



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

May 26, 2010

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FREE

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welcome to all participants

2nd ANNUAL

AIR FORCE RUN

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Photo montage of last year's run on page 4

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Double Duty

Police Chief Welcomes Returning Soldier, WPS Constable

Cpl Bill Gomm
17 WING PUBLIC AFFAIRS

"He is going to be bar-b-queuing a lot," said Laurel Bowen on the arrival of her husband, Captain Steve Bowen, from Task Force 3-09.

Regular and Reserve soldiers with Task Force 3-09 arrived at 17 Wing Winnipeg on a Canadian Forces CC-150 Polaris (Airbus) on 18 May.

Among those on hand to greet the soldiers were Brigadier-General Kelly Woiden,

Deputy Commander of Land Force Western Area and Keith McCaskill, Chief of Police for the Winnipeg Police Service (WPS).

Chief McCaskill attended specifically to welcome home Capt Bowen. Capt Bowen is with 13 Military Police Platoon and is also a Constable with the WPS.

Family members and members of 13 Military Police Platoon were on hand to greet Capt Bowen.

"It's nice to see everybody coming home safe, said Mrs. Bowen. "We're all very fortunate."



Keith McCaskill, Chief of Police for the Winnipeg Police Service (WPS), greets Captain Steve Bowen, 13 Military Police, upon his arrival back to Canada. Capt Bowen is also a Constable with the WPS.. Photo Credit: Cpl Bill Gomm



Captain Steve Bowen is hugged by his family, Madlen (daughter, left), Laurel (wife, right) and Gwen (daughter, bottom). Photo Credit: Cpl Bill Gomm

Marching to a New Tune

Air Command Band Gets New Commander

Members of the Air Command Band will soon be marching to the beat of a new tune. On May 6 2010, Lt John D Fullerton assumed command of the band from Capt Ian A Ferguson, who retired from the Reg Force after 33 years of service.



(L - R) Incoming CO Lt John D. Fullerton, WComd Col Yvan P. Boilard and outgoing CO Capt Ian A. Ferguson.



CWO Dennis Walker presents Capt Ian Ferguson with a token of appreciation on behalf of the Air Command Band.

VOXAIR

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Assisting Officers: There for the Family

Lt Donna Riguidel
17 Wing Public Affairs

The military is often viewed as a big family, with its members working together as brothers and sisters in arms. When one of us falls, either to death or injury, we pull together to see either the injured member or the surviving family through their grief.

In addition to Padres and social workers, there is another, crucial aspect to this support, and it's often one that works closest with those in need, the Assisting Officer.

The units have always provided close assistance and guidance to the members' families and loved ones. The role of the Assisting Officer, however, has taken on a new respect in light of the number of deaths and injuries from our current deployment to Afghanistan.

"My Adjutant explained to everyone that I was untouchable," explains Sgt Doug Allen, from 2nd Battalion Princess Patricia's Canadian Light Infantry, when he worked as an AO. In his case, the member he was assisting was injured in Afghanistan.

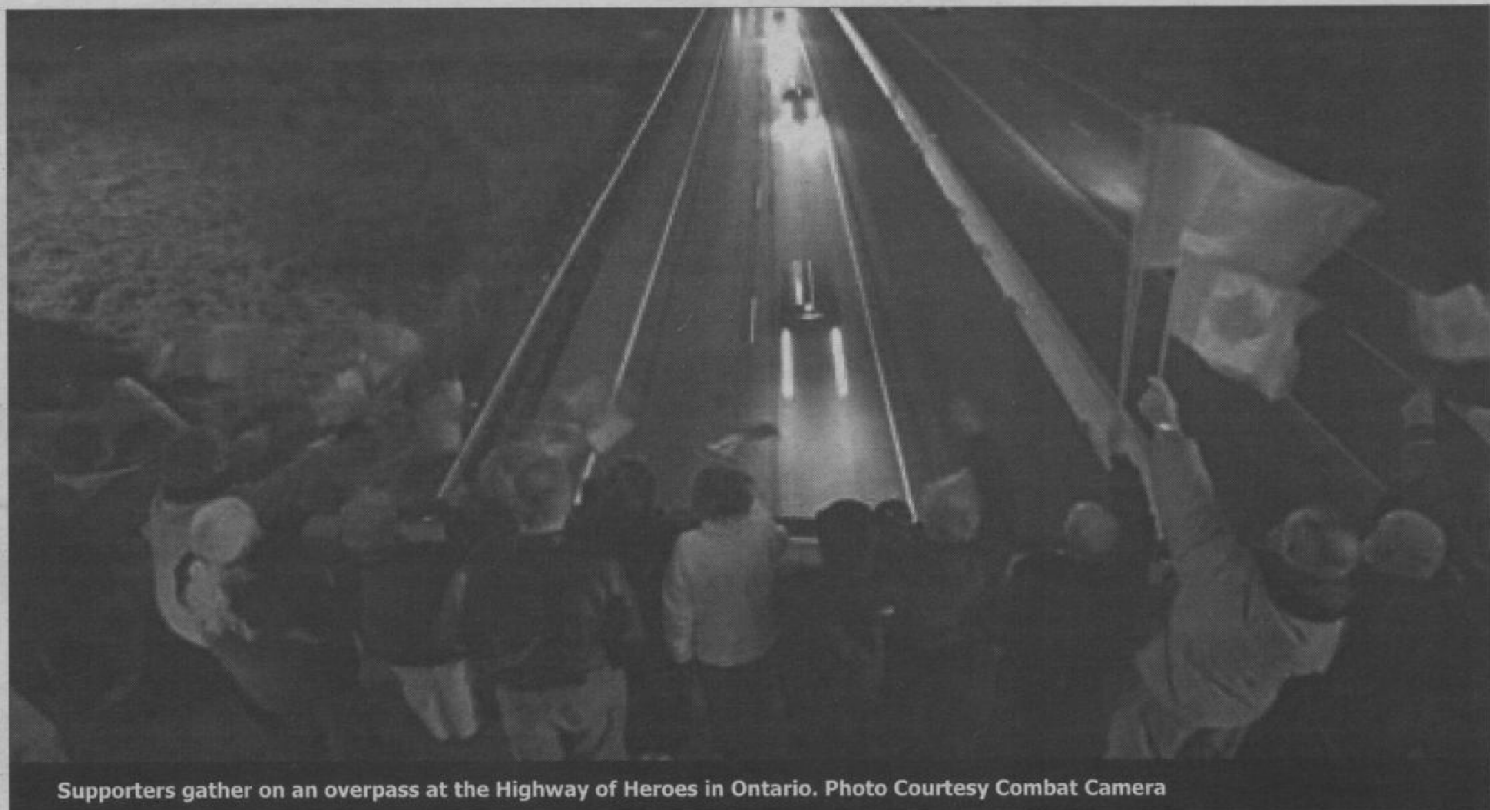
"You need to be an AO for the member, are you prepared to dedicate at least the next three months to the member? Everything else stops," he says.

AOs are there to help the families or injured member navigate through the paperwork, protocol and also advocate on their behalf.

"You are the tip of the pen for both sides," said Sgt Allen.

Captain Kim Newman (Ret'd) knows what it's like to try and strike a balance with the families' needs and your own objectivity. She has been an Assisting Officer twice, both times after the sudden death of a service member.

"Besides being a personal assistant to the family, you have to maintain that arm's length – but always with the family in mind. You are shoulders, not a counsellor. You need to be a flexible pillar," Capt Newman



Supporters gather on an overpass at the Highway of Heroes in Ontario. Photo Courtesy Combat Camera

explained.

Assisting Officers go into the task with a two day course of formal training. The course touches on all of the parts, from insurance forms to dealing with the media – but obviously can't address every situation that may arise.

"From my perspective, it's an honour, a moral obligation to support families that have lost someone or been injured," Capt Newman explains.

Sgt Allen agrees.

"It should never be a tasking. You should be presented with the offer to be an AO. If the person is not ready, the results could be catastrophic," says Sgt Allen.

More than any other mission, this is one that Canadian Forces members have to do perfectly the first time out.

"If anything in life, we have to be perfect at this one," says Capt Newman.

With the pressure of knowing the family or member is depending so heavily on you, the toll on the AO can be tremendous.

"You need to warn your family – they really won't see you. Say to them, 'I really won't see you for the next three months'. If that phone rings, I have to go, I can't eat supper," Sgt Allen says.

