



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

IN THIS ISSUE:

WING WELCOMES NEW WADMINO

PAGE 4

OPERATION ACORN WRAPS UP

PAGE 5

2ND ANNUAL AIR FORCE RUN HIGHLIGHTS

PAGES 8-9

PROMOTIONS PARADE

PAGES 10

SPORTS AWARD BREAKFAST

PAGE 11

WE HAVE LIFTOFF

ANNUAL SAREX EXERCISE A SUCCESS



WARRANT OFFICER DAVE LAZAROWICH AND SERGEANT FRANKIE THOMPSON ATTEND TO A CASUALTY WHILE THE STARS RESCUE HELICOPTER LANDS TO EVACUATE THE CASUALTY DURING THE 2010 SAREX EXERCISES. FULL STORY ON PAGE 3.

PHOTO CREDIT: CPL C AITKEN



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Leaders Get Firsthand Look at Wing



(MLA- Kirkfield Park), His Worship Mayor Sam Katz (City of Winnipeg), Hon. Anita Neville (MP- Wpg South Centre), Ms Sabrina Brenot, Hon. Jim Rondeau (MLA - Assiniboia)

Back Row (Left to Right): Dr Jay Doering (Dean faculty of Graduate Studies, UofM), Mr Cliff Cullen (MLA-Turtle Mountain), Mr Grant Nordman (Councillor- St Charles), Mr Glen Laubenstein (CAO City of Wpg), Mr Phil Scheegl (Deputy CAO City of Wpg), Dr Glenn Feltham (Dean of Asper School of Business, UofM), Dr Richard Sigurdson (Dean-Faculty of Arts, UofM)

Photo Credit: Cpl J Archambault

Capt Jeff Noel

17 WING PUBLIC AFFAIRS OFFICER

Senior Representatives of the Winnipeg, Manitoban and Canadian political and academic leadership were invited to join the Wing Commander (WComd) on a brief visit to 17 Wing and the Air Force training Centre (AFTC) during a Community Leaders Forum held on May 21.

The representatives were invited to spend the day with the Wing Commander in order to get a better understanding of Team Winnipeg's various Air Divisions, Squadrons, Units and Schools, their individual mandates and their associations to the community. "In discussion, I hope that we were able to provide an insight into the type of national and international missions 17 Wing and AFTC personnel conduct on a daily basis, said Col. Yvan Boilard.

"It is very important for influential members of our community to gain an understanding of our involvement in and around Winnipeg and how it affects their lives," said Col Boilard.

Members of Team Winnipeg's Senior Air Force Leadership, 1 and 2 Canadian Air Division's, 1 Canadian Forces Flying Training School, 402 'City of Winnipeg and 435 'Chinthe' Transport and Rescue Squadrons, showcased their

roles in the performance of their missions.

"I was impressed with the scope of involvement within not only our city, our province, but on a national and international level that the Wing and Air Force have," said Mayor Sam Katz, the Mayor of the City of Winnipeg.

Dr. Jay Doering, Dean of the Faculty of Graduate Studies at the University of Manitoba, was impressed with the vast amount of information they received on the scope of involvement of the Wing and Air Force in the community and on the different aspects of the many missions.

The representatives, in addition to the series of briefings, also had a close-up look at 1 Canadian Air Division /Canadian NORAD Region Headquarters Combined Air Operations Centre, a CT-142 Dash 8 aircraft, an Air-to-Air Refueling CC-130 Hercules, a Search and Rescue (SAR) CC-130 Hercules and to experience first-hand the professional flying abilities of a SAR CC-130 Hercules crew during a familiarization flight over the city and southern Lake Winnipeg.

"I want to thank everyone who came to visit us," Col Boilard said. "We really enjoyed sharing our unique environment with them."

For more information about 17 Wing please visit www.airforce.forces.gc.ca/17w-17e/index-eng.asp

Meet The Voxair's Newest Reporter: Kristy Ridz



Hello, I'm Kristy Rydz, and I'm thrilled to be The Voxair's new reporter/photographer. After graduating from Red River College's Creative Communications program as a journalism major and recently completing my BA in Communications from the University of Winnipeg, I'm looking forward to jumping into a new adventure here at 17 Wing.

As a born and raised Winnipegger, I've contributed as a writer and editor to a variety of different publications in the city, most recently as news beat reporter for the University of Winnipeg's weekly urban journal, The Uniter.

I'm working hard getting to know 17 Wing's intricacies from ranks to building locations around the base. Working with various provincial government departments such as Manitoba Agriculture, Food and Rural Initiatives (or MA-FRI) has also introduced me the importance of acronyms. But I thank you in advance for your understanding as I try to remember just what CFCF and CISM stand for.

I look forward to the opportunity to learn and write about your work, play and everything in between that happens at 17 Wing in the coming months.

Please don't hesitate to contact me about any events or stories that you feel that we should cover. I will be in the office Monday, Tuesday and Wednesday each week and you can reach me at extension 6976.

You should also know I'm passionate about two things – coffee and conversation.

Hopefully, I'll get to share a cup and some words with you sometime soon.

VOXAIR

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435 Squadron Hosts SAREX

Capt Jeff Noel
17 WING PUBLIC AFFAIRS OFFICER

Alberta's Peace River Valley was anything but peaceful as military and civilian aircraft along with over two-hundred personnel from throughout Canada and the United States took part in SAREX GP 2010.

"It was definitely larger than we had originally planned," said Capt Keith Miller, an Air Combat Systems Officer with 435 'Chinthe' Transport and Rescue (T&R) Squadron, and Search and Rescue Exercise (SAREX) Coordinator. "But the scope and diversity added immensely to the Exercise."

Hosted by Winnipeg's 435 Squadron the exercise, aimed at honing the Squadron's ability to coordinate and conduct a major search and rescue mission from a deployed location, was held in the Grande Prairie, Alberta area from 14-18 May.

