



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MARCH 14, 2007

VOLUME 55, ISSUE 5

FREE

## Having A Ball

### 1ST MFRC YELLOW RIBBON GALA RAISES \$4000

By Avery Wolaniuk

With the draw of a world-renowned military dignitary, the Winnipeg Military Family Resource Centre raised \$4000 at their first Yellow Ribbon Ball on Saturday, 24 February.

Held at the historic Millenium Centre just north of Portage and Main, keynote speaker MGen (ret'd) Lewis MacKenzie addressed the crowd, and then the Air Command Band Rhythm in Blue took the stage.

The general, a world-renowned military expert and the face of the Canadian peacekeeper, said committing to the event wasn't a difficult choice for him. "The Family Resource Centres from coast to coast are doing such great work," he said after his speech Saturday night. "(2PPCLI) was here up until a year ago and that's my old regiment, so I have an emotional attachment to this particular part of the world."

MGen MacKenzie, author of Peacekeeper: The Road to Sarajevo, spoke about topics ranging from the Cold War to many of his personal experiences as a commander and a soldier. "If you believe, as I do, that your obligations abroad are somewhat equal to your blessings at home, then this nation has a hell of a bill to pay, and right now it's being paid by young men and women in the air, at sea, on the ground, inside the wire, outside the wire... also the wonderful civilian staff represented here tonight who help us help them defend what's worth defending."

Afterwards, he talked about the evolution of the MFRC he has seen since it was created in 1988. The concept, he said, was originally one full-time person, period, at each of the bases across Canada, with resources that were mainly focussed on deployed personnel. Now, programs range from childcare to employment counselling, to youth events and spousal support. "It really has taken significant weight off the units who are, let's face it, pretty busy these days," said MGen MacKenzie.

With his name on the poster, the MFRC sold 165 tickets at \$80 each to military community members, local business, politicians, and individuals who wanted to demonstrate support for the troops in their town. "When you have strong community support like Winnipeg has, (the galas) seem to be an excellent idea," said Celine Thompson, Director Military Family Services in Ottawa, the organization that governs the MFRCs across the country. "It's an opportunity for all of the Wing's local supporters to show their support of military families." Ms. Thompson, who has attended Yellow Ribbon Galas at several bases, visited with the MFRC staff during the days leading up to the gala. "What struck me the most about the (Winnipeg) MFRC is the incredible partnership they have with the Wing. This is integrated family services at its best, and it's really a delight to see."

When the idea was first proposed to MFRC Executive Director Don Brennan more than a year ago, he was hesitant. Galas have been tried at other locations throughout the country; some have succeeded, others have not. He knew that to start up an event like this and make it work requires a lot of time and effort, and may not pay off in the end. But as his staff, led by Family Separation and Reunion Program Coordinator Nicole Johnson, continued to rally the idea, he gave them the go ahead. And then it went. "It picked up steam and momentum, and just kept growing," said Mr. Brennan. "And my hat is off to the committee. Nicole is the one who originated the idea and worked beyond the call of duty to make this thing work." Ms. Johnson, who chaired the committee, worked with John Chabih and Haley Schroder of the MFRC, and Maj Ken Mahon, to pull the evening off.

Glynn Abbot joined the Air Command Band for a special guest accompaniment, singing his "Unseen Uniform," a dedication to the men and women that serve and their families left at home. The guest list included tables of VIPs, including LGen (ret'd) Ray Crabbe, a long-time buddy of MGen MacKenzie who, in his intro of the major-general, let slip his friend's fondness for the Young

continued on page 2



MGen (ret'd) Lewis MacKenzie, best known as the commander of UN troops during the 1992 siege of Sarajevo and a 33-year veteran of the CF, was the keynote speaker at Saturday night's gala.



LGen (ret'd) Ray Crabbe (left), MGen (ret'd) Lewis MacKenzie, and MGen Charles Bouchard, Comd 1 Cdn Air Div, were all spit and polish at the MFRC fundraiser.

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# Having A Ball Continued from page 1

and the Restless during their days serving in the army together, MGen Charlie Bouchard, Comd 1 Cdn Air Div, LCol Sam Ness, WComd, HCol Barry Rempel, CWO Glenn Wallace, WCWO, Mr. Steven Fletcher, MP, Anita Neville, MP, Bonnie Korzeniowski, MLA.

The \$4000 raised that night will go towards the programs and services offered by the MFRC. Though the organization receives funding from Ottawa, it is never enough to cover

the expenses of mandated and site-specific programs, and the staff at the MFRC are always fundraising in one way or another. "We've got to make \$15 000 to \$20 000 a year to cover our expenses. We have to make up somehow the shortfall to keep our programs running," said Mr. Brennan. "This money will go right back into the programs and pay for the services we want to continue."

*And we sure to do miss you honey, and our love to you we're givin',  
We'll keep it in our hearts when we wear that yellow ribbon.  
Our families will unite and together we'll be strong,  
Cause we all wear that same, unseen uniform.*

*- Unseen Uniform, written and performed by Glynn Abbott*



Capt Mike Rozak, Wing Heritage Officer, and Capt Adeline Rozak, LTC Coordinator, came out to support the MFRC.



The staff of the Winnipeg MFRC, dressed for a night on the town, raised \$4000 that will help finance their services and programs.

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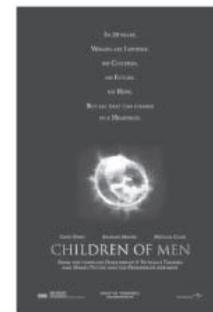
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Dakota Fanning Julia Roberts

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The Manitoba Moose got a chance to check out the aircraft, G-Wagon, and RIB in Hangar 16 that they posed on for a poster handed out to fans after Saturday night's game.

# Moose At 17 Wing

By Avery Wolaniuk

The Manitoba Moose were on the road at the beginning of the month. First stop: 17 Wing Winnipeg.

The day was a lead up to Saturday night's Military Tribute Night at the MTS Centre. The team visited the Wing on 1 March, touring CFSSAT and 1 Cdn Air Div for a behind-the-wire look at the work done in a different kind of uniform. They also lined up in Hangar 16 on equipment from all three environments — land, sea, and air — with military members from multiple units to pose for the special, limited edition Moose/Military poster that was handed out to fans after the game.

The visit was opportunity for players to see a world many civilians never do. "This is all new ground for me, the same goes for a lot of the guys," Jason Jaffray, who wears #15 and is currently the Moose's leading goal scorer.