"Your career, everything goes on hold," says Capt Newman.

The job can be so demanding that people working around the AOs often watch for signs of mental stress and trauma.

"One of the most difficult obstacles is that everyone else wants to help, and you are the one that has control, so you may have to pull back on other professions. You have to manage every single person that comes into contact with that person and their business," says Sgt. Allen.

"There can be vicarious trauma," Capt

Newman says.

It's up to the Assisting Officer to recognize their own needs, sometimes knowing if they should even take the job.

"Self-care is vital. The worst thing that can happen is you can break down," Capt Newman says.

"People need to feel safe to turn the offer down, if they don't feel they can do it," explains Sgt. Allen.

Those that have done it see it as both incredibly difficult, and incredibly important.

"We are their family, its family supporting family, it is both the most rewarding and difficult responsibility," Capt Newman says.

"Never shall I fail my brothers," says Sgt. Allen.

40 Years of reporting by the loop...

3CFFTS Celebrates Anniversary this Summer in Portage la Prairie

Capt J.P. Turcott

"The Loop" is just one of the many bends in the Assiniboine River as it meanders its way across southern Manitoba. This particular bend, by no means spectacular or special, is unknown to just about every born and bred Manitoban. Yet to a Canadian military pilot it remains one of the most recognized geographic features seen in the military pilot's career and, more than likely, inspires fond memories of reporting "by the loop."

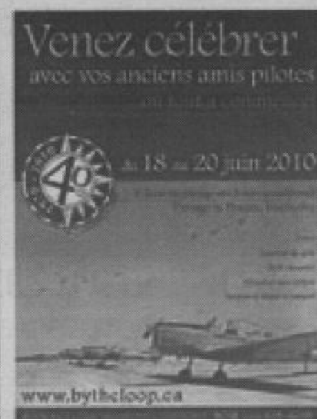
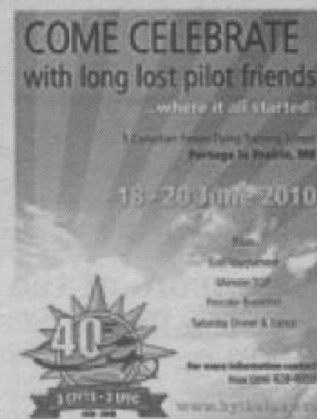
This famous loop is one of the trademark reporting points of 3 Canadian Forces Flying Training School (CFFTS), which will celebrate its 40th anniversary in Portage la Prairie,

Man., from June 18 to 20.

3 CFFTS was formed at CFB Portage la Prairie on 1 July 1970, as an amalgamation of personnel and equipment from 1 Primary Flying School at CFB Borden in Ontario, 4 Flying Training School from CFB Rivers in Manitoba, and 3 Flying Training School at Portage la Prairie.

Forty years later, the aircraft, the personnel, and even the infrastructure have changed. Nonetheless, this flying school still carries out its important duty of providing the CF with officer pilots ready to conduct operational flying training while giving them skills to achieve a rich and fulfilling military flying career.

"Whether you trained here during the early years of 'Boost Check, Change Check, Rich, Hot, Both...', or you



just recently graduated from a new glass cockpit aircraft, the weekend celebrations will set the stage for a wonderful trip down memory lane," says LCol Paul Dittmann, Commandant of 3 CFFTS. "We hope to celebrate with many long lost friends this important milestone of a unit that is so steeped in history and heritage and also so central to all Air Force pilots."

And for those of you wondering, 3 CFFTS still has a shot of your ugly mug in its history books, students still get rumbled, and students still report "by the loop."

For more information about the 40th Anniversary, visit www.bytheloop.ca.

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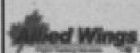


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Students Connect With Troops a World Away

Technology allows a closer look at military life

Lt Donna Riguidel
17 Wing Public Affairs

On 10 May, the gymnasium floor at Queenston School was a sea of very excited children wearing red shirts and wearing maple leaf flags. They were so excited because, for the first time, they were going to get to talk to a deployed Canadian Forces member, and it was going to be while she was still in Afghanistan.

Long gone are the days of communicating only through letters and word of mouth, using fibre optics, a big screen and lots of enthusiasm, these kids were going to get to "chat" with military on the other side of the world. And they couldn't be happier about it.

"These kids get it," says Ellen Donogh, Teacher-Librarian at the River Heights School. "They really understand that it's moms and dads and brothers and sisters. They get it."

The kids sat anxiously until Master Corporal Tabatha Morris' smiling face appeared on the big screen in front of them. Each grade level had a chance to stand up at the microphone and give a small presentation, and then the two "spokespeople" each asked a question chosen by the class. To better cut down on lag time, the questions were forwarded ahead of time to allow MCpl Morris to think about her answers.

MCpl Morris seemed as happy as the kids were to see her.

"This is a really exciting thing to do from over here," MCpl Morris explained. She also apologized that a banner the kids had made and sent seemed to have gotten lost on the way to Kandahar.

"They are going to keep looking and send it to me when they find it," MCpl Morris promised.

The questions from the students varied from if she had

made friends on deployment to what it takes to be a successful female in the military.

One question that seemed to hit close to home was how hard it must be to be away from her family (Sergeant D'Arcy Morris and three children Maddison, Brandon and Samantha). Unbeknownst to her, Queenston School Principal, Wade Gregg, had made arrangements to have her family at the special event.

"Wow," she said, clearly overcome when her husband and children came before the camera to say hello.

Upon her return, MCpl Morris promised the school that she would not only visit, but also bring a gift of a specially embroidered T-Shirt from the tour, with autographs from those over there.

"We are trying to establish a good connection with the troops overseas, in particular those in Afghanistan," says Mr. Gregg.



The children painting a banner to send to MCpl Morris. Photo credit: Submitted.



The children of Queenston Elementary School wave hello to MCpl Morris in Afghanistan. Photo credit: Submitted.

Sharing the burden

Reservists key to Air Force's role in Olympic security

Lt(N) David Lavallee

One of the biggest stories coming out of the Vancouver 2010 Olympic and Paralympic Winter Games was that they brought Canadians together and contributed to an explosion of national pride that was felt from coast-to-coast.

Behind the scenes of the big Olympic show, the Air Force's role in Operation Podium reflected a similar story of unity, as members of the Reserve and Regular Forces worked shoulder-to-shoulder to help keep the Games safe.

Vice-Admiral Bruce Donaldson, commander of Canada Command, deemed Op Podium so important that he placed all reservists who deployed on class C status, giving them pay and benefits equal to that of

Regular Force members. The fact that Op Podium was so important to Canada, and that so many reservists played pivotal roles in the Air Component speaks to just how capable the Air Force reservists are, integrating into operations as part of a single, seamless Air Force team.

Perhaps the best illustration of the contribution of Reservists was the Composite Aviation Unit (CAU), which functioned as a "super squadron" overseeing all CH-146 Griffon helicopter operations for Op Podium. Patched together from five separate tactical aviation squadrons from across Canada, nearly half of the CAU's personnel were reservists.

"Operation Podium is a perfect example of how reservists can support Air Force operations, whether at home or abroad," says Lieutenant-Colonel Dennis Levesque, commanding officer of the CAU. "Many of these

folks are part-time reservists, meaning they had to put their civilian lives on hold to support this operation, and the fact that they were able to integrate so effectively into a major domestic operation with Regular Force members speaks to how professional, dedicated and hard working these people are."

Reservists were not limited to the CAU, but were integrated into almost every unit and every level of the Air Component. The command team of Colonel Bill Veenhof, who served as the Air Component Commander during Op Podium, included a number of reservists, some of whom served in very senior positions. As well, 443 Squadron from 12 Wing Shearwater, N. S., which flies CH-124 Sea King helicopters, had Reserve Force aircrew and technicians. In total, 108 out of 622 members (nearly 20 per cent) serving with the Air Component were reservists.

Joint Task Force Games (JTFG) was the formation tasked with coordinating Canadian Forces (CF) support to the RCMP, and the Air Component of JTFG encompassed the Air Force's share of that responsibility. The Air Component's tasks including providing airlift for RCMP and CF personnel and equipment, medical evacuation for CF and RCMP and air support for RCMP patrols, venue sweeps and area surveillance.

To do all that, the Air Component employed aircraft such as CH-146 Griffons, CH-124 Sea Kings helicopters, CC-138

Twin Otters and the CP-140 Auroras. More importantly, people from across Canada, Reserve and Regular Force alike, were brought together for this "no fail" mission.

