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17 Wing Welcomes WCWO Robertson



Incoming 17 Wing / AFTC CWO Michael Robertson, 17 Wing / AFTC Commander Col Joel Roy, and outgoing 17 Wing / AFTC CWO André Normandin sign the Change of Appointment rolls. For more, see page 2. Photo: Cpl Jean Archambault

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CWO Robertson Assumes Appointment As Chief Of 17 Wing/AFTC



CWO André Normandin, the outgoing 17 Wing CWO, presents the new 17 Wing CWO plaque to CWO Michael Robertson, the incoming 17 Wing CWO. Photo: Cpl Jean Archambault

By Sgt Bill McLeod
17 Wing Photojournalist

Chief Warrant Officer Michael Robertson assumed the appointment of 17 Wing and Air Force Training Centre CWO from CWO André Normandin on 24 April 2014 at a ceremony held at the 17 Wing Warrant's and Sergeant's Mess.

17 Wing/Air Force Training Centre Commander Colonel Joël Roy presided over the ceremony which was

attended by the 1 and 2 Canadian Air Division Command Teams due to the dual nature of the position. 17 Wing is part of the operational arm of the RCAF under 1 Canadian Air Division and the Air Force Training Centre schools generate trained personnel as part of 2 Canadian Air Division.

Prior to the signing of the Change of Appointment Certificates, Col Roy requested that CWO Robertson's father, Mark Robertson, assist him in replacing the CWO rank insignia with the crossed swords of the Wing Chief Warrant Officer appointment insignia.

"Just so everybody knows this is the first time my father has been to one of these military events since I graduated my QL3 in Kingston in 80 something," said CWO Robertson as his father gave him a handshake and a hug

following the rebadging.

WCWO Normandin was presented with some items that represented his time in Winnipeg, including a cadpat Winnipeg Jets jersey and a scrapbook of his press clippings. CWO Normandin then addressed the audience at the ceremony.

"First, I would like to mention that 17 Wing and AFTC serving members are proud members of the pro-

fession of arms," said CWO Normandin. "They are team players who will always maximize instead of compromise their performance."

"It is with a deep sadness that I have to leave this unique and dedicated Wing," added CWO Normandin. "It was not easy to make the decision to leave my appointment before the end of it but it is the right decision for all of us."

CWO Normandin will return to Ottawa to spend more time with his family.

17 Wing/AFTC Commander Colonel Roy addressed the audience at the Change of Appointment following CWO Normandin.

"With his impressive background, as he was developed both operationally and in the NCM professional development program for the strategic level, Chief Normandin was well prepared for the development of our way forward, advancing the priorities, and so on," said Col Roy. "There was one thing you were not quite ready for: playing against me in floor hockey."

"Chief, you never compromised on high standards and I always knew you had my six," said Col Roy. "I'm particularly proud to see the progress you made us do in the development of the personnel and in the recognition of your numerous accomplishments. You can be proud of the legacy you leave behind."

As the incoming, CWO Robertson spoke last to the audience. He thanked both his family and his neighbours for their support in the past and future.

"I look forward to the challenge and I know my family looks forward to the challenge," said CWO Robertson. "They know what they're getting into and my neighbours are starting to get the idea, but Sir, I'm ready, so bring it on."

CWO Robertson joined the Canadian Armed Forces in 1983 as a Radio Technician and has had postings in Kingston, Comox, Cold Lake and Winnipeg. He has deployed to the Golan Heights and Afghanistan. His most recent posting was to 1 Canadian Air Division.

WCWO Leaves Lasting Impression On 17 Wing

By Bruce Tulloch
Voxair Photojournalist

Chief Warrant Officer André Normandin's time at 17 Wing was, in his own words, "not long enough," but his impact will last a lifetime for many. With all the gifts and mementoes presented to him, carry-on will not be a flight option. But there is one particular gift stands out.

At the Change of Appointment Ceremony (COA) on Thursday April 24th, Captain Audrey Jordan of 1 CFFTS presented CWO Normandin with a binder of every Voxair picture and article he has been in since his ar-

rival at 17 Wing on June 13, 2013.

The germ of this idea came from a conversation between Col Roy, CWO Normandin and Capt Jordan. Capt Jordan had just made the Voxair front page with a picture of her at a Zumba class and jokingly asked Col Roy if he would like an autographed copy.

"He answered that if I were to give him an autographed picture of me, I would then have to find all the Voxairs with his picture and there were quite a few," she recalls.

CWO Normandin joined the conversation, saying he thought that the idea of making a book to represent the various events during someone's tenure was excellent, and added that he was leaving soon. Capt Jordan continues, "He said that if there were a book to be made, he would appreciate to be the first one to have it done for."

She vetted the project with Wing Admin Branch CWO Sandra Spragg and not only was it approved, but "she was delighted and thought it should be something done for all WCWOs and WComds."

Capt Jordan combed the Voxair archives for stories featuring CWO Normandin; 56 pages in total, including four from the last issue of Voxair alone.

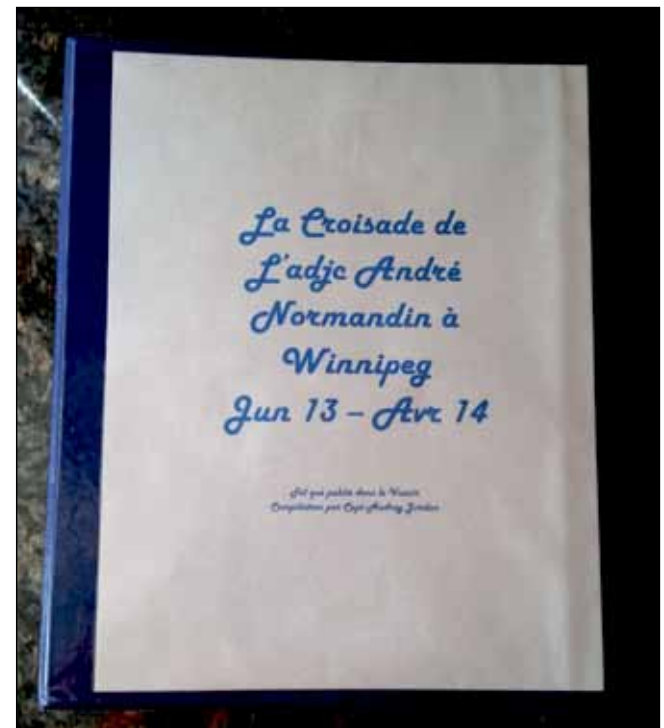
What was it about CWO Normandin that could elicit such a generous and heartfelt gesture?

"No matter how busy he was, if you needed help, he would find a window to answer questions. Not necessarily the answer one might wish to hear, but the one that needed to be said, the one that would push someone to become a better person," said Capt Jordan. "I think he was a force that pushed me to do better."

Along with Capt Jordan, CWO Normandin found the time to mentor other officers as well.

