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# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

March 07, 2012

VOLUME 61, ISSUE 05

FREE

## In Memoriam HCol Bernardus 'Ben' Van Ruiten



1920 - 2012

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# CDS Lunches with Air Cadets



General Walt Natynczyk, the Chief of the Defence Staff poses with WO2 Evan Truss of 573 Andrew Mynarski VC Sqn and Flt Sgt Heather Boychuk of 170 St James Sqn of the Royal Canadian Air Cadets. The two air cadets were chosen to escort and have lunch with the CDS for their outstanding performance. Photo: Sgt Bill McLeod

## Sgt Bill McLeod 17 Wing Photojournalist

"I started in 1970 and I have been polishing boots for over 40 years," said General Walt Natynczyk, the Chief of Defence Staff, at a luncheon for Air Cadets at the Victoria Inn in Winnipeg on 18 February 2012. "In fact, it was the great structure, discipline, and leadership instruction that really started me off on this path with the Canadian Forces."

The luncheon was hosted by the Air Cadet League of Manitoba and was attended by 105 air cadets plus instructors, sponsors and family members. General Natynczyk grew up in Winnipeg and was a member of 220 Red River Royal Canadian Air Cadet Squadron parading at Minto Armouries from 1970 to 1975.

Following the luncheon, General Natynczyk asked all of the senior leaders of the air cadet squadrons to come to the front of the room. Warrant Officer

1st Class, Warrant Officer 2nd Class, and some Flight Sergeants were presented with the Chief of Defence Staff's personal coin.

Those senior leaders were then asked to pick a junior member of the squadron whose performance was outstanding and they were given a coin as well.

"As you look at the cadets around this room you are looking at the future leaders of this country," said General Natynczyk. "One of you could be the future Chief of Defence Staff."

Two cadets in particular were selected for their performance. WO2 Evan Truss of 573 Andrew Mynarski VC Squadron and Flt Sgt Heather Boychuk of 170 St

James Squadron escorted the CDS and got to have lunch with him at his table.

During his address the CDS relayed a story about the great work and impressive qualities of the Air Cadets he has met. "I hop into a glider with an air cadet glider instructor, 17 years old, not CIC, still an air cadet and we're soaring at two or three thousand feet over Base Trenton. I say, 'Boy oh boy, you're really good at this' and she says 'Yeah, and I'll be even better when I get my driver's license,'" said General Natynczyk. "We rely so much on the talent of our young Canadians."

For more information about the Canadian Cadet organization please visit: <http://www.cadets.ca/>

## VOXAIR

### OFFICE HOURS

Monday to Thursday  
0830 - 1600 hrs

### CONTACT

Ad Sales/Main Office  
(204) 833-2500 ext 4120

Accounting  
(204) 833-2500 ext 4121

Submissions/Reporter  
(204) 833-2500 ext 6976

voxair@mts.net  
+VOXAIR@PersSvcs@Winnipeg

### VOXAIR STAFF

LCol JR Zuorro  
Editor-In-Chief  
(204) 833-2500 ext 5281

Rick Harris  
Managing Editor  
(204) 833-2500 ext 4299

Michael Sherby  
Voxair Manager  
(204) 833-2500 ext 4120

Michael Sherby  
Production Coordinator  
Maureen Walls  
Sales Coordinator  
Misra Yakut  
Accounting  
Alison Dickey  
Photojournalist  
Traci Wright  
Proofreading

Capt Jordan Woodman  
Wing Public Affairs  
Officer  
Sgt Bill McLeod  
Wing Public Affairs  
Photojournalist

Printed By  
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(204) 325-4771

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Correspondence should be addressed to:  
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# The Passing of a mentor

## 17 Wing says goodbye to HCol Van Ruiten



HCol Ben Van Ruiten receives the Meritorious Service Medal from Governor General Michaëlle Jean.

**Sgt Bill McLeod**  
17 Wing Photojournalist

Former 17 Wing Honorary Colonel Bernardus Antonius Van Ruiten, M.S.M., C.D., passed away peacefully on Thursday, 23 February 2012, at Grace General Hospital in Winnipeg. A Celebration of Life memorial reception held at the Neil Bardal Funeral Home on 28 February was attended by over 400 Winnipeg residents, a large portion of them in uniform. The reception was also attended by the Lieutenant Governor of Manitoba, the Honourable Phillip S. Lee, C.M., O.M.

"I suspect that Colonel Ben would be less concerned with how the Wing has memorialized him, and more with the less tangible aspect of how he has impacted the lives of the men and women of 17 Wing," said 17 Wing Commander Colonel Blaise Frawley at the Celebration of Life. "One way to determine that is to look around at the many men and women in uniform here today, and I think everyone can see how much everyone appreciated

Ben at the Wing. It seemed like everyone I spoke to last week after his passing had a 'Colonel Ben' story to tell me...a testament to his life and the effect he had on those who met him."

Other speakers at the Celebration of Life included Dr. Peter Markesteyn, who talked about Ben's early life in the Netherlands, the present 17 Wing HCol Barry Rempel, former 17 Wing Commander Colonel Doug McLennan, and his daughter, Darlene Van Ruiten.

HCol Van Ruiten's admiration and respect for the Canadian Forces was forged early in his life when he resisted the Nazi occupation of the Netherlands as a young man. In March 2011, he related some of his personal stories to the 17 Wing Nijmegen Team at the beginning of their training, helping them understand the love the Dutch have for the liberators of their country and the RCAF in particular for the air drops which kept many of occupied residents from starving.

HCol Van Ruiten served at 17 Wing for 13 years until he retired from the po-



HCol Van Ruiten poses in front of the Canadian Forces Station Alert signs with Lieutenant-Colonel Tom Bailey.

sition in 2007. He was the longest serving HCol in the Royal Canadian Air Force and is the only one to have earned a Canada Decoration without serving a day as a military member prior to his appointment.