One of the advantages that JTFG's Land Component (Army) and Marine Component (Navy) had was that they deployed for Op Podium with "formed units," meaning that the units they employed already existed and were used to working with each other.

The Air Component, by contrast, had to assemble many of its units from small groups of people and aircraft drawn from across the country, which presented an enormous challenge.

"We had to bring everyone within the Air Component together and get everyone working efficiently within a very short span of time," notes Col Veenhof.

Nevertheless, the Air Component was able to "adapt and overcome" this challenge, and quickly formed an effective and efficient team that worked so well, any differences between Regular and Reserve Force members was unperceivable.

"Without the tireless dedication of the many Reservists that served with our team, it just wouldn't have been possible to pull off this operation," says Col Veenhof. "I can't express just how proud of everyone, including our many reservists, for an absolutely stellar performance of which the Air Force can be proud."

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CF Photo- Pte Piotr Figiel, 17 Wing

11,000 Kilometers from Canwest Park How a Goldeyes Jersey Ended up in Kabul.

Branden Crowe

COMMUNICATIONS ASSISTANT, WINNIPEG GOLDEYES

Captain Ryan Weavers has been a baseball fan all of his life. But when he was deployed to Kabul, Afghanistan in May of 2009, baseball took a backseat.

Capt Weavers, a member of 435 "Chinthe" Transport and Rescue Squadron, was deployed to Kabul for 208 days. With Winnipeg as his home base in Canada, he loved to attend Goldeyes games, averaging between ten and twelve visits to Canwest Park a season.

"I love the Goldeyes and I love baseball. It's a shame I had to miss all of last season," said Capt Weavers.

One hundred and fifty miles away from Kabul, the Kandahar Air Field has a Tim Hortons and many other Canadian amenities to keep the deployed personnel comfortable. But those stationed in Kabul, like Capt Weavers, rely on care packages from loved ones. Many care packages contained home baking, letters, toiletries and anything else to make a deployed member feel more at home.

One month after Ryan's deployment, his wife Melissa and her father attended the Goldeyes Fathers Day game. It was at The Dugout-Goldeyes Souvenir Store where this story really takes off.

It was this trip to Canwest Park where Melissa got the idea to purchase and send her husband an autographed Goldeyes jersey in a care package. Upon talking to The Dugout Merchandise Manager Shane Tucker about the situation with her husband overseas, Tucker took

it into his own hands to ensure that not only did Melissa receive a complimentary Goldeyes jersey, but that it was personally signed by every member of the team.

"It was great. I just told him the situation and asked where I could get autographs. He said 'don't worry about

intended destination.

"All the mail comes to Kandahar, and all the mail that is intended for Kabul goes into a pile. They only ship it out once they have enough to fill a plane," said Ryan. "In this case it took eight weeks to arrive."

Many Canadian Forces members in Kabul found comfort in a place they nicknamed "Canada House". It was here that they personalize the walls and decorate the room to give them a sense of home.

"The walls of Canada House were decorated with sports memorabilia from Toronto, Ottawa, Montreal and things like that but there was nothing from Winnipeg. When I opened this package I was moved and very happy," said Ryan.

After posing for a few pictures with his new Goldeyes jersey, Weavers hung it on a wall in Canada House, making it the first prairie baseball team uniform to adorn the walls. It still hangs there to this day.

"Everyday we fly a new Canadian flag at the base to honour a person or a group, so once the flag for the Goldeyes had flown, I packaged it up and shipped it home for the team."

The Canadian flag was placed in a wooden box with a brass interlay made out of melted bullet casings, before being sent back to Winnipeg. On Thursday, May 20 at the Goldeyes home opener, Capt Ryan Weavers will be joined by wife Melissa and fellow military member Capt

Jeff Peterson to present the Canadian flag to the baseball club. From there it will be placed in the Goldeyes memorabilia case located in the Rotunda of Canwest Park.



Capt Weavers and members of 435 "Chinthe" Squadron pose with the Goldeyes Jersey. Photo Credit: Submitted

it," said Melissa. There is only one problem when it comes to care packages. Sometimes they take weeks to arrive at the

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YOUR WEST WINNIPEG TEAM IS CHEERING YOU ON

405 Squadron Alert Lancaster Crash Memorial

Capt Mike Cormier

During the years that followed the end of WWII the Canadian North was still very much a frontier. Northern settlements depended heavily on resupply from the south via ships and aircraft. At that time, flying large aircraft in the Canadian Arctic was a novelty, and few airmen had a great deal of experience with the challenges of Arctic flying.

In early 1950, the United States Navy had begun planning a resupply mission called OP NANOOK 50. This involved sending two icebreakers with cargo ships to resupply Arctic weather stations at Resolute Bay, Alert and Eureka, as well as to resupply Thule Air Force Base in Greenland. Additionally, Canada tasked 405 'Eagle' Squadron, at Greenwood Nova Scotia, to support OP NANOOK by providing two Lancaster aircraft and crews. One Lancaster was to be available at all times to fly ice reconnaissance, while the other was to be ready on the ground for search and rescue operations.

On 31 July 1950, in support of OP NANOOK, 405 'Eagle' Squadron Lancaster (#965) flew an Arctic survey, surveillance and resupply mission. The mission included an air drop of vital supplies and mail at Alert, the most northerly permanently inhabited station in the world. Unfortunately, during the drop one of the parachutes caught the aircraft controls causing it to crash. Sadly all nine crewmembers perished.

Those lost on board Lancaster 965 that day were:

- | | |
|---|---------------------------------|
| Wing Commander D.T. French, DFC | Aircraft Captain |
| Flight Lieutenant L.M. (Lorne) McLean | Navigator |
| Flight Lieutenant J.F.L. Swinton | Radio Officer |
| Flying Officer J.R.G. Dube | Navigator |
| Flying Officer T.D. (Del) Martin | Co-Pilot |
| Flying Officer J.E. McCutcheon | Radio Officer |
| Leading Aircraftman R.L. Sprange | Flight Engineer |
| Dr. D.W. Kirk | Department of Mines and Surveys |
| Mr/Colonel (Retired) C.J. (Charles) Hubbard | U.S. Weather Bureau |

On 30 July 2010, 60 years after the tragic crash of Lancaster 965, 405 Long Range Patrol Squadron will be hosting a ceremony at 14 Wing Greenwood to unveil a memorial stone. The stone will join others along the Memorial Walkway at the Greenwood Military Aviation Museum, and offers a quiet place to contemplate and remember those that have been lost for the greater good of our nation.

405 Long Range Patrol Squadron would like to include as many past Squadron members, family members, and friends as possible in this event. Anyone interested in participating in this event is requested to please contact the Event Coordinator Major Jason Kenny at (902) 765-1494 (ext 3670) or e-mail JASON.KENNY@forces.gc.ca, or to contact the Deputy Event Coordinator Captain Mike Cormier at (902) 765-1494 (ext 3491) or e-mail MICHAEL.CORMIER@forces.gc.ca.

Active research is ongoing to locate the families of those lost in the crash. Anyone with knowledge as to where surviving family members now reside is requested to please contact the Deputy Event Coordinator Captain Mike Cormier at (902) 765-1494 (ext 3491) or e-mail MICHAEL.CORMIER@forces.gc.ca.

The Greenwood Military Aviation Museum has established a fundraising Trust Fund to pay for the memorial stone. Companies and individuals wishing to contribute to this memorial may do so by sending a cheque to the Museum as follows:

Greenwood Military Aviation Museum
C/O Captain Rob Scholte
405 Long Range Patrol Squadron
14 Wing
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Greenwood NS BOP 1N0

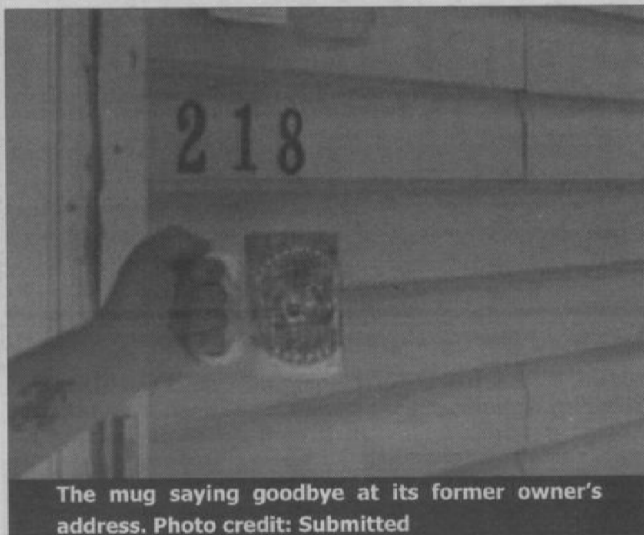
Cheques can be made out to the "Greenwood Military Aviation Museum" and annotated "965 Memorial". Donations are tax deductible and receipts will be issued.