"I hope and believe that as a mentor, he too gained from the mentorship relationships he built while at 17 Wing. It may be some hard skills, maybe the breadth of knowledge from the other people of various trades, age, and background. I hope he's at least leaving with a feeling that he had a positive impact on a few people."

Capt Jordan was also the MC for the COA and delivered a short message to CWO Normandin, "We thought a meaningful souvenir would be to have a compilation of all the articles and pictures published in the Voxair during your time as the 17 Wing/AFTC Chief Warrant Officer. There are currently over 50 pages in the book, which demonstrate the positive impact you have had on the Wing. We would like to wish you all the best in your future endeavour and courage for the challenges that lay ahead."



The binder of Voxair articles that was given to CWO Normandin as a departure gift. Photo: Supplied

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Wing Admin Branch Gets Inside 435 Sqn

By Bruce Tulloch
Voxair Photojournalist

It only takes a spark to get a fire going. And if Lieutenant Colonel Aaron Spott, Wing Admin O has anything to say about it, Sergeant Guy Sedaway's bright idea will soon spread across the base like a wildfire.

"I realized that a lot of people, both civilian and military members, do not know what the reason of being of 435 Sqn is," said Sgt Sedaway. "And the recent budget cuts and the transfer of resources toward 'Operational Assets' brought a lot of talks and questions; why do all IT priorities go to hangar 16, why is the tarmac getting cleared of snow before sidewalk?"

"I thought it would be good for PD and general knowledge for all people who are part of the Wing Admin Branch to get to know better what is happening on this wing, and who are the people that we are supporting daily," he said.

So Sgt Sedaway organized a guided tour of 435 Sqn at 13:00 on 23rd April. A tour of the Search and Rescue section, Air-to-Air Refuelling section, the EOD (bomb squad) and maintenance bay were on the schedule.

So on a bright sunny afternoon over 40 members and staff were given a guided tour of Hangar 16, including a visit inside a CC-130 Hercules cockpit, which is always a highlight. Something of that enormity needs to be seen

firsthand.

"This is our oldest Hercules and has logged over 45,000 hours of flight time," said the loadmaster MCpl Paul Comeau giving the tour. "We actually extended this aircraft's life by two-and-a-half times." To compare, the American Air Force retires similar aircraft after 15,000 hours.

435 Squadron is the only Hercules squadron in the RCAF that does air-to-air refuelling, and it will be refuelling American jets at the next RimPac conference in Hawaii. Full of fuel (65,000 lbs in the wings and an extra 15,000 lb tank in the cargo hold) and without a payload, the CC-130 Hercules can fly halfway around the world without refuelling itself.

In addition to acting as a great gas station in the sky, 435 Squadron also conducts Search and Rescue missions across northwestern Canada. "We are responsible for about 10 million square kilometres," explained MCpl Comeau. "It's basically everything west of Thunder Bay to the mountains and from the American border to the North Pole." 435 Squadron averages 56 Search and Rescue calls each year.

"We have a reputation Air Force-wide," said Maj Adam Pentney, Squadron Ops Officer for 435 Sqn. "If you need something, just call 435, and they'll figure something out."

LCol Spott said he envisions unit visits such as this could be occurring every month or so with different OPIs.

"This is an outstanding initiative," he said. "I would like to see it continue with other integral and lodger units on the Wing. The more attuned we are as a Branch to the operational realities and mission of those we are supporting, the better service we can provide."



Members head out to take a look at the CC-130 Hercules during the 435 Squadron Tour. Photo: Bruce Tulloch

Are You Ready for the Health & Wellness Challenge?

By Mike Sherby
Voxair Manager

Each day is a chance to try new things, to make choices that have a positive impact on our mental and physical health. But sometimes it can help to have a little extra push to get you going in the right direction. And that's exactly what the Health Promotion Health and



A yoga class was one of the activities held on May 1st to kick off the Health & Wellness Challenge. Photo: Bruce Tulloch

Wellness Challenge aims to do, give people the incentive and help they need to make healthful life choices.

It's a message that resonated particularly well with Pat Alexander, the Jr Ranks Mess's Kitchen Supervisor. Alexander had been a smoker for 46 years when she decided to quit at the start of last year's challenge. She says that the decision just made sense.

"We were out smoking in the gazebo on break, and it was late April. I said I think I'm going to quit on the 1st of May, and I just followed through on that. I left my smokes at home that day, and it was good. It felt good."

Alexander says that one day turned into the next, and before she knew it, it had been a year as of May 1, 2014 that she's been cigarette free. She says that she's proud of herself for her accomplishment, and grateful to the Health and Wellness Challenge for giving her the push she needed to get it done.

"It's a good motivator. It's nice to have that prompt, and know that there are people you can talk to and do this with."

The Health and Wellness challenge is a yearly program put on by Health Promotion that aims to encourage healthy living, keeping fit, and connecting with friends. Starting on May 1st, participating members can use tracker sheets provided by 17 Wing Health Promotion to track their healthy choices throughout the month. At the end of the

month, entrants are entered into a draw to win some great prizes, including Magic Bullets, iPods, and hydrating backpacks.

Alexander says that for this year, she's set herself the challenge of increasing how much she walks.

"Today (May 1st) I parked my car a little further from work and walked in. By the end of the month I hope to be leaving it at home and walking to and from work."

When asked if she as advice for any other people looking to kick a bad habit, or just trying to live a little healthier, she says: "challenge yourself, you never know what you can do!"

For more information about the Health and Wellness Challenge, or any other Health Promotion program, please call local 4150.



On May 1st, a seminar was held to educate attendees on how to be more healthy. Photo: Bruce Tulloch

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17 Wing AEW Departs for Cold Lake



17 Wing / AFTC Commander Col Roy talks to members of the AEW before their departure on April 22nd. Photo: Bruce Tulloch

By Bruce Tulloch
Voxair Photojournalist

An advance party of 68 members from the Air Expeditionary Wing (AEW) departed 17 Wing for 4 Wing Cold Lake on April 22nd to establish the AEW camp at Medley Terminal as part of exercises Maple Resolve and Maple Flag.

Comprised mainly of CE and TISS trades personnel, the team will set up the Camp infrastructure, including accommodations for 500 and office spaces, electrical, communications, plumbing and lavatory facilities according to an approved camp design.

In addition to the advance AEW party, the camp will also support 198 other AEW members, 150 from the Joint Task Force Support Group, and 120 infantry, tactical airlifts, ISR, and tactical aviation units.

17 Wing/AFTC Commander Colonel Roy, WCWO Normandin, CWO Sylvain Bernard, LCol Stuart Beal, and LCol Jay Nelles were all on hand to see the advance party off.

LCol Nelles addressed the troops first, paraphrasing one of Mark Twain's most famous quotes: "There are two dates that are important in people's lives. The first date is the day they are born. And the second date is the

date that they discover their purpose in life. And by the fact that all of us are dressed similarly in Canadian Forces uniforms means that that date has already been established by you. You've found the purpose in your life and that is in uniform with the Canadian Armed Forces. My congratulations to you for finding that purpose."

He then focused on the task at hand and the future.

