



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

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Improvements around the Wing



There's plenty of work going on at the Wing this month as plans are made to renovate the Residential Housing Units (left) as well as fixing the Roofs on Buildings 60-64 (above). See inside page 2 for more information.

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Renovations begin on Wing's Residential Housing Units

Sgt Bill McLeod

Wing Public Affairs Photojournalist

The Canadian Forces Housing Agency (CFHA) has begun renovations and upgrades to 32 of the Wing's Residential Housing Units (RHU) which includes major redesigns to the ground floors of 8 of those units.

"The ground floors will be totally redesigned on those units," said Mark Labossiere, the Chief of Technical Services for the CFHA in Winnipeg. "It will mean the main floors will be brought right down to the studs," he says.

Sixteen one-and-a-half storey and eight 2

bedroom bungalow RHUs located throughout the South Residential Housing Area will undergo different renovation options. These renovations will involve either the total replacement of kitchens or replacement of kitchens and conversion of a main floor bedroom to a dining room in one-and-a-half storey RHUs to kitchen replacements in the 2 bedroom bungalows.

Further upgrades are planned on all styles of RHUs in the future. "We've got to juggle a bit because it's hard to upgrade occupied units," says Labossiere. According to the Canada Mortgage and Housing Corporation rental vacancy rates in Winnipeg are some of the lowest in the country.

Two different contractors hired by the CFHA will carry out the current round of major redesigns on empty 3 and 4 bedroom duplex and detached units located in the North Residential Housing Areas Air Force Way neighbourhood. These redesigns are focused on the main floors of those units and will include renovations to the kitchens, construction of new bathrooms, and electrical upgrades.

"This is great news indeed," said 17 Wing Commander Colonel Yvan Boilard about the start of construction. "We have been working diligently with Lisa Schwark and Marc Labossiere at CFHA to get these renovations on the books. For Winnipeg,

this is a first in 10 years."

Some units may be available for tenants in the coming 2011 Active Posting Season but all RHUs are scheduled to be completed and available for occupancy by 01 August 2011.

For more information about 17 Wing please visit:

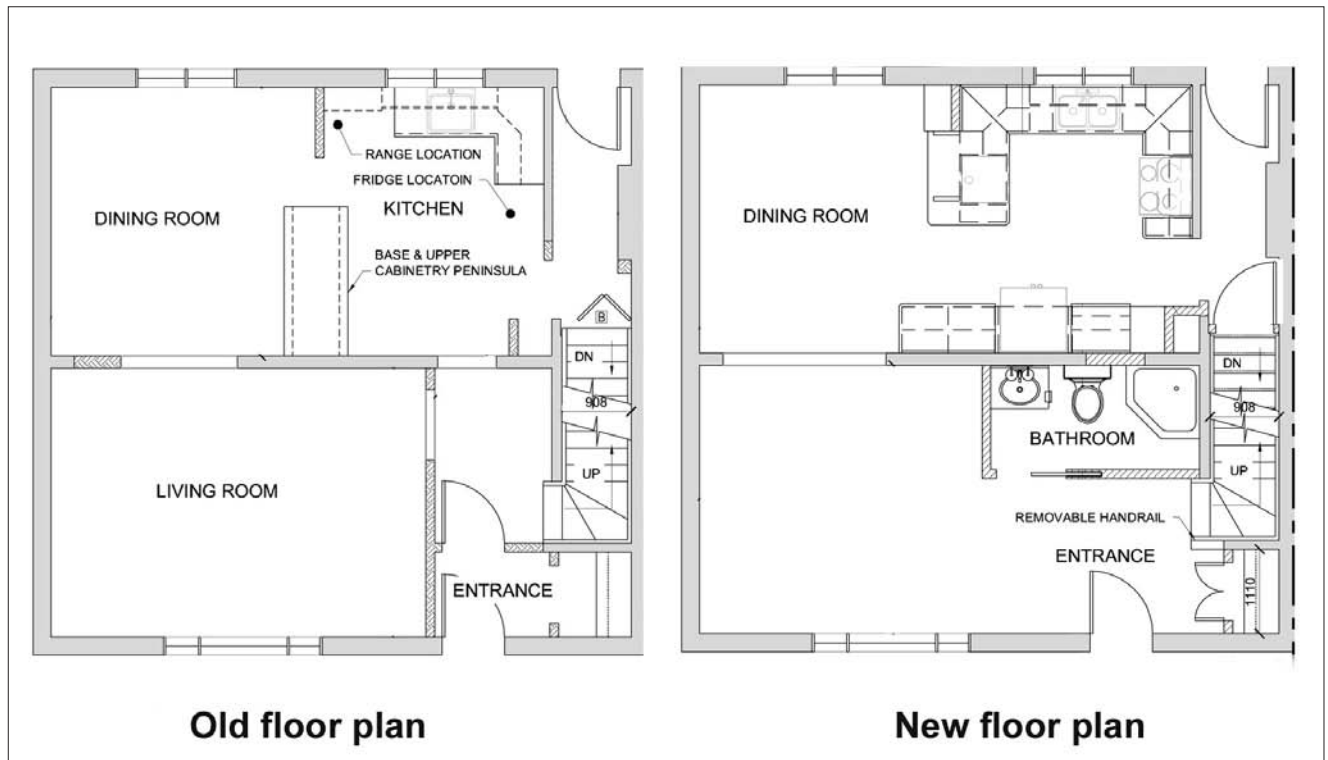
<http://17wing.winnipeg.mil.ca/main/>

For more information about CFHA Winnipeg please visit:

<http://www.cfha-alfc.forces.gc.ca/hl-el/winnipeg-eng.aspx>



Outside view of 505 Moorgate, one of the 4 bedroom, 2 storey residential housing units to be upgraded this year. Photo: Sgt Bill McLeod



The old and new main floor plans for a 4 bedroom, 2 storey duplex in the Air Force Way RHU area. The new main floor will feature a redesigned kitchen and the addition of a main floor bathroom. Photo submitted

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MCpl Diebert, 1 Can Air Div, A4 MOV 5-2-3 receiving her new rank from Col Ross, A4 Log. Photo: Submitted

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17 Wing Squadron helps RCMP, local EMS find downed aviators near Elma

Capt Jeff Noel

17 Wing Public Affairs Officer

"Two individuals are safe today thanks to their cool headedness and the combined efforts of a CC-130 Hercules aircraft and crew from 435 'Chinthe' Transport and Rescue Squadron based at 17 Wing Winnipeg, Man., the Lac du Bonnet Royal Canadian Mounted Police (RCMP), as well as local residents and Emergency Services from the Elma, Man. area.

The two Winnipeg residents were aboard of a small single-engine aircraft that was returning to Winnipeg during the early evening of Saturday, February 12, after a day outing to Whiteshell Provincial Park when it began to experience engine problems forcing the pilot to land the ski equipped aircraft in an open rural marsh area near the Community of Elma, Man.

On arrival at the search area, the 435 Squadron crew were quickly able to establish two-way communications with the downed aviators.

Although a Search and Rescue Technician (SAR Tech) Team lead by Sergeant Randy McOrmond aboard the Hercules had already made preparations to perform a night-jump to assist the downed aviators, the jump was cancelled when it was determined that the occupants were uninjured and in no immediate danger.