When asked why Grande Prairie was selected as the site for the SAREX, 435 Squadron's Deputy Commanding Officer Maj Glenn Northrup stated that "based in Winnipeg, obviously in the middle of the prairies, we try to take every chance we can to get near the mountains because there are certain challenges associated with performing search-and-rescue (SAR) operations in mountains."

In addition to the Winnipeg-based search headquarters staff, aircrews, maintenance and support personnel, and two CC-130 Hercules aircraft, participants included aircrews,

maintenance personnel, Pararescuemen (also known as PJ's) and two HC-130 P/N Hercules aircraft from the 39th Rescue Squadron (RQS), United States Air Force Reserve (USAFR), 920th Rescue Wing (RQW), from Patrick Air Force Base, Florida; an aircrew

from the Alberta Shock Trauma Air Rescue Society (STARS), as well as personnel and equipment from the Grande Prairie Technical Search and Rescue (TSR) Association, Grande Prairie EMS, and Weyerhaeuser

39th RQS Chief, Current Operations.

The exercise was divided into two distinct phases. The first phase consisted of an actual aerial search scenario that provided practice for an appointed Search Master (SM) and his staff to experience a full-scale search operation first-hand as well as the aircrews.

The second phase involved rescue training for Canadian Forces Search and Rescue Technicians (SAR Techs), USAFR PJ's, STARS and Grande Prairie TSR and EMS.

"This (second) phase" said Sgt Randy McOrmond, a SAR Tech with 435 Squadron and second phase Coordinator, "was very challenging because it included SAR Tech's and PJ's parachuting into confined areas, assessing the injuries of a simulated casualty, stabilizing them, then evacuating them so they can be (simulated) transferred to EMS and hospital staff."

SAREX is part of the annual training cycle conducted by all Canadian Air Force Search and Rescue Squadrons, culminating with the National SAREX which will be hosted this year by 19 Wing Comox, B.C.

For more information about 435 Transport and Rescue Squadron, please visit: www.airforce.forces.gc.ca/17w-17e/sqns-esecs/page-eng.asp?id=412

For more information about how to become a Search and Rescue Technician, please visit: www.airforce.forces.gc.ca/html/searchandrescuetechnician_reg_en.aspx



A CC130 Hercules drops a bundle for accuracy during the SAREX. Photo Credit: Cpl C Aitken

and a CC-138 Twin Otter from 440 'Vampire' Squadron from Yellowknife, N.W.T.; Civil Air Search and Rescue Association (CASARA) members and ten aircraft from Alberta, Saskatchewan, Manitoba and Brit-

Canada.

"We have been associated with 435 Squadron for quite a while now and get together regularly to exchange best practices and ideas" said USAFR LCol Daniel Byers,



SAREX participants prepare a casualty for air lift. Photo Credit: Cpl C Aitken



Search and Rescue Technicians Sergeant Dan Verret and Master Corporal Eric Beaudoin land in a confined area. Photo Credit: Cpl C Aitken



Sergeant Dan Verret attends to a casualty with assistance from an Alberta Search and Rescue worker. Photo Credit: Cpl C Aitken

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Change at the Top for WAdmin Branch



Lieutenant Colonel Leo Brodeur, 17 Wing Commander Colonel Yvan Boilard and Lieutenant Colonel June Zuorro sign the Change of Appointment Certificates. Photo Credit: Cpl Levarre McDonald.

Kristy Rydz
VOXAIR REPORTER

On 31 May 2010 a change of appointment ceremony with Colonel J.P.Y. Boilard as the reviewing officer saw Lieutenant-Colonel J.R. Zuorro take over the post of W Admin O from outgoing Lieutenant-Colonel L.L. Brodeur.

Spending time as an Air Traffic Controller in 1978 at CFB Shearwater, LCol Brodeur later reclassified to the Personnel Administration Branch in 1980. Serving in a number of positions both in Canada and abroad such as in Norway and Germany, he was appointed to the W Admin O position at 17 Wing in April 2007, LCol Brodeur assumed the position of CO of RCSU (Prairies) 20 May. He

holds a Bachelor of Arts degree in History from Carleton University.

LCol Zuorro joined the Canadian Forces as a direct entry Logistics Officer in Shearwater, NS, in 1988. With a Bachelor of Business Administration and Finance Specialty training, she has served in a variety of Officer positions at CFB Shearwater and 4 Wing Cold Lake. Promoted to Major in 1999, LCol Zuorro was posted to 1 Cdn Air Div as Headquarters Administration Officer. After a brief posting to 17 Wing as Comptroller in 2006, she was quickly promoted to Division Comptroller. During this time she earned her designation as a Certified General Accountant and will complete her Joint Command and Staff Program (Distance Learning) in June 2010.

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Practising for the Real Thing

Cpl Bill Gomm
38 CBG PUBLIC AFFAIRS

“This kind of exercising has to be pushed at all levels in the Reserves,” said Captain Rob Croston, Training Officer for 6 Intelligence Company (6 Int Coy).

Members of 6 Int Coy took part in Exercise ACORN IDENTITY from 16-18 April at 17 Wing Winnipeg.

The exercise is a continuation of a scenario that was started in the summer of 2009 and expected to continue into spring 2011. To support this training event, a large quantity of documents and traffic were written by the exercise directing staff. The second of four planned training activities, this phase focused the company on battle traffic analysis, target packet creation, and exercise development.

The company was broken down into Intelligence Support Teams (ISTs) where they were exposed to much of the same software technology in use overseas. One such tool was mIRC, an Internet Relay Chat program that allows exercise participant use and interaction with real time text-based traffic. The other was FalconView, a mapping application that allows for the projection and plotting of military mapping and intelligence data. During this exercise, the teams were also exposed to simulated Unmanned Aerial Vehicles (UAV) imagery, enemy force activities and friendly force operational planning.

