



THE VOXAIR

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Sgt Ernie Whelan battled the harsh winter conditions on his solo 100 km trek across Lake Winnipeg to raise money for and awareness of Diabetes. See our full story on page 3. Photo: supplied

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Yellow Ribbon Gala a night to remember

Capt Jeff Noel

17 Wing Public Affairs Officer

"Everything from our guest speaker to the entertainment, raffles and other activities for the evening were planned to make it a night to remember," said Dana Glover, chair of the 2011 Yellow Ribbon Gala organizing committee.

And that's what it was for the more than 250 people who attended the Winnipeg Military Family Resource Centre's (MFRC) fifth annual Yellow Ribbon Gala held at the Delta Winnipeg Hotel on Saturday, February 19th that raised more than \$15,000 for programs and services it, and its satellite centres in Southport/Portage la Prairie and Thunder Bay, Ont., provide to the families of Canadian Forces members.

"Our staff and volunteers worked hard to ensure that this year's Gala was enjoyable for everyone," said Ms Glover.

Impressed by the talents of the young men and women of the Royal Canadian Sea Cadet Corps (RCSCC) Crusader Pipe Band's drum-line, those attending were also blown away by the high-energy musical diversity of Winnipeg's world-renowned Air Command Band which has undergone a transformation over the past several years. Although it

still performs traditional military standards for ceremonial events, the band's new repertoire includes hits from such artists as Coldplay, Taylor Swift, Metallica, Doc Walker, Shania Twain, Pink and Great Big Sea to name just a few.

This year's keynote speaker was the irrepressible and highly entertaining Senator Michael 'Mike' Duffy whose frank opinions and insightful commentaries on politics in Canada had the audience laughing continuously throughout his address.

"Our soldiers, sailors, airmen and airwomen justly deserve our unflinching gratitude and respect for everything they do for us everyday here at home and overseas," said Senator Duffy. "They, and their families and loved ones who remain at home, truly are 'Real Canadian Heroes' in every sense of the word. Thank you, thank you for everything you and your families do for your fellow Canadians. God bless you all."

The Winnipeg MFRC is a provincially incorporated, not for profit organization that provides its programs and services to approximately 6,000 military families.

For more information about the Winnipeg Military Family Resource Centre, please visit www.mfrc.mb.ca

For more information about Military Family Resource Centres in general, please visit www.familyforce.ca



17 Wing Commander Colonel and Mrs Boilard pose with the evening's guest speaker, Senator Mike Duffy. Photo: Cpl Jean Archambault



MFRC volunteers and Yellow Ribbon Gala organisers pose for a picture in their evening wear with the night's guest speaker, Senator Mike Duffy. Photo: Cpl Jean Archambault



Guests at the Yellow Ribbon Gala dance to the Air Command Band's music in the elegant ballroom of the Delta Winnipeg Hotel. Photo: Cpl Jean Archambault

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6TH ANNUAL MANITOBA MOOSE MILITARY APPRECIATION NIGHT



18 March 2011
at the MTS Centre

SAR Tech glides through brutal conditions, and own Diabetes

Sgt Bill McLeod & Shane Gibson
Wing Public Affairs Photojournalist &
Voxair Journalist

A Search and Rescue Technician (SAR Tech) who works as a Survival, Evasion, Resistance, and Escape (SERE) Instructor at the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) at 17 Wing Winnipeg has just returned home from a grueling six-day, 100 km cross-country ski trek across Lake Winnipeg to raise funds and awareness for Diabetes.

Calling the journey 'Gliding Thru Barriers', Sgt Ernie Whelan started his solo six-day trek from a point just south of Highway 8 on Hecla Island on 23 February, camping every night along the way.

"It went very well actually, other than a few hiccups in the beginning, overall it was very successful and went very well in the end," says Whelan, who says the trip ended up taking a day longer than he had originally planned because he had made an unscheduled trip into Gimli to replace some broken supplies. "My solar panel died out on me, my phones lost their charge and both my stoves ended up not working for me."

"I had to make a decision on the third day to go into Gimli and get my self sorted out."

After making the quick stop into Gimli Whelan continued on and finished the journey at Victoria Beach on 28 February where family and friends were waiting to meet him.

"It felt really emotional, almost like a natural kind of high with the sense of accomplishment to see all of those people waiting for me," recalls Whelan of the last few feet of the trek. "The CO was there from CFSSAT and my other boss was there and my wife was there along with some other friends and family — it was super great to have that support."

Whelan would ski from about 9 o'clock to 5 o'clock every day and estimates he was able to average about 20 kms per day. He used the Canadian Diabetes Association website to create his own fundraiser, and his supporters were able to make pledges for him online leading up to the start of his trek. Whelan, who was diagnosed with Type 2 Diabetes in 2007, was able to bring

in nearly \$4,500 for the Canadian Diabetes Association through the fundraising effort.

As well as raising money for the cause, Whelan says his number one goal in completing the journey was to bring awareness about Type 2 Diabetes to the public and show that people living with the disease can still accomplish anything they want to.

"My goal was to get people talking about Diabetes and bring awareness to Diabetes and to show people that whether you're going 100 kms across a lake, or just going for a walk around the block, if you stay active you can really maintain your Diabetes and live a full and productive life," he says. "It's not an end sentence to living."