"The fact that the pilot kept his cool and did a superb job landing his disabled aircraft in the marsh was a significant

reason why they were assisted in a timely manner," said Capt Tom Kolesnik, a pilot with 435 Squadron and RESCUE 323's aircraft commander for the Search and Rescue (SAR) mission. "Once we determined they were okay, we remained overhead and guided the RCMP and the ground party to the site, and then we used aerial flares to provide them with illumination."

RCMP spokesperson Constable (Cst.) Miles Hiebert stated that this rescue is a superb example of the outstanding day-to-day cooperation and teamwork that exists between the RCMP and the Canadian Forces.

"The RCMP is proud to work with the men and women of 17 Wing Winnipeg," says Cst. Hiebert. "The assistance of 17 Wing and the Canadian Forces has been invaluable time-and-time again in our efforts to locate lost and missing persons and the results are measureable in the numbers of lives saved," he said.

17 Wing's 435 Squadron provides primary Canadian Forces SAR response throughout the Prairies and the Arctic which forms part of the Joint Rescue Coordination Centre (JRCC) Trenton Search and Rescue Region (SRR). Extending from Quebec City to the British Columbia/Alberta border and from the North Pole to the Canada/United States border, the Trenton SRR is the largest of the three SRRs in Canada.

Responsibility for the "overall effective operation of the federal coordinated maritime and aeronautical SAR system" in Canada is assigned to the Commander of Canada

Command. Responsibility for SAR operations is divided into three SRRs, named after their respective Joint Rescue Coordination Centres (JRCCs): JRCC Victoria, in British Columbia; JRCC Trenton, in Ontario; JRCC Halifax, in Nova Scotia.



A Herc was dispatched from 17 Wing to help locate the downed aviators. Photo: Submitted

WRTF Receives Wing Commander's Commendation

Sgt Bill McLeod

Wing Public Affairs Photojournalist

"This is one of the most fulfilling jobs I've ever worked," says 17 Wing Readiness Training Flight (WRTF) Warrant Officer (WO) Rob McSorley. "It feels good knowing that we give deployed personnel the skills to survive in a hostile environment."

On 14 December 2010, 17 Wing Commander Colonel Yvan Boilard presented a Wing Commander's Commendation to the WRTF for their outstanding performance. The Commendations script says it all: "17 WRTF epitomizes the term 'Centre of Excellence' for Air Force readiness training."

In particular, the Commendation mentioned the period 20 September to 8 October 2010 when the WRTF conducted pre-deployment training for 102 members of the Canadian Commander Kandahar Airfield (COMKAF) Roto 11 team. The Roto 11 Commander, Lieutenant-Colonel Doug Baird wrote, "This course was the best course I have attended in 25 years of military service."

According to WO McSorley, the Flight conducted approximately 4000 qualifications for about 2500 individual Air Force personnel in 2010. This included collective training for large groups such as Task Force Afghanistan Air Wing, 8 Mission Support



MCpl Ray Cameron observes a CBRN course do a decontamination drill at 17 Wing Readiness Training Flight. Photo: Sgt Bill McLeod



Sgt Jason Cuppage inspects 2 Canadian Air Division Chief Warrant Officer Bill Dalke's C7 rifle during the Chief's annual weapons training. Photo: Sgt Bill McLeod

Squadron engineers, and two COMKAF contingents.

But the WRTFs bread-n-butter is the provision of Annual Readiness Training for the members of Team Winnipeg who, as a condition of their military service, may be deployed at any time.

The WRTF conducts courses in First Aid, safe weapons (pistol and rifle) handling, Chemical-Biological-Radiation-Nuclear defence (CBRN), land navigation and communications, Rules of Engagement (ROE) and law of armed conflict. For those Team Winnipeg members who require it, the Flight also provides instruction on the safe use and handling of grenades and machineguns.

"One of the purposes of our training is

to develop the members confidence in their equipment; that it will provide the protection required in a real world environment", says Master Corporal Ray Cameron, an Aerospace Control Operator (AEC Op).

Commanded by Captain Robert Hawley, an AC Officer, and comprised of 13 members from various military occupations such as Resource Management Support, Search and Rescue, Aerospace Control and Infantry the WRTF is a key component of the 17 Wing Operations branch.

According to WO McSorley, WRTF already has 2 COMKAF courses scheduled for this year along with their regular annual training and as he puts it, "any last minute fastballs."

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Body building couple builds on love of working out

Shane Gibson
Voxair Photojournalist

The dedicated work of a husband and wife team at 17 Wing Winnipeg's gym has earned them the title of Athletes of the Month for February.

Lt Kevin Brown and his wife, Lt Karyne Brown, earned the honour for spending a minimum of one hour a day, seven days a week, training to reach their high standards of physical fitness.

"It's great, and a bit of a surprise because we take our PT regularly and never thought we'd be getting recognition for it," says Karyne, who began training with Kevin, a body builder, about a year ago. "We're encouraging each other and spending time together at the same time doing something that we like."

Kevin has been a competitive body builder for the two years, and is training for a competition he plans on entering in March 2011. Karyne, who is new to the sport, is training for a figure competition she'll enter

next March as well.

"It won't be my first competition, but it will be Karyne's first, and I guess she kind of merged into it with me as I've gone along with it," explains Kevin. "She's started to see the results, and I think that's what has kept her going with it."

Kevin and Karyne were married four months ago, and Kevin says working out together has been a great way for the busy couple to spend time together.

"It's been fun because it gives us an activity to do together and something to talk about when we've got nothing to talk about," he says, adding that he writes the workout programs for both of them, and knowing that they're both doing similar workouts even while he is away on temporary duty makes them feel a little closer while he's away. "We're both doing the same thing, so we can talk about it, even though we may be miles away from each other."

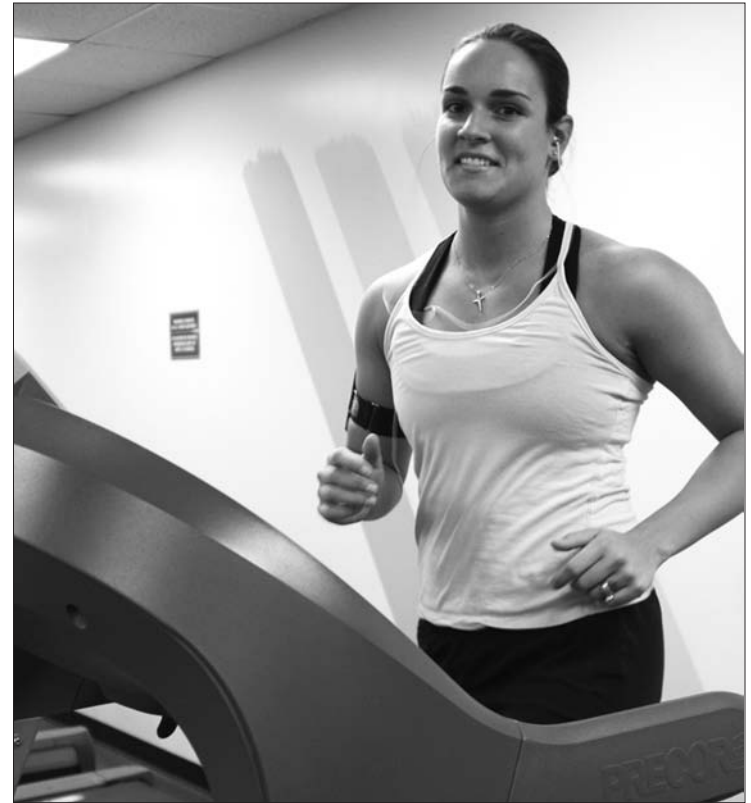
The couple can usually be seen at the gym early in the mornings be-

fore they head to work, alternating between lifting weights and doing cardio work, including running and biking, depending on what part of their exercise cycle their on.