This training allowed the ISTs to practise intelligence support to the operational planning process and intelligence preparation of the operating environment as it relates to the selected exercise area. 6 Int Coy members also prepared and presented briefings to Lieutenant Commander Greg Stead, Commanding Officer of 6 Int Coy.

“I’m taking briefings from both Intelligence Support

Teams,” said LCdr Stead. “You can tell that the troops are really engaged in it. They’re taking ownership of their assessments. It’s a really good indicator that they’re actively engaged and enjoying the activity.”

Private Sara Dejaeger of 5 Platoon 6 Int Coy is one such soldier, who, nervously, briefed LCdr Stead. With only 16 months in the military, she will be starting her first Intelligence Course in the next few weeks.

“It’s my first time giving a briefing,” explained Pte Dejaeger. “With practice, it gets better. It makes me feel more confident.”

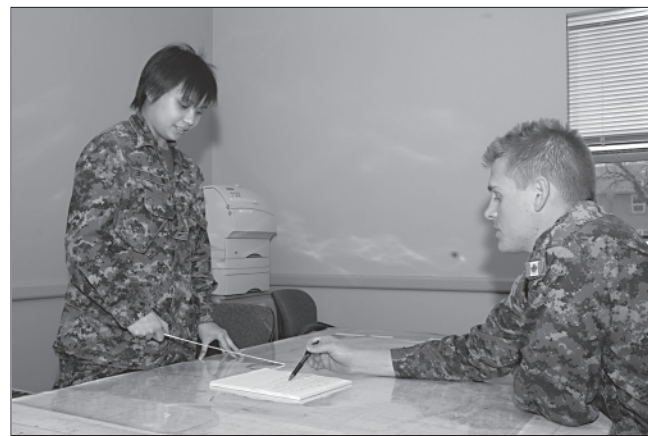
In preparation for her briefing, Pte Dejaeger spent a lot of time practising in the IST office under the watchful eye of the IST Commander, Corporal Will Wilde, who offered advice as she rehearsed her briefing like ensuring she had her facts in the right order and positioning herself so she would always be facing the CO.

“As part of my responsibilities, I’ve been given people who haven’t had their trades course,” said Cpl Wilde. “So we are providing concurrent instruction as we are rolling on the exercise to give them trade relevant experience.”

6 Int Coy’s primary mission is to provide individually trained and validated Intelligence members to support the Canadian Forces on domestic and foreign operations and exercises.

“We are expected to step up to the plate and support regular force units seamlessly,” said Capt Croston. “Without this kind of training, there is going to be a gap between what the Reserves are knowledgeable about and what they are capable of doing. We are filling that gap with experience.”

E Tenebris Lux (From darkness, light): The Intelligence Branch Motto



Private Sara Dejaeger practices her briefing as Corporal Will Wilde looks on while offering pointers on how the briefing should go, Cpl Wilde and Pte Dejaeger are with 5 Platoon, 6 Intelligence Company. Photo Credit: Cpl Bill Gomm



Private Brett McDowell briefs Lieutenant Commander Greg Stead and Captain Rob Croston as Master Corporal Dave Scott takes notes. LCdr Stead is the Commanding Officer of 6 Intelligence Company, Capt Croston is the Training Officer for 6 Int Coy and MCpl Scott is with 4 Platoon, 6 Int Coy, Pte McDowell is with 5 Platoon 6 Int Coy. Photo Credit: Cpl Bill Gomm



Image: Department of National Defence

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Capt Mike Legace
RCSU (PRAIRIE) PUBLIC AFFAIRS

After five years as the commanding officer of the prairie region cadets, LCol Mike Milligan passed the torch to the newest CO, LCol Leo Brodeur, the former Administration Officer for 17 Wing Headquarters. In a quick ceremony at the 17 Wing Officers' Mess on the 20th May, a few hundred staff joined the families and friends of both Milligan and Brodeur to witness the signing and changing of the guard.

A long and accomplished career with the navy and air force, LCol Milligan had his sights focussed for the past few years establishing a new way of business for the Regional Cadet Support Unit- Prairies (RCSU-Pra) with its own transformational challenges.

Satisfied on this final mission before his retirement, his insight completely changes the old way of doing business- effectively

placing more resources to support the cadet corps where the burden of paperwork was lessened so cadets and their CIC officers could spend more time climbing, hiking, flying and sailing.

"I came to respect and admire what the program does for our Canadian youth. It makes great citizens and truly is the highlight of my 35-year career," Milligan replied during his address to the audience.

Thanking him for his 35 years with the CF, presiding officer BGen Eldren Thuen, 1 Canadian Air Division, presented LCol Milligan with the Commander's Commendation for his tireless efforts to change the unit.

Incoming CO, LCol Leo Brodeur, expressed his gratitude to LCol Milligan with his promise to his new staff that following LCol Milligan's example, he would "lead from the heart and recognise the value of all the partnerships with sponsors and leagues."

LCol Milligan's final comments, "I'm going fishing!"

Defence Leadership Curriculum

Primrose Knazan
LEARNING ASSISTANT

Leadership and learning go hand in hand. Whether an employee is in their first few days with the public service, a supervisor with a few years experience under their belt, or an executive with twenty plus years behind them, we all have a thing or two to learn.

The Defence Leadership Curriculum (DLC) is a newly updated tool promoted through the Learning and Career Centres that supports leadership excellence among employees at all levels. Whether you are at the beginning of your career, a supervisor, a manager, or at the executive level, the DLC identifies the tools re-

quired to meet the leadership challenges in the DND/CF environment.

The DLC website is accessible from the ADM (HR-CIV) website (including the LCC page) and easy to navigate, with specific sections geared towards each level of employment. Featured courses appear on the Welcome page along with information for each community: Employees, Managers, Supervisors and Executives.

Taking a competency-based approach, the DLC provides a framework of courses, programs and other learning activities for all employees to help them achieve their leadership goals. At the click of a mouse, each group can gain access to a list of key leadership competencies and learning activities that outline and enhance the skills, characteristics and behaviours required for their particular level.

