



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MAY 24, 2006

VOLUME 54, ISSUE 10

FREE

## Civic Leaders Get Taste Of Air Force's Role In Defending Canada

By Dave Meister, Air Force Public Affairs

The rainy start could not dampen the spirits of the civic leaders who showed up at 1 Canadian Air Division/Canadian NORAD Region Headquarters on April 19th as part of the three-day ExecuTrek Program sponsored by the Canadian Forces Liaison Council. The schedule that laid ahead for the group included rare glimpses into Canada's Air Force and its role in NORAD and Canada Command.

"I have a new appreciation for the role and challenges faced by the Canadian military in protecting Canada's sovereignty," said Dr. Ashley O'Sullivan, President and CEO of Ag-West Bio Inc. Saskatoon, following the trip. "I also have an appreciation for the outstanding cooperation with the U.S. through NORAD in protecting the North American continent."

The group, comprised of corporate, municipal, and academic leaders, was accompanied by hosts Major-General Charlie Bouchard, Commander 1 Cdn Air Div / CANR and the Honourable Peter M. Liba, former Lieutenant Governor of Manitoba and currently double-hatted as the CFLC Chair for Manitoba and Northwestern Ontario and CFLC National Vice-Chair.

The trip started off with guests from Manitoba and Northwestern Ontario being briefed on the varied roles of 1 Cdn Air Div/CANR HQ. The group then proceeded to the Air Operations Centre to view an unclassified sovereignty exercise highlighting how the headquarters operates as a weapon system based on three pillars — effects based, centralized command, and decentralized execution.

After viewing the exercise, boarding a CC-150 Polaris and picking up the remainder of the group in Regina, the civic leaders joined the small group of Canadians who have witnessed first hand, a live CF-18 intercept as the CC-150 Polaris aircraft they were flying in acted out the role of a hijacked civilian airliner.

As Maj-Gen Bouchard explained the events that would have led up to the CF-18 Fighters actually intercepting the aircraft, the plane was abuzz with activity as the guests clamored for a window seat to view and take close-up pictures of one of Canada's key weapons in ensuring the sovereignty and security of our country and continent.

The next stop was 4 Wing Cold Lake, based in Alberta where the group was treated to, among other things, a thorough briefing on the roles of 4 Wing, a hands-on tour of a CF-18 and its weapons system, and a rare glimpse into Cold Lake's Quick Reaction Alert facility, one of the

*Continued on page 2*



MGen Bouchard greets ExecuTrek guests from Northwestern Ontario, Manitoba and Saskatchewan. The group toured the facility at 302nd Airlift Squadron at Colorado Springs on 21 April 06.

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Ranger patrol resupply on sea ice near Cameron island.

## Operation N1

By Cpl Chris Hardy

Between 21 March and 16 April, 440 Squadron provided support to the 1 Canadian Ranger Patrol Group (1CGRP) and Joint Task Force North (JTFN) in demonstrating a military presence in, and providing surveillance of, a very remote area of the Canadian Arctic in support of the JTFN surveillance plan. 1 CRPG deployed five patrols on snowmobiles covering a combined 5000km of the high arctic.

Two aircraft and crews were tasked with the challenging job of operating in remote and unfamiliar austere and sea ice conditions between Mould Bay, on Prince Patrick Island, Isachsen, on Ellef Ringnes Island, Grise Fiord and Resolute Bay. Operating out of Resolute Bay, the two crews armed with a ski configured plane and an austere capable wheel equipped plane carried out many missions to these and other remote locations. In support of the Rangers from preparation through the duration of the operation, 440 supplied fuel, food, and all the equipment needed to complete the operation. This included transport for the Command Post to and from Polar Bear Pass, a rarely used extremely short austere runway.

In 3 weeks, 440 flew over 170 hours and airlifted more than 55000 pounds of freight and 33 personnel. This is a

testament to the dedication of the two crews that worked tirelessly seven days a week with only four days lost due to weather. During the weather days the aircrew were privileged to take part in a survival exercise taught by a local elder on the finer points of building of an igloo.

The professionalism of the Rangers and support staff allowed 440 Sqn to effectively communicate with the Ranger Command post and make effective decisions with regard to both flight and load planning on a daily basis. The outstanding dedication of the Rangers at both Isachsen and Mould Bay made it possible for 24-hour snow removal to permit Twin Otter and other contracted aircraft operations on these two remote runways and was greatly appreciated by all aircrew.

Operation N1 was a success with all the rangers who set out completing the journey to Resolute Bay without incident. A military presence was demonstrated, and thorough surveillance carried out, over this very remote area of the Canadian Arctic. 440 Sqn gained invaluable experience and training on both sea ice and austere conditions which will benefit the aircrew involved as well as the Squadron's future operations.

## Civic Leaders

### Continued from page 1

locations that house our high-alert CF-18s, their pilots and applicable support staff.

The group then proceeded to 4 Wing's Air Force Tactical Training Centre for a briefing on Exercise Maple Flag, an annual six-week international air combat exercise providing more than 5 000 Canadian and allied military personnel with realistic training emphasizing air operations involving large package coalition forces in a modern simulated air-combat environment.

After the whirlwind tour of 4 Wing, the ExecuTrek group was whisked off to Colorado Springs where they were treated to a behind-the-scenes tour of Cheyenne Mountain's Operations Center and NORAD and US Northern Command headquarters.

Then, after an informative discussion with Canadian LGen "Rick" Findley, Deputy Commander-in-Chief NORAD, it was off to the last stop on the tour — 302nd Air Lift Wing. Being the only US Air Force Reserve unit housed at Peterson Air Force Base, the tour and briefings fit well with the tour and highlighted some of the issues that American Reservists face.

With no intercepts en route, the trip home was not as eventful as the trip out, but gave the group time to reflect on their recent experiences and spend some one-on-one time with the hosts and each other.

Was the trip a success?

The ExecuTrek Program, organized by the Canadian Forces Liaison Council gives employers, supervisors and human resources professionals, among others, a first-hand view of the quality of military training and the benefits that employers can gain from that training — trade skills, general work and management skills, values, work ethics and much more. As it is difficult to show Air Reservists in isolation, MGen Bouchard focused this visit on Continental Defence and Canada's role in the defence of North America along with our partners in the United States.

Of the 21 high-ranking leaders of business and academia who took part in the visit, 17 signed a statement of support for the Reserve Force and all those that signed were willing to grant a minimum of two weeks unpaid leave for reservists within their organization.

Currently more than 4600 Canadian employers and educational institutions are on record with CFLC as having shown their support of reservist-employees and student-reservists by declaring a Statement of Support for the Reserve Force or creating a reservist-friendly Military Leave Policy for their organizations.