"There's times that you try to gain weight and other times that you try and lose weight," explains Kevin, whose weight can fluctuate as much as 40 lb. between competitions. "When your trying to gain you don't necessarily do as much of the cardio, but when you're losing you kind of kick it in."

Kevin first got interested in body building several years ago as a way of getting into shape before he joined the forces, and Karyne says she decided to join her husband at the gym because she wanted to try something new.

"It's very difficult and you need a lot of discipline," she says of the workout program, adding her work at the gym is also encouraging those around her to keep fit. "I encourage PT with my subordinates, and they see what I'm doing and they end up going as well."



Karyne Brown and her husband Kevin train daily to compete in figure and body building competitions. Not picture, Kevin Brown, who was busy with First-aid training. Photo: Shane Gibson

17 Wing Archery Club holding 3D tournament

Shane Gibson
Voxair Photojournalist

The 17 Wing Archery Club has joined forces with the Red River Archers to co-host an Indoor 3D Tournament at 17 Wing Winnipeg later this month.

The indoor tournament is the first hosted by 17 Wing Archery Club since it was started three years ago, and club president Maj Ron Cooney hopes to see a large turnout for the event.

"We're hoping to get about 60 people out," he says, adding that he's already gotten registration forms from places as far away as Manitou. "It'll be a lot of fun, and it's a great social event for people too... it's a good chance for folks to meet archers from other parts of the province."

The 3D tournament will be held all day on 27 February 2011, and will see archers taking aim at 20 different realistic looking animal targets.

"They're high-density foam targets with scoring rings on them," explains Cooney of the 3D targets. "You have to figure out where you are going to shoot the animal, basically just like as if you were hunting."

"We've got different sizes and types of targets — we've got everything from a

skunk up to a full sized elk."

The course will be set up with each target hidden behind trees and brush at varying distances from the shooting station.

"We'll put things like Christmas trees, branches and deadfalls out there, so you won't necessarily have the full animal view and you're looking through a gap between trees, which complicates you're ranging issues," says Cooney.

Each competitor will get one shot per target, and the winners will be chosen by adding up the scores after two rounds. The tournament has a number of different categories for archers of different age groups and equipment to compete in, and gold, silver and bronze medals will be doled out to in each category once all the scores have been added up.

A special Pee Wee course featuring 10 targets that are a little closer will also be set up during the tournament for younger archers under 10 years of age.

"Everybody will be shooting, whole families come out to these 3D shoots," says Cooney.

The tournament will be held at Bldg. 21, where the 17 Wing Archery Club's 19 members meets twice a week to practice. Cooney says the building offers an amount of space perfect for archery.

"We can shoot up to 50 yards in that room, and that's unheard of for an indoor archery range; usually if you can get out to 30 yards you are doing well," he explains.



Call me Robin! LCdr Paul Stiff was shooting at a 3D Bear target when he "Robin Hooded" one arrow into the shaft of another one. Photo: submitted

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17 Wing heading to Nijmegen

Sgt Bill McLeod

Wing Public Affairs Photojournalist

The Chief of Air Staff has chosen 17 Wing as one of four Wings that will represent the Air Force in the JTF Nijmegen 2011 contingent at this year's 95th International Four Days Marches in Nijmegen, the Netherlands. The March will take place on 19-22 July 2011.

Team Captain Major Heather Collins is looking forward to the event. "I am very proud to have been selected to lead this year's team through the training process and March in July. In addition to the personal challenge this event provides, I hope through participation in the March and the associated ceremonial events that we remind our members of Canada's long and proud history of answering the call to duty and the sacrifice that many made," she said.

The International Four-Days Marches is held every year in the Netherlands and is the largest marching event in the world. While originally designed to raise stamina in marching troops, the March is now also used as a means to promote sport and exercise. In the military category, teams march 40 km on each of the four consecutive days of the March. The march draws approximately 45,000 marchers from 50 different countries. This year will mark the 95th time the March has been held since it began in 1909.

The Canadian Forces (CF) has been involved in the March since 1952. CF members are required to complete the daily marches while carrying a rucksack weighing a minimum of 10 kilograms. The CF JTF Nijmegen 2011 website says that the event is an opportunity to display physical fitness achievements and is also an opportunity for members to pay homage to the courage and stamina of the Canadian troops who helped to liberate the country and provided food and relief to the people of Holland who had suffered terrible hunger and hardship during the "Hunger Winter" of 1944-45.

More than 7,600 Canadians died in the campaign to liberate the Netherlands and those troops will be remem-

bered during various ceremonial events and on the third day of the March Canadian troops will pass the Canadian cemetery at Groesbeek where 2,300 Canadian troops are buried.

"Along with sad remembrances we can also celebrate in Canada's role to provide a safe haven during the war to members of the Dutch Royal family and the wonderful relationship that has blossomed between the two countries," said Major Collins.

Personnel wishing to participate on the 17 Wing team require the support of their Commanding Officers and must be prepared to participate in an intensive training program, requiring both a physical and time commitment. Applications for the 17 Wing team will be accepted up to close of business day on Wednesday 23 February 2011. The application form is available on the 17 Wing Pop-Up Messaging Board.

The 17 Wing team is fortunate to be supported by former 17 Wing Honorary Colonel (HCol) Benardus (Ben) van Ruiten who has agreed to speak to the 17 Wing Nijmegen team in the lead up to the March. HCol van Ruiten grew up in Holland and was a resistor during the Second World War before immigrating to Canada after hostilities ended. His personal perspective on Canada's role in the liberation of his homeland will be greatly valued.

HCol van Ruiten was the longest serving HCol in the Air Force when he finished his tour in January 2007 and is the only HCol who has received a Canada Decoration without serving a day in the military. HCol van Ruiten was also awarded the Meritorious Service Medal for his service to 17 Wing and the Winnipeg community.

For more information on applying for the team please visit the 17 Wing Messaging Board

For more information about the Nijmegen March please visit:

<http://www.cmp-cpm.forces.gc.ca/nij-nim/index-eng.asp>



An Air Force team from 16 Wing Borden marches with a unit from France at the 2010 Nijmegen Four Days March. PhotoL: Submitted

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New Veterans Charter Explained at 17 Wing Winnipeg

Submitted by: **Dorene Saad**
Veterans Affairs Canada

About 500 Canadian Forces (CF) members, their families and Veterans filled 17 Wing Winnipeg Fitness and Recreational Centre for a recent information session by Veterans Affairs Canada (VAC). They came to hear what VAC had to say about the New Veterans Charter (NVC).