Each section lists courses that will build leadership competencies that will benefit the individual, the team and the organization as a whole. These tools guide the learner to take ownership of their own personal and professional development to expand their leadership potential and augment their current abilities. The site includes a list of mandatory and optional courses for each group, most of which are offered online or through the Learning and Career Centre.

Developing one's leadership skills is not

a passive activity; it is an active experience that requires time, effort and initiative. The onus is upon the learner to take the information they have acquired and use the knowledge in their professional life. These courses were not created as a platform

for theories, resources and statistics; they have been created as a practical approach to the everyday work environment as well as how to handle issues and situations that are unique to the Public Service and members of the Defence Team.

A great leader knows that facts and knowledge must be applied in the real world in order to be useful. A great leader also knows that learning never stops.

The direct link to the Defence Leadership Curriculum is: http://hr.ottawa-hull.mil.ca/hrciv/dglpd/dodlri/leadership/en/home_e.asp

For more information on the Defence Leadership Curriculum and courses offered by the LCC, e-mail LCCshare@forces.gc.ca or see our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

"LEADERSHIP AND LEARNING ARE INDISPENSABLE TO EACH OTHER."

- JOHN F. KENNEDY



Left to Right: LCol Mike Milligan, BGen Eldren Thuen, LCol Leo Brodeur, MC Lt (N) Connor Lloyd. Photo Credit: Cpl Archambault

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38 CBG Welcomes New Commander

Cpl Bill Gomm
38 CBG PUBLIC AFFAIRS

"I'm very proud to take command of this brigade," said Colonel Nic Stanton, Commander (Comd) of 38 Canadian Brigade Group (38 CBG).

38 CBG conducted a change of command parade at the Regina Armoury on 29 May whereby Colonel Robert Poirier, of Winnipeg, relinquished command of the Brigade to Colonel Nic Stanton, of Calgary, as Brigadier-General Mike Jorgensen, Commander of Land Force Western Area, presided.

"The history of this brigade is outstanding," said Col Stanton. "You look at some of the cap badges out there; five infantry units, a couple of armoured reconnaissance units, the artillery, a new engineer unit coming on and the service battalion. It's exciting times and I'm very proud to be their Commander for the next couple of years."

The last two commanders of 38 CBG have lived in Winnipeg where the brigade headquarters is located. This meant it was easy for the Brigade staff to communicate with the Comd; however, Col Stanton lives in Calgary. Communicating via email will be business as usual for the staff but email is impersonal and there will be times when talking will be better or, quite simply, required. Blackberry data and voice costs will be inevitably high; however, for long distance calling the G6 cell has solved this problem by setting up a 1-800 number for Col Stanton. The toll-free number will cost 1.6 cents per minute as compared to 9 cents per minute in Canada or 15 cents per minute in the United States under the original plan.

Col Stanton will still need to fly to his new Winnipeg headquarters on a regular basis, but only having to fly to Winnipeg will be a welcome change from the commutes he makes

in his civilian career.

"I've been commuting to the States for the last two years," said Col Stanton. "This [Calgary to Winnipeg] will be a short trip for me with no customs to go through. I intend on being in Winnipeg at least several times a month."

Col Stanton plans to spend the next few months taking an assessment of the Brigade.

"Colonel Poirier has left things in very good hands and I think I want to get out there and meet everybody," said Col Stanton. "I'm not here to make any great big changes until we find out if anything needs to be changed."

For Col Poirier, commanding 38 CBG topped his 39 years of Canadian Forces service. He began his military career as a Reservist with 116 Independent Field Battery in 1971 before transferring to the Regular Force in 1974. In 2003, he retired from the Regular Force and returned to the Primary Reserve in Winnipeg as part of 38 CBG Headquarters.

"Time in command went fast," said Col Poirier. "Loved the people. Miss the people... all 1400 of them."

For all those who get to command, the highlights of that command will always be remembered.

"Standing up the Arctic Company in short order, confronting the beast of winter in its lair, doing two exercises in Churchill in the cold, building the company from an idea to what we have now... That, I think, was the biggest highlight for me," said Col Poirier.

When asked what he would like to say to the soldiers he once commanded, Col Poirier replied: "Thanks, you're great Canadians. It's been a pleasure associating with you. It really has."



Brigadier-General Mike Jorgensen, Commander (Comd) of Land Force Western Area, passes the Brigade Commander's sword to Colonel Nic Stanton, the new Comd of 38 Canadian Brigade Group, during the Change of Command parade. Photo Credit: Cpl Bill Gomm

Volunteer Appreciation Support



Mr John Clarey, SISIP FS Branch Manager (centre) presents a cheque in the amount of \$4,000 to Dianne Brine MFRC Rep (left) and Rick Harris, PSP Manager (right) to support the annual Wing Volunteer appreciation event. This event will be held on Saturday, June 12, 2010 at the Officer's Mess.

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The Next Issue of the Voxair Publishes:
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Photo Highlights of the 2nd Annual Air Force Run



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ROSANNA PANCOTTO CLEMENTE
 BA, CCK

All photos courtesy of Capt Jeff Noel and Lt Donna Riguidel, 17 Wing Public Affairs. Look for additional information in our next issue.