"You 68 people, men and women in uniform, are going setting first block to our next level of success and that is the full development and confirmation of the Air Expeditionary Wing."

After he finished speaking, Col Roy further rallied the troops with an energetic speech. "I've been told by your superiors that you are ready. Are you ready?" he asked building the atmosphere. "Are You Ready?"

Then he dropped the oth-

er shoe.

"If the RCAF deploys assets, you'll be the ones going... and if you are watching what is happening in the world, you know this is very likely soon" There was silence as the gravity and eminence of the situation hit home. "This is the number one priority for the RCAF Commander. If something happens you will be there."

Col Roy finished his address with a little humour, telling Members, "You're going to be traveling in style in the Prime Minister's plane!" While there is no official

leader's plane like the American President's Air Force One, Canada does have an official plane used by the Prime Minister, or on this day, by the 17 Wing AEW.

WCWO Normandin addressed the members for the last time as WCWO before he returned to Ottawa. He spoke of the importance of bond between members, "This is a good opportunity to learn to work with your peers. It takes all of you to make one thing. I have been watching you for a year and I have a lot of faith in you."

"If you believe the world is secure, you're not watching the news," he said, looking at the big picture. "Are you going to be deployed? I will say, 'yes,'" he deadpanned. "Where? I have no idea."

He concluded with a few words of encouragement.

"The bird is in the air because of you guys, otherwise the bird doesn't fly. It's as simple as that."



The plane waiting to take members of the AEW to Cold Lake. Photo: Bruce Tulloch

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435 Squadron Restores Dakota Airplane for Burma Reunion

Bruce Tulloch
17 Wing Photojournalist

This year's reunion of the 435/436 Burma Squadron Association could very well be its last, but there will always be something there to remind everyone, as the C47/Dakota aircraft from the 17 Wing Parade Square is being given a new coat of paint to replicate the design of the planes used in Burma.

Sergeant Steve Savage, an Aircraft Structure Technician (ACS) with 435 Sqn is in charge of the plane's rehab. His team will be painting the plane olive green on top and a sky blue/gray colour beneath to match the plane's original 1944 colours. Sgt Savage says his whole team is eager to get it right for the Veterans to see.

"For some of them, this might be their last chance to show their kids and grand-kids the plane," he says.

But before they could even dream of painting the plane, they had to get it to the hanger.

"It was easier said than done," Sgt Savage says as we watch a team of four members in hazmat suits scrub and sand at the plane. "We had a pile of hurdles to get over just to get it out of the Parade Square." One of which being the unusually cold weather. To transport the aircraft to the hanger, the bleachers in the Parade Square needed to be moved, but were frozen to the ground.

Then there was a concern about the ability of the plane's tires to hold air, as they had developed cracks and were weather-worn. But first they had to get

the wheels off without any instructions. "We found an old DC-3 maintenance manual and used that," said Sgt Savage. Fortunately, once filled, the tires held air and the set of tires borrowed from 440 Squadron in Yellowknife are on hand "just for backup."

Then, to free the Dakota from its metal mounts required an oxyacetylene torch.

"It was a fairly big job just to cut it off the existing mount, just by the way they made the mounts many years ago," explained Sgt Savage

After that they were off and running, sort of. After eight volunteers were recruited, in addition to the original six who'd showed up, the wings were removed and the towing began, very slowly.

"It took at least four hours just for the towing," said Sgt Savage. "Between the landing gear it's 24 feet, to tail is 26 feet, and the curbs on the road are 26 feet," he explained. "So we basically had a foot to spare on each side." Every corner, no matter how slight, along the route to 16 Hanger required a three-point turn.

Removing the lead-based paint was also a time-consuming challenge. People working on the plane must wear hazmat suits, and submit to frequent blood tests to make sure they aren't breathing in any dangerous particles.

"To encapsulate the lead while sanding, we're using the water-sand or wet sand method instead of creating dust," says Sgt Savage.

With a May 23rd deadline to get the

plane finished time is a concern, but everyone is confident the job will be done on time.

"It's coming up fast but we'll get it done," Sgt Savage said, before mentioning that all the credit should go to his team for the hard work. "I'm just the guy who does the paperwork."

The OPI for the reunion, Major Terry Fascione, was also quick to mention that this was a team effort and that all should

be recognized: Sgt Savage, MCpl Poulin, MCpl Wilson, Cpl Erdelyi, Cpl Trommel-en, Cpl Murray, Cpl Peters, Cpl Stauth, Cpl McIntosh, Pte Baramphua Bahati, Pte Ennis, Pte Nacinovich, Pte Beardmore, and Pte Van Helvert.

The 67th Burma Association reunion takes place May 23-25, marking the 70th anniversary of the formation of the 435/436 Burma squadrons.



Members of 435 Sqn sand lead paint off the Dakota airplane. Photo: Bruce Tulloch

WComd Volleyball Tournament A Smashing Success

By Chris Merrithew
PSP Sports Coordinator

The Wing Commander's Volleyball tournament took place on Fri 25 Apr 14 with a total of 13 teams competing. The tournament was divided into 2 divisions: an A Division (competitive) played at the Bldg 90 gymnasium and a B Division (recreational) that played out of the Bldg 21 gymnasium. All teams played a full round robin with the top 2 teams in each of their respective division advancing to the Championship Final. In the A Championships final, the Odds N' Sods volleyball team defeated the RCSU team in an exciting match. In the B Division, the WTISS Jimmies defeated the Binrats to be crowned WComd B Division Champions. It was a great opportunity for members from the Wing to have fun playing volleyball with members from other units on the base. Congratulations to all the winning teams and thanks to all members for competing in the WComd's Volleyball Championships.



Action on the courts during the Wing Commander's Volleyball Tournament. Photo: Bruce Tulloch

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New MPO to Open in Canex Bldg

By Bruce Tulloch
Voxair Photojournalist

When the new Canex Building opens at 17 Wing in 2015, along with the Canex, ISPC, Voxair, and other units, it will be the home of the new Military Postal Outlet 400. But this Post Office will be unique among Military Post Offices.

"What is unique about this Post Office is that it will look like a typical retail Canada Post outlet even though it's completely run by the military, and will meet military requirements," says Deputy Project Manager Victor Lee.

"One of the distinctive things about military post offices are the security requirements that they have as opposed to retail outlets."

There may be security concerns or other reasons that require that the location of a member on deployment, in theatre, etc. remain confidential or secret.

17 Wing Postmaster Sargent Darren Burgess says he is excited about the new outlet.

"The post office will be designed by Canada Post Corporation (CPC) personnel and have all their CPC materials, like counters, wall slats for hanging products and signage to name a few. When you walk into the post office, it will look and feel like a Canada Post Office with a

touch of military. We still want to keep our identity as a Canadian Forces Postal Unit."

To that end, he will be tailoring CPC services to best serve Members.

"We will provide all the services CPC has to offer. I will be looking at enlarging our inventory with things like packing material and possibly some other retail items since we will have more space and a better layout than we currently have." He said.