VAC information sessions are being held at CF bases across Canada, with support from the Chief of Military Personnel (CMP), Rear-Admiral Andrew Smith.

"There is a lot of misinformation and misunderstanding about the services and supports we offer," said Mary Chaput, Associate Deputy Minister of Veterans Affairs Canada. "We are trying to clear up some of those misconceptions. Our goal is to get you clear information on VAC programs and services that are there for you."

The main presenters from VAC, Katherine Morrow, Program Manager and former CF member, and Stéphane Breau, Director of Client Relations, gave a captivating presentation which explained the proposed im-

provements to the NVC and addressed inaccuracies that have been circulating. During the question and answer session, there was a high level of participation from the audience.

"There was a tremendous turnout and participation from our CF members and families," said Rear-Admiral Smith.

Furthermore, the Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs and Minister of State (Agriculture), recently visited Winnipeg to meet CF members and staff. "In the coming weeks, months and years, you will see many positive changes in the Department," said Minister Blackburn. "We want to hear from you. We want you to know we are listening. We are learning. And we are acting based on your concerns and feedback."

To learn more about VAC programs and services that may be available to you, stop by the IPSC at Westwin Community Centre, Bldg 33 (N), Whytewold Road, Winnipeg, or visit veterans.gc.ca.



Associate Deputy Minister, Mary Chaput addressing members of 17 Wing Winnipeg. Photo: Supplied

La Nouvelle Charte expliquée à la 17^e Escadre Winnipeg

Soumis par: **Dorene Saad**
Veterans Affairs Canada

Environ 500 membres et vétérans des Forces canadiennes, accompagnés des leurs, ont dernièrement envahi le Centre des loisirs de la 17^e Escadre Winnipeg pour assister à une séance d'information donnée par Anciens Combattants Canada (ACC). Ils y sont allés pour entendre ce qu'ACC a à dire au sujet de la Nouvelle Charte des anciens combattants.

ACC donne des séances d'information dans les diverses bases des Forces canadiennes au pays avec la collaboration du Contre-amiral Andrew Smith, Chef du per-

sonnel militaire.

« Il y a beaucoup de malentendus et de mauvais renseignements au sujet des services et de l'aide que nous offrons, a fait remarquer madame Mary Chaput, sous-ministre déléguée à Anciens Combattants Canada. Nous tentons actuellement de dissiper ces malentendus et de vous fournir la bonne information au sujet des programmes et des services que le Ministère vous offre. »

La séance était animée par deux employés d'ACC, Katherine Morrow, gestionnaire de programmes et ancienne militaire, et Stéphane Breau, directeur des relations avec les clients. Après avoir expliqué les améliorations proposées à la Nouvelle

Charte, ils ont captivé l'auditoire en corrigeant la mauvaise information véhiculée. Durant la période de questions qui a suivi, les questions furent pour le moins nombreuses.

« La participation de nos membres et de leurs familles a été formidable », a dit le Contre-amiral Smith.

D'autre part, l'honorable Jean-Pierre Blackburn, ministre des Anciens Combattants et ministre d'État (Agriculture), a lui aussi rencontré des membres de la 17^e Escadre Winnipeg et du personnel du Centre intégré de soutien du personnel (CISP) lors de son récent passage à Winnipeg.

« Au cours des prochaines semaines,

des prochains mois, voire des prochaines années, vous verrez beaucoup de changements positifs au sein du Ministère, leur a-t-il fait savoir. Nous voulons entendre ce que vous avez à dire. Nous voulons que vous sachiez que nous vous écoutons, que nous apprenons et que nous prenons des mesures en nous fondant sur vos commentaires et vos préoccupations. »

Pour en savoir plus au sujet des programmes et des services qu'ACC vous offre, allez faire un tour au Centre intégré de soutien du personnel, situé au Centre communautaire Westwin, édifice 33 (N), route Whytewold, à Winnipeg, ou consultez veterans.gc.ca.

Commander Canada Command visits Joint Force Air Component Commander in Winnipeg

Lieutenant-General Walter Semianiw, visited the 1 Canadian Air Division Headquarters to meet with Major-General Yvan Blondin, Commander 1 Canadian Air Division and Canadian NORAD region and Joint Force Air Component Commander (JFACC). LGen Semianiw met with the JFACC in Winnipeg Manitoba on 3 February 2011 during a cross-country tour to visit subordinate commands.

The Joint Force Air Component Commander (JFACC) provides air support for Canada Command operations.

During his visit to Winnipeg, LGen Semianiw, who is responsible for Canadian Forces operations in Canada, Continental North America and its approaches, also took a tour of 1 Canadian Air Division and the Combined Air Operations Center and then met with senior staff to discuss current platforms and issues.

Ten subordinate organizations across Canada report to Canada Command: six Regional Joint Task Forces (RJTFs), three Search and Rescue Regions (SRRs) and the JFACC. These organizations are delegated with the authority to task available Canadian Forces resources within their areas of responsibility in support of domestic or continental CF operations.

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Four wartime Squadrons celebrate 70th reunion at 14 Wing Greenwood

Maj Chris Larsen
404 Squadron, 14 Wing

Reunions are a fairly common event, but nowhere in Canada will four proud wartime squadrons (sqn) celebrate the formation of their units at the same time. On June 9-11, 2011, the four units will come together and celebrate Rendezvous 2011 (RV2011) at 14 Wing Greenwood in the Annapolis Valley of Nova Scotia.

404 (Buffalo), 405 (City of Vancouver or Eagle), 413 (Tusker) and 415 (Swordfish) Squadrons were formed in 1941 in England as a part of the Royal Canadian Air Force (RCAF) commitment to the defence of Britain.

404 Squadron: Now a Long Range Patrol and Training (LRP&T) Squadron, was formed April 1941 at Thorney Island, United Kingdom and the sqn was to spend its entire wartime life in England and Scotland, serving at over a dozen bases and only within Coastal Command. Aircraft flown included the Bristol Blenheim, Bristol Beaufighter and the de Havilland Mosquito. Known during the war as a ship-busting unit, and a key squadron in the feared 'Strike Wings', 404 also suffered the worst single mission loss (55%) when on February 9, 1945, 6 of 11 Buffalo Beaufighters were destroyed at Fordefjord, Norway. The squadron was disbanded in May 1945.

The sqn was reformed in Greenwood in April 1951 and flew the Avro Lancaster, Lockheed Neptune, Canadair Argus and the current CP140 Aurora. The Buffalo Squadron remained an operational unit until 1975, when, due to a climate of fiscal restraint, the decision was made to markedly reduce the size of the air force. 449 Squadron, the training unit, was disbanded and the training responsibilities passed to 404 Squadron. This was a bitter pill to swallow for a proud operational unit, and with significant effort of unit leadership, command was convinced that 404, along with training, should still conduct operational mission. This decision led to the unique appellation of LRP&T for the unit. 404 is currently the Aurora Operational Training Unit (OTU) responsible for aircrew and maintainer training.