"It's neat being able to walk through. Being a hockey player, you get to tour around and see some cool things like this that maybe the ordinary person doesn't."

The visit to the Wing further established a partnership between the two organizations, which was solidified with last year's first annual military night with the Moose. "This year it's even more important because of what's going on overseas, and we wanted to take the time to pay tribute to the fallen soldiers," said Scott Brown, Director of Communications for the Moose. "We wanted to bring even more publicity for that night; to bring our players together with the military and kind of create that connection internally will lead to an even bigger connection with the public that night."

Watch the next VOXAIR for complete coverage of Saturday's game.

# 1 Dental Unit



This year, the 1 Dental Unit Detachment Winnipeg has implemented a new system for scheduling 17 Wing members for their annual exam. Our new mascot, Blitzen, says, "Nose to the grind till all troops dag green!" Blitzen was brought to us by our ever resourceful receptionist, Marcel Roberge! Our new protocol is as follows:

## APRV-BASED DENTAL EXAM SCHEDULING

1. Effective for 2007, all patients in the AOR of 1 Dental Unit Detachment Winnipeg will be responsible for scheduling their annual dental exam appointments at the same time as their unit's designated Annual Personnel Readiness Verification (APRV) month. Signatures for the Dental Section of the APRV form will NOT be granted to the patient unless they have received their annual dental examination for 2007.
2. It is the CF member's responsibility to maintain dental fitness for operational duty and CF deployability. Unit COs and Sr NCOs will also be requested to help facilitate members of their respective units to be checked for dental fitness within their designated APRV months.
3. Please note that it is advantageous for patients to schedule their annual dental examination appointment in the first of the two designated APRV months for their unit (for example, MARCH rather than AUGUST for W Log members). This will increase the probability that appointments for any necessary dental treatment will be booked sooner for the patient due to a greater number of available spots for dental appointments in the first half of the calendar year.
4. Paragraphs 1, 2 and 3 will not apply to CF members who have been tasked for deployment to CF Operations - 1 Dental Unit Detachment Winnipeg will give highest priority for these members to achieve dental fitness for deployability.

We hope that coordinating annual dental exams with 17 Wing's APRV program will aid members in minimizing the number of visits to the Dental Detachment and will maximize dental fitness at 17 Wing.



## ANNUAL DFS FLIGHT SAFETY BRIEFING

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## PM On The Death Of Cpl Kevin Megeney

Office of the Prime Minister

OTTAWA — Prime Minister Stephen Harper issued the following statement on March 6, 2007 on the death of Cpl Kevin Megeney:

"I was deeply saddened to learn today of the death of Cpl Kevin Megeney who was serving our country in Afghanistan.

"On behalf of the Government of Canada and all Canadians, I extend my sympathies to the family, friends and loved ones of Cpl Kevin Megeney, and I hope they can find strength in knowing that he will be remembered for his achievements and honourable service to his country.

"We thank the Canadian Forces for their commitment and their tremendous contributions.

"The Government of Canada and Canadians stand proudly behind them. We will be forever grateful for the sacrifice of Cpl Kevin Megeney."



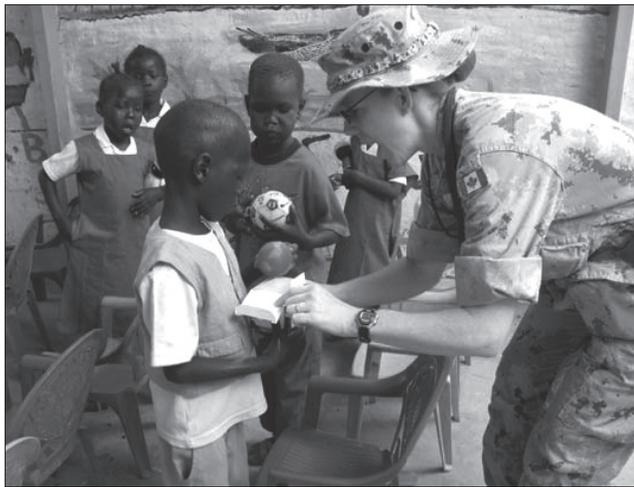
Cpl Kevin Megeney

## Izzy Dolls Still Bringing Smiles

Through the kind donation from the Mark Isfeld Memorial Chapter of The Canadian Association of Veterans in United Nations Peacekeeping and ICROSS Canada, the team distributed Izzy Dolls to the girls in the kindergarten classes.

The dolls are named in honour of MCpl Mark Isfeld, a member of 1 Combat Engineer Regiment, who was killed in

Croatia in 1994 while clearing landmines. The dolls are knit by volunteers across Canada and shipped worldwide for distribution to orphans, hospitals, schools and victims of conflicts. As you can see from the smiles, the dolls and toys were much appreciated and a big hit with kids who otherwise have nothing of their own.



PO1 Heidi Sorrell, OP Safari Chief Clerk (and a member of 17 Wing Compt Branch) hands out toys and Izzy dolls to the excited students of the IDP school.



Maj Sandi Banerjee, OP Safari DCO/CIMIC Officer, is pictured with staff and students of IDP school outside Khartoum Sudan.

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WO Marilyn Colwell kicked her habit a year ago with determination, morale support and the help of the Butt Out program, run by Health Promotions Director Christa Zappitelli (right).

# Proud To Be A Quitter

By Avery Wolaniuk

"I'm going to be 50 this year and I just feel like I've gained everything back. That cigarette doesn't own me anymore," says WO Marilyn Colwell, celebrating her one-year anniversary as an ex-smoker.

In a year when she lost her brother, her father-in-law, had surgery herself and stood by as her husband had a quadruple bypass, WO Colwell had a lot of excuses to turn back to her 35-year habit. But she had a goal. "I wanted to quit before I was 50, so I'm 435 days ahead of schedule."

The 25-a-day veteran had tried to break her bad habit at least 20 times before, trying everything: acupuncture, lasers, Nicorette, Zyban, cold turkey — "oh, that was nasty" — everything but hypnosis. "A number of times, not just one," she clarifies, listing off the different ways she's attempted by the postings she was at. When she signed up for the self-help Butt Out program with 17 Wing Health Promotions last year, which qualified her in the "March 1st I Quit" contest, something in her mind frame had changed.