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Lieutenant-Colonel Paul Conway, Wing Administration Officer, presents Corporal Greg Froese with his Certificate of Service commemorating seven years with the CF and 2 PPCLI.

## Governor General And Commander-in-Chief Of Canada On The Death Of Captain Nichola Kathleen Sarah Goddard

By CNW Telbec

OTTAWA — (May 17, 2006) “It was with deep emotion that I learned, upon my return from Haiti, of the death of Captain Nichola Kathleen Sarah Goddard in a firefight in Afghanistan earlier today.

Captain Goddard’s death reminds us once again of the risks that our Canadian troops, both men and women, face everyday in Afghanistan.

I have been privileged in the past few days to witness first-hand the pride and immense contribution of our Canadians soldiers in Haiti. I saw how the Haitian people appreciate the day-to-day commitment of our Canadian troops to their



The Ramp Ceremony repatriating Captain Nichola Goddard from Afghanistan back to her home in Canada.

struggle for security. Captain Goddard was equally devoted to this struggle, just like her fellow soldiers supporting the people of Afghanistan.

And so, on this sad day, I

offer to Captain Goddard’s family, friends, and fellow soldiers in Manitoba and Afghanistan, my sincere condolences on behalf of all Canadians. Our thoughts are with them all at this time.”

## 435 Sqn Change Of Command



LCol Dan Chicoyne (left), Col Ken O'Brien (center) and Major Christopher Clarke (right) sign the official change of command documents. Major Christopher Clarke assumed command of 435 Squadron from LCol Dan Chicoyne.



Mr. Fletcher and Cpl Morency assisting in hooking up the high pressure hose to a Dash 8 with 402 Sqn servicing.

## 17 Wing Refueling

By Sgt Christine King

17 Wing Refueling consists of a Sgt, a MCpl, and a few military personnel along with our one civilian MDO5 operator. I wanted to take the time to introduce us and give a little insight as to what goes on in the life of a Mobile Support Equipment (MSE) Op Refueler. Our primary task is to deliver clean, dry, safe fuel to the flying squadrons on the Wing as well as visiting units.

We will begin with the NCO IC, Sgt Christine King. My responsibilities consist of maintaining the Tank Farm, updating of the SOP’s and conducting weekly, monthly and semi-annual inspections. Second-in-command is MCpl Merrill Dow. He is the Fuel Administrator for the Wing and insures that all aviation fuel is ordered from the refinery, tracked for the squadrons, invoiced and

then billed. So I guess you could call him the money-man. MCpl Dow ensures that we have sufficient personnel available to meet all your operational needs.

Now we will start with the worker bees. Currently we have eight qualified Cpl/Ptes, two trainees from the MSS, two Cpl’s on training to complete the Special Purpose Vehicle Airfield Specialist program, and our civilian, Mr. Richard Fletcher. The senior Cpl’s, as well as Mr. Fletcher, are primarily responsible to ensure that all trainees are instructed on the proper and safe operation of the fuel truck, all its components, as well as testing the aviation fuel for water and contaminants. SOP’s are to be read and signed monthly plus all updates amended. After many grueling hours of fueling and defueling of

various aircraft, the member is then given a series of tests. Once they have passed and gotten the good-to-go by the trainer, a different trainer will test and qualify the individual on this piece of equipment. Now they are ready to be put on the different scheduled shifts and grow in experience and knowledge.

As I stated earlier, this is our primary responsibility. We are responsible for ensuring the gas and diesel pumps at Bldg 129 are up and running as well as the bulk storage tank at CE Roads and Grounds is topped up. Via a split tender, we deliver gas and diesel to the flightline and various other equipment that can’t make the trip to the fuel pumps.

So now you know a little more than you did before of the life of a trucker in our Refueling Section.




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435 (T&R) Sqn Maintenance Pers in Ottawa. Sgt Shrewsbury, Mcpl Rioux, Cpl Mitchell, Cpl Ricard and Cpl Henderson.



435 (T&R) Sqn AAR, Air and ground Crews in Ottawa. Supporting Ex Thundering Bear in Petawawa.

# Exercise Thunder Bear

By Cpl Jennifer Henderson

435 'Chinthe' Squadron personnel based out of 17 Wing Winnipeg carry out an air-to-air mission from Aerocentre (Shell) situated at Ottawa International Airport the last two weeks in March as a part of a larger multinational exercise 'Thunder Bear' based out of CFB Petawawa, and CFB Bagotville.

The C-130 Hercules aircraft air to air refueled various CF-18 Hornets as a way to extend the fighters' capabilities to destroy targets and remain in the exercise. The CF-18s "poked" 14 times for fuel, allowing for 319 100 pounds of fuel to be passed.

Team building and an elevated 'esprit de corps' are common results of such missions amongst a mixed team of Hercules flight crew and maintainers, and this mission was no exception. With coordination at all levels and from all participants involved in the exercise as essential to its success, Aerocentre was definitely an asset with its exemplary and friendly service.

The flight home held the common sentiment of yet another successful mission, and thus flight crew and maintainers alike relaxed and enjoyed the 'fruits of their labor' as the C-130 returned to base, bound for Winnipeg.

## Lunch and Learn



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Recognition of Prior Learning Coordinator  
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The tireless efforts of 17 Wing volunteers are being recognized by SISIP at the Annual Volunteer Appreciation on Sunday, 28 May. This year 185 volunteers and their families are being recognized for contributing their time at various Wing organizations and within the greater community of Winnipeg and surrounding areas.

The event is being hosted at the Winnipeg Goldeyes home game and includes a picnic and awards. Award categories include Volunteer Family, Adult, Teen, Youth and the Builder Award.



(left to right) Mr. John Chabih, Employment Assistance Coordinator MFRC, Mr. Gordon Moore (CFP), SISIP Branch Manager, and Mr. Rick Harris, PSP Manager.



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- Un budget équilibré et un plan pour réduire la dette de 3 milliards de dollars par année.

Pour tout connaître sur le budget de 2006, visitez le

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Canada

# Come On In, The Water's Great

By Michele Greb

The 17 Wing Flying Tigers Swim Team was in the water and competing at the annual Crocus Classic Invitational, hosted by the Manitoba Marlins, from 4 to 7 May 2006.

Five swimmers from a total competitive team of 11 swimmers qualified for this swim meet, known for being the fastest competitive opportunity for prairie swimmers outside of national level competitions. Swim clubs participating included athletes from Uxbridge, Ontario and the Region of Waterloo and west into Alberta. Over 400 swimmers hit the water at the Pan Am pool over four days.