Although he has taken part in a number of similar survival situations throughout his career with the CF, Whelan had never embarked on such an adventure by himself, which he says was something he's always wanted to do.

Whelan says the cold weather he encountered on the lake — temperatures hovered around -44 Celsius while he was out on the ice — didn't really bother him because he was always busy either skiing or

setting up and taking down his camp sites during the trip.

"It was cold, but I didn't feel it like someone who isn't acclimatized to it," he says. "I had the right gear on, stayed hydrated and was eating all the time, and I think that really made a difference."

"It didn't feel cold to me, but I was also moving constantly every day."

For the trek Whelan carried all of his supplies behind him in a sled, and says he made sure to bring doubles of everything just in case.

"Talking to other people who have done it, they said you want to make sure you have a redundant system... I had two stoves, multiple water bottles, dry food, mitts, and toques," he explains. "You want to have a back up for everything, because if you don't and something breaks or doesn't work properly, you don't want to be stuck where you're like what do I do now."

Whelan says he wants to make 'Gliding Thru Barriers' an annual event, and now that he's conquered the trip solo, he hopes to bring others along with him starting next year.

"People wanted to come with me this year, so I want to see if we can keep it going and turn it into an annual event," he says.



A HERC disappears into the sunset, leaving Sgt Whelan alone to complete a 100km trek. Photo: submitted.



Sgt Whelan participates in Cold Water Immersion at CFSSAT. Photo Credit: submitted



Sgt Whelan's lonely tent stands against a harsh winter background. Photo: submitted

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Twin Otter reaches Service Milestone



One of two CC-138 Twin Otters from 440 "Vampire" Squadron lands at the Churchill airport. The Twin Otters will be used to support Exercise NORTHERN BISON by flying in personnel and supplies to the Nunalla Forward Operating Base and to Arviat. Photo: Cpl Bill Gomm

MCpl David McVeigh
Army News, Wainwright

Yellowknife, Northwest Territories — Nine CC-138 Twin Otters have served with the Canadian Forces (CF) since 1971. In 1994, 440 Transport and Rescue Squadron was renamed 440 Transport Squadron (440 (T) Sqn), its fleet was reduced to four aircraft and the squadron relocated to Yellowknife, where it remains today.

"[The Twin Otter] has supported a wide number of roles while supporting Canada, the Canadian Forces and Canadians," explains Lieutenant-Colonel Dwayne Lovegrove, Commanding Officer, 440 (T) Sqn, "so it's worthy of a little bit of celebration."

Long history of service

The Twin Otters have had a long history in the CF. They were used in the 1976 Olympics, as well as during the recent games in Vancouver. From 1971 to 1994, the Twin Otters of 440 (T) Sqn flew out of Namao, Alberta, north of Edmonton, along with 418 Search and Rescue Squadron. During this time, 440 (T) Sqn also maintained a small detachment in Yellowknife called 440

North.

Only two aircraft have been lost during their 40 years of service. One Twin Otter, a part of a UN Military Observer Group, after flying all the way to Pakistan, was destroyed by a bomb from an Indian air force Hunter aircraft in December 1971. A second aircraft was lost on a search and rescue mission near Calgary in 1987.

The role of the Twin Otter today is to provide an air transport capability to Joint Task Force North (JTFN) and the Canadian Rangers. "We are the physical expression of Canada maintaining sovereignty over the North," LCol Lovegrove explains.

Tough, reliable bush plane

"Don't let its pretty looks fool you," says Master Warrant Officer Jacques Lamarche, the squadron warrant officer. "This is a tough and reliable aircraft. It's purposely made [as] a bush aircraft ... so it doesn't break, and at -50°C and such, we're still operating in this aircraft in the middle of nowhere."

The Twin Otter offers short takeoff and landing, taking off in an impressive 1,200 feet. It can also land on many types of ter-

rain, from tundra to rocky beaches and even sea ice, when fitted with skis. "Anybody who's flown with the skis and landed on sea ice [knows] it's a violent landing," says aviation technician Master Corporal Christian Barbier, who has 15 years on the aircraft. "It's very, very rough."

The Twin Otter is a very hands-on, unpressurized aircraft. "I love the Twin Otter," says Captain Winston Ernst. "It's a great fun airplane – hands and feet flying all the time. With new wing boxes and keeping up with regular maintenance, it should be good for another 40 years."

The yearly flying requirement for 440 (T) Sqn is 2,100 hours, but it has flown as much as 2,500 hours. "From Whitehorse, all the way across to Northern Quebec, Baffin Island and Alert – we cover all that space," Capt Ernst says, noting 440 (T) Sqn is the only CF squadron north of the 60th parallel.

With its four CC-138 Twin Otters, 440 (T) Sqn is the smallest squadron in the CF that maintains its own aircraft; yet its crew of 51 personnel covers one-third of Canada's land mass: four million km. The aircraft are

often serviced by the aircrew, which carries out fuelling and towing duties.

There are only 12 maintainers—aviation and avionics technicians—who repair and maintain the aircraft, and conduct major inspections. Everybody in this squadron pitches in. The same rules apply here as any in squadron down south, and most people wear two or three hats.

Plans to celebrate the Twin Otters this summer are in the works. LCol Lovegrove did have one tidbit to share. "There will be a little bit of nose art coming soon on the Twin Otter."