"Every time I failed — to me it was failed — I would go sneak a cigarette in the back yard, in the garage, anywhere away from my husband, because I didn't want him to know I failed." Last year her husband told her, if you don't make it, don't sneak around doing it. Just do it. "As soon as he said it, the pressure went right off my shoulders," she says. His words sunk in and WO Colwell realized that it was okay to fail. It was more important to try. "I looked at him and said 'I'm going to make it this time,' right in that two seconds."

There were a couple of other differences in this attempt, along with her new mind set. Two months after she quit, her mother-in-law moved to Winnipeg; they kept each other

busy, which helped WO Colwell through the stressful times. At work, her co-workers and bosses were supporting her goal. Health Promotions Director Christa Zappitelli was only a phone call away with some encouraging words and support tools, like the carbon monoxide monitor. It's a device that monitors the amount of carbon monoxide (in ppm), a direct result of smoking, in the lungs. WO Colwell's first blow, done when she first quit, registered a 27 (anything over a 20 indicates a heavy smoker). Now, she blows a clean 1 (anything below six indicates a non-smoker). Because in the first couple of weeks after quitting a person actually feels worse, not healthier, the CO monitor is a tangible way to measure the hard to see differences a lifestyle change can make.

WO Colwell has replaced the pack of cigarettes her pocket with a tube of lip-chap, something she can regularly pull out and apply instead of lighting up. The alternative fills the place of her smoke, and gives busy hands something to do. She's found quitting has opened up time she never knew she didn't have, ended side effects she'd ignored for years, and it has regained her control of her life, instead of being controlled by her addiction. "I got my whole life back. We'd be sitting here having a meeting, and I've got to have a smoke — we'd have a 2-hour meeting and I'd be climbing the walls." Now, instead, she's exercising at least an hour a day. "I've never felt this way in my life. I want to live long, I want to have a good life."

For all those participating in the "March 1st I Quit" contest, or taking the plunge themselves, she has some straightforward advice. "Be honest with yourself. You have to want to quit. Don't do it for any other reason but that you want to quit for yourself," she says. "And I know they keep hearing that, but keep trying. One time it will work, it really will."

## Swimming Lessons

**Mondays – April 16 – June 18** (no lessons on May 21, Victoria Day)

1630-1700	Swim Kids 1 - 3	
1700-1745	Swim Kids 7/8	Swim Kids 5/6
1745-1815	Sea Turtles	Swim Kids 4
1815- 1845	Salamander	Sunfish

**Wednesdays – April 11 – June 13, 2007**

1630 – 1700	Sea Turtle	Booked Private Lesson
1700-1730	Sunfish	Swim Kids 9/10 1700-1745
1730-1800	Adult Class	
1800-1830	Salamander	AquaFit 1800-1900
1830-1900		

**Saturday – April 14 – June 16, 2007**

0900-0930	Booked Private Lesson	Swim Kids 1 - 3	
0930-1000	Bronze Medallion 0930-1200	Salamander	Swim Kids 5/6 0930-1015
1000-1030		Starfish / Duck (Parented)	
1030-1100		Salamander	Sea Turtle
1100-1130		Crocodile / Whale	
1130-1200		Sunfish	Swim Kids 7/8 1130-1215
1200-1230		Swim Kids 9/10 1200-1245	Swim Kids 4
1230-1300		Booked Private Lesson	Booked Private Lesson

Children under the age of 2 must wear leak proof swim pants. Available for \$1.00 at the front desk.

### Cost

Red Cross Preschool or Swim Kids - Mon., Wed. and Sat. \$35.00 per child \*Due to the Easter Holidays, Monday lessons will run for 9 weeks beginning April 16th

**Private Lesson** (30 min) - \$20/ 1 class, \$50/ 3 classes, or \$170/ 10 classes  
**Semi Private Lessons** (30 min) - \$12/ 1 class, \$26/ 3 classes, or \$90/ 10 classes

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### New Non-Member Registration

Non-members can now register for swim lessons one week prior to class start date for a minimal fee of \$50.00

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Trooper Mike Usunier puts his gas mask on during Nuclear Biological Chemical Defence (NBCD) training.

## Winter Gas Hut Training

By Cpl Bill Gomm

Hearing the alarm, soldiers quickly put on their gas masks and zipped up their suits. Recognizing the attack was in the form of a spray, the soldiers took cover and began to decontaminate each other.

Approximately 45 soldiers from The Fort Garry Horse traveled to St. Charles range on the outskirts of Winnipeg for Nuclear Biological Chemical Defence (NBCD) training on 17 February.

Upon arriving at the range, the soldiers were issued training NBCD suits and then sat down for a refresher lesson in the range hut.

Capt Desrochers is the G3 Collective Training Officer for 38 Canadian Brigade Group and a graduate of the NBCD Officers Course. He carried out the refresher training.

Capt Desrochers reminded soldiers about the importance of wearing the gas mask carrier at all times.

"You should always train with full equipment," said Capt Desrochers. "Carry your gas mask, that way you're used to having it with you; otherwise, when the time comes to carry the gas mask, it may be awkward, uncomfortable and a hindrance."

The first iteration started by having the soldiers enter the Gas Hut to confirm their mask fitted and that it sealed before exiting. The next iteration had troops enter with their masks off. Upon feeling the effects of gas, each was to mask up and perform the drinking drill.

In the final iteration, the alarm—Gas, Gas, Gas—was yelled, but this time, upon masking up, soldiers had to perform decontamination drills in partners.

NBCD annual refresher training is part of the requirements for members to achieve their Essential Level of Capability or ELOC status.

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## Powerlifting For Potatoes

By Avery Wolaniuk

Cpl Rob Snow has started a new tradition at 17 Wing. It's the Annual 17 Wing Powerlifting and Bench Press Competition, and last year more than 200 came out for the day to either compete, coach, or watch the show.

The event got started two years ago after the AVS tech at 435 Sqn, an avid lifter himself, was talking with the Manitoba Powerlifting Association. In the States and at several bases across the country powerlifting and the military go hand in hand, and the chapter in this province wanted to foster a similar dynamic. To Cpl Snow, that makes perfect sense. "This is what we do. It's our job to stay fit, to be strong and healthy," he said. "Usually you get a large percentage of military personnel, compared to the general population, who are serious weight lifters."