For his service to the RCAF he was awarded the Meritorious Service Medal. His citation read: "During his 13-year term, Honorary Colonel Van Ruiten has provided outstanding service to the Canadian Forces and to the 17 Wing community. A gentleman of impeccable integrity and boundless energy, he has dedicated himself to countless events and initiatives supporting members of the Canadian Forces who serve at home and abroad, as well as veterans, cadets, the thousands of men and women at 17 Wing, the province of Manitoba and the city of Winnipeg. Known and respected by every member of this community, Honorary Colonel Van Ruiten is an outstanding example of professionalism, civic responsibility and leadership. He has brought great credit to himself, to 17 Wing and to the Canadian

Forces."

Some of the projects the HCol was involved with during and even after his tenure included the Garden of Memories, the Winnipeg Military Tattoo, the Royal Military Institute of Manitoba, the Winnipeg Military Family Resource Centre, the 17 Wing Nijmegen Team and the Hubbell Award Committee. He travelled to Alert, exercised with the Search and Rescue Technicians, and flew in a Tutor aircraft. Colonel Ben, as he was affectionately known on the Wing and his wife Arlene, rarely missed an opportunity to interact with military members and especially enjoyed talking to young non-commissioned members and junior officers.

For more information about the Celebration of Life for HCol Ben Van Ruiten please visit:

<http://neilbardal.frontrunnerpro.com/runtime/4041/runtime.php?SiteId=4041&NavigatorId=62311&ItemId=1145659&viewOpt=dpaneOnly&op=tributeMemorialCandles>



HCol Van Ruiten pays his respects to Canadian soldiers killed in the liberation of the Netherlands.



HCol Ben with his wife Arlene, Former Wing Commander Col Ken O'Brien, and Capt Melanie Dove at the Blue Bombers' CF Appreciation night in 2006.

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# Game On!

## 2012 CF National Men's Hockey Tournament to hit the city

### Tournament schedule

#### Monday, March 12

0800 hrs Team Photos  
 0900 hrs Opening Ceremonies  
 0945 hrs CFB Halifax vs 8 Wing Trenton  
 1400 hrs 4 Wing Cold Lake vs 19 Wing Comox  
 1900 hrs CFB Valcartier vs CFB Halifax

#### Tuesday, March 13

0930hrs 19 Wing Comox vs 8 Wing Trenton  
 1300hrs CFB Valcartier vs 4 Wing Cold Lake  
 1815hrs CFB Halifax vs 19 Wing Comox  
 1915hrs 8 Wing Trenton vs CFB Valcartier

#### Wednesday, March 14

0930hrs 4 Wing Cold Lake vs CFB Halifax  
 1400hrs 19 Wing Comox vs CFB Valcartier  
 1900hrs 8 Wing Trenton vs 4 Wing Cold Lake

### Playoffs

#### Semi-Finals

#### Thursday, March 15

0930hrs - 1st place vs 4th place  
 1500hrs - 2nd place vs 3rd place

#### Finals

#### Friday, March 16

0930 hrs - Championship Game

The ice is going to heat up this March at the MTS Iceplex, as 17 Wing Winnipeg plays host to the 2012 CF National Men's Hockey Championships. The tournament will take place between the 12th to the 17th of March, and will see the best players in all of the Canadian Forces competing here with the hopes of obtaining the coveted CF National Men's Hockey Championship crown.

The tournament gets started on March 12th with team photos and opening ceremonies at 8h30, with the puck dropping on the first game, between CFB Halifax and 8 Wing Trenton, starting at 9h45.

All games will take place at the MST Iceplex, located 3969 Portage Ave., and are absolutely free to the public, so come and cheer on your favourite team, or to just watch some fantastic hockey.

The round-robin tournament will see the best teams from all five of the national regions competing right here in the city, and will give us a chance to show the entire country what fantastic hockey fans 17 Wing, and Winnipeg, has.

The following Bases/Wings have earned the right to represent their region at the Championship: Prairie

Region - 4 Wing Cold Lake; Ontario Region - 8 Wing Trenton; Atlantic Region - CFB Halifax; Pacific Region - 19 Wing Comox; and representing the Quebec region is CFB Valcartier. 17 Wing would like to wish good luck to all teams participating in the tournament.

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# Wing Commander Honours and Awards

On February 28th, 2012, 17 Wing Commander Col Blaise Frawley presented honours and awards to various members of 17 Wing Winnipeg. All photos are credited to Cpl Jean Archambault, Wing Imaging. Honours and awards are continued on page 6.



17 Wing Commander, Colonel (Col) Blaise Frawley promotes Maj Dennis Desrochers to LCol.



17 Wing Commander, Colonel (Col) Blaise Frawley with 17 Wing 2011 Nijmegen Team.



17 Wing Commander, Colonel (Col) Blaise Frawley presents a Wing Commander Commendation to the 2011 Air Force Run Committee.

## CDS Awards



Showing off his newly presented CDS is CFFTS AES Ops Standards Sgt Chris Culligan, supported by (left) Canadian Forces Chief Warrant Officer CPO 1 Robert Cleroux, and CF CDS Gen Walt Natynczyk (right). Photo: Cpl Beverley Dunbar



CFFTS Instructor Capt Jamie Brennan (Center) holds up his CDS Coin. Also pictured are (left) CF CWO, CPO 1 Robert Cleroux, and CDS, Gen Walt Natynczyk (right). Photo: Cpl Beverley Dunbar



Showing off his newly presented CDS Coin is CFSAS Commandant LCol Luc Guillette supported by (left) Canadian Forces Chief Warrant Officer CPO 1 Robert Cleroux, Canadian Forces Chief of Defence Staff Gen Walt Natynczyk (right) and CFSAS WO MWO Gaynell Brougm. Photo: Cpl Beverley Dunbar



CDS Gen Walt Natynczyk presents to CMDT 1CFFTS, LCol Doug Grimshaw, the Meritorious Service Medal, with the LCol's spouse at his side for support. Photo: Cpl Beverley Dunbar



Chief of the Defence Staff (CDS) General (Gen) Walt Natynczyk presents to 2 Canadian Air Division CWO Gary Micklethwaite the CDS Commendation, with CWO Micklethwaite's spouse at his side for support. Photo: Cpl Beverley Dunbar

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# Wing Commander Honours and Awards continued



PO 2 Todd Udholm receives the South-West Asia Service Medal (SWASM) bar.