For more information on 440 (Transport) Squadron, please visit <http://www.airforce.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=413>

For more information on 17 Wing Winnipeg, please visit <http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>

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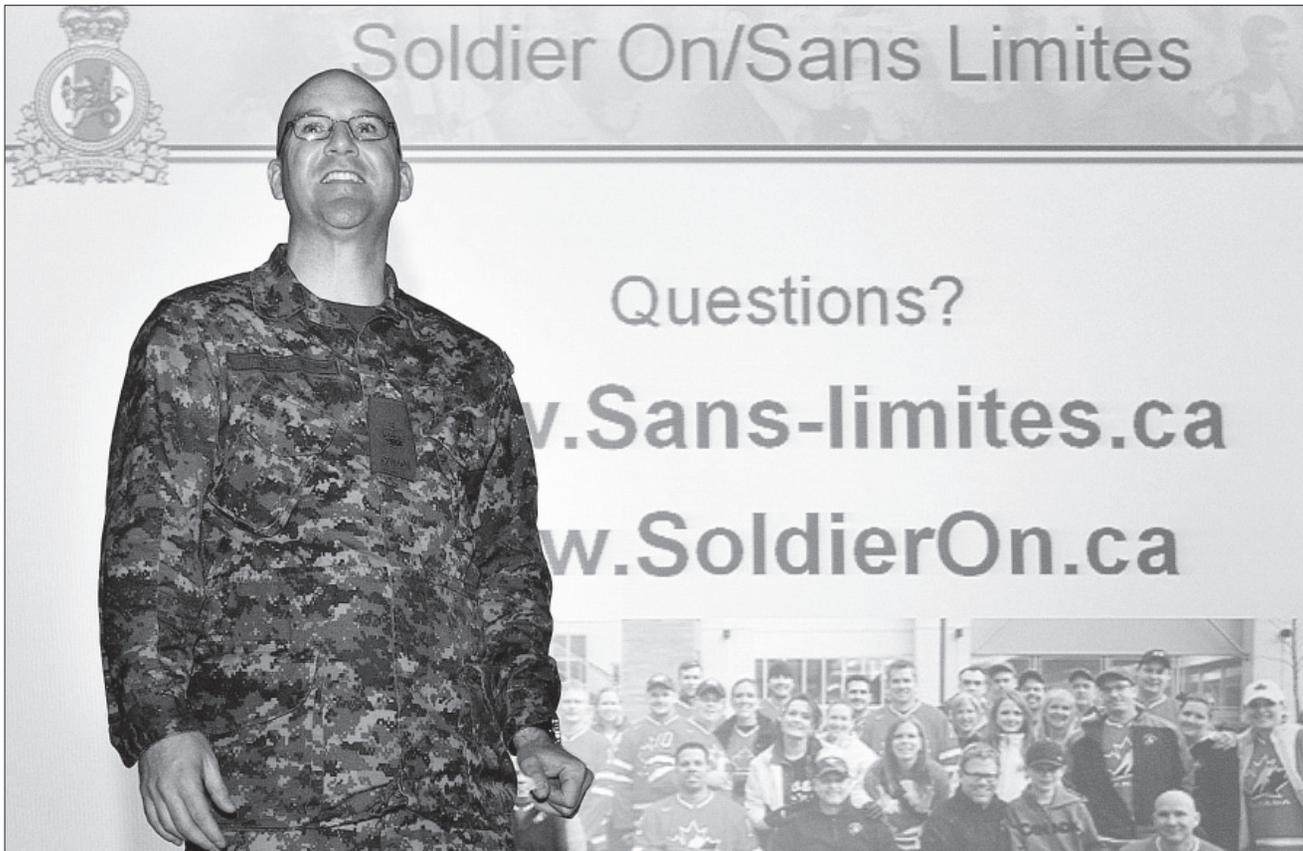

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Soldier On Briefing held



WO Andrew McLean speaks to Team Winnipeg members at the Building 90 Theatre about Soldier On. Photo: Sgt Bill McLeod

Sgt Bill McLeod

Wing Public Affairs Photojournalist

"The number one resource of the Canadian Forces is sitting in this room," Warrant Officer (WO) Andrew McLean told an attentive audience of Team Winnipeg members during an information briefing about Soldier On held at the 17 Wing Theatre on Tuesday, 15 February.

"It's not the C-17, it's not the Cormorant, and it's not weapons. The number one resource of the Forces is our people," he added.

WO McLean is a Search and Rescue Technician (SAR Tech) who was a member of 435 Squadron in Winnipeg when he and Greg Lagacé, Paralympic Development Manager with the Canadian Paralympic Committee, started Soldier On in 2006. WO McLean is also an ultra marathon runner and all around athlete who has won several Canadian running championships.

The Soldier On briefing presented by WO McLean was meant to introduce peers and supervisors to the program, its funding, and to highlight the changes in thinking about ill and injured personnel.

Soldier On's mission is to support injured and ill Canadian Forces soldiers so they can attain and maintain a healthy lifestyle by assisting their participation in physical fitness, recreation and sport activities.

The fund has been used to help members with adaptive sports equipment like modified mountain bikes, basketball wheelchairs and hockey sledges. The fund has also been used to improve sports facilities, create home gyms and provide training for beneficiaries to compete at national and international levels.