The second annual competition happened in late November of last year, and the organizer got a little creative the second time through. While deployed earlier that year, a friend suggested getting a charity involved and Larry McIntosh from Peak of the Market got on board. When Cpl Snow and the Manitoba Powerlifting Association were featured on CityTv's Breakfast Television with Jimmy Mac, Larry McIntosh showed up — unannounced — for the segment. Off-air, he offered to donate a pound of potatoes for every pound Jimmy Mac could bench press. When the tapes were rolling, he doubled that number, and Jimmy Mac was "helped" to bench press 250 lbs. "They were hugely generous in donating 500 lbs of spuds to Winnipeg Harvest," Cpl Snow said. "435 Sqn has since thanked Peak of the Market and Larry McIntosh for their outstanding donation with a plaque and a tour of the squadron".

For his hard work, the Cpl earned a Wing Commander's commendation at a ceremony on the 22 February. It was presented in recognition of his outstanding dedication to community awareness by organizing and promoting the 17 Wing Power Lifting Competition two years in a row. "I'm doing all this legwork because it's



17 Wing, Wing Commander, LCol Sam Ness presents Cpl Robert Snow with the Wing Commander's Commendation in recognition of his outstanding dedication to community awareness and to promoting 17 Wing and supporting such local charities as Winnipeg Harvest.

fun. I really enjoy being involved with powerlifting and the community," said Cpl Snow, who was extremely proud to receive the acknowledgment. "To be able to receive recognition for it is great."

The competition is held each year in the theatre at Building 90. "It's a fabulous venue for a powerlifting competition. With the stage and theatre style seating, everybody gets an excellent view of what's going on," said Cpl Snow, who also received the 17 Wing Best Lifter trophy both years. "With the help of the PSP staff, who are an integral part of setting up the event," said Cpl Snow, "the competition has gone so well that this year's will likely be the Western Canadian Powerlifting Championships," a prestigious Canadian powerlifting event.

Out of 36 competitors last year, only a handful were military. With a number of interested members deployed or posted somewhere else, it's always a challenge to start and maintain an organization. But that's what Cpl Snow and a few others are working on now — the 17 Wing Strength Club. "Those interested can train with those already seriously lifting and/or competing," he said. "And from there, they might get the itch." For more information about the 17 Wing Strength Club or powerlifting in Manitoba, you can contact Cpl Snow at local 6156.

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# 17 Wing Member Is Charity's Volunteer Of The Year

By Avery Wolaniuk

He's been to days and days of track and field practice, hours of meetings and planning, to summer camp, the Special Olympics, children's festivals, picnics, and fundraisers. He and his wife have received an award for their dedicated service to a local children's charity. But for Cpl Joe Calcutt, the whole point is the children.

His son, Cody, is autistic. At about three feet tall, Cody regularly stands at the start line of a race side-by-side kids who tower over him. And then he outruns them all. At 10, Cody started training weekly at the Max Bell Centre with an ages 13 and up club that works with athletes with special needs. He's competed in the Special Olympics for four years in track and field and soccer, and won first place in several events. On 14 Feb 07 he received the "Yes I Can" award for his athletics from the Manitoba Committee for Exceptional Children. He's the reason his dad volunteers with the organization, sitting on the Winnipeg Regional Committee, helping to plan and run the events for the past couple of years.

Cody's joy in competing is shared by his teammates and competitors. "The look on their faces when they win an award and get a ribbon — that's sometimes just overwhelming almost," says Cpl Calcutt, who has worked as an AVN tech at 402 Sqn for the past seven years. "It's a gift just to be able to work with some of these special needs kids."

What the kids get out of the experience goes beyond exercise. The organization's website says that "Special Olympics uses the medium of sport to assist persons with an intellectual disability to become all that they can be — physically, mentally, socially, emotionally — and to be-

come accepted, respected and productive members of society." The games and training are another way for the participants to gain socialization skills and confidence. "The sense of competing and trying to be somewhat normal — like any other kid would go to the track and field events or play in a soccer game," said Cpl Calcutt. "These kids are just trying to be like anybody else, and they feel like they belong when they are doing it."

The Special Olympics is only part of the Calcutt's volunteering life. Joe and his wife, Judy, also spend countless hours every year working with Variety, the Children's Charity of Manitoba. When Cody was five, he still didn't speak. The then Variety Club bought a computer that, in time, helped him become verbal. Since then, the Calcutt's have attended and volunteered for numerous Variety events. Cpl Calcutt sits on an organizing committee, helping to plan the summer camp at Brereton Lake, the Christmas party, the annual picnic. He and his family, including nine-year-old Abigail, volunteer at events that raise funds to help other kids like Cody. On 20 Nov 06, the Calcutt's received Variety's 2006 Jean Tate

volunteer award for their efforts.

The fact is that without volunteers, the charity couldn't function. "We wouldn't exist — we couldn't possibly do it without our volunteers," said Kelly Dvorak, Finance & Office Manager, and one of only four people on staff at the Winnipeg branch of Variety. "Each year's recipient must be an inspiring example to others, as Jean was. Joe and Judy fit the criteria, and it was a pleasure to honour them with this prestigious award.

"They are just amazing and we think they're heroes."



The Calcutt's receiving the 2006 Jean Tate volunteer award from Mr. Wayne Rogers (right), Executive Director of Variety, the Children's Charity of Manitoba.

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# Wing Commander's Awards And Commendations



MCpl Michael Quirion receives the South-West Asia Service Medal with bar from LCol Sam Ness, WComd.



MCpl Kevin Wery receives the South-West Asia Service Medal with bar from LCol Sam Ness, WComd presents.



Maj Andrew Sawatzky receives the General Campaign Star-International Security Assistance Force (ISAF) Medal from LCol Sam Ness, WComd.



Capt Diane Baldasaro receives the General Campaign Star-International Security Assistance Force (ISAF) Medal from LCol Sam Ness, WComd.



Cpl Francis Szabo receives the General Service Medal with ISAF bar from LCol Sam Ness, WComd.



MCpl Kevin Wery receives the General Service Medal with ISAF bar from LCol Sam Ness, WComd.



Cpl Jonathan McNutt receives the Special Service Medal (SSM) with the Humanitus bar from LCol Sam Ness, WComd.



Maj Marc Rittinger receives the CD2 from LCol Sam Ness, WComd.



Capt David Fouts receives the CD2 from LCol Sam Ness, WComd.



Sgt Warren Ryan receives the CD2 from LCol Sam Ness, WComd.



Capt Herman Bush receives the CD1 from LCol Sam Ness, WComd.



WO Steven Coyle receives the CD1 from LCol Sam Ness, WComd.



Sgt Brad Marriott receives the CD1 from LCol Sam Ness, WComd.