It's been quite a year for Sgt Burgess who was deployed as Postmaster with the Disaster Assistance Response Team (DART) to provide humanitarian support after hurricane Haiyan hit the Philippines November 8, 2013.

"I am very excited about the move into the new post office, having the honour of opening a new PO is something that doesn't happen very often in one's career. Of course with the opening of the new PO we are planning on hosting a grand opening with dignitaries, cake and of course balloons."

Sgt Burgess is quick to allay concerns about service during the move to the new location. "The transition into the new facility shouldn't take more than a couple of days." He said. "Once we are in and all systems are up and running then we can open for business."



Construction on the site of the new Integrated Facility Building continues. Photo: Supplied

CFB Winnipeg Golf Course Now Open



CFB Winnipeg Golf Club

The CFB Winnipeg Golf Club is now open for the 2014 Golf season.

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If you were not a member of the CFB Winnipeg Golf Club in 2013 and you take out a 2014 membership, you will receive a 10% discount on your membership fees.

If you were a Golf Club member in 2013 and renew your membership in 2014 and you bring in a new member (not a member in 2013) to the Golf Club you will receive a 10% discount on your 2014 membership fees for every new member you bring in (up to a maximum discount of 50%).

For CF students on course at 17 Wing, you will definitely want to look into the monthly memberships being offered.

Family membership rates and Junior memberships are also an attractive option.

Come out early to take advantage of payment plan options, which allows you to spread your membership fees over the period between May and September.

For more information about obtaining a golf club membership, payment options, and any other questions you may have regarding the Club, please contact the Golf Club Manager at local 6909.

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Si vous étiez membre du club de golf en 2013, que vous renouvelez votre adhésion en 2014 et que vous avez recruté un nouveau membre (qui n'était pas membre en 2013), vous bénéficierez d'un rabais de 10% sur les droits d'adhésion pour chaque nouveau membre que vous avez recruté (rabais maximum de 50%).

Les stagiaires des FC qui suivent des cours à la 17e Escadre seront sûrement intéressés par les droits d'adhésion mensuels qui leur sont offerts.

Les droits d'adhésion pour les familles et les mineurs sont également intéressants.

Abonnez vous tôt afin de profiter des modes de paiement qui vous permettent de répartir le paiement de vos droits d'adhésion du mai à septembre.

Pour de plus amples informations sur l'adhésion au club de golf, les modes de paiement et toute autre question au sujet du club, veuillez communiquer avec le gestionnaire du club de golf au poste 6909.



Wounded Warriors Fundraiser

At the La Verendrye Lounge
17 Wing O Mess

Friday

30 May

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Decoration Day Parade Draws Hundreds

By Bruce Tulloch
Voxair Photojournalist

Although Remembrance Day may get the most attention, the Decoration Day Parade also serves to recognize all the men and women who have served their country as part of the Canadian Armed Forces. Their service was commemorated Sunday, May 3 at the 2014 Decoration Day Parade, a Winnipeg tradition that goes back more than a lifetime.

The first Decoration Day Service in Winnipeg took place in 1886 when soldiers of the 90th Rifles, dubbed the Little Black Devils by the Metis during the North-West Rebellion due to their dark rifle green uniforms, held a parade and service at St. John's Church to honour comrades who had been killed in the battle of Batoche.

Decoration Day continued until the late 1960s when public and organizing interest waned. It was resur-

rected as an annual event in 2012 by the Joint Veterans Association as an amalgamation of several smaller ceremonies and events.

"This one is combining D-Day and other parades," explained retired veteran and volunteer Murdoch 'Doc' Jardine. "Rather than have separate little parades, this takes care of a lot of them."

Mr. Jardine served over 40 years in the Regular Army and in the Reserves; overseas with the Black Watch in the Airborne Regiment, deployed primarily in Cyprus as well as two tours in Germany, and numerous United Nation missions. He is a Duke of Edinburgh's Award recipient for his outstanding contribution to the Canadian Cadet Movement and is active in the remembrance of the sacrifice and achievements of Canada's Veterans.

This year more than 200 people, including many veterans and serving CAF Members attended the event, which was held at the Winnipeg's Cenotaph on Memorial Boulevard.

Several local dignitaries spoke, including Manitoba Lieutenant-General Philip

Lee, and City of Winnipeg Deputy Mayor Grant Nordman (St. Charles), followed, in place of Mayor Sam Katz. BGen Gordon Reid, 1CAD Deputy Commander, gave a moving speech.

"As the Deputy Commander of 1 Canadian Air Division Canadian NORAD Region Headquarters here in Winnipeg, I am proud to be here as we commemorate the 70th anniversary of D-Day," stated BGen Reid. "This year, the Royal Canadian Air Force celebrates its 90th; and these two anniversaries are bound by common themes from which we can all be proud."

The poignant 30-minute event was also simplified by having only the Cadets lay a flower during the ceremony, though others were given the opportunity to do so afterwards.

"We wanted to keep this one nice and simple, you can get to many speeches, etc..." said Mr. Jardine, "and for the most part it turned out pretty good."

After the ceremony, a parade formed with a number a vets falling in behind the band, and marched up Memorial Boulevard to the Manitoba Legislature where a reception was held.

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Many attended the Decoration Day Parade on May 3rd at the Cenotaph on Memorial Blvd. Photo: Bruce Tulloch

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- Paiements forfaitaires



Flowers are placed on the Cenotaph to recognize the men and women who have served their country in the Canadian Armed Forces. Photo: Bruce Tulloch

440 Squadron Honours & Awards

On April 8th, 2014, Major General Pierre St-Amand presented Honours and Awards to members of 440 Squadron. All photos: Supplied.



MGen St-Amand presents Capt Dale Maedel with his certificate signifying 5000 flying hours on the CC138.



MGen St-Amand presents Cpl Ed Graham with his CD.



MGen St-Amand presents 440 Squadron CO LCol Vince Wawryk with his CD1. LCol Wawryk was also presented with his 1000 flying hour certificate on the CC138.



Cpl Ed Graham is awarded his Flight Engineer Wings from his spouse Erin Tandy, 440 Squadron CO LCol Vince Wawryk and the FE LEad WO Neil Thorne.



Sgt Sandra Duchesne is awarded Vampire of the Quarter by the Squadron CO LCol Vince Wawryk and Squadron Warrant Officer MWO Glenn Rowlandson for her outstanding work in the Squadron Orderly Room.



MGen St-Amand with 440 Squadron DUFSSO Capt Trudy Gardner present Cpl Dean Smith with a Flight Safety Forpro award.

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New RCAF Run Events Focus On Family Fun

By Gloria M. Kelly
National Defence Public Affairs Office

If you have ever wondered about those big grey aircraft that fly over the city on a regular basis you now have an opportunity to get up close, talk to some of the crew members and discover 17 Wing Winnipeg.

This year the Royal Canadian Air Force Run, in addition to its timed distances, has an enhanced 3km Family Fun Run/Walk featuring interactive aircraft displays, children's activities, an interesting race village, athletes from local professional sports teams and much more.