Capt Dwain Felberg receives the General Campaign Star - South West Asia (GCS-SWA) bar.



Capt Richard Hough receives the General Campaign Star - South West Asia (GCS-SWA) bar.



WO Russell Campkin receives the General Campaign Star - South West Asia (GCS-SWA) bar.



Cpl Frederic Heppell receives the General Campaign Star - South West Asia (GCS-SWA) bar.



Cpl Dennis Gowen receives the General Campaign Star - South West Asia (GCS-SWA) bar.



Cpl Dennis Gowen receives the General Campaign Star - South West Asia (GCS-SWA) Medal.



Capt Joshua Leveque receives the General Campaign Star - South West Asia (GCS-SWA) Medal.



Capt Joshua Leveque receives the General Campaign Star - South West Asia (GCS-SWA) bar.



Sgt Vincent Thorne receives the General Campaign Star - South West Asia (GCS-SWA) medal.



Sgt Eric Dietz receives the Operational Service Medal - EXPEDITION (OSM-EXP) medal.



MCpl David Yourex receives the Operational Service Medal - EXPEDITION (OSM-EXP) medal.



LCol Luc Guillette receives the Special Service Medal (SSM) medal.



Capt Adrienne Miller receives the second clasp on Canadian Forces Decoration (CD 2).



Maj Rainer Wosnitza receives the second clasp on Canadian Forces Decoration (CD 2).



CWO David Martin receives the second clasp on Canadian Forces Decoration (CD 2).



LCol June Zuorro receives the first clasp on Canadian Forces Decoration (CD 1).



Maj Benoit Bisson receives the first clasp on Canadian Forces Decoration (CD 1).



Maj Tammy Hiscock receives the first clasp on Canadian Forces Decoration (CD 1).



Capt Clint Legg receives the first clasp on Canadian Forces Decoration (CD 1).



WO Russell Campkin receives the first clasp on Canadian Forces Decoration (CD 1).



Sgt Randi Graham receives the first clasp on Canadian Forces Decoration (CD 1).



Sgt John Hibbert receives the first clasp on Canadian Forces Decoration (CD 1).



Sgt David Kirby receives the first clasp on Canadian Forces Decoration (CD 1).



Sgt Daren Krauss receives the first clasp on Canadian Forces Decoration (CD 1).



MCpl Darren Burgess receives the first clasp on Canadian Forces Decoration (CD 1).



MCpl George Cadwell receives the first clasp on Canadian Forces Decoration (CD 1).



MCpl Raymond Cameron receives the first clasp on Canadian Forces Decoration (CD 1).



Cpl Ronald Paramor receives the first clasp on Canadian Forces Decoration (CD 1).



Mr Normand Vermette receives the first clasp on Canadian Forces Decoration (CD 1).

# Wing Commander Honours and Awards continued



**Capt Jarrett Cormier** receives the Canadian Forces Decoration (CD).



**Sgt Alexandre Leblanc** receives the Canadian Forces Decoration (CD).



**MCpl Jason Murray** receives the Canadian Forces Decoration (CD).



**MCpl David Yourex** receives the Canadian Forces Decoration (CD).



**Cpl Troy Ferguson** receives the Canadian Forces Decoration (CD).



**Cpl Christopher Niedbalka** receives the Canadian Forces Decoration (CD).



**Mr Vladimir Schultz** receives a 25 Years of Service Award.



**Sgt Stephen Manning** receives the Commander in Chief Unit Commendation.



**Capt Serge Faucher** receives the Royal Canadian Air Force Commander Commendation.



**Pte Aaron Litwiller** receives the 1 Canadian Air Division Commander Commendation.



**Capt Chantal Bellemare-Whiting** accepts a CANCOM Commander Certificate of Achievement on behalf of Wing Food.



**Capt Jasmine Ramratan** receives the Commander Task Force Libeccio Commendation.



**MCpl Paul Keeping** receives a Commander Task Force Libeccio Commendation.



**Cpl Christopher Jackson** receives a Commander Task Force Libeccio Commendation.



**Pte Sean Hancock** receives a JTF Commander Commendation.



**Maj Heater Collins** receives a Wing Commander Commendation.



**Cpl Fraser Cameron** accepts a Wing Commander Commendation on behalf of 17 Wing 2011 Nijmegen Team.



**MWO Brian Rodgers** receives a Wing Commander Commendation.



**Capt Brian Renaud** receives a Wing Commander Commendation.



**MCpl Terry Dickison** receives a Wing Commander Commendation.



**Capt Matthew Lamb** receives a Special Award.



**Sgt Daren Kraus** receives the Saskatchewan Premier's Award for Public Service.



**17 Wing Commander, Colonel (Col) Blaise Frawley** (center) presents a CEFCOM Commander Commendation to Major (Maj) Grehan from Canadian Forces School of Aerospace Studies (CFSAS), accepting the certificate are his son Mr Mark Grehan (left) and daughter Ms Rena Kaartinen (right).



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# Trek helps raise diabetes awareness

**Sgt Bill McLeod**  
Wing Public Affairs Photojournalist

The Gliding Thru Barriers 2012 trek across Lake Winnipeg ice successfully ended in Gimli on 27 February after 4 days and a total of 78.3 km.

The trek was designed by Sgt Ernie Whelan, a Search and Rescue Technician working as a Survival, Evasion, Resistance and Escape instructor at the Canadian Forces School of Survival and Aeromedical Training, to help raise awareness of diabetes. Sgt Whelan was diagnosed with diabetes a few years ago.

The small group of 4 military members, plus one RCMP Corporal, trekked through the barriers of adverse weather and injury. One member of the group, Captain Sadie Quintal, a pharmacist from Kingston, Ontario, had to drop out of the trek due to blisters.