WO Daniel Millaire receives the CD1 from LCol Sam Ness, WComd.



MCpl Ronald Demchuk receives the CD1 from LCol Sam Ness, WComd.



MCpl Andreas Fialski receives the CD1 from LCol Sam Ness, WComd.



MCpl Bryan Goustos receives the CD1 from LCol Sam Ness, WComd.



MCpl Ramez Mohsen receives the CD1 from LCol Sam Ness, WComd.



LCol Sam Ness, WComd, presents Sgt R Campkin, Mr. M Wesley, Cpl Ritchardson, Mr. D Byra, Mr. C Young, Mr. B Monteith and Mr. H Wilkins of Wing TEME Ancillary Section with a Wing Commander's Commendation, in recognition of the valued contribution provided to 17 Wing's GCWCC and Op Connection Grey Cup activities along with the construction of the C-130 Models.



LCol Sam Ness, WComd, presents MCpl Arsenault, Cpl Anderson and Mr. G Gareau of 17 Wing TEME Refuelling section with a Wing Commander's Commendation, in recognition of their outstanding response to the recent fuel crisis and preventing a potentially disastrous situation.

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Cpl (ret'd) D Gillespie receives the Commander-in-chief Unit Commendation Insigna from LCol Sam Ness, WComd. It is presented to all personnel who were members of, or attached to, either the Royal 22nd Regiment at the Sarajevo Air Port or 2PPCLI at MEDAK Pocket.



Maj S Parent receives the Chief of the Air Staff Commendation for exemplary leadership and professionalism during the stand up of the first ever Mission Support Squadron from LCol Sam Ness, WComd.



MWO T Rousseau receives the Chief of the Air Staff Commendation for exemplary leadership and professionalism during the stand up of the first ever Mission Support Squadron from LCol Sam Ness, WComd.



Mr. E Kirby receives the Wing Commander's Commendation in recognition of his professionalism and untiring dedication to 17 Wing from LCol Sam Ness, WComd.



Mr. D Ward from Wing Foods receives the Wing Commander's Commendation in recognition of the valued contribution provided to 17 Wing's GCWCC and Op Connection Grey Cup activities along with the construction of the C-130 Models.



LCol Sam Ness formally recognizes Capt R Setter and Mr. R Fletcher for their outstanding success with the GCWCC, and to the significant contribution of Mr. Fletcher of Wing Logistics to the City of Winnipeg's United Way office. (missing: Mrs. Sherry Liley, GCWCC co-chair)



Capt Diane Baldasaro receives the Commemorative Coin Op Archer Roto 2 from LCol Sam Ness, WComd. In 2002, Canada established Camp Mirage as a forward operating Logistical base.



HCol Barry Rempel receives his official scroll signed by both her Excellency the Governor General and the Minister of National Defence. HCol Rempel was officially appointed the position on 19 Dec 06.

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Sgt Guy Law receives his new rank from LCol Sam Ness, WComd, effective Jan 07.



Cpl Gerry Levesque receives the CD1 from LCol Sam Ness, WComd.



Cpl Daryl Douglas receives the CD from LCol Sam Ness, WComd.

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Cpl JE McKibbin receives his Retirement Certificate from LCol Sam Ness, WComd, for 26 years of dedicated service to the Canadian Forces.



Cpl R Snow receives a congratulatory letter from Senator Stratton for his participation in the 2nd Annual 17 Wing Power Lifting Championships from LCol Sam Ness, WComd. Cpl Snow broke the Manitoba Record in his respective field.



Cpl Julie Belanger receives the CD1 from LCol Sam Ness, WComd.



Sgt GJR Lacoursiere receives a congratulatory letter from Senator Stratton for his participation in the 2nd Annual 17 Wing Power Lifting Championships from LCol Sam Ness, WComd. Sgt Lacoursiere broke the Manitoba Record in his respective field.



MCpl (ret'd) WA Boudreau receives his Retirement Certificate for 25 years of dedicated service to the Canadian Forces.



MCpl Robert Petty receives the CD from LCol Sam Ness, WComd.

# Norwegian Ambassador Visit



Photo by Cpl Steven Bogue

His Excellency, the Ambassador of Norway to Canada, Mr. Tor B. Næss visited 17 Wing 28 Feb - 3 Mar, along with his spouse Mrs. Bodil Thorvik and the Honourary Norwegian Consul to the Province of Manitoba, Natalie Denesovych. They started their visit at CFANS where they were received by the 17 Wing standing honour guard and the A/W Cmdr and A/Cmdt CFANS. They were given a short presentation on operations at CFANS and then given a tour/demo of the TMT simulator. Subsequently they went to 16 Hangar and given a tour of the A/C the CT-142.

Mr. Tor B. Næss visited 17 Wing, and CFANS/402 Sqn specifically, because there are Norwegian students who train here, and because we, as nations, cooperate on many occasions that involve our respective militaries.

## Faites Vos Rendez Vous! (d'après le site Internet)

From March 9 to 25, 2006,  
Nine Million Francophones Get Together!

This year, celebrations of the 9th annual Rendez-vous will have as their theme the interaction, dialogue and connections among Francophone and the Aboriginal and Métis communities across Canada.

The Rendez-vous de la Francophonie 2007 festivities will start on March 9, 2006, and continue until March 25 (<http://rvf.ca/>).

Hundreds of activities will highlight the vitality of the beautiful French language and the people who bring it to life.

Wishing all of you a wonderful Rendez-vous!

Du 9 au 25 mars 2007,  
9 millions de francophones se donnent rendez-vous!

Cette année, les célébrations de la 9e édition se vivront sous le thème des échanges, du dialogue et des rapprochements entre les communautés francophones et la communauté autochtone et métis.

Le coup d'envoi des Rendez-vous de la Francophonie (<http://rvf.ca/>) sera donné le 9 mars 2007 et la fête se poursuivra jusqu'au 25 mars.

Des centaines d'activités mettront en valeur la vitalité de cette belle langue qu'est le français, et de celles et ceux qui l'animent.

Bons Rendez-vous à toutes et à tous!



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Tuesday, 20 March 2007  
Learning and Career Centre  
1300 - 1600 hrs  
Maximum participation 20

This event is an excellent opportunity to raise your awareness of the various cultures within our community. To raise awareness of and sensitivity to cultural challenges faced by immigrants and refugees in Canada. Topics are:

- Cultural values
- Disability issues
- Communication
- Employment issues

Register NOW to attend this 17 Wing's first ever SMD presented Cultural Awareness by contacting the Learning and Career Centre @ 4208 or 4636.