Support in helping make this memorial stone project a success would be greatly appreciated.

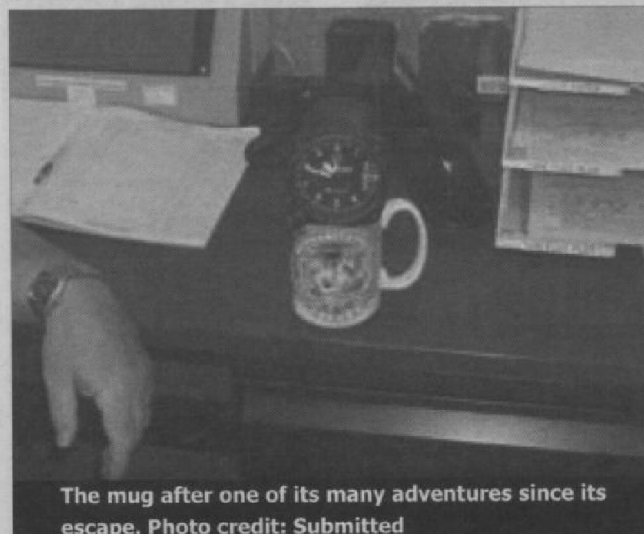
HAVE YOU SEEN ME?

Homero Valdez

This is my Story. It all started April 22nd at 1016 am. My escape was easy since it wasn't the first time I had been forgotten on a file cabinet. The decision to see the world and have a bath was always a dream of mine, I took a chance and left. Since my departure I have enjoyed several photo ops and occasional washings. I have heard the tale of 'Premium Coffee' and am currently on the lookout for it since my last handler preferred drinking sludge. If you see me around, feel free to take a picture with me. I have been mailing them back to my previous sludge drinking handler.



The mug saying goodbye at its former owner's address. Photo credit: Submitted



The mug after one of its many adventures since its escape. Photo credit: Submitted



All 9 crew members of the 405 Lancaster which crashed July 31st, 1950.

The Next Issue of the Voxair Publishes:

June 9th, 2010

Be sure to check out our coverage of the
Second Annual Air Force Run



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Winnipeg Corporal Don Schellenberg demonstrates how the ejection port works on his rifle. Photo Credit: Cpl Bill Gomm

Cpl Bill Gomm
38 CBG HQ PA

"If it takes off, a lot of people are going to call me to have one made," said Corporal Don Schellenberg. "I think this will be a one shot deal."

For Cpl Schellenberg, a Reserve Cook with 17 (Winnipeg) Service Battalion and a Welder for Bristol Aerospace, creating things from wood is what he likes to do in his spare time.

"What I do is I make toys for kids and I just give them away to relatives and good friends," said Cpl Schellenberg. "Little merry go rounds that you spin...they sort of float as they go up and down, with animals on it. I like doing that."

"I like seeing the kids' faces when they see the toys," he said.

His latest project, which took 15 months of hard work, is a functional oak C7 rifle replica that is virtually identical to the C7 rifle currently in service with the Canadian Forces.

This is the second time he has carved a wooden C7, but this one functions much truer to life.

"The first rifle I made will probably go into the Minto Armoury Junior Ranks Mess; in their display case on loan," explains Cpl Schellenberg. "When I retire I will take it back with me. It only has a few moving parts. I don't like it because it doesn't have enough moving parts for my liking so that's why I made this one."

Cpl Schellenberg was first inspired to try his hand at crafting a working wooden model of the C7 after hearing a similar story about a soldier serving in Afghanistan. This deployed soldier had apparently found a piece of wood and

had decided to carve a rifle out of it using nothing but hand tools.

Cpl Schellenberg has a lot of respect for that unnamed soldier.

"You know, that takes talent," he said. "That inspired me to do this."

Making a C7 that can be completely broken down like a real C7 was very challenging. Even accessories like the blank firing attachment and the hand guards were almost completely hand carved.

Carving, in its basic form, involves removing wood; however, the problem with wood as a media is the thinner the carved object becomes, the weaker it gets despite the wood's durability. Cpl Schellenberg broke a few blank firing attachments before he was satisfied with the end result.

"This is the third BFA I made. You can tell it's very thin," he said. "Because it's wood, I don't really have the tolerances I can work with. Metal is a lot thinner. You can get away with it."

The time, effort, and patience it takes to create this work of art can be linked to Cpl Schellenberg's life experiences and intensive martial arts background as he has more than 26 years of training in a variety of disciplines, including Tae-Kwon-Do, Jiu-Jitsu, European and Western style Karate and

Kung Fu.

In civilian life, Cpl Schellenberg works at Bristol Aerospace in a very detail-oriented field welding aircraft parts such as those used on the F-14 Tomcat.

Along with his wood carving hobby, he also possesses a love of painting and airbrushing. This talent has allowed him to create wall-sized artwork that has found a home within Bristol Aerospace and on the walls of his friends' basements.

When Cpl Schellenberg made his first rifle, a lot of people were impressed with his work and liked to hold and show off his creation. That won't be the case with this newer, more exact version.

"If someone takes it and says 'I'm going to show my friend', guaranteed, one-hundred per cent, it will come back broken," he said. "There is a way of moving things so things don't break."

Currently, Cpl Schellenberg is working on a large bird feeder for a relative but is already planning his next military project: creating to scale, a functioning Medium Logistics Vehicle Wheeled (MLVW).

And, for those who are curious, Cpl Schellenberg has a second level black sash in Kung Fu.