Race Day is Sunday 25 May 2014. It's a registration required event and limited to 2500 people. There is no registration on race day.

The RCAF Run is for everyone- no matter what their fitness level or ability to actually run, says race director Master Warrant Officer Jim White. The RCAF Run is a part of the Canadian Armed Forces commitment to fitness and healthy living and anyone who wants to share in that commitment is welcome to hit the tarmac with the men and women who daily serve and protect Canadians from coast to coast.

The runners in timed events will be off first and these aspects of the race are certified by Athletics Canada and accredited by the Manitoba Runner's Association, said MWO White. The RCAF Run has become an attractive race option for serious runners who like the course and the race organization.

Anyone who wishes to take part in any aspect of the race who requires a service dog or support runner is most welcome, said MWO White. "This is a run that is truly for anyone who wishes to take part."

For families or indeed anyone wishing to take part in the 3km Family Fun Run/Walk this year offers a great

opportunity, said MWO White. Not only can families stroll along the flight line where a selection of aircraft will be parked, they will actually be able to get up close to other planes, take a tour and chat with the men and women who fly in them.

There will also be static displays in the same area, in particular displays marking the 75th anniversary of 435 Squadron and the Burma Veterans Association which is holding its final reunion at 17 Wing on race weekend.

At the end of the walk everyone is encouraged to take time to visit the Race Village that will be enhanced and expanded with activities for all ages. There will be a display marking the 90th anniversary of the Royal Canadian Air Force, professional athletes from local sports teams will be in attendance, there will be lots of music from the RCAF Band and of course a snack to take the edge off the appetite worked up walking around the base to enjoy race day.



Honorary Colonel of the Canadian Forces School of Aerospace Studies and former Winnipeg Blue Bomber Doug Brown runs on the flight line at 17 Wing during the 2013 RCAF Run. Photo: Sgt Bill McLeod

If you are interested in taking part in race day as a participant or volunteer check out the web site at www.rcafrun.ca.

RCAF Run Assists Winnipeg Police Service Half Marathon

Sgt Bill McLeod
17 Wing Photojournalist

Royal Canadian Air Force Run volunteers assisted the Winnipeg Police Service Half Marathon on in preparation for their race, during their race, and with a CC-130 Hercules flypast to kick it off on May 4.

The RCAF Run and the WPS Half Marathon have developed very close ties over the 6 years the RCAF has been in running. Both races are world class events held in Winnipeg in May by uniformed government services.

The WPS Half Marathon began as an idea at policeman Nick Paulet's kitchen table. In its first year the committee had hoped to register 200 runners and had to

stop accepting registrations when they hit 1000. Since that first year the race has continued to grow. This year 2900 runners were registered. The RCAF Run is being capped at 2500 entrants for 2014.

The WPS race has been running four years longer than the RCAF Run and raises money for the Canadian Cancer Society through the Cops for Cancer program. This year the total raised passed the one million dollar mark.

The RCAF Run raises money for two causes close to the military, the Military Families Fund and Soldier On.

Soldier On is designed to support injured and ill Canadian Forces soldiers continue to attain and maintain a healthy lifestyle by assisting them in participating in physical fitness, recreation and sport activities.

The fund has been used to help members with adaptive sports equipment and has been used to improve sports facilities, create home gyms and provide training for beneficiaries to compete at national and international levels.

The Military Families Fund was created in 2007 by the Chief of the Defence Staff. It doesn't replace existing programs but the MFF provides Commanders a quick means of assisting military families when faced with an unexpected need. It has been used in the past to enable families to attend repatriation ceremonies, for spouses to accompany injured or ill soldiers to hospitals and for spouses or families to attend the return of wounded soldiers to Canada. It has also helped set off the costs of memorials, psychological assistance, rehabilitation, home care and education for military families.

As part of the cooperation between the races, RCAF Run volunteers assist the WPS Half Marathon in handing out race kits on registration days, manning a water station on the route the day of the race, and providing a fly past to kick off the race. In return the Winnipeg Police Service supports the RCAF Run by allowing RCAF Run flyers to be put in the race kits and by provide officers to re-direct traffic and ensure safety of participants at all major intersections that are located off of 17 Wing. City of Winnipeg traffic services also set up road signage, no parking signs and safety cones along the race route that is located off of 17 Wing.

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Captain Jennifer Campbell, RCAF Run volunteer, helps Marla McKittrick with her race kit at the Winnipeg Police Service Half Marathon kit pickup point. Photo: Sgt Bill McLeod

National Day of Mourning Service Held

By Bruce Tulloch
Voxair Photojournalist

The flags were at half mast, but thankfully 17 Wing has never had a workplace fatality at the base. However a small group attended the first National Day of Mourning service held at 17 Wing Chapel Monday, April 28th to remember friends and loved ones who perished while in service to their country.

Chuck Haarsma, 17 Wing Safety Manager, explained that the first service took place 23 years after the federal government officially recognized National Day of Mourning. Worker's Memorial Day was started in 1984 by the Canadian Union of Public Employees, and in 1991 The Canadian Labour Congress officially declared April 28 the National Day of Mourning to remember those who died in the workplace.

Although the day of remembrance started in Canada, it soon spread to over 80 countries world-wide. Haarsma says that though they have tried to have services in the past, nature had other plans.

"It usually coincides with flooding," he said. "So [the flooding] takes away any publicity we might receive, as well as resources and personnel."

But this year the timing was right, any potential flooding has been delayed, and Padre Jack Barrett agreed to do a service after attending a similar service recently in Halifax. "I'd really like this to become an annual event," Padre Barrett said, echoing Haarsma's words.

Padre Barrett led the 30-minute service, beginning with the lighting of candles for fallen family, friends, and co-workers, and a prayer for safety.

"Risk can never be eliminated, yet we pray that work place safety will never be taken for granted and collectively, we shall diligently work towards a safer, healthier work environment for all."

Padre Ray Laudencio then led the congregation in a responsive reading of the 23rd Psalm, and Padre Darryl Levy read from the book of Matthew, chapter

25, verses 35-40, before Padre Barrett returned to the pulpit for his reflection.

He told a personal story of losing a close friend and colleague that resonated with the group, before following up with some startling statistics. According to a report by the Association of Workers Compensation Boards of Canada, there were 977 workplace deaths in 2012 (the most recent statistics available). "And almost half of those are asbestos related," he said. Mesothelioma and other asbestos-related cancers can take decades to develop; there are also cancers that are completely unique to firefighters. These are grim reminders that while it's never too early, it can be too late to implement safety measures.

Padre Barrett concluded the service with another prayer for the people and their safety.

"May we work to make the best use of the talents we possess, such that good is never left undone, and each opportunity for safety is exploited to everyone's benefit. Amen."



A candle is lit at the service held on April 28th for the National Day of Mourning. Photo: Bruce Tulloch



National Day of Honour

On May 9th Hansens' joins all Canadians to salute Canada's Armed Forces in marking the end of our country's mission in Afghanistan.