Register by 14 March 2007. Don't miss it!  
For more information contact Flo Bambenek @ 5251

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The 17 Wing Winnipeg folks deployed on Roto 3 made sure they wouldn't lose their way home with the "Distance to Manitoba" sign, created by MCpl Mo Power and placed on the "Camp Mirage Totem Pole" this week. Seen above are some familiar faces: Maj John Mahon (TSE COS), Capt Eric Rheume (TSE Adjutant), WO Gary Black (TSE D/PM), WO Steve Seymour (TSE Chief Cook), WO Angela Temple (TSE Int I/C), Sgt Dave MacLeod (TSE Int 2 I/C), LS Josh O'Shea (TSE MP), and Cpl Mike Stokes (TSE Supply Clerk).



## New Immunization Nurse

**H**i! My name is Trish Beattie. I am the new Immunization and Community Health Nurse for 17 Wing Winnipeg. My family and I moved to Winnipeg in August 2006, and I have been employed in this position since January 2007. I have a diverse nursing background, including Immunizations and Community Health Nursing at 14 Wing Greenwood for four years.

I am very happy to be part of the Health Services Team at 17 Wing. Please contact me by phone or e-mail with your Immunization or Community Health questions or concerns. I will do my utmost to assist you: [beattie.pl@forces.gc.ca](mailto:beattie.pl@forces.gc.ca) 833-2500 ext 5116. (above) Trish Beattie gives Medical Tech Pte Jeremy Sharp an immunization.

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# Congratulations!



MGen Charles Bouchard, shown here with Jamaican pilot Lt Chevon Smith in a DA40 Diamond Star aircraft, is being promoted to LGen and appointed as the new Deputy Commander of NORAD.

Photo by MCFI France Huard, 3e escadre Bagotville

## Allergy Alerts

### **UNDECLARED MILK PROTEIN IN CERTAIN GREAT VALUE BRAND CAKE AND BROWNIE MIXES**

The Canadian Food Inspection Agency (CFIA) and Wal-Mart Canada Corp. are warning people with allergies to milk protein not to consume certain Great Value brand cake and brownie mixes described below. These mixes may contain milk protein which is not declared on the label.

The following Great Value brand cake and brownie mixes are affected by this alert:

1. Chocolate Cake Mix, 524 g, UPC 6 81131 81149 1.
2. Devils Food Cake Mix, 524 g, UPC 6 81131 81152 1.
3. Fudge Brownie Mix, 454 g, UPC 6 81131 81153 8.
4. Yellow Cake Mix, 524 g, UPC 6 81131 81150 7.

All codes of these products are affected by this alert. These products made in U.S.A. were distributed nationally. There has been no reported illness associated with the consumption of these products. Consumption of these products may cause a serious or life-threatening reaction in persons with allergies to milk protein.

The distributor, Wal-Mart Canada Corp., Mississauga, Ontario, is voluntarily recalling the affected product from the marketplace. The CFIA is monitoring the effectiveness of the recall.

### **UNDECLARED MILK PROTEIN IN CERTAIN BOTTICELLI BRAND CHOCOLATE PRODUCTS**

The Canadian Food Inspection Agency (CFIA) is warning people with allergies to milk protein not to consume certain Botticelli brand chocolate products described below. These products may contain milk protein which is not declared on the label.

The following four Botticelli brand products are affected by this alert:

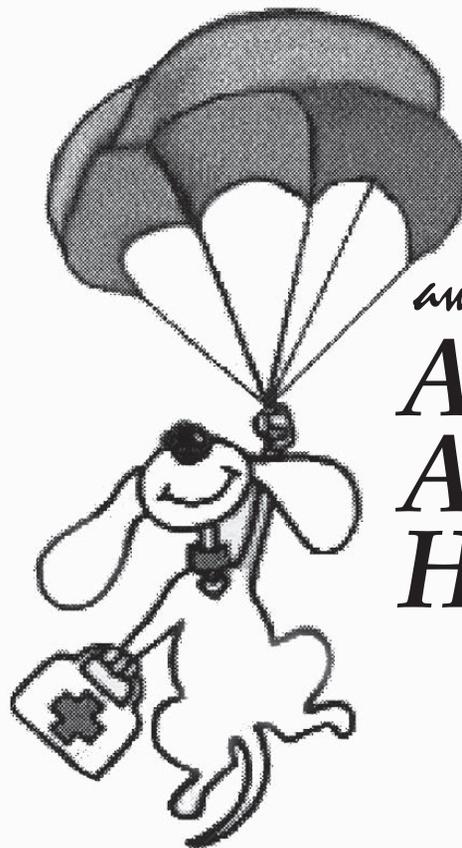
1. Dark Belgian Chocolate Liqueur Cups sold in a 114 g package bearing UPC 0 65082 99515 6.
2. No Sugar Added Dark Chocolate bar sold as a 40g bar bearing UPC 0 65082 33003 2.
3. Signature Premium European Dark Chocolate 70% Cocoa bar sold as a 100g bar bearing UPC 0 65082 32901 2.
4. Signature Premium European Dark Chocolate 70% Cocoa bar with Cranberry Pieces sold as a 100g bar bearing UPC 0 65082 32904 3.

All codes of these products are affected by this alert. These products, made in British Columbia, may have been distributed nationally. There have been no reported illnesses associated with the consumption of these products. Consumption of these products may cause a serious or life-threatening reaction in persons with allergies to milk protein.

The CFIA is working with the manufacturer Dynamic Chocolates, Delta, British Columbia to have the affected products removed from the marketplace.

For more information, consumers and industry can call the CFIA at 1-800-442-2342 / TTY 1-800-465-7735 (8:00 a.m. to 8:00 p.m. Eastern time, Monday to Friday).

For information on receiving recalls by e-mail, or for other food safety facts, visit our web site at [www.inspection.gc.ca](http://www.inspection.gc.ca).