"At the end of the day Soldier On is about creating an environment where the soldiers can be comfortable and regain their confidence," says WO McLean at the end of the presentation. According to McLean ill and injured personnel can feel isolated after their injury or diagnosis.

Thanks to the assistance of the Soldier On program that provided equipment and personal training support a number of injured Canadian Forces soldiers have gone on to compete and become champions in international level sporting events.

The Annual Air Force Run (AFR) held in Winnipeg helps support the Soldier On Fund. Money raised from the AFR is divided between Soldier On and the Military Families Fund.

For more information about Soldier On please visit:

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

For more information about the Air Force Run

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

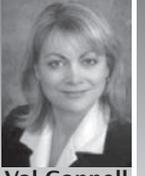
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Wing Women's Volleyball Team grabs silver at the Prairie Region Championships

Shane Gibson

Voxair Photojournalist

The women's volleyball team from 17 Wing Winnipeg returned home from Prairie Regional Championships with silver medals around their necks after just barely losing in the tournament's gold medal game.

The regional tournament was held 4-6 February in Cold Lake, where the women lost three sets to one in the all important final game against the home town Cold Lake team.

"They pretty much dominated their way to the final game and came up short in the finals," says the team's coach, Ronald Nicolas, noting that in the final game in the second set, Capt Nicole Pye injured her knee but continued to fight valiantly to the end of the match. "She didn't give up for the sake of the team."

"It was a very, very close game and both teams fought hard, but it was just one of those days where Cold Lake was a little bit more hungry."

Nicolas says the Winnipeg team played incredibly well throughout the entire tournament, making it into the finals without losing a single match.

"They were untouched and undefeated, and they even played Cold Lake in the first game of the round robin and completely dominated the game," he says. "Its just that they got unlucky in that last game."

The second place finish at the PR tournament rounds off a very successful season for the women from 17 Wing Winnipeg, who also compete in a civilian city league. Nicolas says the women have played so well in the civilian league that they've been bumped up from tier six to tier five because of their stellar 6-1 record this year.

"The whole volleyball team started off the league in tier seven or eight — the lowest tier at any rate— and now they're in tier five," says Nicolas, who has coached the women for the last two seasons. "Right now the women's volleyball program is getting better and better every year."

Nicolas also points to the hard work of two CISM players on the Winnipeg team, Capt Julia Rantz and Lt Emmanulle Gratton, who are both part of the CF National volleyball team that will represent Canada in Rio this summer.

"They were the heart and soul of the team," he says of Rantz and Gratton. "Both athletes are involved not just in volleyball, they both play base team hockey and other base sports and are both great candidates for female athlete of the year."

Nicolas says he's seen the women gradually get to know each other better and better over the last two years, and credits the team's success on the strong friendships that have grown between the team's players.

"That's the whole purpose of military sports, friendship and good morale, and that's what's really helping them," he says.

While there are many differences of opinions related to climate change, many scientists have agreed that its impacts to the global environment are already apparent and may become more severe over time. One way to promote the awareness of climate change and reduce your environmental impact (and utility bill) is to participate in Earth Hour on Saturday, March 26th at 8:30 p.m.

Occurring on the last Saturday of March each year, Earth Hour is an international lights out event that promotes individuals and businesses to turn off their lights for one hour. The goal of the event is to raise awareness about the solutions to climate change.

While the concept of Earth Hour may appear to be small in size, it demonstrates that together, small actions can make a big difference to help fight climate change. Last year, over 10 million Canadians turned off their lights for Earth Hour. By participating in the event, you and millions of others throughout the world are demonstrating to global leaders that we all must work together to achieve fair, effective, science-based solutions to this growing issue. In addition, turning out your lights will have a small, but positive impact on your utility bill!

So how can you participate? It's easy! All you have to do is turn off your lights for Earth Hour on Saturday, March 26th from 8:30 - 9:30 p.m. Since many of you will be at home during this time, why not make an event out of it? Light some candles and pull out the flashlights. Eat dinner by candle light, play a board game or go out for an evening walk in your neighbourhood. Remind your family that fun can be had without a TV or computer.

Remember, one small action can contribute to something much greater, so turn off your lights for Earth Hour and tell your family, friends and co-workers too!

For more information, visit the official Earth Hour Website at www.earthhour.org or contact the 17 Wing Environment Office.

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For more information, visit the official Earth Hour Website at www.earthhour.org or contact the 17 Wing Environment Office.



The 17 Wing Women's Volleyball team. Front Row (l to r): Ron Nicolas (coach), Maj Heather Ewing, Capt Mel Couturier, MCpl Maria Toone. Back row (l to r): Capt Jill Strelieff, Lt Emmanuelle Gratton, Capt Julia Rantz, Sgt Stacey Kohanski, Capt Nicole Pye. Not pictured: Capt Crystal Boone. Photo: submitted.



Erin Go Bragh

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Green Means Go

Shane Gibson
Voxair Photojournalist

In a sign of things to come, pictogram exit signs have been installed at both Minto and McGregor Armouries in Winnipeg, and the new signs could eventually phase out the bilingual signs at all 17 Wing buildings.

The new signs are green in colour instead of the traditional red, and feature a picture of a person running in the direction of the nearest exit instead of words.