While solid racing was seen from all Tigers swimmers, special mention should be made of a young TJ Boast, who brought home three medals in the Male 12 & Under age group category. TJ won a Bronze medal on Friday, for the 200 metre Breastroke event, a Silver medal on Saturday for the 100 metre Breastroke event and, in one of the most exciting races of the swim meet, slammed home a Gold medal finish in the 50 metre Breastroke even on Sunday. TJ's final race was too close to call, even for experienced coaches and the top four swimmers all finished within 100ths of a second of each other.

The Flying Tigers Swim Team (FTST), a dependant club that trains out of Bldg 90, is not the largest club in the city and has



Five Flying Tigers qualified for the Crocus Classic. From left: Genie Gipp, Danielle Benoit, T.J. Boast, Allison Sharp and Rick Moran. Thanks again.

no intentions of ever being so. However, the team is incredibly competitive and is coming out a year of restructuring, returning to what it was created to be: an affordable, inclusive competition opportunity for the children of families in military service and those civilians employed by military. This year, the swim team (not a club) has broadened its scope to include adult military swimmers and those who wish to train at the CISM level.

Head Coach Michele Greb, an award winning NCCP level 3 certified coach, and founder of the swim team in 1993, provides individualized training plans for swimmers that focus on perfecting strokes to the highest level of skill in as short a time as possible and ensuring that all swimmers can function at their own level of excellence from their first swim meet. Assistant Coach and current Swim Manitoba Summer Swim

Coordinator Niall Martin gently introduces our youngest swimmers to life in the fast lane. Backed by a strong parent group, FTST is poised once again to start proving that a swim team does not have to be big, commercial and expensive in order to challenge civilian clubs on the podium.

If you have a swimmer between the ages of 7 and 18, or if you train at a Masters' level yourself, you owe it to yourself to investigate the option of training with your local team. You can find more information at [www.17wingflyingtigers.com](http://www.17wingflyingtigers.com), by email at [flyingtigers@shaw.ca](mailto:flyingtigers@shaw.ca), or by calling the Head Coach at 896-8347. Summer swim camps and a two-week free try-us-on-for-size (arranged with the Head Coach) are available.

Be a part of the future, be a part of your base recreation community. Be a Tiger.



(left to right) WComd Col O'Brien and WCWO Parent took on last year's champions, CWO Morin and Sgt Johnston from A6, in the first game of the Intersection Golf Season.



Col O'Brien takes his first swing of the season at the CFB Winnipeg golf course.

Fore! Intersection Golf teed off on Tuesday, 16 May at noon. Last year's champions, CWO Claude Morin and Sgt Larry Johnston from A6 at 1 Cdn Air Div, went nine holes against WComd Ken O'Brien and WChief Claude Parent.

Register your two-player team for Intersection Golf by calling sports coordinator Christopher Merrithew at local 5511. The season runs until September, and tee times are noon to 1430 hrs every Tuesday.

If you can't make it out on Tuesdays, the golf course is up and running at 0600 hrs every morning, seven days a week and stays open until dusk. The clubhouse is running a kitchen for the second year, open every day until 1900 hrs. Green fees are \$10 for a nine-hole round, and memberships are available. Stop by the clubhouse for details.



LCol Conway presenting MCpl Auliut with his letter from the Prime Minister for 24 years of loyal service.



Sgt Kramchynsky being presented with his Certificate of Service for 22 years of loyal service by LCol Conway.

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## Military Housing Available For Rent

By CFHA

Houses in and around Kenaston Boulevard are available for rent. The Canadian Forces Housing Agency (CFHA) manages these houses, located east of Edgeland and south of Tuxedo. The opportunity to rent these homes is now open to all members of the Canadian Forces (CF) regardless of household size, employees of the Government of Canada, and others working in support of the operations of 17 Wing, the Air Force Base in Winnipeg, or other units of the CF.

Houses in the southeast side of Winnipeg that were formerly reserved solely for the use of CF members with families are not fully occupied. 17 Wing and CFHA are opening up these units to people who haven't been able to occupy them in the past.

If you are a Single member, if you are a Reserve Force member, if you are an indeterminate or term employee of the Government of Canada, if you are a PSP employee with employment of 25 hours per week, or if you work in service of the CF here in Winnipeg, you are now eligible to apply for one of these houses.

Single-detached and semi-detached one and two-storey homes are currently being prepared for occupancy. These are suitable for many different kinds of households and the surrounding neighbourhood is well served by city buses and provides ready access to community and recre-

ational facilities. Although not all houses may be contemporary, DND has invested significantly in the portfolio to ensure that housing is in a satisfactory condition vis-à-vis the immediate health and safety of occupants.

The rent for these houses is between \$550 and \$800 per month.

The departure of the 2nd Battalion, Princess Patricia's Canadian Light Infantry for Shilo left a number of houses available on the South Site. It is anticipated that all DND properties on the south site of Winnipeg will be transferred to the Canada Lands Company over time, but the residential land will remain the responsibility of DND for several more years to come. The Department of National Defence is examining its housing requirements in Winnipeg and is preparing plans. Discussions with Canada Lands Company are ongoing, but the process is a lengthy one. It may take two to three years or more before new development begins on the south site. In the meantime, houses that are not required for CF members will be available to all eligible occupants.

Anyone interested in occupying one of these houses should contact the CFHA Management offices at (204) 833-2676, or drop into our offices in Winnipeg at 215 - 530 Kenaston Boulevard.

## Logements Militaires Offerts En Location

Les maisons situées sur le boulevard Kenaston et l'autour sont offertes en location. Ces maisons, qui se trouvent à l'est d'Edgeland et au sud de Tuxedo, sont gérées par l'Agence de logement des Forces canadiennes. La possibilité de louer ces maisons est maintenant offerte à tous les membres des Forces canadiennes, quelle que soit la taille de leur ménage, aux employés du gouvernement du Canada, et aux autres personnes qui travaillent au soutien des opérations de la 17e Escadre, de la base de la Force aérienne à Winnipeg ou d'autres unités des Forces canadiennes.

Certaines des maisons situées dans la partie sud-est de Winnipeg et qui étaient auparavant réservées exclusivement aux membres des Forces canadiennes ayant une famille sont inoccupées. La 17e Escadre et l'Agence de logement des Forces canadiennes offrent ces unités à des personnes qui n'auraient pas pu les occuper dans le passé.

Si vous êtes membre de la Réserve des Forces canadiennes, si vous êtes un employé du gouvernement du Canada nommé pour une période déterminée ou indéterminée, si vous êtes un employé des PSP cumulant au moins 25 heures de travail par semaine ou si vous travaillez au service des Forces canadiennes à Winnipeg, vous êtes maintenant admissible à faire une demande de location pour l'une de ces maisons.