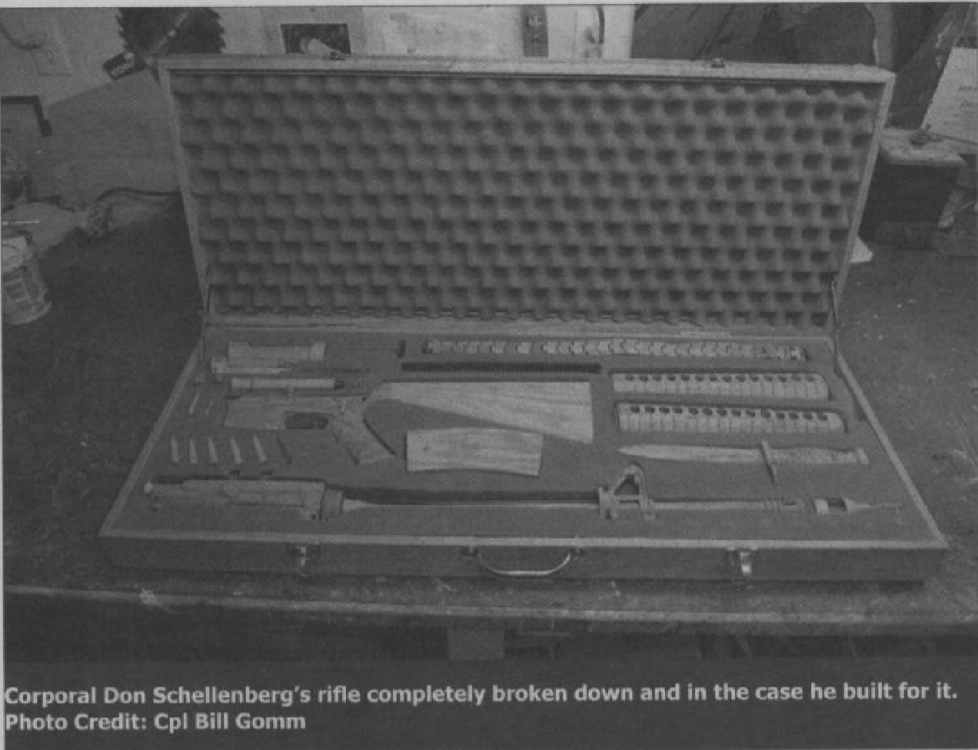
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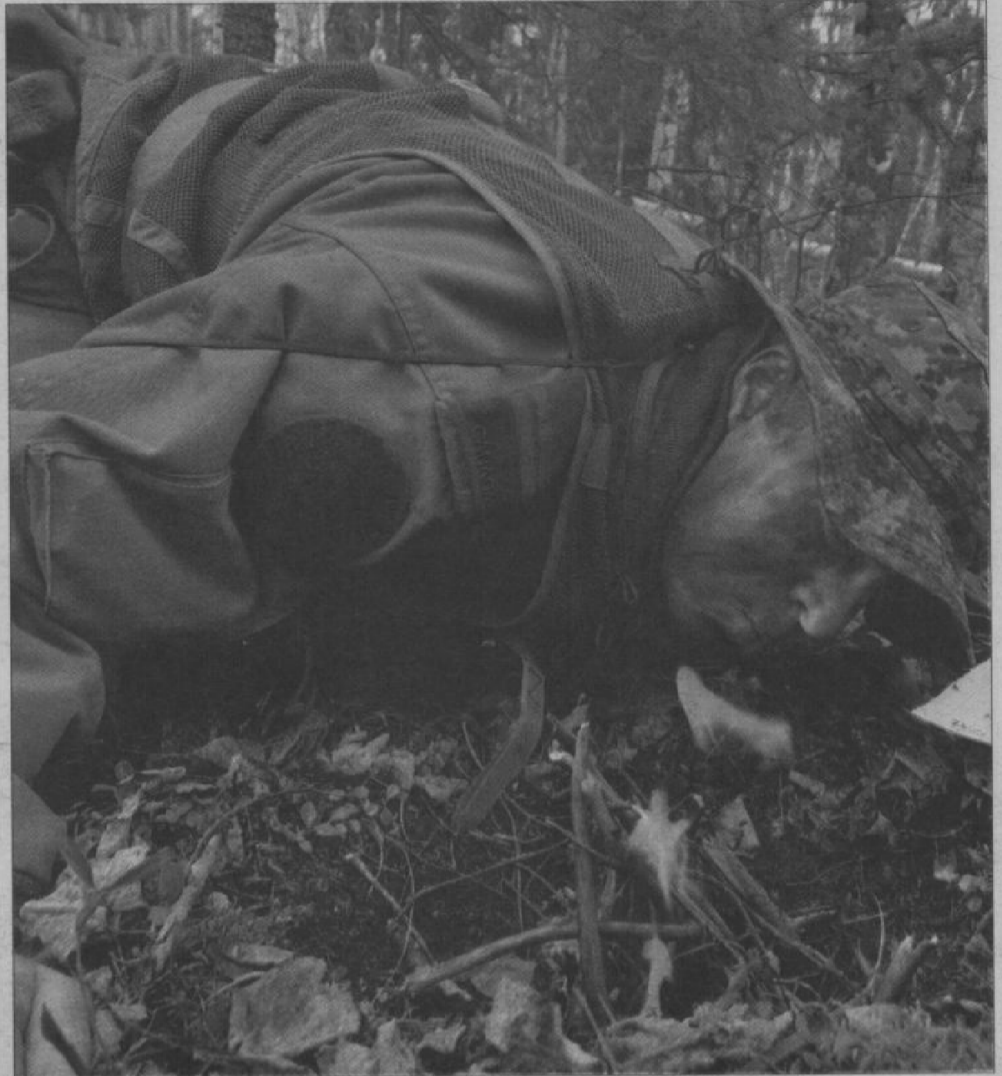


Corporal Don Schellenberg's rifle completely broken down and in the case he built for it. Photo Credit: Cpl Bill Gomm



A sample of Corporal Don Schellenberg's skills, the majority of the parts on this model front-end loader work. Photo Credit: Cpl Bill Gomm

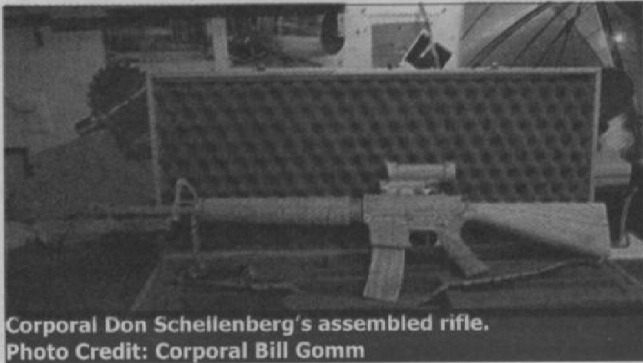
Fire in the Hole



Captain Ian Bonell from 408 Squadron in Edmonton, Alberta, practices his survival techniques as he attempts to keep a fire burning in a Dakota Fire Hole, during the Advanced Survival Evasion Resistance Escape (SERE) course. May 4, 2010.

The Canadian Forces School of Survival and Aero Medical Training (CFSSAT) at 17 Wing Winnipeg provides initial and continuation training for all CF aircrew in the event of a downed aircraft in hostile territory. CFSSAT conducts SERE courses both basic and advanced, at Springer Lake, MB. The purpose of this vital training is to instil confidence in CF aircrew through escape and evasion strategies, life saving survival skills, and navigation training.

Photo: Master Corporal Angela Abbey, Canadian Forces Combat Camera



Corporal Don Schellenberg's assembled rifle. Photo Credit: Corporal Bill Gomm

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Professional Development Sessions

Raluca Muresan
LEARNING ADVISOR

As you already know, the growing complexity of the issues that confront us at work demands the effective collaboration of all employees and the integration of multiple perspectives. More heads are better than one, and, by putting all heads together, work units will reach their best possible solutions.

Teamwork has been recognized as one of the universal skills required by National Defence employees. According to DND's Employee/Supervisor Competency Dictionary, teamwork involves working co-operatively with others in DND/CF to achieve common goals. A team can be formal or informal, within an operating unit or across one or more organizations. Teamwork includes various behaviours such as proactively assisting other team members, actively seeking others' input, and constructively facilitating beneficial solutions for the team.

The Learning and Career Centre can help you identify and address team learning requirements. Our Learning Advisors can deliver Professional Development (PD) sessions either at the LCC or on-site in your own location. These sessions provide opportunity for interaction among team members as they explore workplace topics, such as continuous learning, career development, communication or creativity.

Session titles include: Personal Learning

Plan (PLP) Briefings, Myers-Briggs Type Indicator (MBTI) and Careers, MBTI and Organization, and FISH! Let's have a quick look at each of these sessions:

- The PLP briefings can be tailored to reflect the unique unit learning needs; their length varies from an hour to two hours. These briefings clarify employee and their manager responsibilities regarding civilian learning and professional development and provide suggestions about learning opportunities available to DND employees, many of them at no cost.

- The MBTI sessions devote significant time to the group administration and interpretation of the MBTI personality type assessment. The goal is to understand ourselves and others more clearly and consider how to use this understanding to enhance the effectiveness of our relationships at work. Building on that knowledge, we will then explore either career development or communication needs in a relaxed, participatory manner.

- FISH! is not an acronym. It is an approach to work that provides the process, tools and language to promote inspiration, creativity and innovation in the workplace. FISH! creates a common language, improving your culture with four simple practices – Be There, Play, Make Their Day and Choose Your Attitude™. FISH! is a wisdom that everyone can embrace, an invitation that enables people to care about each other



Whether you're at home or abroad, teamwork is an essential skill. Photo courtesy Combat Camera.

and their commitments. FISH! is an ongoing journey, not a fad. These practices, over time, create a positive workplace and a vibrant culture.

Team Learning can give employees the competencies they need to be successful in our modern, changing world of work. It will also help units meet their objectives and cre-

ate a more fulfilling workplace.

If you would like to discuss how our PD sessions could benefit your unit, contact the LCC at 4636.

ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

THE MEMORY PROJECT: STORIES OF THE SECOND WORLD WAR is providing every living Second World War veteran with the opportunity to share their memories through interviews and digitized memorabilia. These stories will be shared with Canadians through an extensive online digital archive at:

WWW.THEMEMORYPROJECT.COM

Join the Legacy!

