking for a New Volunteer Opportunity?

The Western Canada Aviation Museum  
Hanger T2, 958 Ferry Road

Is currently recruiting Volunteers  
**To assist in:**  
Guest Services  
Library Archives  
Gift Shop

Please call  
Ginny Southby-Filuk  
786-0734 [events@wcam.mb.ca](mailto:events@wcam.mb.ca)



### Manitoba Military Aviation Museum

17 Wing Winnipeg - Building 66

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

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

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# TAROSCOPES

BY NANCY

**ARIES (March 21 - April 19):** Your emotions are in overdrive due to hidden fears about being trapped in an undesirable situation or making a commitment you can't keep. Your actions or lack of action are counterproductive though. Get to the source of your uncertainty then you can make better choices.

**TAURUS (April 20 - May 20):** You want to share your renewed awareness of the beauty of life with others. Now that the basics are easily dealt with you have time to look at the big picture. You can actually see the past and what's happening around you today quite differently. Appreciate what others offered.

**GEMINI (May 21 - June 21):** You have a knack for knowing what future trends will be. Take advantage of this but remember your plans should incorporate your own interests, not just be a means to make money or you'll end up disillusioned because you look successful but have forfeited your dreams.

**CANCER (June 22 - July 22):** An impasse helps you see that some things and some people don't mix. This frees you from worrying about others. Go ahead and do something new and exciting instead. Make finding inner peace and having a personal goal, your primary goals. Plan to learn something new or travel.

**LEO (July 23 - August 22):** It may be disappointing but let go of a long-held, unrealized, desire and you'll find you can connect with others around you, on a whole new level. Calm is restored when you no longer feel as if you are at the mercy of your own emotional responses but are in charge of them.

**VIRGO (August 23 - September 22):** Relax and take a break. It's time to reap the rewards of your efforts. Even if it is just a rest from worrying about whether you are capable and self-sustaining - take it. You have all you need and opportunities continue to come your way. A break ensures you don't burn out.

**LIBRA (September 23 - October 23):** Though it is tempting to just think things through, this won't result in confident decision making. You need to experiment with life choices. Try things on; experience things first-hand. See how they fit. Question everything; then you'll know when something is right for you.

**SCORPIO (October 24 - November 21):** Reality frustrates you because it looks like the price you've paid for the gains you've made, is too high. Hindsight is showing you that time is more powerful than money. And it's not the amount of time you have but what you do with it that makes you truly rich.

**SAGITARIUS (November 22 - December 21):** Deal with your disappointment quietly when a major change disrupts your life. Embrace the unknown. Let go of the wish to control everything. Not getting what you want now or having the final say in things is a bonus because something better awaits you.

**CAPRICORN (December 22 - January 19):** Having a common goal or dealing with a crisis as a team develops a sense of community with those around you. However don't be surprised if you end up providing the leadership needed. Model optimism, lead by example and avoid petty games.

**AQUARIUS (January 20 - February 18):** Now that you've given up trying to manipulate your future to ensure it's a good one, you look forward to surprises. A special someone is entering your life. It may even be that they've been there all along but now you'll see them in a whole new, romantic light.

**PISCES (February 19 - March 20):** Redefining yourself takes courage. Let go of what no longer serves you. End relationships and opt out of commitments that drain you. To begin with, pick one bad habit to nix - avoiding conflict would be a good one. You may not feel the difference at first, but persevere.

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