Sgt Whelan, being a trained SAR Tech, assessed and treated the blisters on 24 February, but left the decision to drop out or continue to Capt Quintal. On 25 February Capt Quintal decided that she could no longer continue.

Weather was also a factor. Lake Winnipeg has been used in the past to simulate the Arctic for army training and university research due to the open, windswept conditions. The first day of the trek the lake lived up to its reputation.

"The first day the visibility was about a half mile with snow and blowing snow," said Sgt Whelan. "There was a lot of new powder snow along the shore which made pulling the toboggans difficult, but by about 12 noon we hit a band of crusty snow which made it easier to pull."

The conditions weren't all bad for the trek. "On the 26th we had a real sunny day and the winds were consistently from the north east for the trek which helped push us to Gimli," said Sgt Whelan.

To meet their timings the group stopped 10 km short of Gimli on 26 February and had a little celebration. The trek support staff delivered pizza to camp that evening and all of the team shared a large tent for the night instead of the two person tents they had been using.

This year's Gliding Thru Barriers has raised about \$4000 to date but Sgt Whelan expects more to come in. Last year's trek raised \$6000 for the Canadian Diabetes Association and was the second largest individual fundraising event for the CDA.

For more information about Gliding Thru Barriers 2012 please visit:

<http://www.facebook.com/GlidingThruBarriers>

For information on how to donate please visit:

<http://my.erm.com/personalPage.aspx?registrationID=1328321>



Sergeant Ernie Whelan's family runs out on the Lake Winnipeg ice to meet him in Gimli. Photo: Submitted



Members of the Gliding Thru Barrier Trek Team and SAR Techs who supported the event: Pte Nik Niedziela, Dave MacDonald, Sgt Joel Mainigre, Capt Sadie Quintal, WO Darcy St-Laurent, Sgt Ernie Whelan, Ron MacDougal, RCMP; Sgt Dave Horochuk, and MCpl Fern Bianco. Photo: Submitted

# Students celebrate I Love To Read Month with puppet show



Prairie Rose School (Winnipeg) welcomed 38 Canadian Brigade Group Public Affairs Officer Lieutenant Donna Riguidel and Major Norman Ollie (pictured in DEUs) on February 16th for I Love to Read month. The mis-matched duo presented the story of Bad Penny, the Lancaster Bomber, crewed by Canadians, that initiated food drops to the people of the Netherlands for Op MANNA during the Nazi Occupation of the Second World War. The kids were delighted by Maj Ollie, even though he was once again grumpy and growled that they were "The worst group of recruits so far." Lt Riguidel was the only CF representative invited at Prairie Rose this year and presented to over 200 children throughout the morning.

February is designated I Love to Read month all across North America. Many schools invite guest readers in to help promote early childhood literacy interest in reading and highlight the importance of literacy skills throughout life.

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# Winter Fest heats up Wing

Unseasonably warm weather, combined with a much needed snowfall a few days earlier helped to make the Winter Fest event on Saturday, March 3rd quite an attraction. Crowds of people showed up to enjoy the festival, which was held at the Westwin Community Centre from 12pm until 3pm. Among the activities offered were: horse drawn sleigh rides, snow shoeing, ice skating and dog sled demonstrations. The event was presented jointly by the MFRC and PSP.



Anyone who came out to enjoy Winterfest on Saturday March 3rd, had the opportunity to try two very different kinds of sledding options by either taking a horse carriage ride in the snow or possibly even trying out dog sledding. Photo: Alison Dickey



Vicki Lewin and her daughter, Samantha (far right) thoroughly enjoyed making traditional Bannock at Winterfest on March the 3rd behind Building 90. It was only one of the activities offered at the fun packed event that included skating, horse carriage rides, dog sled demo's, snowshoeing and an opportunity to warm up inside at the Westwin Community Centre with some warm food and drinks. Photo: Alison Dickey

# QL5 Conference teaches cool new skills



One of the participants of the QL5 conference volunteered to be the patient as his co-workers practised getting him bundled up and ready for transport out of an isolated northern community in order to receive further medical treatment. Photo: Alison Dickey

when in an isolated area up north, medics are the only ones around that can help an injured patient.

Thanks to the organizers of this event, Lt. Wayne Mockford, MCpl Carrie Williams and Cpl Ryan Turner, participants got to get their hands dirty when they practiced a medical evacuation on a CC-130 Hercules aircraft.

"It's different when you're trying to get something done, others are running around trying to get their work done and then you have all that noise and the cold weather...I think it was a really good hands on learning experience for everyone involved," said Lt Mockford. Also, when the patient was loaded onto the aircraft, the SAR Techs ran a cardiac arrest, so the medics had to deal with securing the patients while also going through all the necessary medical procedures.

Mockford also pointed out that everybody enjoyed the opportunity to learn from specialists in different medical areas such as: musculoskeletal injuries and applying orthopedic devices, EKG interpretation and defibrillation techniques as well as a lecture and demonstration on casting. There were also a few special guests on hand. A lecture was given by Dr. Gordon Giesbrecht, better known as Professor Popsicle, from the University of Manitoba who is well known for his studies on hypothermia. As well, a group of Rangers spoke about the different kind situations the medics may have to deal with up north.

**Alison Dickey**  
Voxair Photojournalist

22 medics from bases in Edmonton, Calgary, Thunder Bay, Shiloh and Winnipeg attended a QL5 confer-

ence here at 17 Wing Winnipeg from February 7th to 9th as part of the Maintenance of Clinical Skills Program (MCSP). Although it's not mandatory training, it's a great opportunity for medics from the western region to get together, meet, and get some training. A lot of times

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# The Forecast

## CFSMET news, graduations, and visits

Canadian Forces School of Meteorology (CFSMet) at 17 Wing Winnipeg is a busy place. Here's what's happening now - we currently have two courses in house: a Tactical Weather Specialist (TWS) course with 19 students, and the Met Forecaster Course (MF) with nine students. Both courses will be graduating this June.