Des maisons individuelles et des jumelés à un ou deux étages sont présentement préparées en vue de leur location. Ces maisons sont en bon état et conviennent à divers types de ménages. Le voisinage donne un accès facile

aux installations communautaires et récréatives, et il est bien desservi par le service d'autobus de la ville. Même si les unités de logement ne sont pas toutes contemporaines, le MDN a investi des sommes importantes pour assurer que tous les logements sont en bon état et qu'ils ne représentent pas de danger pour la santé et la sécurité des occupants.

Les maisons se louent entre 550 \$ et 800 \$ par mois.

Le départ du 2e Bataillon, Princess Patricia's Canadian Light Infantry pour Shilo a libéré un certain nombre de maisons dans la partie sud. Il est prévu qu'avec le temps, tous les terrains du ministère de la Défense nationale (MDN) dans la partie sud de Winnipeg soient transférés à la Société immobilière du Canada, mais que les terrains résidentiels demeurent la responsabilité du MDN pour plusieurs années à venir. Le MDN examine les besoins en logement et prépare des plans d'aménagement du site. Des discussions ont présentement cours avec la Société immobilière du Canada, mais ce processus prend du temps. Il pourrait falloir jusqu'à deux ou trois ans avant que le nouvel aménagement commence. Entre-temps, les maisons qui ne sont pas utiles aux membres des Forces canadiennes seront offertes à toutes les personnes admissibles.

Si vous êtes intéressé(e) à occuper l'une de ces maisons, veuillez communiquer avec les bureaux de gestion de l'Agence de logement des Forces canadiennes, au 833-2676 ou passez à nos bureaux, au 215 - 530, boulevard Kenaston.

# Fallen In The Cause Of The Free Battle Of Atlantic Ceremony Remembers The Lost

By Avery Wolaniuk

**They went with songs to the battle, they were young, Straight of limb, true of eye, steady and aglow. They were staunch to the end against odds uncounted; They fell with their faces to the foe.**

— Laurence Binyon, *For the Fallen* (1914)

Old comrades, families, and service members gathered at Naval ceremonies across the country on 7 May to honour those that gave their lives during the Battle of Atlantic. In Winnipeg, more than 500 people attended the service at HMCS Chippawa. Lieutenant Governor of Manitoba, the Honourable John Harvard was in attendance, as was the US Consul to Manitoba, Mr. Todd Schwartz, and visiting crew from HMCS Winnipeg.

Every year, the service in Winnipeg honours a different ship that went down in the longest battle of WWII; this year the gathered crowd paid their respects to the fallen crew of the Canadian destroyer HMCS Ottawa.

"We are gathered here today to remember all the men who gave their lives in that terrible battle. They worked under very difficult conditions, in very close quarters, but they took it so that Canada could survive and be a free country," said speaker Steve Logos, the only remaining survivor of HMCS Ottawa. Mr. Logos was pulled from the water after enemy forces torpedoed the destroyer on 5 September, 1942. Only 65 crewmembers survived the attack, with 113 sailors perishing.

For Mr. Logos, it was important for the congregation to understand what the day is about. "I just wanted them to know the real background of the Battle of Atlantic, why and how it went," he said. "The real reason was if Britain was overcome by Hitler's forces, we wouldn't have had a bastion in Europe, and then (the enemy) would have had control of the seas. Then they could land troops on shores that were not defended, and eventually we would be at war with them on our land. We had to get through and the only way you could do it was to fight the German submarines."

The Battle of Atlantic began on 3 September 1939 and raged for six years, until the last German U-Boat surrendered in 1945. The Navy's role was to escort and protect merchant convoys who were delivering desperately needed supplies to aid the effort in Britain. The Royal Canadian Navy records indicate 1 797 dead, 319 wounded, and 24 warships lost. The Royal Canadian Air Force and the Canadian Army lost 380 personnel supporting the battle, and the merchant navy gave 70 ships and almost 1600 men.

Twelve of the men lost aboard HMCS Ottawa were from Winnipeg. Barry Palmer and his wife Christine traveled back to their hometown from Penticton, B.C., for the ceremony. He was two weeks old when his father, Able Seaman Ralph Barry Nelson Palmer, died at the age of 25 when his ship was torpedoed. "I never did know my dad. Growing up without a father was tough," he said. "Whenever September 13 came around when I was a child, I was never allowed to do anything dangerous." Mr. Palmer, a retired schoolteacher from the St. James School Division, said that throughout the service he reflected back on his family and the work his father did. "I had a feeling of thankfulness that I would never have to go to war because of his sacrifice."

The names and ages of the 12 Manitoba sailors who perished were read off in remembrance. A current serving member gave roll call of the long list of ships lost at sea during the battle as a bell tolled for each.

Also in attendance at the ceremony were the Honourable Anita Neville (MP for Winnipeg South), BGen Bill Newman from 1 Canadian Air Division, 17 Wing Commander Col Ken O'Brien, and HCol Ben Van Ruiten.

After the ceremony, the sailors and cadets in attendance formed up on Navy Way and marched through downtown to the Cenotaph on Memorial Blvd. for the laying of wreaths. Members from HMCS Winnipeg, the Canadian patrol frigate based out of Esquimalt, B.C., were

in town visiting their namesake city the week prior to the ceremony and marched in the parade, as did crew from HMCS Chippawa, the Naval Reserve in Winnipeg.

Cadet units that attended the service and marched in the parade include: The Royal Canadian Sea Cadets Corps Crusader, Qu'Appelle, John Travers Cornwell Victoria Cross, Transcona and Daerwood. The Navy League Cadet Corps JRK Millen, The Naval Officer's Association of Canada, the Ex-Wrens Association, the Manitoba Chapter of the Merchant Navy and the White Ensign Association were also in attendance.

After the service at the Cenotaph, the parade marched past LG John Harvard on the steps of the Legislative Building and returned to HMCS Chippawa.

The day, which is essentially the Naval equivalent to Remembrance Day, was emotional for many. As Mr. Steve Logos closed his address to the crowd, emotion clogged his voice as he took a deep breath and read from Laurence Binyon's poem *For the Fallen* in honour of the friends and comrades he lost so many days ago.

"They shall grow not old, as we that are left grow old: age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them."



25 Royal Canadian Sea Cadets Corps Crusader march past Reviewing Officer, the Honourable John Harvard, on the steps of the Manitoba Legislative Building.



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Photo by Cpl Steven Bogue

Mr. Steve Logos, only remaining survivor of the HMCS Ottawa that was torpedoed in 1942, lays a wreath in memory of his comrades.



Photo by Cpl Steven Bogue

Members of the White Ensign Naval Association (Winnipeg Division, RCNA) march down Memorial Blvd.