405 Squadron: The sqn is now one of two Long Range Patrol (LRP) Squadrons in Canada (along with 407 Squadron in Comox,



BC). Formed at Driffield, Yorkshire in April 1941, as the RCAF's first bomber squadron, the unit was equipped with the Vickers Wellington and Handley Page Halifax. 405 flew the RCAF's first bombing mission in June 1941, only 10 weeks after formation. For a short period, the unit was attached to Coastal Command flying anti-submarine missions over the Bay of Biscay and protecting convoys enroute to North Africa. Recognizing the effectiveness of this proud unit, orders were received moving 405 into 8 Group, to become a Pathfinder unit, leading and marking for bomber forces. This distinction is remembered through the fact that the unit crest shows the eagle facing right - leading the way, while all other unit's crests face left. The unit was disbanded at Greenwood in September 1945, while participating in the Tiger Force preparations to deploy to the Pacific war.

Reformed in March 1950, 405, along with 404 Squadron, flew Maritime Reconnaissance missions from Greenwood using the Lancaster Mk X. The Pathfinders have spent their entire post-war life as an operational sqn employing the Lancaster, Neptune, Argus and Aurora aircraft.

413 Squadron: The sqn has had a var-

ied existence. Currently a Transport and Rescue unit, it flies the Hercules and Cormorants. Formed in July 1941 at Stranraer, Scotland, it was the first RCAF unit to employ flying boats, the Consolidated Catalina, an aircraft flown by the Tuskers throughout the war. Quickly moved to the Far East, 413 Squadron was employed flying reconnaissance missions searching for Japanese forces. While flying on one of these missions, Squadron Leader Leonard Birchall sighted a Japanese task force and was able to warn Ceylon military authorities, allowing the repulsion of the attack. The Catalina crew were shot down, becoming prisoners, but Birchall was to be remembered as 'The Saviour of Ceylon'. In February 1945, 413, then in the process of being reformed as a Bomber unit, were disbanded at Bournemouth, England.

After the war, in 1947, 413 flew photographic missions employing the Lancaster and Mitchell bombers from Rockcliffe, Ontario. In 1949 the unit changed again, becoming a Survey Transport unit flying the Dakota, Canso and Norseman aircraft. The sqn was again disbanded in November 1950. Reformed a third time less than a year after disbandment, the Tuskers were now

a fighter unit at Bagotville, Quebec, flying the Vampire, Sabre and Canuck aircraft. In January 1962, for the third time, the unit disbanded. In 1968, 103 Rescue Squadron moved from Greenwood to Summerside and was renamed 413 Transport and Rescue Squadron flying the Labrador helicopter and Albatross amphibious aircraft. In 1991, along with 415 Squadron, 413 packed up and returned to Greenwood where it still holds SAR responsibilities.

415 Squadron: The sqn also formed at Thorney Island, stood up in August 1941, and flew its wartime career in both Coastal and Bomber Commands. A quick read of the unit's history identifies a unit that was not well treated by wartime authorities with many moves, often to austere airbases, and being subjected to several obsolete aircraft, including the Bristol Beaufort, Handley Page Hampden, and Vickers Wellington. Notably, the sqn also flew the Fairey Albacore, thus earning the distinction of being the only RCAF unit in the Second World War to fly a biplane in combat operations. In 1944, the unit re-equipped with the Handley Page Halifax, and flew bombing missions until being disbanded in May, 1945.

Reformed in 1961, 415 Squadron called CFB Summerside home, flying the Canadair Argus until 1981 when the unit packed up and moved to its new home at Greenwood. The Swordfish served proudly until 2005 when the unit was finally retired, and has housed its unit colours at the Greenwood Military Aviation Museum (GMAM).

VPI: The fifth celebration during RV2011 will be the 45th anniversary of VP International (VPI). VP is a designation used to identify Maritime Reconnaissance Air Force units. VPI is a service organization that espouses friendship amongst all allied VP air forces.

From June 9-11, 2011, at 14 Wing Greenwood, these four units will come together to celebrate their service to Canada with a series of events to remember the past and anticipate the future of aviation in Greenwood. Events will include a giant meet and greet, a dinner, industry displays and sqn displays.

Further information about the celebration can be found at www.rv2011.ca or write to Major Chris Larsen at chris.larsen@forces.gc.ca

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When: Wednesday, March 02, 2011, 14:00 - 18:00

Where: Western Canada Aviation Museum,
Hangar T2, 958 Ferry Road, Wpg (2nd Floor)

If interested in attending this Open House, please RSVP to kathryn.atamanchuk@standardaero.com or call 788-2229.



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SEVEC and Canadian Forces launch Youth Saluting Youth

A Program Connecting Youth from the Canadian Forces Community and Civilian Youth

Christine Meyer
CFPSA Ottawa

Earlier this month, SEVEC, the Society for Educational Visits and Exchanges in Canada, announced its partnership with the Canadian Forces Personnel and Family Support Services (CFPFSS) for an exchange program connecting youth who are part of the Canadian Forces (CF) community with youth who have little familiarity with the CF lifestyle. Today's launch is the first of three that will take place across the country.

Under the Youth Saluting Youth program, young people aged 12 to 17 years from both civilian and military families will be eligible to participate in exchanges across Canada. Through exchanges, participants will spend a week living in each other's homes and experience life in another environment thereby gaining a greater understanding and knowledge of each other's communities. The Program is funded through private donations.

"SEVEC has long been a leader in facilitating youth exchanges," said Françoise Gagnon, Executive Director, SEVEC. "However, with the many experiences we offer through our cultural and bilingual ex-

changes, there was no program providing youth with a first-hand perspective of what life is like for kids growing up in a military community. In fact, even as adults, few of us have ever been on a base or experienced that lifestyle."

"We are pleased to play a part in this unique program and welcome this opportunity for military families. Exchanges for youth are an excellent way to build bridges and to foster a shared understanding of different family dynamics," said Major General (Ret'd) Douglas Langton, Associate Director General, CFPFSS.

On-hand to mark the celebration were 15 youth affiliated with Canadian Forces Base (CFB) Valcartier and who played host to 20 youth from Plessisville, Quebec. They participated in on-base activities as well as shared thoughts about what makes their lives unique, exploring questions such as: How does it feel to have your parent deployed on a mission? What is it like to be born and raised in the same community without ever having to move?

"At the end of the day, we're all teenagers, we like our music and hanging out with friends," said Cassandra Potvin from

Dollard-des-Ormeaux school in Valcartier. "But my life is different in some ways. I've grown up around the military. My dad wears a uniform and serves in the Forces. Every few years we get transferred to a new town where I don't know anyone. It means I make friends all over the country, it also means leaving friends behind."

"Beyond what kids may hear on the news, most have no familiarity with life for our military families," said Daniel Bernier, a teacher who brought his students to take part in this experience. "Being here, seeing the men and women in uniform, puts it all in perspective for them. It's no longer just a headline in a newspaper, this is real life. It's an educational experience unlike any other."

"Youth Saluting Youth is a wonderful learning opportunity for the young men and women who are selected to take part in this exchange program. It will foster a closer understanding between the youth of civilian and military families across the nation, increase their awareness of the rich cultural mosaic in which we live and prepare them for the leadership challenges of tomorrow. This is an experience that will

last a lifetime." said General (Retired) Raymond Henault, former Chief of Defence Staff and Chairman of the Board and Strategic Executive Advisor, ADGA Group, who was on hand for the event. "ADGA Group is proud to be one of the corporate sponsors for this very worthwhile endeavour, with its emphasis on both military and civilian families across Canada. We salute SEVEC and the Canadian Forces Personnel and Family Support Services for making it a reality."