Now, for a recap of the last three months, the Met Tech Basic Occupation Qualification Course (BOQ), TWS Serial 1102, graduated in early December after six long months of training. The TWS course, previously known as the BOQ, is designed to teach entry level Meteorological Technicians the skills and knowledge required to take weather observations, disseminate observed data, and brief current and forecast weather conditions. This meteorological information is supplied to Air Squadrons, and tactical and operational commanders in support of military operations. Both Canadian Forces (CF) and Environment Canada Forecasters use weather observations to produce forecasts and to provide the raw materials needed to create weather briefings in support of CF operations. As well, data from these observations are fed into National and International Climate databases.

After some challenging weather days, we saw the graduation of 17 new Weather Observer-Briefer Technicians. Once again we had a very interesting group consisting of a mix of new recruits and seasoned veterans, who wisely decided to change career paths. Due to occupation transformation, the TWS course also includes several QL3 Bridge-Training (BT) graduates (Met Tech Observers who require the Briefer Qualification). The TWS course is the first step in these new weather observer briefers' training that will eventually lead them to forecasting on future courses.

We were extremely privileged to have LCol P.R. Kouri, Chief of Staff of CFB Borden and the Deputy Commander of Canadian Forces Support Training Group (CFSTG) as our Guest of Honour at the graduation. He provided



LCol Kouri (L) and Capt (N) Osborne (R) are briefed by Sgt Montemont (Center) in the CFS-Met instrument compound on the ceiling projector.

many words of wisdom to the graduates. LCol Kouri assisted Major L.M.R. Martel, CFS Met Cmt in presenting Cpl Linda Legault (TWS) and Cpl Jean-Francois Robert (BT) with the CFSMet "Certificate of Achievement" for obtaining the highest academic mark on the course. Cpl Legault is posted to the Joint Met Centre (JMC) in Gagetown and Cpl Robert is currently stationed in CFB Bagotville. Pte Bradford Brassington (TWS) received the CFSMet "Certificate of Merit" in recognition of a high standard of performance and exceptional leadership throughout the course. All the students should be congratulated for their hard work. The BT's will no doubt make great additions to their respective offices and the TWS students all head to the JMC in Gagetown to begin their on-job-training. Well Done!

The day before the TWS graduation ceremony, CFSMet hosted a tour of our facilities to showcase our location, equipment and "proposed future classroom" facilities. In attendance for the tour was LCol Kouri, Capt(N)Osborne (D GEO INT) and Mr. Clarke Bedford (D Met OC). Our staff provided a well-rounded, informative tour that was enjoyed by all.

With only one month done in 2012, CFSMet also ran a QL5A course at the beginning of February. This was a quick, one week course that got the students up-to-speed on performing marine weather observations. We had six students graduate from this course. Congratulations and good luck to all of you posted to a ship.

So, we've been busy and will continue to be full speed for the rest of the year. We

look forward to graduating the TWS and MF courses this June, running another QL5A course this spring and having two TWS courses happening this fall. The weather never stops and neither do we...

So, until next time here's to clear skies and light winds.

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Image: Department of National Defence

## WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES

# RCAF Band Gleeful to be on national TV

**David Elias**  
1 Canadian Air Division Public Affairs

The wild popularity of musical and reality television has recently swept over 17 Wing in Winnipeg. Members of the RCAF Band were successfully chosen to take part in the reality television show Canada Sings during a week in February.

Canada Sings is a series that challenges ordinary Canadians to form singing groups or glee clubs with their co-workers. TV show producers approached NDHQ in Ottawa and from there the opportunity to participate was offered to the RCAF Band in Winnipeg.

"This was a unique opportunity to showcase the talented members of our band in way we'd never done before," said Captain John Fullerton, RCAF Band CO. "We certainly had musical background, but many of us hadn't done much singing or dancing before."

Following a video-recorded audition process along with interviews with producers, a team consisting of 14 members from the RCAF Band were accepted to participate in the show.

Each episode features a showcase between two teams; a cash prize is awarded to each team's chosen charity or cause. Should the RCAF team win the showcase, \$10,000 would be awarded to the Support Our Troops envelope of funds, with \$2,000 still being awarded if they lose.

"The RCAF band members are on track to deliver a strong production for our live performance," said Captain Fullerton. "We've put a lot of work into this and we believe in the cause that we're trying to support through our participation on the show."

To prepare for their musical performance, the RCAF Band began a rehearsal process with an internationally acclaimed choreographer and vocal coach. They have been left to practice on their own in the weeks leading up to their live performance.

The live show will be filmed in front of an audience of roughly 1,200 people in Toronto on 17 March 2012. A total of 600 tickets are being distributed by the CF Personnel and Family Support Services to CF members. The theme of the performance is a "Tribute to the Canadian Forces Throughout The Ages".

The show is broadcast on Global Television across Canada with a national reach of up to one million viewers. The episode will air in May 2012.

For more information on Canada Sings, visit: [www.globaltv.com/canadasings/index.html](http://www.globaltv.com/canadasings/index.html)

and <http://www.insighttv.com/show/Canada+Sings>,

For more information on Support our Troops, visit:

<http://www.cfpsa.com/en/corporate/NewsCentre/Support/index.asp>



Members of the Royal Canadian Air Force Band rehearse a song and dance number for the Global TV show Canada Sings. The RCAF Band will be competing in the upcoming season of the show for a chance to win money for military causes. Photo: Bill McLeod

**Correction:**

The Voxair would like to apologize to the Royal Canadian Air Force Band for erroneously referring to them as the Air Command Band in our last issue of the paper.