If you're interested, or know a veteran who would be interested in this project, please contact us toll free at:

1.866.701.1867

or by email: memory@historica-dominion.ca



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SERVICE BEGINS AT 2:00PM

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Military Vehicle and Costume Display by Prairie Command Military Vehicle Association,
Royal Winnipeg Rifles Museum Display both open from 11:00am

FREE park and ride from inside Brookside Cemetery main entrance gate on
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Tour bus times 11:00am, 12noon, 1:00pm (1pm bus stops at the memorial service
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WHO FOUGHT FOR FREEDOM

Thunder Strikes Twice!

Chris Merrithew
17 WING SPORTS COORDINATOR

On 24 April 2010, the Squash Manitoba sponsored Men's Interclub League championship finals were conducted at the 17 Wing squash courts in Building 90. This all day tournament was the final event in a season-long series of competitive team squash matches that started on 07 Oct 2009. The Men's Interclub League is comprised of 5 teams from across the City of Winnipeg as well as Portage la Prairie. All teams compete with 6 members ranging in skill level from "B" players to "E" players. The Interclub League schedule employs 4 round-robin draws followed by a double elimination closing tournament to determine the overall League Champions.

This year, the 17 Wing Team Thunder commenced the season as the reigning league champions with one goal in mind: to successfully defend their title. The team consisted of 14 members in total, each assigned to a category of play depending on their skill

level and/or their current Squash Manitoba ranking. Interclub matches were scheduled for Wednesday evenings commencing around 1900 hrs, and all matches were conducted at the 17 Wing Squash Courts in B90. At the end of the 4th round-robin event, Team Thunder ended up in first place overall, earning top seed honours going into the final tournament. During the semi-final match, Team Thunder defeated the University of Winnipeg Team U2 by a score of 20-10 to advance to the finals. The final ended up being a repeat of last season's pairings between Team Thunder and the Eradicators, also from the University of Winnipeg. Despite some unique pairings that involved a number of handicapped matches, Team Thunder came out on top by a final score of 20-7 and successfully defended their title as Interclub League Champions.

Congratulations to all members of Team Thunder. Thanks also to the 17 Wing PSP and Community Recreation staff for their assistance in supporting Team Thunder and the Interclub League this season.

Team Thunder



Pictured (L-R): Maj Rainer Wosnitza (E), Bruce Christie (C), Maj Doug Chess (C), Maj James Todd (D), Maj Mike Wolter (D), John Bailey (B), Capt Dale Dieleman (C), Don Brennan (C)
Missing: Maj Greg Whyte (B), Dr. Scott Young (D), Capt Gerry Whyte (D), Maj Alex Lloyd (D), Maj Bruce Gundling (E), Dr. Bob Cronin (E)

Philatelist's Corner by Alf Brooks

Sea Mammals: A Joint Issue

On May 13 Canada and Sweden issued stamps with a common design picturing sea mammals. In the last years a number of countries have combined their philatelic issues in this way, co-operating to draw attention to common interests.

The four stamps issued by Sweden picture the Blue Whale, the Harbour Porpoise, the Ringed Seal and the Sea Otter. Canada's issue is two stamps and a souvenir sheet picturing the Sea Otter and the Harbour Porpoise.

Both issues were produced in Sweden, engraved by Lars Sjöblom.



Sports Trivia: with PO1 Bill Sheridan

1. What Toronto Blue Shirts 1914 Stanley Cup Winner died in World War One?
2. What player was the first Red Wing to score 50 goals in a season?
3. What is called the 'Run for the Roses'?
4. When was the last time the Cubs won a World Series?
5. What food is traditionally served at Wimbledon?
6. In which stadium did the Titans play their first game in Tennessee?
7. Who is the only player to win three straight NCAA Final Four MVP awards?
8. What college football coach was fired after attacking an opposing player?
9. Who did Ali face in his final bout?
10. Burleigh Grimes was the last Pitcher allowed to use what pitch?
11. What is the MLB triple-crown for hitters?
12. What is the Home to tennis's French Open?
13. In "Major League" what does Willie Mays Hayes do with his gloves?
14. Who is number 24 in NASCAR?
15. For whom is the NBA MVP trophy Named?
16. Cal Ripken broke whose record for most consecutive games played?
17. What positional player wins the Cy Young award?
18. What race winner is awarded the Borg Warner trophy?
19. How many Stanley Cups did Bill Barilko win?
20. Hip hop star Master P had a brief try out for which two NBA teams?

See page 12 for the answers...

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

Get Into Gear

The Big Bike for Heart and Stroke is an exciting annual fundraising event held across Canada. The Big Bike will be rolling into Winnipeg on June 15th, 16th and 17th; all three days will be in different locations around the city. 17 Wing Winnipeg will be participating on Wednesday June 16th at the Manitoba Legislative Building. Participants will need to fundraise before getting on the bike to pedal.

This event is about teamwork, fitness, fun, and fundraising. For the past seven years, 17 Wing Winnipeg has participated in the Big Bike for Heart and Stroke. We have made the bike our own by adding yellow ribbons to the bike to represent who we are and where we come from. The Big Bike spans eight feet across and is thirty feet long with seating for 29 riders and one driver. Each ride takes approximately 20 minutes to complete.

This event will provide us with an opportunity to get a team together and show our community that we support a worthy cause.

If you are interested in participating in this event and need a pledge sheet or if you have any questions contact the Health Promotion Team, Dawn (Health Promotion Manager) @ local 4995 or email @ dawn.harmer@forces.gc.ca or Penny @ (Health Promotion Admin Assistant) @ local 4150 or e-mail @ penny.wawrzyniak@forces.gc.ca

Seats on the Big Bike will be on a first come first served basis.

Help us reach our \$2900 fundraising goal!

We would like to make this year's event bigger and better than ever!

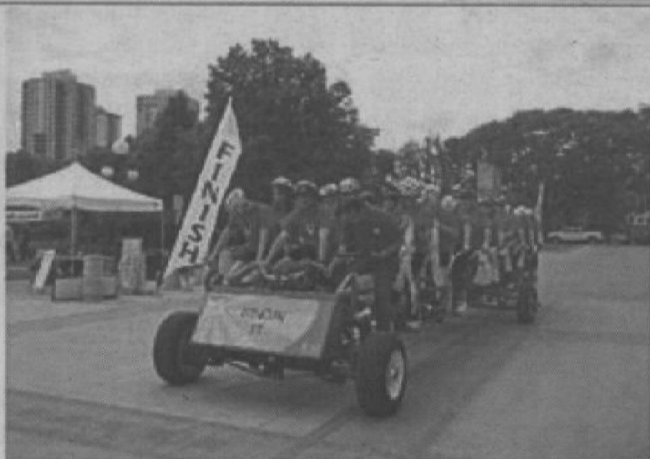
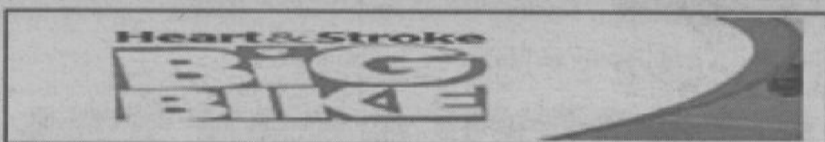
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Health Promotion in the Canadian Forces

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THE FORCES

ÉNERGISER LES FORCES

Promotion de la santé dans les Forces canadiennes



(2009 Wingin' it Team)