Sgt Troy Currie, 17 Wing Winnipeg's chief fire inspector, was instrumental in getting the new signs approved for installation on the base, and says they will be easy to understand for everyone who sees them, no matter what language they speak.

"All of our other signs said 'exit' and 'sortie', and this way the new exit signs are user friendly for the multicultural society

we live in today," he explains. "It's a picture that shows a man running in the direction of travel, green is brighter and it illuminates better in a smoky environment." He also points out that green has been used in stop lights for years, so everyone knows green means go.

"No matter what language you speak, you've got these signs that anybody can read." Sgt Currie first asked Ottawa for their approval in the use of the pictogram signs early in June 2010. Once given the approval, these signs were up and running in both armouries by December 2010. "So if there's new construction coming up, these are the signs that people will be seeing around," he says, adding the changes are expected to be adopted across the DND. Furthermore he adds, "A picture means a thousand words."



Sgt Currie stands beneath one of the new pictographic signs that he helped to get installed at the Minto and McGregor Armouries. Photo: Shane Gibson

CF family seeks stem cell donor for rare disease

Shelley Lipke
Staff Writer, Esquimalt Lookout

PO2 Alicia Foreman-White is looking for a savior. Diagnosed with a rare, deadly blood disease, her only hope for a cure is a stem cell donor.

The 36-year-old reservist, with 18 years military service, has myelodysplastic syndrome (MDS) - a cancerous blood disease. Unlike other cancers, this one is very difficult to treat with chemotherapy or radiation.

Matching stem cell donors and recipients is a bit like winning the lottery, she says.

"The chances of being a match to even one other person are very slim. Finding out you have been matched is truly a miracle. While you can't be tested for me specifically, you may one day have the opportunity to save the life of a son or daughter, mother or father."

A donor must have the same blood type and matching human leukocyte antigens (HLAs), of which there are six. Approximately 30 per cent of patients are able to find a donor in their own family, but the other 70 per cent rely on the generosity of strangers.

As of January 2011, there were over 800 Canadians in need of a donor.

"I don't know the statistics for Canada, but in the United States, close to 3,000 people die each year because they cannot find a compatible donor," says PO2 Foreman-White.

Still reeling from the diagnosis, the Petty Officer and her husband, LCdr Jeffrey White, surf the Internet to learn more about the disease and survival statistics. Some patients diagnosed with MDS don't live past a year, while others live for years with minimal treatment.

"About 20 per cent of people needing a transplant die without ever finding a match. As a wife and mother of two young children, this was a statistic that I just couldn't accept," she says.

Because the couple have deep military and social roots in Victoria, they are turning to the local population, and specifically the CF, for help.

"I need you and everyone you know between the ages of 17 to 50 to get on the stem cell donor registry (www.one-match.ca). The chances of you and I being a match are slim, but you could be the one. Becoming a donor is easy (an online form and a cheek swab sent in the mail). The process of donating stem cells these days is almost as easy as donating blood," she says. "But people must be committed to following through, because finding out that a match has been found and then having the donor change their mind would be devastating, both emotionally and physically."

In Canada, an estimated 10,000 to 20,000 individuals have MDS, and 1,500 to 2,000 new cases are diagnosed annually.

"The CF is full of everyday heroes, people who are committed to doing what they can to help others and to save lives," she says. "I think that once they are made aware of the crisis of stem cell donation in Canada and how simple it is to become a donor, then it's just a matter of taking action."

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Oh Deer!



A deer frolics past Building 65 on an cold winter's day on the 17 Wing Air Force base. Photo: Shane Gibson

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Phone: (204) 945-7510
bonnie.korzeniowski@leg.gov.mb.ca

Minister stops in at Ex Northern Bison



High winds and winter weather across the operational area of Exercise Northern Bison 2011 on 26 February created a change in plans for members of 435 Squadron in Winnipeg who had initially expected to support a search and rescue drop into Arviat, Nunavut. The high winds created a situation where the 435 Squadron C-130 Hercules put down in Churchill to pick up the Minister of National Defence and numerous military members returning from Exercise Northern Bison when regular traffic from the airport was shut down. Chatting at the Churchill airport just prior to boarding the flight back to Winnipeg are, from left to right; Colonel Nic Stanton, Commanding Officer 38 CBG, Chief Warrant Officer Allan Rishchynski, 38 CBG Sergeant-Major and the Hon Peter MacKay, Minister of National Defence. Photo: Cpl Jean Archambault

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Things to remember before you fill out your tax return

Pierre Goulet, CFP, FMA, FCSI
Practice Manager SISIP

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2010 income tax return; April 30th 2011. Here are a number of non-refundable federal tax credits that can minimize the amount of income tax you are required to pay for the 2010 fiscal year.

First-time home buyers' tax credit: A temporary tax credit, for certain homebuyers who acquire a qualifying home after January 27, 2009. Calculated by multiplying the lowest personal income tax rate for the year (15% in 2010) by \$5,000, for 2010 the credit is \$750.

You will qualify for the HBTC if you or your spouse or common-law partner acquired a qualifying home in 2010 and you did not live in another home owned by you or your spouse or common-law partner in the year of acquisition or in any of the four preceding years; or if you are a person with a disability or are buying a home in 2010 for a related person with a disability; the home must be acquired to enable the person with a disability to live in a more accessible dwelling or in an environment better suited to the personal needs and care of that person.