Captain John Fullerton, Commanding Officer of the Royal Canadian Air Force Band, and members of the band pose for a video shoot on the tarmac at 17 Wing Winnipeg for the Global TV show Canada Sings. Photo: Sgt Bill McLeod



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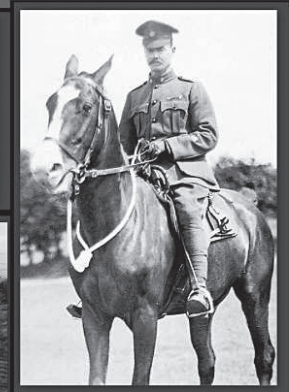
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# Annual Directorate of Flight Safety Briefing, April 16- 19

The annual Director of Flight Safety (DFS) briefings and visit by Colonel Yvan Choiniere and CWO Jacques Boucher, will take place 16-19 Apr 12. This visit is always the highlight of the flight safety year. The visit allows DFS to meet with 17 Wing personnel, and to deliver a series of educational Flight Safety presentations to personnel. As in previous years, the briefing will review the past year's significant incidents and accidents providing some analysis of trends and highlighting concerns in our flying operations.

This annual visit to the Wing is an opportunity for 17 Wing personnel to learn of flight safety issues concerning 17 Wing and other Wings. Flight Safety is an ongoing process that all members of the Wing are responsible to maintain. The safe conduct of flying operations, support to flying operations and prevention of accidental losses of personnel and aviation resources remain essential elements of our operational effectiveness. The Wing Commander, Col Blaise Frawley, and the Wing Flight Safety Team, highly encourage all personnel to attend one of the briefings. So please make the effort to take in one of the sessions and meet the DFS team.

To ensure maximum participation and to meet personnel schedules, DFS will present five briefings:

16 April 12:

0900-1115 hrs at the Training & Education Centre (TEC) Bldg 135, Netherlands Theatre

1400-1615 hrs at the Training & Education Centre (TEC) Bldg 135, Netherlands Theatre

1830-2030 hrs at 16 Hgr 3rd Floor - 435 Sqn Brf Rm (Namao Hall). Please note Special Area Pass required to gain access to hangar.

17 April 12:

0900-1115 Portage La Prairie / Southport, Sqn Ldr Glen Elwood Theatre, Hilly Brown Building

1330-1530 hrs at Portage La Prairie / Southport, Sqn Ldr Glen Elwood Theatre, Hilly Brown Building

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**Managing Angry Moments (MAM)**  
30 April & 14 May 2012  
(Must attend both days.)  
0800 - 1600 hrs  
Building #135, Room #114

Through education MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

For more information or to register  
Contact: Health Promotion / local 4150

**Gérer les moments de colère (GMC)**  
30 avril & 14 mai 2012  
(Doivent assister aux deux jours.)  
0800h à 1600h  
bâtiment 135, chambre 114

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

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Building 63, Rm. #110

**Lundi—information & médicaments**  
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**Supervisor's Training Alcohol, Other Drugs and Gambling**  
21 March 2012  
0800 hrs - 1600 hrs  
Bldg. #135 Room #132

Recognize and respond to early warning signs and develop effective interview skills.  
This training is course coded and for military or civilians in a supervisory role. DAOD 5019-7

For more information or to register contact  
Health Promotion local 4150

**Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs**  
21 mars 2012  
0800h à 1600h  
bâtiment 135, chambre 132

Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.

Pour s'inscrire, composez Promotion de la santé le 4150



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# Yellow Ribbon Gala 2012

## Upcoming MFRC Programs



General Walter Natynczyk, Canadian Forces Chief of the Defence Staff, addresses the assembled crowd at the 2012 Yellow Ribbon Gala at the Delta Winnipeg Hotel. Photo: Cpl Piotr Figiel

The Yellow Ribbon Gala is the largest, single event fundraiser for the Winnipeg Military Family Resource Centre (MFRC). The role of the MFRC is to support families of regular and reserve force members, including spouses, children and parents. The programs and services offered are designed to strengthen the resiliency of the approximately 6000 military families we serve in Winnipeg, Thunder Bay, and Southport (Portage la Prairie).

The Yellow Ribbon Gala was held on February 18, 2012 at the Delta Winnipeg. 350 people attended the event including our partners, staff, the MFRC Board of Directors, members of 17 Wing and the civilian community.

This year's event was the sixth annual Yellow Ribbon Gala. Our key note speaker was the Chief of the Defense Staff, General Walter Natynczyk, and our guest speaker was CBC Journalist, Mellissa Fung. The master of ceremonies was Maj. B.P.J. DesAutels and musical selections were performed by the Royal Canadian Air Force Band and the RCSCC Crusader Pipes and Drums.

We received valued partnership funding from Royal LePage Dynamic, Commissionaires, Peerless Garments, Cambrian Credit Union, Magellan Aerospace, Deer Lodge Centre, Airbus Military and the Dilawri Group.

We received in kind partnerships from the Delta Winnipeg, the Winnipeg Free Press, Kromar Printing, and Morden's of Winnipeg. The MFRC would also like to thank our partners for their continued support of our organization and we look forward to working with you in the near future.

Two raffles were held to raise funds before and during the Gala. The Travel Raffle composed of four great prizes, included: two tickets anywhere West Jet flies, two tickets anywhere West Jet flies in Canada, a Via Rail trip for four to Churchill, including hotel and whale watching tour, and a prize package from the Grand Forks Visitors and Convention Centre, North Dakota. A big thank you to West Jet, Via Rail and Grand Forks Visitor and Convention Centre for their generous prize donations.

The second Raffle was for an original Jets Jersey signed by the Captain, Andrew Ladd.

The 6th Annual Yellow Ribbon Gala was an amazing success raising over \$25,000 to support military families. Thank you again to all those who support us, we look forward to welcoming you to the 7th Annual Yellow Ribbon Gala on 16 February 2013.

### ADULT PROGRAMS

#### NEXT CHAPTER

Thursday, March 15, 9:30-11:30 a.m.

Register by 13 March 2012  
Are you in the "next chapter" of your parenting life? Do you have school aged kids, and are looking to socialize with other parents with school age kids? This group will help you find yourself as you go thru the middle years before the teen years!!! Each month we will discuss a different topic while having some fun and food with friends. This program is designed for parents of children ages 6 and up. Child care will be provided if you have younger children.