Photo by Avery Wolanuk

The crew of HMCS Winnipeg, in town visiting their namesake city, march in the Battle of Atlantic parade that honoured the sailors who perished in the longest battle of WWII.



Photo by Cpl Steven Bogue

Lieutenant Governor of Manitoba, the Honourable John Harvard lays a wreath at the Cenotaph on Memorial Blvd.

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# Enemy For A Day

By Officer Cadet Donna Riguidel

My hand tightens around the pistol grip of my borrowed rifle.

My heart beats a little faster as I hear the distinctive thumping of the helicopter blades as they touch down just outside.

I narrow my focus on the door I am guarding and get ready.

I carefully chamber a round and click the safety off.

The Canadian and American Allied Forces are coming, and I am going to try and shoot as many as I can.

I am playing enemy force in the struggle over Windahar. Windahar is the fictional name for Winnipeg during Operation Charging Bison, the urban warfare exercise currently underway. I had shown up this morning as a newly minted Public Affairs Officer and was immediately pressed into service. I was pretty thrilled; it's not every day you get to shoot at your countrymen and call it training.

All I know is that I am armed, but a coward, as soon as I see them I am to empty my rifle and then surrender and throw down my empty weapon. My induction into enemy force was brief, maybe a little too brief; after all, I shot at our rebel leader as he came through the door trying to escape. After a hurried apology and some embarrassment I steadied myself again.

I could hear his Multiple Integrated Laser Engagement System (MILES) beeping as he ran away. At least it was a good shot. I think it would've been more embarrassing to miss. I knew the very next person would be my intended target.

Or not.

My next victim was an innocent cameraman. Master Corporal Peter Simpson yelled, "I am one of the good guys." Unfortunately one second too late. Maybe I should've asked more questions before accepting a rifle and aiming at a door.

As enemy force it's hard to try and remember the most important thing. "We are not the primary training audience, we are the training tool." Cpl Bonnie Critchley from the King's Own Calgary Regiment said. It's hard to remember because it's really fun to be enemy force. Most of my partners in crime have been involved in a few other attacks and various other disruptive efforts. All of them have tried hard to maintain the integrity of the exercise and keep true to the identities they have been given. It hasn't gone unnoticed either.

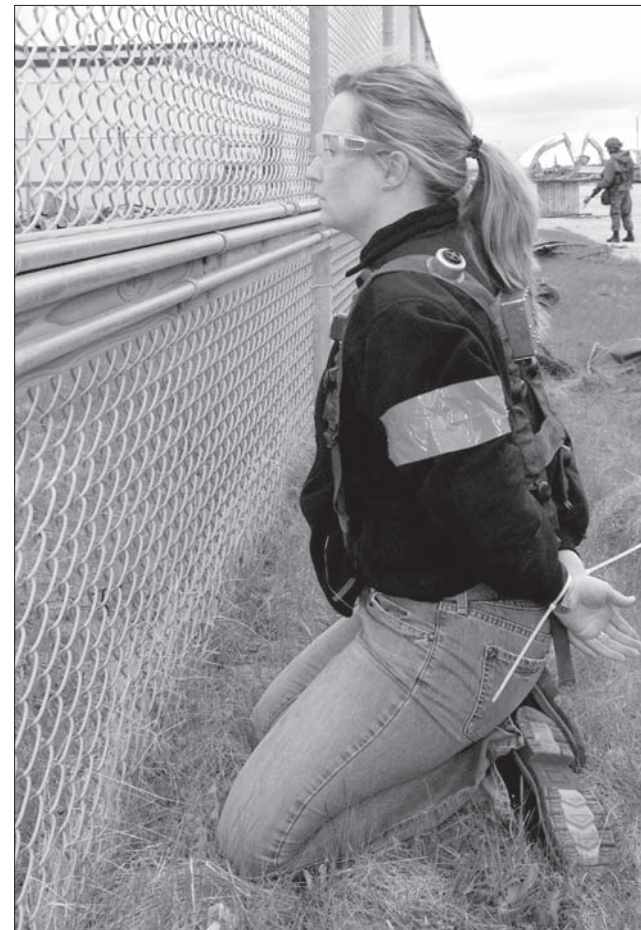
The troops they are helping to train have been enjoying every moment of action they have had. "It really puts it in perspective to be doing the exercise in this environment. We actually get to see what it may be like," Tpr Tova Green from the Sask D said.

Some of the soldiers said the action was slow to get started, but that is what they have heard it's like "over there."

As for enemy force?

"I don't think I've ever been handcuffed. At least not that hard before," Ranger Conrad Bjorklund from the Churchill Rangers said.

I personally learned a lot from my enemy force experience: zip ties are not comfortable, having a foot in your back makes you breathe more dust, and on your first day as a PAO if you don't have your uniforms, wear jeans.



Officer Cadet Donna Riguidel is placed face forward to a wire fence after being captured by the assaulting force.

Photo by Cpl Bill Gomm



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On April 1, 2006, Veterans Affairs Canada introduced the New Veterans Charter

for Canadian Forces (CF) members, CF Veterans, and their families. To learn more

about its services and benefits, please visit our Web site at [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca).



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Canada

# 1<sup>st</sup> 17 Wing Safety Exhibition

By Avery Wolaniuk

In the parking lot, four-year olds were demonstrating how to “stop, drop, and roll.” Inside, vendors displayed the latest safety gear from boots to gloves to harnesses. All of it was part of the first-ever 17 Wing General Safety Exhibit.

The exhibit, which ran from 1000 hrs to 1500 hours on 3 May, was part of the North American Occupational Health and Safety Week (NAOSH), an event recognized across the continent that aims to educate people about workplace hazards and precautions.

A couple of years ago, Wing General Safety Officer (WGSO) Chuck Haarsma heard a radio interview with regulators from various safety agencies and realized that Winnipeg didn't have anything going on to educate people. “I thought that it would be a good idea for 17 Wing to host such an event,” he says. “Everybody knows what minimum wage is, but they don't know what their rights are with reference to health and safety.”

Thirty-five exhibitors, from places such as SAFE Workers of Tomorrow, the Office of the Fire Commissioner, Iseco Safety Shoes, Canadian Cancer Society, and 17 Wing Explosive Safety set up displays in the gym at Building 90. Organizers estimate 400-600 visitors from the Wing and from the public toured the exhibit. “I would say that the event was definitely a success,” says Mr. Haarsma. “I had a lot of comments from the vendors as well as guests that it was good, it was needed.”

Students from St. James School Division high schools, the technical colleges, Red River Community College and the universities were all invited to the exhibit. For those just entering the work force, information on their occupational safety requirements and rights is particularly important.