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17 Wing Headquarters Commissioning & Promotion Parade



LCol Leo Brodeur 17 Wing Administration Officer makes a speech about the importance of new leadership for the Canadian Forces and the importance of family to support members after a commissioning and promotions parade in the 17 Wing Officer's Mess on 14 May 2010. Photo Credit: Cpl Levarre McDonald



LCol Leo Brodeur presents Naval Cadet Bradley with his promotion to Acting Sub Lieutenant. Photo Credit: Cpl Levarre McDonald



LCol Leo Brodeur presents Lieutenant Ronert Richard Sadick with his Commissioning Scroll. Photo Credit: Cpl Levarre McDonald



LCol Leo Brodeur 17 Wing Administration Officer presents Officer Cadet R.S. Johnston with his promotion to Second Lieutenant. In this photo Lieutenant Colonel Brodeur and a friend help Second Lieutenant Johnston with his new epaulettes. Photo Credit: Cpl Levarre McDonald



LCol Leo Brodeur presents Naval Cadet S.R. Bell with his promotion to Acting Sub-Lieutenant. In this photo SLT Bell's mother helps with his new epaulettes. Photo Credit: Cpl Levarre McDonald



LCol Leo Brodeur presents Officer Cadet J.W. Zillman with his promotion to Second Lieutenant. Photo Credit: Cpl Levarre McDonald



LCol Leo Brodeur presents Officer Cadet C.L. Readman with his promotion to Second Lieutenant. Photo Credit: Cpl Levarre McDonald



LCol Leo Brodeur presents Officer Cadet M.K. Burt with his promotion to Second Lieutenant. In this photo Second Lieutenant Burt poses for a group photo with his family and LCol Brodeur. Photo Credit: Cpl Levarre McDonald



LCol Leo Brodeur presents Officer Cadet E.S.C. Chapman with her promotion to Second Lieutenant. Photo Credit: Cpl Levarre McDonald



LCol Leo Brodeur presents Officer Cadet Biskey with his promotion to Second Lieutenant. In this photo Lieutenant Colonel Brodeur helps Second Lieutenant Biskey with his new epaulettes. Photo Credit: Cpl Levarre McDonald

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Please mail or drop off your completed entry form at the Voxair office
Bldg 63, Room 104, nlt 23 June 10.

2010 Sports Awards Breakfast

On Friday 21 May 10, 17 Wing Winnipeg paid tribute to those individuals who, through their tireless efforts, were instrumental in the overall success of the Wing Sports Program this year. These individuals have shown a certain level of enthusiasm and dedication to their sport. The awards presented were given to those members whose performance both on and off the playing surfaces typifies the qualities of professionalism and sportsmanship. Whether it be through individual achievements or a concentrated team effort each recipient clearly displayed outstanding talents in each of their respective fields. Congratulations to all award winners. Thanks to the staff at the Officers' Mess for the outstanding breakfast that they served for our sports members. We hope that you will continue to strive for personal excellence. As well, we look forward to your continued involvement with the sports program here.



**Official Of The Year:
Capt Christian Palavacino**

Capt Christian Palavacino is an outstanding member of the Canadian and International Official community as well as a proud member of the CF. Over the course of his career, Christian has had the opportunity to travel all over the world officiating various soccer competitions. In 2009, Christian was selected to be the Chief Official at the Men's PR Soccer Championships at 17 Wing Winnipeg. After officiating this event, Capt Palavacino was selected to referee the CF Men's national Soccer Championships in Borden, On. Capt Palavacino made his professional debut as an official this spring in the Whitecaps vs AC St.Louis game. Capt Palavacino's dedication and passion to both officiating and the sport of soccer make him a well respected and sought after individual in the soccer community. Capt Palavacino is a true example of the class and commitment that make up a member of the CF and he takes great pride in officiating for these soccer events.



**Female Athlete Of The Year:
Capt Julia Rantz**

Over the past year, Capt Rantz has displayed her dedication towards the CF Sports Program by representing 17 Wing Winnipeg at numerous PR and CF National Sports Championships and representing the CISM Women's volleyball program at various competitions throughout the world. Without question, this member displays important qualities that set her apart from other athletes. Julia was busy in 2009 with many sports teams. In March 2009, Capt Rantz competed in the PR VB Championship with the 17 Wing Winnipeg team. The team finished 1st out of 4 teams and did not lose a game. This lead the team to the CF Volleyball Nationals in Comox, BC, where they place 2nd out of 5 teams losing in the Championship final to Ottawa who was undefeated the entire tournament. Julia was named MVP of one game in the round robin against 14Wing Greenwood and was the team's captain. In June 2009, she competed with the Canadian Forces team in the Women's CISM Volleyball Championships in Rio de Janeiro, Brazil. The team finished 6th out of 6 teams, competing against nations such as Germany, USA, Greece, Italy and Netherlands. This competition meant being involved in a selection camp in Trenton, along with a week long intensive training camp in Cherry Point Marine Base in North Carolina, where the team practiced 3 times a day. She competed on the Women's Slo-pitch team that won the PR W Slo-Pitch Championships in Shilo. This win earned the team a place in the CF National W Slo-pitch Championships in Borden where the team placed 3rd out of 5 teams. Capt Rantz was selected as a member of the All-star team. In the fall of 2009, she began playing for the 17WG Women's hockey team. Julia played in the I/S VB league with You Got served who were league finalists. In her own time, Julia played in 2 different beach volleyball leagues and also played in an indoor co-ed volleyball league. Capt Rantz's enthusiasm and dedication to all her teams is undeniable. She provides leadership and guidance to her teammates and thrives off the energy of being a part of these sports teams. This members hard work, dedication and love is clearly evident whenever she enters a playing surface.

Awards continued next page...

**Male Athlete Of The Year:
MWO George Lake**



This highly motivated multi-sport athlete, whose tireless dedication toward the Wing Sports Program has paid huge dividends in 2009. He displayed his talents both on the ice and on the ball diamond as he led the 17 Wing Winnipeg Oldtimer's hockey team, as an assistant captain, to an exciting overtime finish in front hometown crowd at the PR Hockey Championships. At the CF National Oldtimer's Hockey Championships, the team faced some tough competition and lost 7-2 in the semi-finals to the Quebec Region. He coached the base men's Hockey team to the PR Semi-finals. He is a member of the Base ball Hockey team and a member of the PSP F&S slo-pitch team that won the I/S Slo-pitch Championships. George's commitment to sports makes him an excellent competitor and an asset to all these teams and the 17 Wing Sports program. His tireless determination and work ethic is a testament to not only 17 Wing Winnipeg but the CF in general.