#### SIT AND STITCH

Thursday, March 8, 5-8 p.m.

Join us for a drop in sit and stitch club! Bring your current project to work on while socializing and having some snacks. A knit and crochet instructor will help beginners with techniques and or a new project! All levels of knitters and crocheters are welcome!

#### MOM'S NIGHT OUT

Tuesday, March 13, 6:30-9:30 p.m.

Register by 9 March 2012  
This month the theme is laughter. We will watch a funny movie, have some laughs with friends, and talk about the benefits of laughter. As always, there will be snacks and refreshments provided.

#### DINNER AND THE BIG COOK

Thursday, March 8, 5-8 p.m.

\$20, Register by 5 March 2012

Join us for an evening of food and fun. We'll have dinner from 5 to 6 pm, followed by the preparation of 3 take home meals from the book "The Big Cook". This is a great way to get out of the "dinner rut" and create some new meals for your family. Registration and prepayment are required.

#### CHILDREN'S PROGRAMS (0-5 YEARS OLD)

##### DATE NIGHT CHILD CARE

WESTWIN CHILDREN'S CENTRE  
Wednesday, March 14, 5-7:30 p.m.

\$8 per family, Register by 9 March 2012

Leave the kids with us while you enjoy some "grow-up" time. Children 1 - 5 years

old. Please call 833-2500 ext 2491 to register

#### CASUAL CHILDCARE

WESTWIN CHILDREN'S CENTRE

Tuesdays, 9-11:30 a.m.

Thursdays, 1-3:30 p.m.

Children under 2 - \$10, and children over 2 - \$8. Half price for each additional child from the same family. Must book 24 hours in advance. Call 833-2500 ext 2491.

Need a break? This program provides care for children while you take some time for yourself. Children must be at least 1 year old to attend the Tuesday session and 18 months for the Thursday session. Peanut free snacks and diaper supplies should be sent.

#### Let's Go!

WESTWIN CHILDREN'S CENTRE

Tuesdays until March 20th,

1:15-2:15 p.m.

Do your children have more energy than your four walls can handle? Join us Tuesday afternoons for a chance to let loose and get moving! Children and parents will have the opportunity to play together with large muscle toys. There will also be parachute and cooperative games, music, movement and a lot of FUN!

#### JAN BRETT STORY CELEBRATION

WESTWIN CHILDREN'S CENTRE

Tuesday, March 27, 10-11

a.m.

Parents and preschoolers can participate in art, music, movement and cooking activities inspired by the literature of Jan Brett

#### CHILDREN & YOUTH (6-18 YEARS OLD)

##### ADRENALINE ADVENTURES

Friday, March 23, 6-8 p.m.

Both Youth Centre's will be heading to Laser Jungle in Stonewall on Friday, March 23rd 2012. The cost is \$13 per participant and includes 2 games of laser tag, one drink, a hotdog, and ice cream. Sign up today at your Youth Centre. Be sure to have your permission form and monies in by Wednesday, March 21st to secure a spot! We will not be accepting any late or day of registrations.

\*Membership/ Medical forms must be completed! Please see staff for more details.

# Chaplain's Corner

## Cradle Investing

One day last week, I was driving in my car when I heard Harry Chapin's "Cats in the Cradle" song on the radio. If you haven't heard the song, it is about a father who is too busy with the many demands of life to make much time for his son. As the son grows up and leaves the home, the father, who now has time on his hands, wants to spend time with the son, only to find out that the son has become just as busy, and no longer has time for the father. As the lyrics go ...

"He's grown up just like me ... my boy is just like me."

When I heard that song on the radio, I began to think of when I served in Cyprus on the decompression teams, helping the soldiers who were returning home after their tour in Afghanistan. I opened most of my presentations with that song, because it helped the soldiers to think about returning home and about the things they wanted to do when they got home. Most had a "things to do" list a mile long, so long that they would become so busy doing the things on the list that they would not

make much time for their loved ones.

This, in turn, made me think about events this past week. You see, our son was visiting us that week. He decided to spend his university reading break by coming home. Some of his friends had decided to spend the week in Las Vegas. Others went to Mexico or some other warm and sunny place. Still others spent their week at shopping malls, movie theatres and bars. Yet my son decided to come home.

While I am sure many young adults would immediately call him a loser for not living the high life and partying it up (likely at their parents' expense), he did not care what others thought. He is a young man who knows what he wants, and he wanted to be at home. That's it. That's all. He spent a wonderful week with us, with his friends, with the dog, and with his online friends.

What allowed this to take place was an investment my wife and I made over these past numbers of years ... the many times that we spent doing things as a family. Unlike that poor father in "Cats in the Cradle", we chose to make the time

to spend with the kids. It wasn't fancy vacations, or an eye-popping RV, or extravagant cruises, or top-of-the-line electronic thing-a-ma-jigs that planted the seeds for this security. It was time itself. We chose to invest our time with our kids rather than investing in these expensive substitutes for time.

This is the season where many people are burning off their annual leave. It is also the time for reading breaks and spring breaks. This seems to be an opportunity for many to invest a few hours or days.

"When you're coming home, Dad, I don't know when ..."

How will you spend your time? How will you invest the minutes and hours? Life is busy enough. Each of our "to do" lists are a mile long. There seems to be many people making demands on our time.

"But we'll get together, then, Dad; you'll know we'll have a good time then."

"Then" often never happens. "Now" always happens. Invest wisely.

Take care and God bless.

- Padre Mark

## In Memoriam

### Obituary of Mr. Bill Appleton

It is with great sadness that we announce the passing of Mr. Bill Appleton who was the Team 1 Cleaning Supervisor with Wing Personnel Services here at 17 Wing.

Mr. Appleton passed away on Wednesday on February 16, 2011 following a long illness.