Outside, the Winnipeg Fire Paramedic Service were walking little ones from nearby day cares through the Burning House display, an interactive trailer that teaches children



WGSO Chuck Haarsma, demonstrator Mr. Travis Kessler, and WO Pat Kieffert at the Reliant Safety Equipment Inc. booth.



WGSO Chuck Haarsma and Mr. Philip Edwards from Human Resources Development Canada (HRDC) talked with visitors at the 17 Wing Safety Exhibition.

how to safely escape if their house was on fire. Across the lot, Manitoba Public Insurance staff demonstrated just how fast a vehicle air bag deploys.

The exhibit was organized and hosted by the Wing General Safety Office. “We're an office of three, and without the dedicated support of (Administrative Assistant) Julianna Fillion and (Assistant WGSO) Pat Kieffert, the event wouldn't have been a success,” says the WGSO.

The staff are already thinking of ways to improve the event for next year. “No matter how good of an employer someone is, it's up to the individual to be educated,” Mr. Haarsma says. “That's basically why we did it, to heighten everybody's awareness of health and safety.”

## We Want To Hear From You!

### Feedback and Input Sessions - Canadian Defence Community Banking Program

Participants are needed for feedback and input sessions on Thursday 15 June 2006 in regard to the Canadian Defence Community Banking program.

Feedback and input are requested from participants who have and who have not purchased Canadian Defence Community Banking program products. All members of the Canadian Forces, both regular and reserve, active or retired, civilian members of the Department of National Defence and NPF and spouses/partners and family members are welcome to participate in the sessions.

The sessions will be held at the Wing Community

Centre (Building 33) from 1030 to 1130 hrs and from 1300 to 1400 hrs. Each volunteer will be provided with a token of thanks in recognition of their participation in the one-hour session. As well, refreshments will be served.

The feedback and input sessions are being conducted by CFPSA in conjunction with members of the Canadian Defence Community Banking Program.

If you are interested in participating in one of the Focus groups, please contact Rick Harris, PSP Manager at 833-2500 extension 4299 by 12 June 2006.



## Summer Aquatic Information

Hours Effective July 1 - Sept 4, 2006

**Public Swim:**

Monday-Sunday	1300-1600
Monday-Friday	1830-2045
(leisure pool only)	1830-1900)

**Lap Swim:**

Monday-Sunday	1600-1700
Monday-Friday	0630-0730
	1100-1300

**Lessons:**

Monday- Friday	1700-1930
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## Summer Swim Lesson Schedule

Lessons run from July 10-21 & August 14-25

1700	Salamander /Sunfish	Crocodile /Whale	Swim Kids 4
1730	Swim Kids 3	Sea Turtle	Swim Kids 5/6 (1730-1815)
1800	Swim Kids 7/8 (1800-1845)		
1900	Swim Kids 9/10 (1845-1930)		

## 17 Wing Bronze Cross Lifesaving Camp

August 28 - Sept 1, 2006  
0800-1600

During this weeklong camp candidates will learn to deal with lifesaving situations, develop first aid and cpr skills, and build their confidence in, on and around the water. For more information contact Brianna Fay at local 7013.

All swimming lessons are \$35.00 per candidate. Registration begins June 19, 2006. Please contact Aquatic Supervisor Brianna Fay at 833-2500 local 7013 or local 2057 or local 5976 to register.



# The Demise Of Hudson 768

## Part 5 Of 7

By HCol Wishart



*In a series of articles, HCol Wishart tells a story from his early days in the Air Force. Somewhere in Newfoundland, he and his three crew mates survived the crash of their plane on Monday, 27 January 1942. On Wednesday night, an aircraft from Gander had located their site, but couldn't land because of deteriorating weather.*

**T**hursday- First light and the storm had really intensified.

We were content that our position had been located and it was just a matter of time before we received some help. McGregor and I said many times that the storm would blow itself out in 24 hours. It was apparent that Newfie storms are not like our prairie storms. It was also apparent that our shelter needed reinforcing.

McGregor and I had "invented" a system that we thought was quite ingenious. We had cut most of the shrouds lines off the three parachutes so we had untold yards of nylon cord. Our system now (in the beginning we used chunks of frozen snow) was to make a ball of cord about the size of a tennis ball. If we had rolled ten balls, then we would also take ten long lengths of cord and make a noose at one end. One of us would go inside the shelter and, about four feet above the ground, punch the nylon ball hard against the inside wall. The one on the outside would snare the fabric just behind the ball with the noose and pull it as tight as possible. The other end of the cord would then be snagged around one of the spruce trees and pulled hard and tied. By going around the shelter all sides were well pulled out. We both thought we were pretty smart and laughed about having the method patented!

Bad news — Taylor had the shakes and it was doubtful that he'd be chopping too many trees that day. I should make mention as to how we were dressed. At that time, our winter

flying suits were made up of two pieces. The inner was a camel pile while the outer was a sort of Grenfell cloth — both like zippered coveralls. Actually, the outer suit doubled as our summer flying suit. Flying suits were worn over your uniform. Pilcher and McGregor were both wearing both pieces while Taylor was only wearing the inner, which was called the "teddy bear." During the day, he had apparently sweated right through his uniform and sogged up the "teddy bear," and then during the night he had slept on ice frozen on top of the dinghy, which had melted.

Against flying regulations, I was wearing a parka, which was a ground crew issue, which I had managed to scrounge before leaving Dartmouth. I could pull up the hood and, with my scarf, I could keep my head and ears warm. I was the most comfortable of the crew. Taylor and McGregor both had wedge caps tied down with their scarves. Pilcher ditched his flat hat and wore a scarf. We were not issued flying helmets. I was wearing issue overshoes with the two buckles, while the others all had flying boots. By the third day both toes of my overshoes were sort of vulcanized to my boots. Other than Taylor, the three of us appeared to prefer sleeping in a sitting position by the fire. On several occasions during the night, someone would shake me and say, "Wish, your overshoe is on fire!" To put it out, I'd simply put my foot into the snow but then as I dozed off, my foot would gradually sneak back to where it was warm.

Later that day, McGregor and I went to the aircraft to see if there was anything else we could scrounge. Above the door to the flight deck there was a small metal box attached to the bulkhead and secured with wire and lead seals. It was marked "Do Not Open." We were carrying the spare crash axe and broke off both seals. We couldn't believe it. Carefully packed inside, in foam rubber, was a 26-ounce bottle of dark rum!

I'm sure that caution sign wouldn't have meant a thing

if people had known the contents. We carried it back to the shelter and McGregor again offered to make a "crash site" stew after which we'd have a treat. While supper was cooking, we gave Taylor a big jolt of rum to see if it would help him with the shakes. Supper was a little more successful as the cook had cut down on the number of ship's biscuits — or perhaps we were just hungrier. After we had eaten he started to prepare his "treat." Into a pot, half of what was left of the bottle of dark rum, snow almost to the top of the pot, plus one tin of butter punctured at both ends with the axe so the butter could run out. After it was bubbling, the butter tin was removed, more snow added, a quick stir with the spoon and it was ready to pour into four cups held by eager hands.