Pension Income Tax Credit: Some pension income may qualify for a federal and provincial/territorial pension income tax credit. Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer. If a taxpayer is under the age of 65 and receiving pension income eligible for the pension tax credit (qualified pension

income) and splits their income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age. Pension income at age 65 can be converted from RRSPs to RRIFs or purchased as an annuity.

Spouse or Common-Law Partner Amount: If your spouse or common-law partner earned less than \$10,382, follow the calculation on line 303 of your return to see what amount you can claim. If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,382 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Tax Credit for Public Transit: To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries. Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19. The pass must display: duration (one month at least or longer), date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

Children's Fitness Tax Credit: Available to individuals for registration and membership costs of up to \$500 per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability. Calculated using the lowest tax rate (15% for 2010) – maximum tax credit per child for 2010 is \$75.

For prescribed programs of physical activity which must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscu-

lar endurance, flexibility, and balance.

Tuition and Education Amounts: Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or schedule 11 in your income tax forms to find out what amount is eligible.

Medical Expenses: Transferable between spouses. Medical expenses can include amounts paid outside of Canada. They must be more than 3% of your net income or \$2,024, whichever is less. The spouse with the lowest income should claim all expenses.

Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more than the lesser of \$2,024 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

Claim medical expenses paid in any 12-month period ending in 2010 that were not claimed in the previous year. The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2010. Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services (SISIP FS) financial planner assist you; professional advice can really pay off and prevent you from making a costly omission.

This article is for informational purposes only and reflects solely the opinion of the writer.

Avant de remplir votre déclaration de revenus

Pierre Goulet, CFP, CGF, FICVM
Gestionnaire SISIP

Maintenant que la saison des REER est terminée, les Canadiens se consacrent à leur déclaration de revenus de 2010 avant la date limite du 30 avril 2011. Les crédits d'impôt non remboursables fédéraux ci-dessous vous permettront de réduire votre assiette fiscale, diminuant ainsi le montant d'impôt que vous devrez payer pour l'année financière de 2010.

Crédit d'impôt pour l'achat d'une première habitation (CIAPH) : Un crédit d'impôt temporaire, pour certaines personnes qui achètent une habitation admissible après le 27 janvier 2009. Calculé en multipliant 5 000 \$ par le taux d'impôt sur le revenu le plus faible pour l'année (15 % en 2010), donc pour 2010, le crédit sera de 750 \$.

Vous aurez droit au CIAPH si : vous ou votre époux ou conjoint de fait avez fait l'acquisition d'une habitation admissible en 2010 et vous n'avez pas habité, au cours de l'année civile de l'acquisition ou au cours des quatre années précédentes, dans une autre habitation dont vous ou votre époux ou conjoint de fait étiez propriétaire; ou si vous êtes une personne handicapée ou si vous achetez une habitation en 2010 pour une personne handicapée qui vous est apparentée ; l'habitation doit être acquise dans le but de permettre à la personne handicapée de vivre dans un logement plus accessible ou dans un milieu convenant mieux à ses besoins et soins personnels.

Crédit d'impôt pour revenu de pension : Certains revenus de pension sont admissibles au crédit d'impôt pour revenu de pension fédéral et provincial ou territorial. Un contribuable qui n'utilise pas la totalité de ce crédit d'impôt peut transférer la partie inutilisée à un conjoint ou à un conjoint de fait. Si un contribuable âgé de moins de 65 ans touche un revenu de pension admissible au crédit d'impôt pour revenu de pension et qu'il partage son revenu avec son conjoint ou son conjoint de fait, ce dernier devient admissible au crédit d'impôt pour revenu de pension également, peu importe son âge. À compter de 65 ans, vous pouvez convertir votre régime enregistré d'épargne-retraite en un fonds enregistré de revenu de retraite ou acheter une rente.

Montant pour les conjoints ou les conjoints de fait : Si votre conjoint ou conjoint de fait a gagné moins de 10 382 \$ l'an dernier, faites le calcul à la ligne 303 de votre déclaration de revenus afin d'obtenir le montant que vous pouvez déduire. Si vous étiez célibataire, divorcé, séparé ou veuf, vous pouvez réclamer le montant maximal de 10 382 \$, moins le revenu de toute personne à charge. Il s'agit du « Montant pour une personne à charge admissible » qui figure à l'Annexe 5 de votre déclaration.

Crédit d'impôt pour laissez-passer de transport en commun : Ce crédit d'impôt s'applique aux coûts d'un laissez-passer d'autobus, de métro, de tramway, de train régional et de traversier régional. Le contribuable, son conjoint ou son conjoint de fait ou encore leurs enfants de moins de 19 ans peuvent réclamer ce crédit. Le laissez-passer doit avoir une durée minimale d'un mois et comporter la date ou la période de validité, le nom de la commission ou de l'organisation de transport émettrice et le montant payé. Il doit aussi identifier l'utilisateur (par son nom ou un élément identificateur unique).