**Coach Of The Year:
Sgt Cindy Kennedy**



Sgt Kennedy led the 17 Wing Winnipeg Women's slo-pitch team to a successful 2009 season. Cindy helped create a cohesive team achieving new higher goals building on the previous year's outstanding performance. Her players see her as an inspiring leader, a role model and a friend. She is well respected for her commitment to excellence and her ability to teach, guide and lead in times of struggle. This was clearly demonstrated as she was able to steady the nerves and regain the focus of the team after they lost the 1st game of the PR W Slo-pitch Championship. The team went on to overcome all other obstacles they faced in the tournament as they defended their title as PR W Slo-Pitch Champions. Sgt Kennedy led the Women's slo-pitch team to the CF National W Slo-pitch Championships where the team got off to a great start finishing the round robin in 1st place with a 3-1 record. In the Women's semi-final, the Women's team came up against a tough

Atlantic region team losing 10-6 in a very tight contest. Cindy is an athlete herself, and her traits as an athlete come through in her vision, dedication and sportsmanship. This member will be sorely missed as she is being posted to Comox. Congratulations to the Coach of the Year- Sgt Cindy Kennedy

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

Join Winnipeg and Bike to Work!

On June 25th, leave your car at home and join the rest of Winnipeg for Bike to Work Day 2010! This event will mark the third year for the City of Winnipeg and the second year for 17 Wing commuters to be encouraged to be a part of their community and get involved in a growing trend, active transportation!

What is Active Transportation?

Active transportation refers to any form of human-powered transportation – walking, cycling, using a wheelchair, in-line skating or skateboarding. There are many ways to engage in active transportation, whether it is walking to the bus stop, or cycling to school or work.

Why Active Transportation?

Why not?! Seriously though, the benefits to active transportation include, but are not limited to:

Health – every adult should look to accumulate 30 minutes or more of moderate intensity exercise most days of the week. Active transportation provides an opportunity to be physically active on a regular basis. Don't have enough time? For commutes of about 10 kms or less, cycling time is often comparable to motorized travel. Consider any extra time required as time well spent on physical activity (that you don't have to schedule in later).

Social – active transportation is accessible to Canadians and increases social interactions, especially when combined with the variety of organizations such as Bike to the Future and the Manitoba Cycling Association, who are devoted to representing the interests of cyclists in the province.

Transportation – tired of sitting in traffic? Active transportation reduces road congestion. Think of the stress that will be alleviated from sitting around and waiting for the lights to change or traffic to clear.

Environmental – personal transportation accounts for almost half of the greenhouse gas emissions produced by households. By turning to your feet or bicycle for everyday travel you can quickly and easily reduce your carbon footprint.

Economic – in the city, the bike travels at half the speed of a car, takes up one tenth of the space on the road, and one twentieth of the parking area. By cycling you are not only saving money on gas and parking but helping to avoid road construction and expansion of parking lots, reducing taxes.

How?

The rules of the road will be your main guide when riding your bicycle, additional considerations for cyclists include staying clear of doors opening on parked cars or signaling a left turn. Be sure to check the resources section at biketothefuture.org for more information, "Tips" and information on "Safety & Education."

Ready to give it a try?

Ensure your bike is roadworthy; take it to a bike shop if in doubt

Wear a helmet and bright and/or reflective clothing

Get familiar with your bike and ride a few times in the evenings and weekends to get comfortable

Plan your route by referring to a Winnipeg Bike Map or consulting friends, neighbours or co-workers who commute by bike for advice

Have a bike lock and always lock your bike frame to a bike rack or immovable object

Be sure to carry identification, cell phone or change for a payphone in case of an emergency

Decide whether to ride in your work clothes or carry a change of clothes with you

Appreciate what's around you, it's a whole different world from the one in a car

Following your walk, cycle or in-line skate to work on June 25th, join Health Promotion and the MFRC at either 1 Canadian Air Division gate or in front of the MFRC from 0700 – 0800 hrs for safety giveaways and a healthy snack!

For more information contact Health Promotion @ 4150/4995/4160 or the MFRC @ 4507.

Sports Awards Continued



The 17 Wing Winnipeg Women's Volleyball team dominated the PR with their stellar play. This was largely due to hard work and dedication, strong coaching and winning attitudes.

The Stingers participated in the 2009 Winnipeg Women's Volleyball League from Oct to Mar, finishing 2nd in their Tier. Their strong showing was awarded with advancement to a higher tier. The Stingers hosted their 1st tournament to prepare for the upcoming regionals and finished an impressive 2nd, defeating teams from higher tiers to advance to the Championships final.

The PR Women's Volleyball Championships were held in Cold Lake 6-9 Mar 09. Competing with teams from Moose Jaw, Edmonton, Calgary and Cold Lake, the Stingers finished the round robin in 1st place, losing only 1 set to the host team from Cold Lake. They continued their dominance in the

Championship final, defeating Cold Lake, 3 sets to 1 to be crowned the Prairie Region Women's Volleyball Champions. The CF National Volleyball Championships were held in Comox, 25-29 Apr with Esquimalt, Greenwood, Borden, Ottawa and Winnipeg representing their respective regions. The round robin ended with Winnipeg sitting in 2nd place and they moved in to the semi-finals easily defeating the Atlantic region. The CF National Women's finals was a well played contest between two evenly matched teams but when the last point was scored, the 17 Wing Winnipeg Stingers had lost to the defending champions from Ottawa in the Championship final. The Stingers volleyball team should be congratulated on an outstanding season and a great run. They have garnered all kinds of respect by the class, integrity, strength and determination displayed by each and every member of this team.

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New 17 Wing Community Recreation Association Fees Effective 1 July 2010:

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Ordinary
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Family 126.00

Associate

12 Months
Single 221.00
Family 575.00

6 Months
Single 405.00
Family 299.00

1 Month
Single 42.00
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Student Membership (May – August)

Regular – 25.00

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Associate - 60.00

Bike to Work Breakfast

As part of Winnipeg Bike to Work Day 2010, the MFRC and Health Promotion invite you to:

Bike, rollerblade, walk or carpool to work and stop by for a FREE healthy snack, coffee and/or juice to kick start your day!