We salute your strength and sacrifices and offer a special thank you to the fallen and the wounded.



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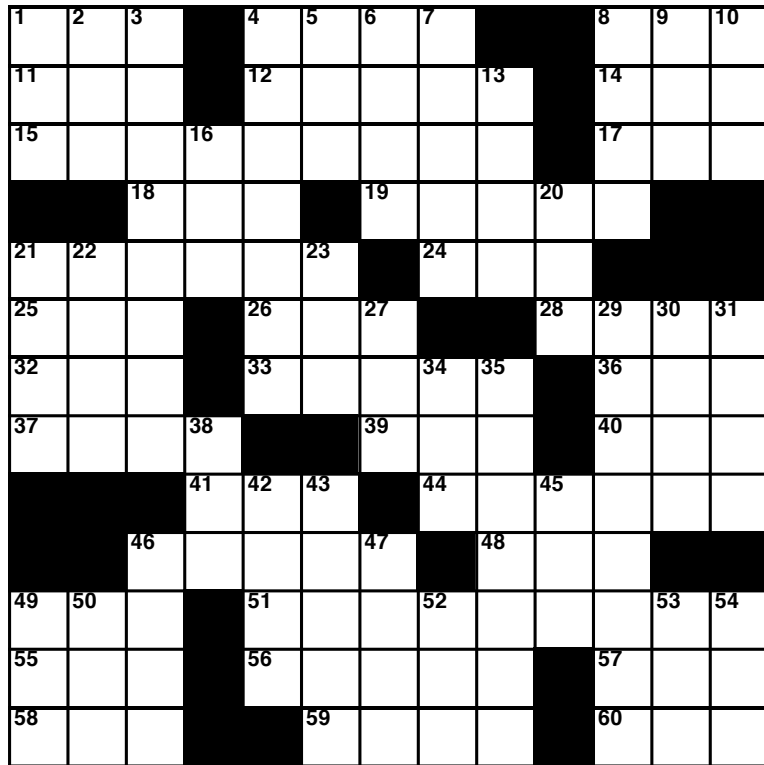
Canadiana Crossword

A Flurry of Felines

By Bernice Rosella and James Kilner

ACROSS

- 1 Print designer's concern
- 4 _____ a pity!
- 8 Dickensian expletive
- 11 Choose
- 12 Concur
- 14 Fall mo.
- 15 British _____
- 17 Caustic
- 18 Greek letter
- 19 Pulverize
- 21 Turkish _____
- 24 Sargasso or Aral
- 25 City in India
- 26 Golf's Poulter
- 28 Portal
- 32 With it
- 33 Ort
- 36 Devonshire _____
- 37 As well
- 39 Also
- 40 Prefix for partite
- 41 Partner of ands and buts
- 44 Missing
- 46 Ascend
- 48 Rocky peak
- 49 Egyptian _____
- 51 Filling the hold again
- 55 Hooter
- 56 Arabian
- 57 Sigh of relief
- 58 Soaked
- 59 Creel item
- 60 Oahu garland



DOWN

- 1 Dawn goddess
- 2 Speed meas.
- 3 Temporary measures
- 4 Sarcastic

- 5 Exclamation of disgust
- 6 Cliff
- 7 Inheritors
- 8 Scottish _____
- 9 Slippery
- 10 Summer, to Serge
- 13 Lake above Ontario
- 16 Greek letter
- 20 Badger, in a way
- 21 Turkish title
- 22 Christmas
- 23 Rhine feeder
- 27 Maniac
- 29 Road type
- 30 Shore bird

- 31 Leave the stage
- 34 Extinct New Zealander
- 35 American _____
- 38 Alberta gold?
- 42 Evergreens
- 43 Defame
- 45 Turf
- 46 Defame
- 47 Russian _____
- 49 Provide lawn care
- 50 Reverence
- 52 Praiseful poem
- 53 No, in Nairn
- 54 Alphabet run

Philatelist's Corner with Alf Brooks

A Postage Stamp Not Issued, then Changed and Issued

In January An Post (Ireland) released information that it would issue a stamp honouring the Irish Citizen Army, a small group of trained trade union volunteers established in Dublin for the defence of worker's demonstrations from the police. In 1916, it took part in the Easter Rising – an armed insurrection aimed at ending British rule in Ireland. One of its leaders was Jack White, a former British Army officer, whose portrait was part of the stamp design. Almost immediately there were objections, that the man portrayed was not Jack White; as a result, the stamp was not issued.

It was issued in a revised format in April.



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G	N	I	D	V	O	L	E	R		U	V	M	
		R	O	T		B	M	I	T	C			
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Alcohol, Other Drugs and Gambling: Supervisor's Training

15 May (0800 - 1600 hrs) and
16 May (0800 - 1200 hrs)

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif : formation des superviseurs

15 mai (8 h à 16 h) et
16 mai (8 h à 12 h)

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

Ces compétences seront bientôt obligatoires pour tous les militaires qui ont des fonctions de supervision.
Ce cours aura un code. DAOD 5019-7

To register, contact Health Promotion at local 4150



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Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150



It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness and Suicide Awareness: Supervisor Training

This course is course coded!

16 July 2014
0800 - 1600 hrs

For more information or to register, contact Health Promotion at local 4150

Sensibilisation à la santé mentale et au suicide :

Formation du superviseur

Il s'agit d'un cours auquel on a attribué un code!

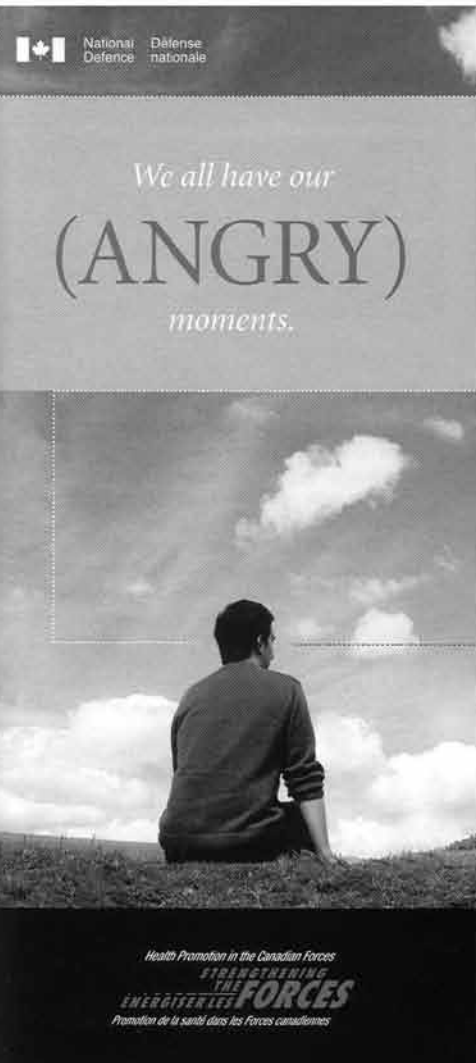
16 juillet 2014
8 h à 16 h

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C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.