First sip — wow, scalded lips. Some blowing — scalded tongues. More blowing — still a hot. A pinch of snow to cool it down — hmm, just right. A big mouthful — good. Try another mouthful — yuck. The aluminium cup now had about a quarter inch of congealed butter across the top and you had to poke a finger through it to get to your treat (?). Nothing was worse than to have a glob of rum flavoured butter congealed around your teeth. Not only that, just an inch or so of rum left, which we all knew would go to Taylor so we could get him back on the chopping crew. McGregor told us that he again thought his stew was not too successful and that he was tendering his resignation as chef. Someone asked if he'd like to add bartender to the same resignation. It got a good laugh and in spite of everything our spirits were still quite high.

Chopping wood was getting more arduous by the hour and only McGregor and I were on this detail. We kept a tally and we were burning approximately 15 trees per day and 22 each night. Chopping down two press per trip, that's ten trips each, but now the snow was very difficult to plough through. Also, your tracks for the return trip were filling in very rapidly.



Maj Mike Perry, Wing Comptroller, congratulates MCpl Terry Fulcher on his recent promotion.



LCol Russ Mann, 1 Cdn Air Div HQ CO presenting Joan Dale with a Certificate of Appreciation for her four years of dedicated and devoted service as CO-Chairperson of the 1 Cdn Air Div HQ Workplace Health & Safety Committee. Joan has graciously agreed to continue working as a member of the Committee. Mr. Scott Edwards was elected by the Committee membership as the new CO-Chairperson.

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  - The Newcomer Program
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  - 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 a.m.  
102 Comet St.

**Resources**

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use 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**

**Winnipeg MFRC Annual General Meeting**

14 June 2006 7pm  
102 Comet Street

Join us for a glimpse of the great work your MFRC has been doing all year long. Meet the staff and Volunteer Board of Directors. Find out how to join our dynamic team, share your voice with the 17Wing Community. Refreshments will be served.



**MFRC Community Coffee Break**

Join us June 1st: a celebration of Armed Forces Day



Join us for a 17 Wing highlight, our monthly coffee morning. Pick up some resources; register for a class, meet the staff, other newcomers, community partners and Wing personnel. Find out more about the

Prairie Dog Central” more than just a train ride.” Enter the monthly draw; enjoy a cup of coffee, scrumptious snacks and find out why they call us “Friendly Manitoba”.

10-11am  
FIRST Thursday of EVERY month

**The Prairie Dog Central Railway... More than just a Train Ride!**



Experience a train journey across the prairies aboard fully restored vintage rail coaches built between 1901-1913. During your journey, enjoy your visit at the Country Markets of Grosse Isle and Warren, Manitoba. Craft and food vendors are on site, or bring your own basket for a good old-fashioned family picnic

**Special Military Family Event.....Armed Forces Day Sunday, June 4, 2006** is this year’s celebration date of Canada’s armed services, their heritage, and their personnel. Join us and be part of the salute to past and serving members. There are special REDUCED fares for this event, and you’ll enjoy Dixie style music from members of Air Command Band and the haunting tunes from the pipes and drums of the 177 Air Cadet Pipe Band! Join us for a day of history, music, adventure, and celebration

Departures at 10:30 am, return to Inkster Junction Station at approximately 2:45 pm  
Armed Forces Day includes Grosse Isle and Warren Show ‘n Shine Car Rally is only at Warren

**Complimentary Bus Shuttle Service**  
Starting on May 13th, the Prairie Dog Central Railway offers a complimentary bus shuttle service for our guests who don’t have a car. Guests can board at the Inn at the Forks in downtown Winnipeg or the Clarion Hotel & Suites in the Polo Park area. Both locations offer ample access to Winnipeg Transit. To book your tickets for the Prairie Dog Central Railway and your complimentary seats on the Shuttle Bus, contact us by e-mail or call (204) 832-5259.

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**Yellow Ribbon Wreath**



May 25, 2006 7-9pm  
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[www.mfrc.mb.ca](http://www.mfrc.mb.ca)

Open 24hrs! Our website offers service descriptions, the latest program guide, education and training info, helpful links, a complete listing of all the schools in the Winnipeg area and much more.

Check out our web page for the Better Business Bureau Military Family Line #. Your direct link to consumer advice and protection.

**MFRC Annual Newcomer Event**



The 2nd annual Buffalo Social  
Friday September 15th - 8pm

You are invited to “a social event” in celebration of your arrival to 17Wing. Enjoy a traditional Manitoba experience featuring plenty of fun, great food, lots of prizes. Watch for more information and your invitation coming this summer! This is a chance to get to know your new home & the folks in your community. Watch this space for more information!

**Dressing for Success**



THANK YOU!!!

The MFRC Board of Directors and staff would like to thank all of the volunteers and supporters of the May 16 Dressing for Success Career Development Evening and Fashion Show.

A special THANK YOU to our key event sponsors: Laura Canada (Laura & Laura Petites St. Vital Centre & Portage Place), Bowes Leadership Group, Ace Burpee and Chrissy Troy (Hot 103), Pinstripe Menswear (St. Vital Centre), Marks Work Warehouse (St. James Street), Moores Clothing for Men (Madison Square), Starbucks Coffee Company (Kenaston) and Computer Boulevard Inc. Without the support of these community conscious businesses, we could not have had such a successful event.

## Together in Church



### CATHOLIC

**Sunday Services**  
(English Only) 0900 hrs

#### Chaplains

**Padre Lance Magdziak**  
Roman Catholic  
Office 833-2500 ext 5272

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

#### Masses

(English only)  
Sunday 1100 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 Southen**  
(United Church)  
Office 833-2500 ext 4277

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

#### 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.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.

# Gardening Tips And Techniques

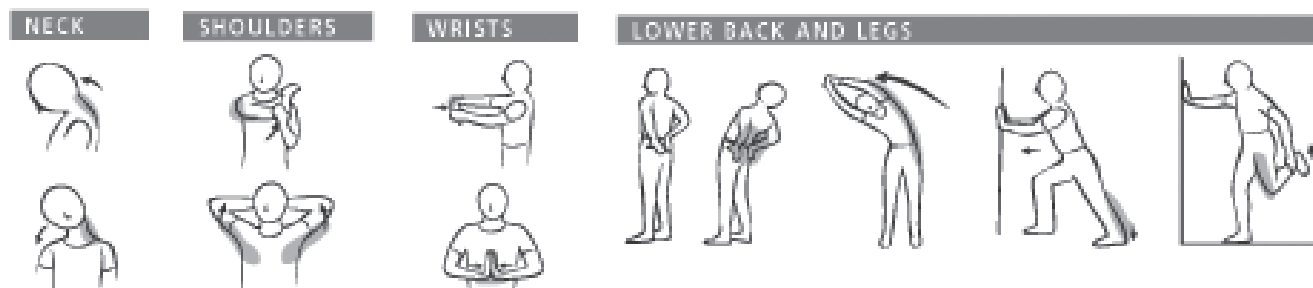
STRENGTHENING  
THE  
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Proper movements and tools will extend your gardening season.