SEVEC is a national charitable organization and a leader in providing educational exchanges and forums for Canadian youth for 75 years.

CFPFSS is responsible for delivering morale and welfare programs, services, and activities to serving and former members of the Canadian Forces and their families.

For more information on Youth Saluting Youth or other SEVEC programming, please contact:

Françoise Gagnon, Executive Director, SEVEC 613-327-9980, fgagnon@sevec.ca

For more information on Canadian Forces Personnel and Family Support Services, please contact: Christine Meyer, 613-947-3823, meyer.christine@cfpsa.com.

SEVEC et les Forces Canadiennes lancent salut en échange

Christine Meyer
CFPSA Ottawa

SEVEC, la Société éducative de visites et d'échanges au Canada, a annoncé aujourd'hui son partenariat avec les Services de soutien au personnel et aux familles des Forces canadiennes (SSPFFC) pour un programme d'échange reliant les jeunes des familles militaires avec les jeunes civils qui ont peu de familiarité avec le mode de vie militaire. Le lancement d'aujourd'hui est le premier de trois qui auront lieu partout au pays.

Dans le cadre du programme «Salut en Échange», les jeunes âgés de 12 à 17 ans de familles militaires et civils seront éligibles pour participer à des échanges à travers le Canada. Lors des échanges, les participants passeront une semaine à vivre les uns chez les autres afin de connaître un autre environnement, et d'acquérir une meilleure compréhension et connaissance de leurs communautés respectives. Le programme est commandité par des dons privés.

"La SEVEC a longtemps été un chef de file dans la facilitation des échanges de jeunes", a déclaré Françoise Gagnon, directrice générale de la SEVEC. «Cependant, avec les nombreuses expériences que nous offrons par le biais de nos échanges culturels et bilingues, il n'existait pas de programme offrant aux jeunes une perspective de pre-

mière main de ce qu'est la vie pour les enfants qui grandissent dans une communauté militaire. En fait, même à l'âge adulte, peu d'entre nous ont jamais été sur une base ou connaissent ce mode de vie. «

"Nous sommes heureux de jouer un rôle dans ce programme unique et de profiter de cette occasion pour les familles des militaires. Les échanges pour les jeunes sont un excellent moyen de favoriser une compréhension commune de différentes dynamiques familiales." a déclaré le Major-général (retraité) Douglas Langton, directeur général associé, SSPFFC.

Sur place à Valcartier vingt jeunes de Plessisville, Québec ont été accueilli par quinze jeunes affiliés aux Forces canadiennes (BFC) Valcartier pour marquer la célébration du lancement. Ils ont participé à des activités sur la base et ils ont partagé leurs perspectives de ce qui rend leur vie unique. Le groupe de jeunes ont exploré des questions telles que: Comment vous sentez-vous lorsque votre parent est déployé sur une mission? Qu'est-ce que c'est de toujours habiter dans la même communauté, sans jamais avoir à déménager?

"À la fin de la journée, nous sommes tous des adolescents, nous aimons notre musique et sortir avec des amis", a déclaré Cassandra Potvin de l'école Dollard-des-Ormeaux, à Valcartier. "Mais ma vie est différente à certains égards. J'ai grandi dans un

environnement militaire. Mon père porte un uniforme et sert dans les Forces. Toutes les quelques années nous sommes transférés à une nouvelle ville où je ne connais personne. Ça veut dire que je me fais des amis partout dans le pays, mais aussi que je dois laisser des amis derrière."

«Au-delà de ce que les enfants peuvent entendre sur les nouvelles, plusieurs n'ont pas de familiarité avec la vie des familles de nos militaires», a déclaré Daniel Bernier, un enseignant qui a encouragé ses élèves à prendre part à cette expérience. «Être ici, auprès des hommes et des femmes en uniforme, cela le met tout en perspective pour eux. Il ne s'agit plus seulement d'un entête dans un journal, c'est la vraie vie. C'est une expérience pédagogique unique. «

«Salut en Échange» est une merveilleuse occasion d'apprentissage pour les jeunes hommes et les femmes qui sont sélectionnés pour participer à ce programme d'échange. Il favorisera une meilleure compréhension entre les jeunes des familles de civils et des familles militaires à travers le pays, et ils pourront prendre conscience de la riche mosaïque culturelle dans lequel nous vivons. C'est une expérience qui durera toute leur vie et qui saura les préparer pour les défis du leadership de demain.", a déclaré le général (retraité) Raymond Henault, ancien chef d'état-major et président du conseil d'administration et conseiller de la direc-

tion stratégique pour ADGA, qui était sur place pour l'événement. "Le Groupe ADGA est fier d'être l'un des commanditaires du secteur privé de cette initiative notable, qui met l'accent à la fois sur les familles des militaires et les familles civils de partout au Canada. Nous saluons la SEVEC et le personnel des Services de soutien au personnel et aux familles des Forces canadiennes pour en faire une réalité.»

SEVEC est un organisme de bienfaisance national qui organise, depuis 75 ans, des échanges et des voyages éducatifs ainsi que des forums à l'intention des jeunes du Canada.

SSPFFC est responsable de la prestation des programmes de moral et le bien-être, des services et activités de service et d'anciens membres des Forces canadiennes et leurs familles.

Pour plus d'informations sur le programme « Salut en Échange » ou d'autres initiatives de la SEVEC, s'il vous plaît contacter: Françoise Gagnon, directrice générale, SEVEC 613-327-9980, fgagnon@sevec.ca

Pour plus d'informations sur les Services de soutien au personnel et aux familles des Forces canadiennes (SSPFFC), s'il vous plaît contacter: Christine Meyer, 613-947-3823, meyer.christine@cfpsa.com

Afghanistan Film Fest at 17 Wing Theatre

The Afghanistan Film Fest to be held on Saturday, March 12, at 7:00 p.m. in the 17 Wing Theatre is your opportunity to take a look inside Afghanistan at the people and culture in a way that is both entertaining and enlightening. The two documentaries being shown are "The Beauty Academy of Kabul" and "Afghan Star", award winner at the 2009 Sundance Film Festival.

The Film Fest is sponsored by Canadian Women for Women of Afghanistan. CW4WA is a volunteer-based non-

profit organization founded in 1996. Members from over 10 chapters and affiliated groups across Canada are committed to raising awareness of the urgent need to secure human rights for Afghan women and their families. 100% of fundraising proceeds go toward women-centered projects in Afghanistan. For more information, please go to the website www.w4wafghan.ca.

Before the first film and during the intermission, members of the Manitoba Chapter of CW4WA will be selling

products hand crafted by Afghan women. As well, Afghan chai and dessert will be available for purchase. All proceeds from the Film Fest will go to support the Omid-e-Mirum orphanage in Kabul.

Tickets for the Film Fest are \$10 and may be purchased from the Winnipeg Military Family Resource Centre, 102 Comet Street, as well as at the door.