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Managing Angry Moments (MAM)

10 and 17 June 2014
0800 - 1600 hrs

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

Gérer les moments de colère

10 et 17 juin 2014
8 h à 16 h

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

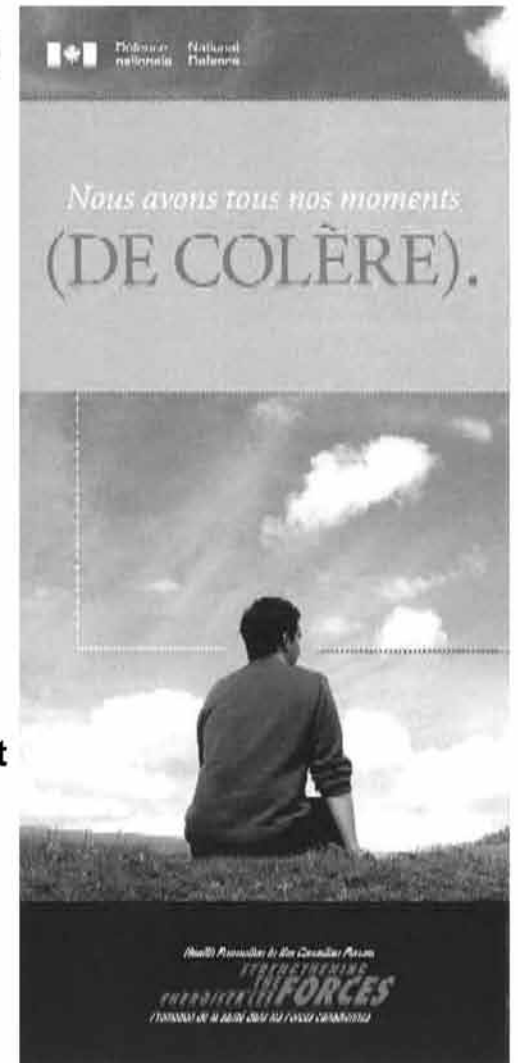
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Westwin Nursery School

Will your child be 3 or 4 years old by Dec 31? If so, they are welcome to attend the MFRC Nursery school programs. We offer classes on Mon Wed and Fri mornings and afternoons. The classes offer play based learning led by qualified experienced staff. We provide an environment and experiences which safely allows children to explore and develop. The program runs Sept to June and costs \$60 per month. Please give us a call or drop by for more information. You'll find us in the Westwin Community Centre (bld 33); call 204 833-2500 ext 2491 or email shannon.peake@forces.gc.ca

Upcoming MFRC Programs and Events

MFRC Annual General Meeting (AGM)

Wednesday, June 18 at 7:00 p.m.

Childcare is available

Family members of military personnel are invited to attend our annual AGM. This is an opportunity to guide programming for the next year and participate in the election for new members of our Board of Directors. A community coffee break will be held after the meeting.

The 2014 Annual SISIP Volunteer Appreciation Event

will take place on Saturday May 17, at the Science Centre and Planetarium at the Manitoba Museum. This event is a celebration of 17 Wing Winnipeg's amazing Volunteers and all the wonderful work they do! Watch for details in the Voxair, on the Pop-Ups and on the Message Boards, or call the MFRC Coordinator of Volunteers, Barbara Thuen, at 204-833-2500 local 4519.

A summertime tradition is back.

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Camp season is almost upon us! And back by popular demand, the Mabel's Labels Limited Edition Camp Combo™ is packed with a collection of UV resistant, waterproof labels and tags designed especially for everything that goes to summer camp.

This essential summer combo is perfect for clothes and footwear, toiletries, swim gear, backpacks and more. But don't miss out – it's only available from April 8 – June 30, 2014.

Get ready for camp and help support our fundraiser, too. Plus, get early bird pricing of only \$37.95 until April 30th – then just \$39.95.

Customize and order now at www.mfrcwinnipeg.mabelslabels.com

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Please note that due to anticipated demand dispatch times may be as long as 2-3 weeks.

'DATE NIGHT' CHILD CARE

Wednesday, May 14 from 5:00 to 8:00 p.m.

Westwin Kids Care, 630 Wihuri Rd

Cost: \$12 children 6 months to 2 years, \$10 children 2–5 years.

Registration deadline: May 9, 2014

This is a chance for you to enjoy some adult time—per-

haps you'd like to go for dinner; take a walk or have an uninterrupted conversation. Care will be provided for children 6 months to 5 years old. School age children may wish to attend the MFRC Youth Centre. Parents are to provide a nut free dinner for their child. Space is limited so call 204-833-2500 ext 2491.

NEXT CHAPTER

BODY SCIENCE FOR PARENTS OF TWEENS AND TEENS

Tuesday, May 20

9:30 to noon

Are you in the next chapter of your parenting life? Do you have school aged kids, and are looking to socialize with other parents? This group will help you find yourself as you go through the middle years before the teen years. This month's topic will be Body Science for parents of tweens and teens. Parents want their tweens and pre-teens to make safe, responsible decisions around their bodies and their relationships. Talking with young people about sexual values and the facts around sex and reproductions helps them make informed choices. This workshop will feature discussion as well as videos with RN and sexual health educator, Meg Hickling. Free child care for children 18 months to five years.

JUNIOR CHEFS

Tuesdays, May 20, 27, June 3, 10, 17

From 1:30 to 3:00 p.m.

Cost \$40.00

Westwin Children's Centre

Registration deadline: May 12

This is a five week program for children 3–5 years old. Food is the theme with songs, stories, crafts and games. There will also be a cooking (and eating!) experience weekly.

Got "Squeaky" Cheese?

During the week of May 26, 2014, the Winnipeg MFRC will be placing an order for fresh cheese curds from Bothwell Cheese and will be delivering them right to the MFRC.

Orders must be placed and paid by Friday, May 23 at the MFRC. No orders will be accepted after this date.

Cheese curds will be available to be picked up sometime

during the week of May 26 from the front desk of the MFRC. An email will be sent to everyone who placed an order to confirm the date and time for pick up. \$7.50 for 1 lb

SCRAPBOOKING WORKSHOP

Saturday, June 14 from 1:00 to 4:00 p.m.

Cost: \$20.00

Additional Stress Free Child Care funds available to deployed families.

Registration deadline: May 30, 2014

Join us for some afternoon craft time. We will be making a 4X7 'wallet album' which will hold 13-15 pictures. You will receive enough paper to make 2 albums. Our instructor will be teaching us how to make this great gift idea. You will also take home the instructions to make more at home. Please bring a good quality adhesive and paper cutter if you have one.

ROAD TO MENTAL READINESS (R2MR)

Monday, May 12 from 7:30 to 10:30 p.m.

Childcare is available with preregistration.