Crédit d'impôt pour la condition physique des enfants : S'applique aux frais d'inscription et d'adhésion s'élevant à 500 \$ par enfant ayant moins de 16 ans au début de l'année d'imposition, ou moins de 18 ans, s'il s'agit d'un enfant handicapé. Le crédit est calculé selon le taux d'imposition le plus bas (15 % pour 2010), pour un maximum de 75 \$ par enfant pour 2010. Afin d'être admissible, le programme doit comprendre des activités physiques qui contribuent

à l'endurance cardiorespiratoire de l'enfant, en plus d'un ou plusieurs des objectifs suivants : la force musculaire, l'endurance musculaire, la souplesse et l'équilibre.

Frais de scolarité et montants relatifs aux études : Il est possible de réclamer les frais versés pour des cours postsecondaires de 100 \$ ou plus par établissement d'enseignement, à condition d'avoir obtenu de celui-ci un reçu officiel ou le formulaire T2202A. Vous pouvez également transférer une partie des frais d'études à votre conjoint et à vos enfants. Il suffit d'effectuer le calcul à l'endos du T2202A ou de l'Annexe 11 des formulaires d'impôt pour connaître le montant admissible.

Frais médicaux : Transférables entre conjoints. Les frais médicaux peuvent comprendre les dépenses engagées à l'extérieur du Canada. Ces dépenses doivent représenter plus de 3 % de votre revenu net ou 2 024 \$, selon le moindre de ces montants. Le conjoint ayant le revenu le moins élevé devrait réclamer toutes les dépenses.

(Continuer sur la page 9)



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Beyond Colour: Commemorating the International Day for the Elimination of Racial Discrimination

Primrose Knazan

Employment Equity Committee - Visible Minority Sub-Committee

"I have a dream that my children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character." – Martin Luther King Jr.

Two days after Martin Luther King Jr's assassination in 1968, a third-grade teacher named Jane Elliot from Riceville, Iowa, wanted to teach her students about discrimination. She designed a unique experiment where one group of children was designated as 'superior' and given special privileges over the 'inferior' group. The next day, the roles were reversed. The children were grouped solely on a physical trait they had no control over: eye-colour.

To commemorate the International Day for the Elimination of Racial Discrimination, the 17 Wing Employment Equity and the Winnipeg Learning and Career Centre will jointly present an extended Lunch and

Learn session titled "Beyond Colour" on Wednesday, 23 March 2011. The session will take place at the Training and Education Centre from 1130 - 1330hrs.

At this Lunch and Learn, Learning Advisor, Leah Bannister, will facilitate a discussion about racial discrimination and screen the Emmy-Award Winning documentary "A Class Divided". This film chronicles Jane Elliot's Blue-Eyed/Brown-Eyed experiment with her third-grade class. The classmates then meet fourteen years later to discuss the impact of the experiment on their lives. The film then shows Jane Elliot performing a version of the Blue-Eyed/Brown-Eyed workshop with a group of adults.

Regardless of the age of the participants, the result is the same: the arbitrary designation of inferiority based on physical characteristics is unfair and unjust. Although "A Class Divided" was produced in 1986, the principles remain the same. In fact, Jane Elliot continues to deliver the Blue-Eyed/Brown-Eyed exercise to this day, all over the world.

For more information on Jane Elliot and "A Class Divided", please see the website: <http://www.pbs.org/wgbh/pages/frontline/shows/divided/etc/view.html>

After the documentary, guest speaker Maj Anthony Battad from 23 Health Services Centre and 1 Canadian Field Hospital will speak about his personal experiences and share his insights as a Filipino-Canadian.

The Beyond Colour Lunch and Learn will complement previous Diversity and Employment Equity training while giving those who haven't had training an introduction to a different approach to fighting discrimination. This seminar will hopefully be a launching pad for an open and honest discussion about the nature of racism and the search for solutions.

The elimination of racism goes beyond tolerance and acceptance. We must be actively engaged in creating an environment of equality and respect. The belief that one group is better than another group is not an inherent part of human nature; racism is taught. We must ensure that racism is not

propagated in our workplace, our homes, our relationships, within the media or while living our lives every single day.

As indicated in CANFORGEN 050/10 regarding the International Day for the Elimination of Racism: "DND/CF must especially remain vigilant and intolerant to racist behaviour not only because it undermines team cohesion and jeopardizes mission success but also because it counters everything we stand for."

For more information or to register for the Beyond Colour Lunch and Learn session, please contact Primrose Knazan at local 4636 or e-mail Primrose.Knazan@forces.gc.ca. Seating is limited. Please register early. Personnel must ensure they have permission to attend the event as it will run the lunch period. Bring your lunch and an open mind.

We hope you will join us for this powerful learning event to celebrate differences and take another step towards the elimination of racial discrimination.

New JPSU Prairie Region Officer Commanding



Maj Jim Wainwright took over as the Officer Commanding at JPSU Prairie Region on 1 February 2011. Photo: Shane Gibson

17 Wing Promotion



17 Wing Commander Colonel Yvan Boilard promotes 2nd Lieutenant Tim Cary to that rank. 2Lt Cary is the new Wing Visits Officer. Photo: Sgt Bill McLeod

Avant de remplir votre déclaration de revenus (continuer)

(Continuer de page 9)

Vous pouvez réclamer les dépenses de tous les membres de la famille immédiate, incluant les parents, grands-parents, frères, oncles et nièces qui étaient à votre charge pendant l'année financière. Le total de ces dépenses doit être de 2 024 \$ ou supérieur à 3 % du revenu net de la personne à charge pendant l'année, soit le moindre des deux montants, jusqu'à concurrence de 10 000 \$.