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## Military Family Resource Centre

### Yellow Ribbon Gala THANK YOU!!!!



On behalf of the Yellow Ribbon Gala Committee, MFRC Board and Staff we wish to thank all of the attendees and supporters of our inaugural event at the Millennium Centre on the 24th February. Over 160 guests attended an engaging and entertaining evening with special guest Major General Lewis MacKenzie, folk singer Glynn Abbott and our fabulous Air Command Band. A special thank you to our great volunteers, Carrie & Larry Martin, Barb Chabih and Major Ken Mahon. We are grateful for the on-stage contributions of Mr. Barry Burns, and Lt. General Ray Crabbe, in addition to their continued support to military families. The MFRC intends to make this an annual event and hope to make next year's Gala even bigger and better. Thank you again to all who supported this event! Funds raised from the Gala will be used to enhance military family programs and services

### Spotlight on Employment & Education Service



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- ✓ Interview Preparation
- ✓ Employment Insurance information & Advocacy
- ✓ Interest Assessments
- ✓ Education Resources
- ✓ Financial Assistance Resources
- ✓ Portfolio Preparation – Prior Learning Assessment/Transfer of Credit Support
- ✓ Self Employment Resources

Contact the Employment & Education Coordinator at 833-2500 local 4511 or e-mail in confidence to mfrceac@autobahn.mb.ca

WWW.MFRC.MB.CA



102 COMET ST.  
P.O. BOX 17000, Stn. Forces  
Winnipeg, MB  
R3J 3Y5

Phone: (204) 833-2500 Ext. 4500  
Fax: (204) 489-8587

Website: www.mfrc.mb.ca  
Email: wpgmfrc@autobahn.mb.ca

#### Our Programs

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
  - Information and Referral Services
  - The Newcomer Program
  - Employment & Education Assistance
  - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

#### MFRC Monthly Community Coffee Break

The 1st Thursday  
of EVERY month  
10-11 a.m.  
102 Comet St.

#### Resources

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

#### Other Numbers

MFRC: 833-2500 ext.4500  
Emergency Childcare: 935-7733  
MFRC Childcare Centre: 837-3653  
Youth Centre South: 488-8563  
Youth Centre North: 833-2500 Ext 4502



CF Family Consumer  
Info Line: 989-9019

Attention 17 Wing members..

### Are you sponsoring a new colleague to the Wing?

For Individual sponsors or Units preparing pre-posting packages for incoming members...the MFRC carries a wide variety of resources from local tourism, support services to maps and school information. Please feel free to include The MFRC's #, we would be happy to provide assistance before, during and after the move. The Newcomer program can be reached through 833-2500 loc. 4506.

*\*Note that the MFRC continues to compile and distribute comprehensive welcome packages for new families who are encouraged to visit the MFRC upon arrival or call to receive theirs.*

17 Wing members...you too are invited to drop by the MFRC for our monthly Coffee Break...the FIRST THURSDAY of every month 10-11am. A great way to introduce your new section members to the MFRC and its services, provide staff development and networking opportunities. A wide variety of base services are often represented. Bring your whole section to meet the MFRC staff and see what we are all about.

Upcoming Coffee Breaks are May 3 and June 7, 2007 @ 102 Comet St. 10-11am. For more information, call Catherine at Loc. 4506

### On The Move....

It is that time of year again when posting messages are flying off the printer. Where ever your new job takes you the MFRC can make the move stress free.

- ✓ Get the low down on your next base with Posting information packages
- ✓ Community Access Computers allow you to check out the housing market, find schools and surf for job opportunities at your future locale. Send a quick e-mail to your new MFRC and have them send your orientation package. Links to other MFRC's on our web site: www.mfrc.mb.ca
- ✓ Link up with employment counsellors before your move Call John at 4511
- ✓ Spruce up your resume and gather your reference letters Call John at 4511
- ✓ Book casual childcare or hire a Teen Sitter for your moving day, call Shannon for ideas (@2491)
- ✓ Borrow tables from the lending library for your yard sale! (@4500)
- ✓ Borrow toys from the Toy Lending Library for those long days in the hotel with the kids. More info @ 4500



### On-line: great links to a smooth move...



http://www.cfpsa.com/en/psp/dmfs/mfrccontact/index.asp#  
www.mfrc.mb.ca www.voxair.ca/newspapers  
www.homedepotmoving.com www.mls.ca – for house hunters  
www.movingto.com/ www.relocatecanada.com  
www.upack.com/ www.homefair.com  
www.movingincanada.com

### Do you want to make a difference? Become a board member!

Military Family Resource Centres reflect the understanding that family services and support are within the control of the individual and the community. MFRCs are governed by a community-based volunteer board to ensure accountability and responsiveness to the needs of their own particular community. Board members represent community residents and clients, and generally reflect the population of the community. The composition of an MFRC board must include at least 51% civilian spouses of CF members. For more information, please contact the Volunteer Manager at 4515

### Voulez-vous faire une différence? Joignez-vous au Conseil d'administration

Les Centres de ressources pour les familles des militaires reflètent la compréhension que les services pour familles et l'appui sont au contrôle de l'individu et de la communauté également. Les CRFM sont gouvernés par un conseil bénévole-communautaire afin d'assurer que les besoins uniques de leur communauté particulière sont traités de façon juste, prompte et appropriée. Les membres du conseil représentent les membres de la communauté et des clients, et reflètent la population de la communauté en général. La composition du conseil doit comprendre au moins 51% conjoint(e)s civil(e)s des membres des Forces canadiennes. Pour plus d'information, bien vouloir contacter la gérante des bénévoles au 4515.

### Childcare Providers Wanted

The Winnipeg MFRC is looking for community members who operate a family home daycare or casual childcare services. We would like to add your name to our "Community Child Care Providers" listings. All we need is an 8½ x 11 advertisement describing your service.

Be sure to include hours of operation, location, snacks etc., and to highlight any special services. Military families are looking for flexible care with extended hours to accommodate early timings and operational commitments. "Overnight" and "Emergency" childcare offer a great resource to parents who manage the challenge of deployment in their job. Many families are looking for care and our childcare resource listings are in high demand. Please drop-off or fax your ad to the MFRC at 102 Comet Street fax. 489-8587. If you have questions about childcare resources, call Shannon at 833-2500 ext. 2491.

### Teen Babysitters Needed

Parents at 17 Wing are searching for babysitters. If you have completed a Babysitter's Course and would like your name to be added to our Babysitter's List, have your parent drop by the main office at 102 Comet Street and fill out the required form. Parents can rest assured that the MFRC teen babysitting list is not for general distribution or posting. Parents seeking sitters must sign a waiver form, while the actual listing gives only the name of the sitter, phone number and generalized home address (i.e. North side). Babysitting is a great way to make some money and contribute to the community. For more information call the MFRC at ext. 4500.