Harassment Prevention: Creating a Respectful Workplace

Primrose Knazan
Learning Assistant

A gesture can be misconstrued. A joke may go too far. An argument can blow up. A simple disagreement can escalate and turn a workplace toxic. Conflict can lead to yelling, threats and even physical assault.

Harassment can come in different degrees and forms – verbal, physical, sexual, social. But when harassment occurs, what do we do? What if you are a victim, a supervisor, a witness? How do we address harassment? How can we prevent it?

All employees, supervisors and managers, civilian and military, should receive some type of Harassment training throughout their careers. Whether attending a formal course, unit Harassment Advisor briefings or reading the posters on 17 Wing's Harassment Policy, all members of the Defence Team must be diligent in harassment prevention.

The Learning and Career Centre is offering Harassment Prevention and Resolu-

tion courses in March:

Employees – March 10, 2011*

Supervisors & Managers – March 11, 2011*

*These sessions may be combined if the LCC does not receive enough registrations to run separate sessions.

Harassment Prevention and Resolution does more than cover CF and DND Harassment policies and guidelines. Through activities, case studies and group discussion, this course explores the definition and effect of harassment, distinguishing the difference between conflict and harassment, options for resolution, and the creation and maintenance of a respectful work environment.

Participants are given resources and tools to help them prevent and address harassment issues. Strategies on prevention focus on communication and options for intervention, such as Alternative Dispute Resolution.

In all workplaces, conflict cannot be avoided. Disagreements and personality

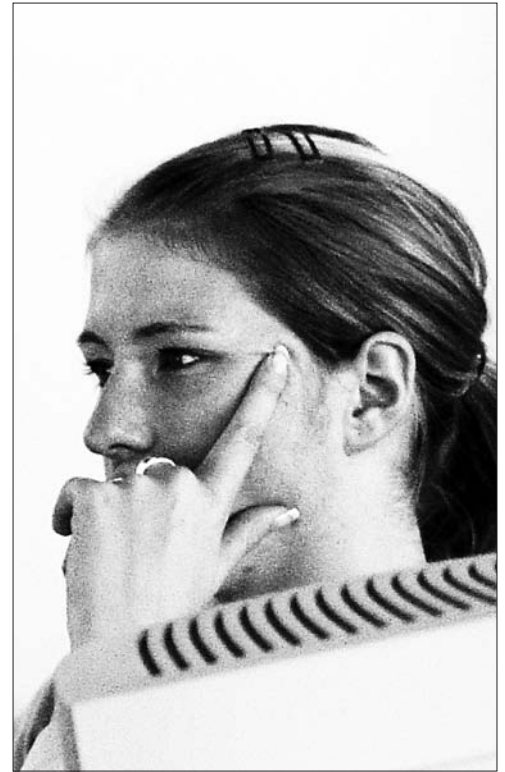
differences may be inevitable; the escalation to a situation of harassment can be avoidable. Early intervention and the prevention of escalation is the key.

To quote the 17 Wing Harassment Policy:

"Harassment is a demeaning practice that constitutes a profound affront to the dignity of individuals. It is a disruptive element, which can undermine the well-being and job performance of individuals. It presents an unacceptable risk to moral, unit cohesion, and operational effectiveness."

Harassment is a serious matter that should not be taken lightly. We are all responsible for creating a healthy work environment that fosters respect and dignity. With the right tools, guidance and resources, a harassment-free workplace can be achieved.

To register or get more information about Harassment Prevention and Resolution, please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://>



Injured Soldier Network Peer Support Program

The Injured Soldier Network (ISN) is a program within the spectrum of those provided by the Director Casualty Support Management (DCSM).

The focus of the ISN is on building a strong network of peer supporters who offer peer support services to all physically ill and injured CF personnel.

Injuries could be due to combat, accidents while on duty, highway accidents, work related illness, various illnesses and events that have had traumatic outcomes such as cancer or sports injuries.

ISN Peer Support Volunteers (ISN PSV) are:

- Still serving or retired CF personnel;
- Individuals who adapted to, and overcome a life changing injury or illness;
- At least one year post life changing injury or illness;
- In stable physical and mental health condition;

• Perceived by their peers and CoC as positive individuals; and

• Individuals with the potential and the will to provide peer support to members of the CF.

All peer supporters are volunteers who must be trained in order to carry out their duties with the ISN. They encourage peer clients to live life without limitations, promote empowerment and provide an example of hope, and potential for achievements after a traumatic injury.

The first Peer Support Training session was held in Montreal from 4 to 7 October 2010. We now have 14 qualified peer support volunteers covering many regions across the country. Many more volunteer peers are required and there training sessions are already planned for 2011.

If you need someone to talk to about your life changing injury or illness or know someone who would benefit from peer sup-



port or if you would like to become a peer support volunteer for the Injured Soldier Network, please contact the Injured Soldier

Network team at 1-800-883-6094, or your local Integrated Personnel Support Center (IPSC).

Programme de soutien par les pairs, Réseau des soldats blessés (RSB)

Le réseaux des soldats blessés est un des programmes offerts par le Directeur Gestion de soutien aux blessés (D GestSB).

Le focus du RSB et de bâtir un solide réseau de soutien par les pairs offrant leurs services au personnel physiquement blessé ou malade des FC.

Les blessures peuvent être liées au combat, à un accident en devoir, accident d'auto, maladie liée au travail, différentes maladies ou événements ayant eu un effet traumatisant, comme les blessures liées au sport ou le cancer.

Les Pairs Aidants Bénévoles du RSB (PAB du RSB) sont:

- Membres des FC actifs ou retraités;
- Ses individus ayant eu à s'adapter à une maladie ou une blessure ayant changé leur vie;
- En rétablissement d'une blessure ou d'une maladie depuis un an ou plus;
- Dans un état stable mentalement et physiquement;
- Perçus par leurs pairs et par la chaîne de commandement comme des personnes positives; et,
- Des individus ayant le potentiel et le désir d'offrir du soutien par les pairs aux blessés et malades des FC.

Tous les pairs aidants sont des bénévoles qui doivent suivre une formation afin de commencer leurs activités avec le RSB. Ils encouragent leurs pairs clients à vivre sans limites, à promouvoir la prise en charge personnelle et sont considérés comme un exemple d'espoir, de ce qui est possible d'atteindre après une blessure traumatique.

La première formation de pairs aidants a eu lieu à Montréal du 4 au 7 octobre 2010. Quatorze pairs aidants bénévoles sont maintenant disponibles dans plusieurs régions au travers du pays. Il y existe toujours un grand besoin pour plus de bénévoles et des sessions de formation sont déjà prévues pour 2011.

Si vous aimeriez parler avec quelqu'un au sujet de votre maladie ou blessure physique ayant changé votre vie, si vous connaissez quelqu'un qui pourrait profiter du soutien par les pairs ou si vous voulez devenir un pair aidant bénévole pour le réseau des soldats blessés, veuillez contacter l'équipe du réseau des soldats blessés au 1-800-883-6094, ou le centre intégré de soutien du personnel (CISP) en région.

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Pizza Lunch for Spring break is only available on Friday April 1.

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deanne.bennett@forces.gc.ca

Philatelist's Corner with Alf Brooks

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All stamp collectors dream of making a find like this, few ever do.