When: 25 June 2010
0700 – 0800 hrs
Where: MFRC Parking Lot & 1 Canadian Air Div

For more information contact:
Health Promotion @ 4150/4995/4160
or MFRC @ 4507



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DATE: Wednesday, 16 June 2010
TIME: 1300 – 1500 hrs
WHERE: Manitoba Legislature Bldg

For More Info or to Register contact
Health Promotion @ local 4150 or 4995

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Youth volunteer recognized by MFRC

On Thursday May 20, a group of families and friends of the MFRC gathered to watch the opening game of the Winnipeg Goldeyes baseball team. At that game, we were pleased to present an award to one of the MFRC youth volunteers.

We don't usually have an award for youth volunteer of the year, but this year we have made an exception and decided to present this award for outstanding volunteer service to Matthew MacRae.

Matt has been volunteering at the South Side Youth Centre since September 2009, every Wednesday and Thursday. He treats his volunteer time as a real job, and all of the children he works with adore him.

He has also volunteered during spring break and at the Reunion Retreat Weekend, giving up his own spare time to do this.

Matthew is a good, responsible teenager who loves to volunteer not because he has to, but because he wants to be there.

This is our small way of saying thank you Matthew.

Hop aboard the Prairie Dog Central

Come celebrate Fathers' Day with us. The MFRC will be hosting the Prairie Dog Central on June 20, 2010. You're invited to wear your yellow ribbon and show support for the men and women of our Canadian Forces and their families while spending this special day with dad. Dads will be given a button declaring them a super dad. Be sure to arrive early to Inkster Junction Station and have a picture taken along side the locomotive or with one of the many vintage military vehicles that will be on display. Upon our return to the station, browse through our

Yellow Ribbon merchandise in support of our Canadian Forces and their families. The Winnipeg Military Family Resource Centre will have gift bags to be won during the train ride and one lucky passenger will take home a gift basket! Tickets are \$17.95 for children and \$25.95 for adults. For more information, please visit the Prairie Dog Central website <http://www.pdcrailway.com>. The train departs Inkster Junction Station at 11 am and arrives back at 2:30 p.m. We'll be stopping in Warren and Grosse Isle.

Fire up the Grill! MFRC barbecues begin June 16

It's that time of year again. The Military Family Resource Centre will be hosting lunch-time barbecues from 11:30 a.m. to 1 p.m. every Wednesday throughout the summer. We'll be grilling up hot dog, smokies and hamburgers. Come over to the MFRC, 102 Comet Street and enjoy your lunch. See you there.

The MFRC needs your email address

Starting in September, the MFRC's Community Connections newsletter will be published monthly and distributed electronically. To ensure you keep getting information about the MFRC's programs and services, please email wpgmfrc@autobahn.mb.ca with the email address to which you'd like us to send it. Please use the subject line Community Connections.

Around the World in 60 Days Kidventures offers a summer full of fun

Pack your bags and grab your passport! This year, Kidventures is going to explore the world. Each week is a new adventure. Some of the activities planned include field trips, crafts, field games, swimming and cooking. Our low staff/child ratio ensures that your child will get individual attention from our enthusiastic staff.

Registration is happening now, so pick up your package and ensure your child is able to participate before all the spaces fill up! Registration packages are available for pick up at the MFRC's front desk at 102 Comet Street. You can register your child for one week or the whole summer.

Kidventures runs from 9 a.m. to 3:30 p.m. Monday to Friday. Extended care, if needed, is available from 7 a.m. to 5 p.m.

The cost is \$85 per child per week. Extended care is available for an additional \$20 per week per family.

July 5-9 Orient, July 12-16 Medieval Europe, July 19-23 Island Hopping, July 26-30 Latin America, August 2-5 Australia, August 9-13 Canada, August 16-20 Africa and August 23-28 Wilds of the World.

For more information, please call 833-2500 ext 4500 or email diane.brine@forces.gc.ca



Barbara Thuen, MFRC Coordinator of Volunteers presents Matt MacRae with a special award to acknowledge his volunteer service at the MFRC.

Bison award for May



At the MFRC coffee break on May 6, 2010, MFRC Executive Director Don Brennan presented the bison award to LCol Leo Brodeur for his support of the MFRC. The bison award is presented to an individual or group who has demonstrated outstanding support of the MFRC. Photo Credit: Cpl Levarre McDonald.

Want to see the WORLD in less than 60 days?

Got your Passport? Suitcases Packed?

Summer Vacation and need something to do?



Come along with MFRC Kidventures as we travel the world this summer.

Stops include Medieval Europe, Australia, Africa, and the islands of the world.

With a field trip every week to places such as Tinkertown, Fun Mountain, Fort Whyte Alive and Vertical Adventures.

Open to children that have completed Kindergarten to Grade 6.

Cost is \$85 for the week and \$20 for prepaid extended childcare.



For more information:

Visit the MFRC @ 102 Comet Street

Online at www.mfrc.mb.ca

Call us at 833-2500 ext 4500 or 4508

Chaplain's Corner

Renowned religious leader is fawned over by a well-known call-lady in public setting

It had all the markings of a scandal. It was a scandal. "Renowned religious leader is fawned over by a well-known call-lady in public setting" is how the website headlines read. When asked, the owner of the establishment where this was alleged to have occurred, a local community council member, expressed his shock and outrage over the incident: "She embarrassed everyone- she was crying, kissing him- why, she even dumped a bottle of expensive massage oil over him. The smell filled the room. We all just wanted her to go away!", he reported, speaking on a talk-show program. "This guy should not have tolerated this. In fact, he seemed to be enjoying it! We all wondered how he knew her- maybe he should be more careful. It wasn't so long ago that others fell from power over slipups like this." he said, referring to the ex-governors' recent divorce and remarriage to an exotic dancer.