## Together in Church



### CATHOLIC

#### Chaplains

**Padre Lance Magdziak**  
Roman Catholic  
Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane  
Office 833-2500 ext. 5087

**Masses**  
(English only)  
Sunday 1100 hrs

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

**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.

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

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

### Protestant

#### Chaplains

**Padre Bruce MacKenzie**  
(United Church)  
Office 833-2500 ext 5417

**Padre Bob Brinn**  
(United Church)  
Office 833-2500 ext 5349

**Padre Paul Southen**  
(United Church)  
Office 833-2500 ext 4277

**Administrative Assistant**  
Carol Cochrane  
Office 833-2500 ext. 5087

**Sunday Services**  
(English Only) 0900 hrs

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

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

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

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

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

**Interfaith Prayer Room**  
Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

# Kiss Me I'm (Not) Irish...



By Padre Lance Magdziak (I'm not Irish)

Cheers! And may the luck of the Irish be with you this month, as we celebrate St. Patrick's Day. If you are not Irish already, you can be for one day this month. St. Patrick's Day is Ireland's greatest national holiday, as well as a holy day. It is a great thing in Canada to be able to recognize and celebrate special holidays and events that are dear to many cultures. What a great country we live in!

St. Patrick was born to Catholic parents about 385 C.E. in Britain. His father was a nobleman and a deacon. But Patrick's privileged life came to an end at age 16, when he was captured by slave raiders from Ireland. With a large group of prisoners, he was transported to the then pagan island. Sold as a slave to a king in the northeast, Patrick had the lonely task of tending the pigs and sheep. In the midst of these harsh conditions, Patrick's faith flourished as he turned to God in prayer. After being held captive for six years, he heard a voice in his sleep say, "Soon you will go back to your homeland." Trusting in God, Patrick set out on a 200-mile journey. He envisioned returning to Ireland to teach the Irish about Christianity.

During his 30 years in Ireland, Patrick founded more than

300 churches and baptized more than 120,000 people. Yet he still encountered much opposition, "Daily I expect either murder, robbery, or enslavement," he wrote in his Confessions. He escaped from 12 attempts on his life. Patrick died a natural death on March 17, 461 C.E.

By the end of the seventh century, many legends had developed about him. One says he charmed all snakes in Ireland and led them to the sea to drown. Another, that he used the shamrock to explain the concept of the Holy Trinity to unbelievers.

A friend of mine, truly Irish, tells me that being Irish is not something you do, it is something you are. Being Irish means that your heart swells like a sheet on a clothesline at the sound of your ancestral brogue, that the thought of your day and sainted mother makes you weep a wee bit even now, that the devil himself, try as he does, will never dim your devotion to the Trinity. If you are truly Irish, you are possessed of a joy of the spirits and a depth of soul. You carry a smile for a stranger and coins aplenty for the poor. Aye, there's feistiness about you as well, but only in protecting all that you hold dear: family, friends, faith and land, your heritage.

An Irish toast to welcome you to your new home: "May your home always be too small to hold all your friends."

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WHEN: 29 MARCH 2007  
WHERE: Building 135, NETHERLANDS THEATRE  
TIME: 1300 - 1600 hrs  
WHO: Military, Civilian Staff, & Outside Members of the Community are invited to attend. Children 10 years old and over are encouraged to participate!

To register or for more information contact Primrose @ 833-2500 ext. 4636 or email @ Knazan.P@forces.gc.ca

### "Dietary Issues and Supplements" Clinic

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1200-1300 hrs  
Bldg 90 MPR

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Topics Covered Include:

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To Register Call Kim Plett at Local 2455

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**MEAT DRAWS:** Friday at 6:30 pm Saturday at 3:00 pm

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# TAROSCOPES

BY NANCY

**Aries (March 21 - April 19):** Find creative ways to draw out other people and you'll understand where they are coming from. Stand your ground but be open to learning how they see things in relation to themselves. Be mindful of your intentions for what you give, you get.

**Taurus (April 20 - May 20):** Avoid getting into a difficult situation by refraining from speaking out of turn. Sit back and watch for clues as to what motivates others. Once you know what they value you can find a compromise. For some it will be all about money but this isn't true for everyone, including you.

**Gemini (May 21 - June 21):** No need to try and figure things out anymore. When everything falls into place, just enjoy it. Accept that you've created the life you have and now you can relax as everything is moving along nicely. Life is good - good for you. Share your happiness with others.

**Cancer (June 22 - July 22):** What you want and what you get isn't always in sync. Let go of past disappointments. The idea that anything is guaranteed is an illusion. Relax and the sense of loss will be replaced by a philosophical outlook that is more accepting of life's "speed bumps."

**Leo (July 23 - August 22):** Doing it all yourself isn't always best. Choose to appreciate and access the unique talents of others. You will find the exchange of ideas and skills valuable and it increases your success. Focus on the positive, and on your vision instead of wondering what could go wrong.

**Virgo (August 23 - September 22):** You feel fortunate in your connections with special people in your life, so you'll be searching for thoughtful ways to show them how much they mean to you. Sometimes just being a true friend is enough of a gift. A vacation will make for many beautiful memories.

**Libra (September 23 - October 23):** You can turn what appears to be an unsuccessful venture into something incredible if you put your mind to it. If it feels right, push on even if you can't see a way through obstacles. Options will appear naturally, so just focus on the goal.

**Scorpio (October 24 - November 21):** It may be time to seek a more receptive audience for your endeavors. Keep learning about things that excite you. There will come a time when you can pass it on to others. Keep looking for the place that feels like a perfect fit. Do the things you love as much as possible.

**Sagittarius (November 22 - December 21):** New information leads you to reflect on your circumstances. You're at a crossroad in life and may think there are fewer options than you expected there would be. Don't succumb to limited thinking. You're clever enough to work out a route that suits you better.

**Capricorn (December 22 - January 19):** You are in charge. Be assured that you will be calling the shots and that you know what you are doing. Others trust that you'll do the right thing for all concerned and that no matter what, things will work out well. All the options you have to consider will be doable.

**Aquarius (January 20 - February 18):** Just when you thought it couldn't get any worse, it gets wonderful. Someone is instrumental in helping you shift your attitude and environment in the future. Don't reject offers of assistance or look for obstacles that aren't there. Hold onto the belief that anything is possible.

**Pisces (February 19 - March 20):** Keep your sense of balance and prepare for radical changes that enhance your life. Keep your initial dreams in sight even as you expand your horizons to include new options. Apply discipline; finish what you start. Deal decisively with people who drain your energy.

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