The secret to a healthy garden is a healthy gardener. Gardening is an active pursuit that can cause muscle strain to the lower back, shoulders, knees and arms, especially if you are out of shape and do not move properly.

A "warm up" before you start your gardening workout

helps to reduce muscle strain, injury and fatigue. Do some shoulder circles, trunk rotation, and heel/toe standing. You might even rehearse movements, like raking, as part of your warm-up. Then, take a few minutes to do the following stretches, and repeat them again at the end of your gardening activity. If you begin to feel a bit stiff while gardening, pause and do more stretches.



#### When Raking or Hoeing

- Keep your tools close to your body and your back straight to reduce strain.
- Use your arms and avoid twisting your trunk.
- Use long-handled tools suited to your height.

#### When Weeding or Planting

- Do not bend from the waist. Squat or kneel on a kneeling pad.
- Give your back, legs and knees a break from stooping and kneeling by using tools with long handles to help with the weeding.
- Squat or sit on the ground to trowel, rather than bending over.

#### When Digging or Shovelling

- Insert the head of the shovel vertically into the ground and step on the blade. Lift small amounts at a time. Keep your back straight and bend at the knees. Avoid twisting. Use a wheelbarrow to move big or heavy loads.
- Choose a shovel with a weight and handle length that is appropriate for your size and for the job you are doing. Give your back a break by using a smaller shovel, reducing the temptation to lift large amounts of soil.
- Spread heavy lifting and digging tasks over a week rather than a weekend, and spread major projects throughout the seasons. Take time to recover between them.

#### When Pruning or Trimming

- Get as close to your work as possible. Don't stretch

beyond your reach or past your stable footing. Rehearse the movement as a stretch first to test your ability and positioning.

- Match the size of the gardening tool handle to the size of your hand. Choose tools that you can hold so that your hand remains positioned in line with your forearm.
- Hold your tools in a loose comfortable grip. Holding too tightly may cause injury.
- Pad the handles of your gardening tools. Wrap a slippery handle with tape to improve your grip (hockey stick tape will do).

## NPF EMPLOYMENT OPPORTUNITIES



### FITNESS & SPORTS INSTRUCTOR

PSP is recruiting for a Full-time Fitness & Sports Instructor for a seven month term (approx.) to begin in June 06.

### MESS CLERK

JR/WO&Sgt's Mess is recruiting for a Part-time Mess Clerk to begin immediately.

### GYM MONITOR

Community Recreation is recruiting a Gym monitor for Bldg 90 a part time basis.

### COURSE MARSHAL

17 Wing Golf Course is recruiting for a Course Marshal on a Casual basis.

For more information on any of the positions listed above please contact Carla Barth, Human Resources Assistant at 833-2500 x 5580 or e-mail your resume to [barth.carla@cfpsa.com](mailto:barth.carla@cfpsa.com) or visit our web-site at [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)

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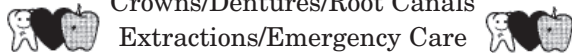
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and Saturdays  
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# TAROSCOPES

BY  
NANCY

**Aries (March 21 - April 19):** You're proud of what you've achieved; and though you don't have to prove yourself, you still need to have something to strive for. You like the sense of accomplishment that comes from continually improving. Consider focusing on self care, self-expression and developing your talents.

**Taurus (April 20 - May 20):** Use humor or wit when replying to someone if you are trying to make a valid point and they aren't listening. But don't do it just to be stubborn. Be sensible, if it's worth putting their request ahead of your own priorities, do so. Deal with what needs your immediate attention.

**Gemini (May 21 - June 21):** You need to look at an old habit or unhealthy pattern you're maintaining. Major changes are required and will be beneficial if you stick to them. Be honest with yourself and you'll know what to do. Fill the void by doing what feels joyful and fun. Changing your surroundings helps.

**Cancer (June 22 - July 22):** You want to branch out and try new things. Reconnecting with old friends and expanding your circle enhances feelings of emotional connectedness. Conscious living is the key. Join groups and activities gradually while you finish outstanding tasks and re-evaluate commitments.

**Leo (July 23 - August 22):** You may feel the need to defend yourself but don't try to manipulate the opinions of others. Explain your actions only if you are challenged. Be responsible and upfront with those who seek to discredit you. If you avoid things entirely you risk being seen in an unfavorable light.

**Virgo (August 23 - September 22):** Letting go of past hurts, you feel comfortable and willing to open up to new experiences coming your way. Take care of yourself and your surroundings now so you can enjoy yourself later. If you are getting quotes for a project - look for a good deal and a reputable name.

**Libra (September 23 - October 23):** Pay attention to your health. Doing what excites you helps restore energy. Mix disciplines and interests even if others say you should maintain a single focus. Decide for yourself. Get a complete picture of the options so you can determine your best course for growth.

**Scorpio (October 24 - November 21):** Sometimes plans go awry. If you had fun and learned from what happened it's not a total loss. Detours can make a trip more interesting. It would be far worse to work so hard at avoiding looking foolish that fears held you back - then you've gotten nowhere and done nothing.

**Sagittarius (November 22 - December 21):** You'll have to be firm with demanding people if you're to create the calmness you crave. Getting angry and judging others for their lack of understanding isn't the answer. Instead, be decisive, then you're not at the mercy of their opinions, choices or actions.

**Capricorn (December 22 - January 19):** You'll find it hard to relax when you have down time due to increasing stress and pressure to meet expectations and maintain a high performance level. To unwind, first do a few easy tasks that you know you can complete. Taking three, slow, deep breaths also helps.

**Aquarius (January 20 - February 18):** You want to be seen to have certain qualities because you know first impressions count. But make sure you don't hide your true self behind an image. Put your own spin on how you present yourself. Meeting people and making contacts results in unexpected opportunities.

**Pisces (February 19 - March 20):** Get organized and rested now so you'll have the time and energy for upcoming challenges. Set goals and prepare. If you're not comfortable with competition learn how to at least stay calm when confronted. You will be in a situation where you need to hold your own.

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