What wasn't so well reported was the response of the religious leader to the accusations. Far from denying things, he used the whole incident to make a point about abstract theological concepts. Those talking with him about the event had trouble really understanding what he was saying. Well, as one news organization says: "We report, You decide", so here is what the Jewish Rabbi named Jesus had to say when he appeared with Greta Van Susteren, On the Record:

"After the woman poured oil on me, and washed my feet with her hair, I turned to the host and said "Simon, I have a story to tell you." "Tell me, Rabbi," he said.

"Two men owed money to a certain moneylender. One owed him fifty thousand dollars, and the other five hundred dollars. Neither of them had the money to pay him back, so he cancelled the debts of both. Now which of them will love him more?"

Simon replied, "I suppose the one who had the bigger debt cancelled." "You have judged correctly," I said.

Then I turned toward the woman and said to Simon, "Do you see this woman? I came into your guest house, and you did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. You did not put oil on my head, but she has poured perfume on my feet. Therefore, I tell you, her many sins have been forgiven—for she loved much. But he who has been forgiven little loves little."

Then I said to her, "Your sins are forgiven." The other guests began to say among themselves, "Who is this who even forgives sins?" I said to the woman, "Your faith has saved you; go in peace."*

So Jesus seems to be claiming that he can do what really only Jews think God can do- forgive sins. And he equates the forgiveness of sins with extravagant expressions of love- and suggests that, despite her background, she can have peace. We are all still scratching our heads over that one.

*Luke 7: 36 ff

-Padre Bob Granholm

In Memoriam



Trooper Larry John Zuidema Rudd was killed after an improvised explosive device detonated during a routine security operation, about 20 kilometres southwest of Kandahar City, in the Panjwa'i District, at approximately 12:30 p.m. Kandahar time on 24 May 2010

Trooper Rudd was from the Royal Canadian Dragoons, serving with 1st Battalion, The Royal Canadian Regiment, based in Petawawa, Ontario.

All members of Task Force Kandahar are thinking of the family and friends of the fallen soldier during this difficult time. We will not forget this soldier's sacrifice as we continue to bring security and hope to the people of Kandahar Province.

Together in Church

CATHOLIC

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

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

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

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

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

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

PROTESTANT

CHAPLAINS

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

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.



CLASSIFIEDS

6 foot Wood fence for sale approx 140 feet. Asking \$250.00 OBO. Call 885-0394

For Sale:
Tonneau Cover with all rails and fittings for 8 ft pickup truck box. It was on a 98 F150.
Asking \$75. Call Angela 444-2304 or loc 4214

426 Thunderbird Squadron Association 18th Biennial Reunion. Aug.17 - Aug 20, 2010 in the National Air Force Museum of Canada, 8 Wing Trenton. Guest speaker LGen(RET) Bill Carr. Contact Clay Smith 613-968-7998 or clay426reunion@live.com. Registration forms can be found on the 426 web site.

**Having A Garage Sale?
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The Deadline for the next issue is May 28

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TAROSCOPES

BY
NANCY

Aries (March 21 - April 19):

As things change around you your hope is renewed. Consequently you might be inclined to feel defeated when challenges arise. Instead, look for solutions while things are still manageable. A win/win situation is possible but it takes effort and good communication.

Taurus (April 20 - May 20):

You might want to maintain the status quo, but change is in the air. You must be socially aware. You can't just push your own agenda. Stay in touch with those most affected by your decisions. Don't let outside influences affect your ability to comprehend your reality.

Gemini (May 21 - June 21):

You're driven by needs that you can't quite define. A sense of urgency prevails, but it's best to try to slow down. If you don't you may reach a goal quickly, but a sense of satisfaction will not be there. Review what it is you truly want. Dig deeper than the obvious.

Cancer (June 22 - July 22):

You're starting to step back and see things through the light of reality. This can be very harsh and may make you wonder what you've been missing. You need to take control of a situation that has deteriorated greatly. If you don't pay attention, you could lose something special.

Leo (July 23 - August 22):

Your options are shrinking and yet there are still lots open to you. You just need to find the energy and have a reason to get moving. Before you see permanent, positive progress, you have to change at a very elemental level. It's worth it because a dull life bores you.

Virgo (August 23 - September 22):

You want answers that will give you a sense of hope or a renewed faith. Consider mixing what you've learned in life into a belief system that is uniquely your own. What is important are your core values and once you do some soul searching you'll see them easily.

Libra (September 23 - October 23):

Take time to practice things that bring you back into balance. Withdraw and rejuvenate so you'll have more energy. Look at how you can transform your life so that it more closely resembles what you believe in and what you love most.

Scorpio (October 24 - November 21):

This is a time to take action. Be logical, patient and sensible. Unfocused efforts are wasted. You will excel by patiently sticking to the course you set. For greater success, pool your efforts with others who are also concerned with worthwhile endeavours.

Sagittarius (November 22 - December 21):

Being a chameleon has served you well in the past. A sharp mind has kept you one step ahead and clear of others with issues. All the savvy in the world may not save you from what's coming. Your only responsibility is your future. Don't impose your will on others.

Capricorn (December 22 - January 19):

You're feeling pulled in a number of directions. The strongest pull may come from something that was rewarding in the past. If a mentor has given you wise advice, share this with others. But remember to also walk your talk or the effect will be ruined.

Aquarius (January 20 - February 18):

You're feeling the need to withdraw and explore your inner creative nature. Your desires and what fulfills you emotionally are what is most important to you now. You feel stronger, more able to get out and do what needs to be done to work at the business of living.

Pisces (February 19 - March 20):

Stronger and wiser you're now ready to take centre stage. You are flexible and can adapt when opportunities arise. If you've side-lined some of your dreams, now is the time to reconsider making them a priority. Use your creativity; be persistent. See yourself winning.



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