Put your heart into it join
17 WINGIN' IT

DATE: Wednesday, 16 June 2010

TIME: 1300 – 1500 hrs

WHERE: Manitoba Legislature Bldg

Deadline to Register: 1 June 2010

For More Info or to Register contact

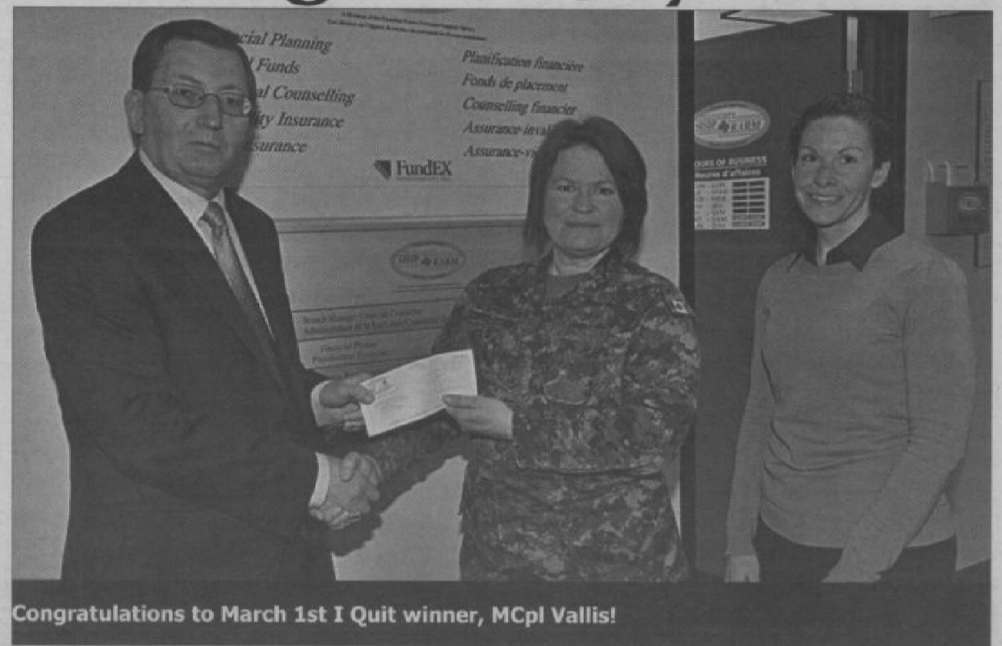
Health Promotion @ local 4150 or 4995

Space Is Limited, Reserve Your Seat Today!



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

Butting Out Pays Off



Congratulations to March 1st I Quit winner, MCpl Vallis!

Sports Trivia: Answers

- Allan Mclean Davidson, Nicknamed Scotty, he was a Lance Cpl in Canadian Infantry, Eastern Ontario Regiment, E Coy, 2nd Battalion, died in Belgium, Name is on the Vimy Memorial. Service Number 8088, Toronto Captain, Wore # 6.
- Mickey Redmond
- Kentucky Derby
- 1908
- Strawberries and Cream
- Liberty Bowl
- Lew Alcindor(changed name to Kareem Abdul Jabbar)
- Woody Hayes
- Trevor Berbick
- The Spit-ball
- Leading the league in Batting Average, Runs Batted In and Home Runs
- Roland Garros Stadium
- After a stolen base he nails the batting gloves to a wall.
- Jeff Gordon
- Maurice Podoloff.
- Lou Gehrig
- Pitcher
- Indy 500
- Four, all with the Leafs
- Percy Miller was with both the hornets and Raptors in the late 90's.

Care And Share Golf Tournament

The Care and Share Golf Tournament will take place Friday, 25 June with a 0800h start time at the 17 Wing Golf Club. 18 holes. Entry fee is \$25 (including Club Members). Registration deadline is the 18 June, at the Club House. Food and prizes will commence when the when the final players arrive at the Club House.

Tournoi de golf Care and Share

Le Tournoi de golf « Care and Share » aura lieu le vendredi 25 juin, au club de golf de la 17^e Escadre. 18 trous. Les droits d'inscription sont de 25 \$, y compris pour les membres du club. Les inscriptions doivent être soumises au plus tard le 18 juin, au chalet du club de golf. Le service de nourriture et la remise des prix auront lieu lorsque les dernières âmes en peine auront terminé de jouer

17 Wing Community Yard Sale

On 12 June from 0800hr to 1200hrs at Building 90 (the gym) you have the opportunity to rent a table to sell off some of your valuable "treasures". If you are posting out, or simply wanting to remove some of the clutter from your home, you

can rent a 6 foot table for \$15. The proceeds from the table rental will go to support the Care and Share fund. You keep the proceeds from the sale of your personal items. Registration is limited to the first 50 people so please register early. Registration deadline is 04 June. For more information please contact the Wing Chaplain Office (Loc 5087) or your unit Chaplain. Registration Forms are available at the front desk at the gym.

Vente de garage communautaire de la 17^e Escadre

Vous aurez la possibilité de louer une table pour vendre un certain nombre de vos trésors le 12 juin, de 8 h à 12 h, au bâtiment 90 (gymnase). Si vous avez été affecté ailleurs, ou voulez tout simplement mettre un peu d'ordre dans votre maison, vous pouvez louer une table de 6 pieds pour 15 \$. On donnera le produit de la location des tables à la fondation Care and Share. Vous gardez le profit de la vente de vos articles personnels. Les places sont limitées aux 50 premières personnes, alors ne tardez pas à vous inscrire. La date limite d'inscription est le 04 juin. Pour obtenir de plus amples renseignements, veuillez communiquer avec le personnel du bureau de l'aumônier de l'Escadre (poste 5087) ou votre aumônier d'unité, ou procurez-vous un formulaire à la réception du gymnase.



www.mfrc.mb.ca

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Volunteers: the Heart of the MFRC

They are involved in most programs and activities we offer.

Winnipeg and Thunder Bay had a total of 4861 volunteer hours for 2009-2010.

With the dollar amount we are using (2008 figure) that equals \$101351.00 worth of work that volunteers performed for 17 Wing!!!!

And that is for reported hours only.

Last week we celebrated National Volunteer Appreciation Week, honouring the volunteers of the Winnipeg MFRC.

They are all wonderful and special people, and it's very

difficult to single out any one for special praise. They ALL deserve an award!

This year's Volunteer of the Year has been with us only since Feb of 2009, and has given over 170 hours of volunteer time!

Her volunteer activities have included everything from preparing food for special meetings (the MFRC AGM, the BBB), helping make buttons for the deployment coordinator's programs, assisting with the Baby Gear sale, making welcome cards for newcomers, assisting with the Good Food Box program, and decorating the MFRC Christmas Tree in

the Festival of Trees and Lights. Her original interest was to help with the children, and she has done that for the Friday morning Mom's group for several months now. She has been a key participant and instrumental in the success of the Summer BBQs, and we can't imagine the Coffee Breaks without her!

I am very proud and pleased to announce that this year's recipient of the Volunteer of the Year Award is TERRY GAWNE!



Red River Celebration of Life Highland Dance Competition

Hello, my name is Kirstin Seeley and I am four years old. On April 17, 2010, I participated in the Red River Celebration of Life highland dance competition in Winnipeg. I was involved in the demonstration pas de basques for all dancers aged 4-6 whom have never competed before. This dance class was called "A Celebration of all Canadian Soldiers". All the dancers received a Silent Soldier Bear for their participation, and we were all very excited to receive this wonderful prize.

My family was very honoured to be able to co-sponsor this event with the

Winnipeg Military Family Resource Centre. My dad has been away for a long time doing work up training and a tour in Afghanistan. The first time he went over as a member of the Canadian Forces, but currently he is working there as a civilian. This event showcased our talents as young dancers gaining the courage to get on stage and perform in front of a crowd. It also allowed us to celebrate the courage and hard work of our Canadian Forces! I am very proud of my dad and all the other soldiers who work so hard to make this world a better place to live!



It was a pleasure to visit with one of my clients at her place of business during her son's deployment. Linell Yeaton's son Lieutenant Joshua Hingtgen of the Fort Garry Horse Artillery out of McGregor Armoury has been deployed in Afghanistan as part of the Task Force

3-09 out of Edmonton and will be home soon. Linell works for Opticians Association of Canada, 2706-83 Garry St and along with Vision Canada, Opticians of Manitoba and the National Association of Canadian Optician Regulators they celebrated Red Friday and

showed their support to Linell and the men and women of the Canadian Forces. Pictured left to right are: Linell Yeaton, Jaime Hyatt, Dorothy Berg, Aerynn Nayar, Jodi Dodds, Pat Dobbyn, Lindsay Enns, Carol Ellerbeck, Kim McGraw and Mary Field.

Changes at the MFRC's Southport site

Welcome to Kelly Rustad, the new Program Assistant

The Winnipeg MFRC is pleased to introduce our newest staff member, Kelly Rustad, as our program assistant in Southport. The Winnipeg MFRC has been offering programs at our Southport site since October 2009, and with the addition of Kelly, we will be providing regular office hours on Mondays from 10:30 a.m. to 12:30 p.m. During office hours, Kelly will be available to provide information and assist with program registration.

Her past experience includes working at the 14 Wing Community Center in Greenwood as the Special Events Programmer.

"I am looking forward to creating a warm and enriching environment for the CF family members posted to the area," she said about her new role at the Winnipeg MFRC's Southport site.

With the addition of our new staff member in Southport, the MFRC will also be offering casual childcare to members in that

community. Lindsay Wolfe will be working with Kelly to provide casual care twice per month. Information about dates and times for casual care will be distributed monthly in the newsletter.