Registration deadline: May 7, 2014

Preparation, education and skills are not only important for your military loved one's success during the deployment, they are also important for you, whether you are a spouse, life partner, parent or alternative. The Road to Mental Readiness (Phase 3) is designed specifically for loved ones of military members. One of the best ways you can prepare yourself to manage the upcoming deployment is take this training package. Many of the same concepts that are in your training are included in the military members' training package.

FRANCOPHONE LADIES GROUP

LEARN TO CROCHET

Sunday, May 18 at 1:00 p.m.

Cost: \$5.00

Registration deadline: May 14, 2014

Have you always wanted to crochet? Here is your opportunity to learn. Join us we learn the basics of crochet. Our instructor, Chantal will be teaching us the very beginnings of how-to crochet. We will be making a basic project. The cost includes a crochet hook and yarn.

Chaplain's Corner

The 17 Wing Chapel Community Invites Families To Wilderness Escape VBS



In our desire to build community and meet the needs of our children, we, at 17 Wing Chapel, will be offering a vacation bible camp this summer.

This summer family event called "Wilderness

Escape: Where God Guides and Provides" will be hosted at the 17 Wing Chapel (Bldg 95) from 07 to 11 July 2014. Families step back in time at Wilderness Escape, exploring some of the adventures faced by Moses and the Israelites. Kids and adults participate at the Israelite Camp, sing catchy songs, play teamwork-building games, dig into Bible-times snacks, visit Moses, and collect Bible Memory Buddies to remind them of God's Word. Plus, everyone learns to look for evidence of God all around them through something called God Sightings. Each day concludes at Celebration—a time of upbeat worship that gets everyone involved. Parents, grandparents, and friends are invited to join us in the VIP section each day at 11:30 AM.

The Vacation Bible School, VBS, is open to both chapel communities and all children between the ages of 5

and 12 years. VBS will be conducted mainly in English. Registration will be limited to 50 participants. Daily VBS activities will be held in the 17 Wing Winnipeg Chapel at (2235 Silver Ave, off Whytefold/Wihuri). To make this happen we are looking for volunteers, and hope your children will join this popular series as they play, pray and celebrate our faith.

Your child will be asked to wear a baby blue t-shirt each day so that we can identify the participants. The VBS logo will be printed on the shirt. Printing of the logo is free of charge. The t-shirt must be dropped off a week before the VBS no later than 27 June.

Suggested donation: \$10.00. Financial donation is for refreshments; the VBS is free. Cheques may be made to the "St. Marguerite Bourgeoys Roman Catholic Community." So mark these dates on your calendar: 07-11 July. Wilderness Escape will run from 0900hrs to 12 noon each day. Call this number 833-2500 x 5087 to register or fill out the registration form and submit it to one of the 17 Wing Padres, or to the Padre at Chapel Community following the Sunday Services, for this life changing adventure!

The 17 Wing Chapel VBS Team

Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

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 Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 4885

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 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. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

Protestant Chapel Guild meets the first Sunday of the month at 1900 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'.

2014 Vacation Bible School (VBS) "Wilderness Escape: Where God Guides and Provides" Registration Form

Child's Name

Age

- | | | |
|-----|-------|-------|
| (1) | _____ | _____ |
| (2) | _____ | _____ |
| (3) | _____ | _____ |
| (4) | _____ | _____ |



Contact Parent or Guardian: _____

Address: _____

Indicate any child's allergies/ Special Needs:

The following adults/youth would like to help during the VBS. Please contact.

Name: _____ Phone _____ Age _____

Name: _____ Phone _____ Age _____

I, the undersigned, hereby waive any claims against Her Majesty The Queen in right of Canada, her officers, servants and employees, and members of her armed forces, her and their heirs, executors, administrators, successors and assigns, including the Good Shepherd Protestant Chapel Committee, the St. Marguerite Bourgeoys Roman Catholic Chapel Pastoral Council, and the VBS volunteers, for any injuries, damage or loss that may occur during or arise out of or incidental participation in the VBS.

I further grant authority for the publication of photographs of any or all the above-named children in military publication as part of the coverage of the 17 Wing Vacation Bible School. (Please strike out this paragraph if you do not wish photographs published.)

Parent's/ Guardian's Signature



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Taroscopes

BY NANCY

Aries (March 21 – April 19): If your “self-talk” leaves you emotionally exhausted, look in the mirror and ask yourself am I living a life that reflects the real me? Or am I trying to be something I’m not? Identify and deal with what isn’t working for you. Reconnect with your true passions.

Taurus (April 20 – May 20): Remembering past successes can help you to create a plan and establish habits that will bring the desired results. Recognize your core strengths and innate wisdom. Don’t give up just before your efforts are rewarded. Your generosity of spirit is appreciated.

Gemini (May 21 – June 21): Dealing with an issue is empowering. Forcing others to manage without you might be fine, short term, but it’s not a permanent solution. You’ll feel better for having resolved the past and the delay will allow you to fully prepare before embarking on a new venture.

Cancer (June 22 – July 22): Take time to really enjoy what gives your life meaning. Your hard work has ensured you are in a position to do more of what you enjoy now. Allow yourself the freedom to splurge on “treats.” Take in a show. Listen to good music. Buy some flowers. Look up at the stars and dream.

Leo (July 23 – August 22): You may feel frustrated because you are not in charge in your current situation, even though you are expected to care for the needs of others. Being generous is natural to you but don’t overdo it with those who are just using you. Your responsibilities are about to increase.

Virgo (August 23 – September 22): Set up your finances so that you can manage when the winds of change blow. Plans should be specific but build in some flexibility too. Take charge of your choices. Set down a good foundation and nothing can stop you. Practice good habits to help maintain your health.

Libra (September 23 – October 23): When events are disappointing, disheartening or disturbing, you are motivated to push for something greater. Be bold, follow your instincts. Strike out on your own if necessary. Waiting for someone else to fix things will leave you feeling like you’re stuck in a rut.

Scorpio (October 24 – November 21): You can easily handle unexpected events. Have fun playing with new possibilities. Let go of what is outmoded. Cover the basics. Be spontaneous when it comes to leisure activities. Believe in the impossible and you’ll see positive results.

Sagittarius (November 22 – December 21): It’s not realistic to expect things to stay the same. You’re in a period of major transition. Everything is changing; leaving you feeling hopeful but also a bit unsure. While forging ahead you may find a few skeletons have slipped out of the closet to follow you.

Capricorn (December 22 – January 19): Things seem to be falling into place to facilitate a major change in your life. If it seems too good to be true – stop and ask yourself why you feel this way. If your hopes and wishes are coming true, so be it. Enjoy this time of benevolence. It’s all part of the journey.

Aquarius (January 20 – February 18): A break from the crazy world is good, but getting back in the game can be stressful if you’ve lost confidence in your ability to manage the madness. But you’ve got what it takes! You’ve done it before; you can do it again. Step into the spotlight. “No guts, no glory.”

Pisces (February 19 – March 20): You wanted change and now you’ve got it. This can be an unsettling time because you don’t have full control on what is happening. Trust yourself to be able to make the necessary adjustments and respond to radical shifts with grace and dignity. Listen to your intuition.

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