The pictured stamps are from a series issued by Germany in 1933 to celebrate President Paul von Hindenburg (1847-1934). They are overprinted with the German spelling for the province of Alsace.

With the overprint correctly-placed (the stamp on the left) the catalogue value is less than \$1.00; the stamp with the inverted overprint (right) has a catalogue value of 5000 euros.



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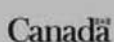


Tell us about your experiences. Provide your feedback to the Director Military Family Services and your local Canadian/Military Family Resource Centre.

Contact your local Canadian/Military Family Resource Centre to obtain your copy of the survey.

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Your feedback is important. It helps us plan the programs and services we offer to our military families. Be sure to return your completed survey before March 14, 2011 for a chance to win a \$100 gift certificate.

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Chaplain's Corner

Waiting at the Posting Bus Stop

One of the challenges in writing articles like this one is that it will be read a few weeks (or months if your reading room is like ours and accumulates older reading material) after it is written. With Valentine's Day 3 days from now (or a few weeks/months ago from your perspective), there could have been a lot that could be said about love, relationships and all of that mushy stuff. Instead, the theme for this Voxair issue is the dreaded Active Posting Season.

I don't know about you, but one of the things that I really do not appreciate is how we tend to jump the gun when it comes to celebrating holidays. There is something not right about seeing Christmas decorations when you haven't even bought (let alone cook) the Thanksgiving turkey. Visit a local dollar store (yes, I am that cheap) and you will see aisles of Easter stuff. We have not even started Lent and the Easter bunny is already on the loose. So when I am thinking about posting season and the ground is still full of that white stuff, I begin to wonder if we are not being a little premature.

In fact, we're not premature at all. I have been hearing quite a few people grumble and complain (call it one of the fringe benefits of working in mental health). Many are dealing with the upcoming posting plot. Apparently there are a number of branches who are going through many posting plot revisions, which means there are a lot of folks going through that "on the bus, off the bus" exercise. By itself, getting sent onto and off of the posting bus is not too bad. The issue usually comes with all of the things that come with a posting. I am probably preaching to the converted when I say that there are a bajillion different things to take care of when you are being posted, and it can be quite overwhelming.

At the heart of this whole process is change. We humans generally do not do change very well. We like our structure. We like knowing what lies ahead. We don't like mystery. Postings are a giant collection of mysteries. Where will you live? What schools will the kids go to? How much are the groceries? How big are the mosquitoes? What will the new position be like? Will niner-domestic (the spouse for you non-army types) find a job?

Many questions with few answers (at this stage, at least). This often leads to FIGMO (Fudge It ... Got my Moving Orders), that dreaded condition that affects many who get posted, leaving them numb to events around them (or at least the events requiring effort). It can become so easy to worry about the future, you lose sight of the present. The problem with losing sight of the present is that you also miss out on the many blessings that are right in front of you. I know someone who is posted this year, but is staying here in Winnipeg (I have changed the names to protect the innocent ...). This person apparently is moving into a challenging and quite different position that will offer as many (if not more) blessings as challenges. He was telling me that he often finds himself thinking about these changes and the excitement of a new mission, a new mandate, and a new office, and that he often finds himself overlooking the present. When I asked him how this was affecting him, he pointed out that he is finding himself appreciating more the wonderful people who share his office. The nice thing is that since his posting is not for another few months, he will have this time to notice, appreciate, and enjoy the blessings around him.

Whether you are posted this year or you are staying, take the time to enjoy what you have. The time will come soon enough when that to-do list that comes with postings will gobble up most of your time. The time will come soon enough when you will see Winnipeg in your rear-view mirror (and that view will last a really long time if you are driving). Why not look for and appreciate the gifts and blessings that are right in front of you? Do not wait until your farewell lunch to appreciate your blessings and to say thank you to the wonderful people around you.

Take care and God bless.

- Padre Mark Mawson



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Oh, by the way, the hammers are from left to right: Claw Hammer, Ball-peen Hammer, Drywall Hammer. See, you've already learned something.

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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Padre Mark Mawson
Roman Catholic
Office 833-2500 ext 5956

Masses (English only)
Tuesday thru Thursday 1210 hrs
(Mass may be canceled on short notice. Please call local 5272 or 6914)
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

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Padre Bonnie Mason
Presbyterian
Office 833-2500 ext 5417

Padre Will Hubbard
Anglican
Office 833-2500 ext 5349

Padre Gord Mintz
Anglican
Office 833-2500 ext 5785

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

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.



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Taroscopes

BY NANCY

Aries (March 21 - April 19):

Leave the past behind. Finalize things you must do. Cease doing what no longer engages you. Do some deep meditative thinking about your choices. Don't rush into anything new. Proceed cautiously after carefully determining what excites you and what drains you emotionally.

Taurus (April 20 - May 20):

You are confident that you know what you are doing and how to get where you want to go. There is no real need to convince others of this certainty. Don't fret if those who usually support you are not available. Sometimes the choices we make isolate us for a while.

Gemini (May 21 - June 21):

Practicality is necessary now. Consider your finances and physical health. Consider new possibilities and options that more closely reflect how you wish to live and where you want your life to go in the future. Information you receive at this time will help you make decisions more easily

Cancer (June 22 - July 22):

New discoveries make you realize that if you want things to work out a certain way you will have to make adjustments to ensure the proper steps are taken. The balance you have established took hard work, even if you made it look easy. Make plans for your financial future.

Leo (July 23 - August 22):

When trying to make decisions be aware that your judgement may be clouded due to past situations that have left you almost willfully doing what you shouldn't. Aim to make healthier life choices. Do the work required. Let go of what can never be and experience each new day fully.

Virgo (August 23 - September 22):

Confusing and conflicting information can leave you unsure about how to proceed. Invest only to the point where you know you'll not be disappointed later if things don't "pan out." You and another don't see eye to eye. Evaluate your part in things. Focus on being fair.

Libra (September 23 - October 23):

You take your responsibilities seriously. That's great. Still, helping can become a duty. Retain your core joy in giving. Assist others but provide for yourself, too. You will soon observe examples of how the rich may be poor, and the poor rich, at a deeper level.

Scorpio (October 24 - November 21):

Enjoy how things are in the here and now for all experiences are fleeting. There is so much serendipity out there and chance meetings that can take your life down a different path. Stay open to this. Take note of defining moments that clarify what your heart desires.

Sagittarius (November 22 - December 21):

Dive in and have some fun. Face your fears about things which have made you feel emotionally isolated. Connect with others. Risk being seen as a whole person instead of just the image you've projected. Elemental connections will be more vibrant as a consequence.

Capricorn (December 22 - January 19):

What is right for you is obvious in light of new insights about yourself. Your past actions have brought you to this place. Choices made at this time have an even greater impact on your future. Still having a choice is better than not having any at all.

Aquarius (January 20 - February 18):

You have the ability to manage under difficult circumstances but now you can enjoy an easier time. Take advantage of a beautiful opportunity to improve your situation. Push yourself just a bit harder to reach your goal even if you'd rather relax. That will come later.

Pisces (February 19 - March 20):

You knew this day would come. Now step up to the plate. Do your best and accept what is offered. It's yours for the taking. Your hard work, integrity and your ability to understand people are obvious to those who appreciate you and value these skills. Remain positive.

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