The Winnipeg MFRC Southport site also hosts a stay and play four times per month on the first and third Monday and second and fourth Thursday. The stay and play runs from 9 to 11 a.m. and is run by volunteers. Everyone is welcome to attend. It gives parents the

opportunity to network with each other and offers a social time for children.

For more information about the Winnipeg MFRC, please visit www.mfrc.mb.ca. If you have any questions or would like more information about programs available in Southport, please call the Southport site office at (204) 428-4908 or the Winnipeg MFRC at (204) 833-2500 extension 4500.

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca

102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5

Chaplain's Corner

The act of proclaiming the benefits of community often reside within some spiritual domains. Why?

Spirituality is about a communal and individual pursuit for meaning and purpose. Meaning is about how a person establishes their place in the universe. Purpose is an engine that drives us towards goals.

When the community gathers for an intention we tend to work in the same direction. For instance this week I had the honour of working with EME staff on EME day. Each team was asked to compete in building a hauling system which would pull some heavy weight. The teams developed strategy and implemented their plans. They worked in common with one purpose, to build their mechanical masterpiece. The meaning deepened for each group as they developed an understanding and appreciation of each other.

The same sort of process occurs in events that take place in our Military community. We have three upcoming events that help our community to become a more understanding organization. The events are: one, the care and share rummage sale on July 13, two, the care and share golf tournament and three, the Vacation Bible School from July 5 to July 9.

Each event has different intentions but all have a similar goal in a bigger scheme. The bigger goal is to serve members of the military by deepening and enriching their lives. We build this community, together. It is not just about the religious community but the whole body of people that have fun, build relationships and make our meaning.

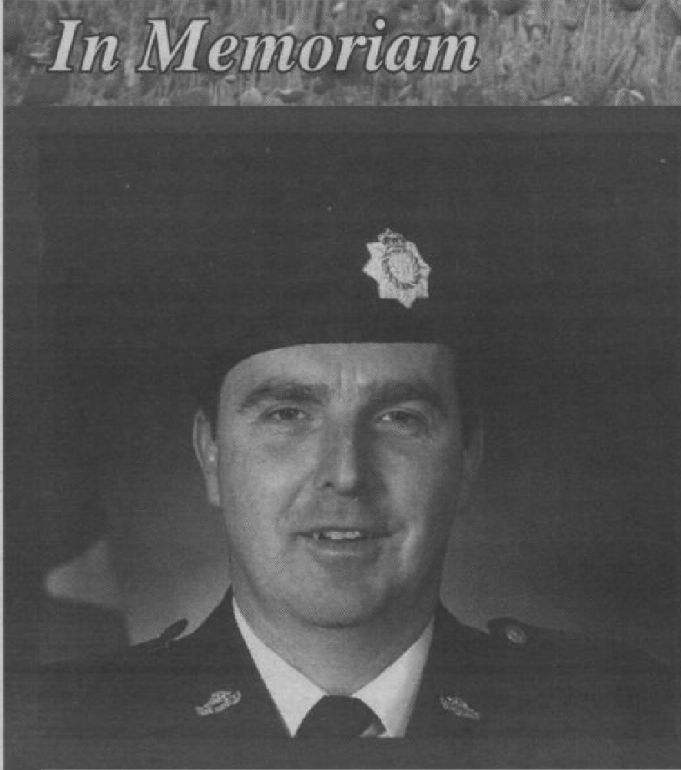
I invite you to the joyous chance to build with the Chaplains of 17 Wing. We invite you to deepen your life by serving those with less than ourselves. The Care and Share initiatives and our Vacation Bible schools help to develop our social intelligence by willingly being with each other through helping us to deepen our commitment to each other.

I will always remember the times in my youth when I was able to share the fun of learning about other people. We played games and we provided care to each other. It is this essence that helps us to spiritually develop.

I wish you all a wonderful season of joy in this hot summer sun. The time is now for us to gather and enjoy our relationships.

Will Hubbard
Padre


In Memoriam



Colonel Geoff Parker was killed after an insurgent detonated a vehicle borne explosive device between a convoy of vehicles in Afghanistan on 18 May 2010. He was traveling in a NATO convoy in Kabul.

Col Parker was from the Royal Canadian Regiment, working at Land Force Central Area Headquarters. At the time of his death, Colonel Parker was in Kabul as part of a NATO team preparing for their upcoming mission.

Our thoughts and prayers are with the family and friends of our fallen Canadian comrade during this sad time. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.



Private Kevin Thomas McKay was killed when an improvised explosive device detonated during a dismounted night patrol in the Panjwayi district, approximately 15 kilometres southwest of Kandahar City, at 8:00 p.m. Kandahar time on May 13, 2010.

Pte McKay was from the 1st Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta. He was serving as a member of the Task Force 3-09 Battle Group.

Our thoughts and prayers are with the family and friends of our fallen Canadian comrade during this sad time. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.

Together in Church

CATHOLIC

CHAPLAINS

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Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

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Sunday 1100 hrs

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

Confessions The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Marriages Six months' notice is required for marriages, as counseling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

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

PROTESTANT

CHAPLAINS

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

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4885

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

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 4277

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

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

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

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

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

EMERGENCY CHAPLAIN

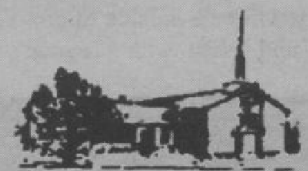
After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

INTERFAITH PRAYER ROOM

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The Deadline for the next issue is May 28

TAROSCOPES

BY
NANCY

Aries (March 21 - April 19):

Find a constructive outlet for your energy so you don't burnout from frustration. Boredom brings on destructive habits. Just because you can manage during chaotic times doesn't mean this is ideal. The results may be irrevocable when actions aren't well thought out.

Taurus (April 20 - May 20):

Give due consideration to a situation so that you have a good grasp of all that is happening. The impression you leave is important. You feel excitement and a surge of passion as you get into your natural rhythm or groove. You thrive even more when others accept you.

Gemini (May 21 - June 2):

People are drawn together during times of adversity. It's easier to be part of a group, yet you also need to stay true to your own beliefs and not get caught up in trying to fit in. Let your innate wisdom calm you when turmoil erupts. Remain watchful and the worst of it will pass you by.

Cancer (June 22 - July 22):

It's time for you to create your own wellness routine. Allow yourself time to relax. Explore your sense of spirituality in whatever form it takes. This can give you a greater understanding of yourself and others. Include socializing time during a meeting or organize a celebration.

Leo (July 23 - August 22):

The trials of the past finally lose their grip on you as you embrace a new way of life. No matter how difficult it has been, making the final effort was worthwhile. The image you present now more closely resembles your true self. Help others struggling to do the same.

Virgo (August 23 - September 22):

You've got a lot of energy and enthusiasm that needs to be expressed. Assisting others gives you a sense of fulfillment. Let go of what no longer is part of your world. When you do so, opportunities to enjoy more of what currently interest you flows naturally to you.

Libra (September 23 - October 23):

Cooperation, peace and harmony are great ideals to strive for. Listening to everyone's input is valuable. However there will be times when a meeting of minds is impossible. The only thing you can do then is to adhere to protocol. Respectfully agree to disagree.

Scorpio (October 24 - November 21):

It's important to include joyful experiences in life so gather with friends or groups who have the same goals or interests as you. This will spark renewed enthusiasm within you. You get more done when you work with others and cooperation brings quicker results.

Sagittarius (November 22 - December 21):

You may want to exude an intelligent, logical aura as you make plans. Still your main purpose is to find fulfillment not to live up to a facade. An uncomfortable situation may be a great gift. When things are complex and confusing something special occurs.

Capricorn (December 22 - January 19):

You'll find you're feeling more alive and energized; excited about what you experience. You're full of creative ideas. Channel this energy into getting a long term project rolling. Not only will this be truly rewarding for you, it will assist others as well.

Aquarius (January 20 - February 18):

Creativity can be expressed through playful, fun activities not just serious endeavours. Avoid people who manipulate and try to pull you into their dramas with word games. Stick with those who are respectful and sincere.

Pisces (February 19 - March 20):

Consider the effects of your environment. Make changes in preparation for the future, so that you are ready when something pops up. People let you know how much they value your friendship. Your willingness to act according to your principles and beliefs is an inspiration.

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