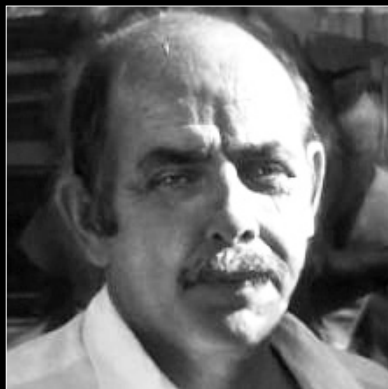
Bill was hired as an indeterminate Civilian DND employee in December of 1989 where he worked as a Bus2 cleaner for 8 years in building 52 and then moved to building 90.

"He was a great addition to building 90 and people knew they could always count on him for answers...he was the first one there and the last one to leave," said one of Bill's supervisors, Mike McNeil.

As the Team 1 Cleaning Supervisor he provided skill and leadership that will not be easily replaced.

"I will miss his dry sense of humour," said his other supervisor Peter Vail, "he was a quality person that had a really high work ethic...as his supervisors, we really respected him."

Donations in Bill's memory can be made to Cancer Care Manitoba 675 McDermot Ave, Winnipeg MB R3E 0V9.



### Obituary of Sgt Christian Tardif

Sgt Christian Tardif passed away in a Laval hospital on the 26 February 2012 at the age of 32 years and 10 months. He left with the love of those closest to him. He leaves behind his wife, Sylvie Dion, his three adoring children, Laurence, Xavier, and Frédérique, his mother, Andrée Bergeron, his sister Véronik Tardif, his parents-in-law, Richard and Jocelyne Dion, his brothers-in-law, Éric Dion (Marilyn Dion) and Denis Dion, his sister-in-law, Céline Dion (Patrick Phillips) as well as many uncles, aunts, cousins, friends and brothers in arms. He is preceded by his father, Claude Tardif. Sgt Tardif had been previously posted in Winnipeg as a PMed Tech. Your expressions of sympathy can be shown in the form of a donation to the Canadian Cancer Society.

Christian, watch over your family. xxx



## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Mark Mawson (Wing Chaplain)**

Roman Catholic Office 833-2500 ext 5417

**Padre Ray Laudenerio**

Roman Catholic Office 833-2500 ext. 5272/6914

**Padre Frederic Lamarre**

Roman Catholic Office 833-2500 ext. 5956

**Ms Catherine Landry**

W Chap Admin Assistant

Office: 833-2500 ext 5087

#### Masses (English only)

Tues, Weds, Thurs 1210 hrs

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

**Padre Will Hubbard**

(Anglican) Office 833-2500 ext 5349

**Padre Gord Mintz**

(Anglican) Office 833-2500 ext 5785

**Padre Frank Staples (UCC)**

Det. Dundurn. Office 833-2500 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.

#### 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'.



# PERSONAL CLASSIFIEDS

## THE CHARLESWOOD MEDICAL CLINIC at 3360 Roblin Blvd.

is pleased to announce the association of DR. ROBERT CRONIN to the clinic in Family Practice.

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### Volunteers Wanted:

1 Canadian Air Division kitshop is looking for volunteers. Flexible hours, 1 day a week between 10:00 hrs and 14:00 hrs.

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# Taroscopes

BY NANCY

### Aries (March 21 - April 19):

When you feel the urge to do something you've always wanted to do, know that you've got a wealth of experiences to draw on. How you see the past determines how you'll face the future. There are no certainties but it is full of opportunities. Why not see where the road goes. Have fun.

### Taurus (April 20 - May 20):

You're full of excitement at the thought of putting plans in place so that you'll have a great summer. You'll have everything you need by then even though there are a few details you still need to iron out. Organize documents, obtain permits, and finalize the paperwork now.

### Gemini (May 21 - June 21):

Once you have a focus nothing can stop you. Still it's best to practice patience. Things are looking up. You're full of energy. But don't overdo it. Instead allow yourself to enjoy the things that are gently unfolding. You meet lots of new people when you're out and about.

### Cancer (June 22 - July 22):

Some things are coming to fruition and you're eager to share the happiness you feel at the results you're seeing. You thrive in strong relationships and nurturing environments. Initiate events where you can surround yourself with friends and family in a comfortable setting.

### Leo (July 23 - August 22):

Financial and physical concerns take the spot light now. You prefer to live in comfort. Unfortunately something from the past leaves you feeling edgy. You'll be faced with the consequence or outcome of an action that you didn't think would surface in quite the way it does.

### Virgo (August 23 - September 22):

Your sense of self worth soars when others let you know they appreciate your good qualities. Your unique skills, abilities and generous personality are assets. Expect your relationships to shift to more solid ground. Celebrate your own personal accomplishments.

### Libra (September 23 - October 23):

Move beyond your comfort zone. Look for new ways to apply what you already know and the skills you have. Do what you love. It encourages others. Your charisma draws a following. You exude an energy that is easy going and vibrant; yet practical and reliable.

### Scorpio (October 24 - November 21):

Get information from those in the know before you state where you stand. When it comes to others, what you thought was obvious, isn't. But you're not hiding anything from anyone. What you think will be obvious by your actions and the way you look. Choose sides wisely.

### Sagittarius (November 22 - December 21):

A surprising situation forces you to deal with something unforeseen. Apply some discretion. Don't jump to conclusions. Consider how this set up came about. If you're the one responsible, own up to it and make some adjustments that serve you better in future.

### Capricorn (December 22 - January 19):

There is work that needs to be done in your personal life. You know you need to do something but you may not know what that is or how to go about doing it. Strive for your highest ideals even when you fear you'll fall short of the mark. A strong foundation is important.

### Aquarius (January 20 - February 18):

You may feel like you are part of an unfair competition when others use their influence to get ahead. If you are feeling left out or forced to wait, remain positive. External validation isn't everything. You benefit from being with a wise mentor. Avoid gossips.

### Pisces (February 19 - March 20):

Balance in terms of your physical realities is essential right now. Find new ways to promote yourself. Improve on your skills, style, presentation and surroundings. Keep all your options open because you'll get bored with only one. And it's not obvious which will pan out first.

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