Vous pouvez réclamer les frais médicaux que vous n'avez pas réclamés l'année précédente et que vous avez versés pendant toute période de douze mois antérieure à 2010.

Vous trouverez de l'information supplémentaire sur les crédits susmentionnés dans le Guide général d'impôt et de prestations de 2010. Prenez le temps de lire les sections du Guide portant sur les réclamations qui vous touchent et n'hésitez pas à demander assistance à l'un des planificateurs financiers des Services financiers du RARM (SF RARM). Les conseils professionnels peuvent

être très rentables et vous éviter une erreur coûteuse.

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.



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Great recipes to get your family eating healthy

March is Nutrition Month Across Canada!

Know what strengthens family ties, passes on valued traditions, teaches skills and improves the family diet? Cooking together!

"Celebrate food... from field to table" has picked up momentum this year by inviting families to cook and eat healthy and tasty meals together. Nutrition Month 2011 is also about showing Canadians how to make cooking together fun – and Canadian!

Once you start cooking together using quality, home-grown Canadian foods, you'll wonder what took you so long... It's a deliciously fun way to eat healthy – together.

Fantastic Mac & Cheese

Help kids perfect a specialty that everyone will love—it's a great strategy to get them cooking.

This scrumptious one-pot marvel has lots of calcium for strong bones and healthy teeth. Serves 4.

Ingredients:

- 2 cups (500 mL) uncooked whole wheat elbow macaroni
- 1½ cups (375 mL) milk
- 2½ cups (625 mL) grated aged Canadian Cheddar
- ½ cup (125 mL) grated Canadian Parmesan
- 2 eggs
- 1 tbsp (15 mL) whole wheat flour
- 1 tbsp (15 mL) melted butter
- 1 tsp (5 mL) Dijon-style mustard

Instructions

Cook macaroni following package instructions. Meanwhile, mix milk, cheese, eggs, flour, butter and mustard in a blender.

When macaroni is ready, drain well. Return to pot. Add

cheese mixture. Cook gently, stirring continuously, until smooth and thick—5 to 7 minutes.

Where Are the Veggies? Let kids "customize" their own mac & cheese. Just put a colourful variety of cooked Canadian grown veggies (try broccoli, cauliflower or roasted cherry tomatoes) on the table and let kids add whatever they like.

Spiced Sweet Potato Wedges

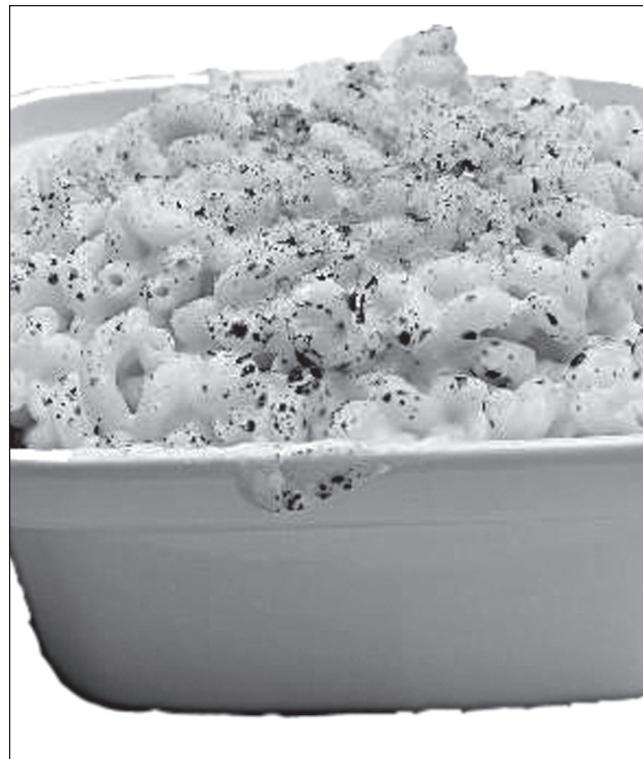
Way high in beta-carotene, sweet potatoes are one of Canada's most nutrient-rich vegetables. This fast recipe makes them irresistible!

Wash, dry and cut a couple of sweet potatoes into wedges. Whip up a drizzle of olive oil, spoonful of honey and juice of half a lime together with three big pinches each of ground cinnamon, chili pepper and ginger. Toss to coat wedges. Roast on a lightly greased, lined cookie sheet at 425° F (220° C) for about 25 minutes or until tender, turning several times.

Nutrition Month, this information and recipes are presented by Dietitians of Canada.

Visit: www.nutrition2011.ca for more ideas and recipes that you and your family can try this Nutrition Month!

Join Wing Foods and 17 Wing Health Promotion at the Mess for displays, information, giveaways as we "Rate Your Plate" during this Nutrition Month!



 National Defence / Défense nationale

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION
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Where is Soldier Bear? Où est l'Ourson Soldat?

The Winnipeg Military Family Resource Centre celebrates our 20th anniversary this year! Our programs and services have been found in a variety of places over the years. Just like Soldier Bear below, we get around! See if you can figure out where Soldier Bear had his photo taken. When you have completed the matches, bring the list into the MFRC by March 25. Your name will be entered to win your very own Soldier Bear or a \$25 gift card. Good luck!

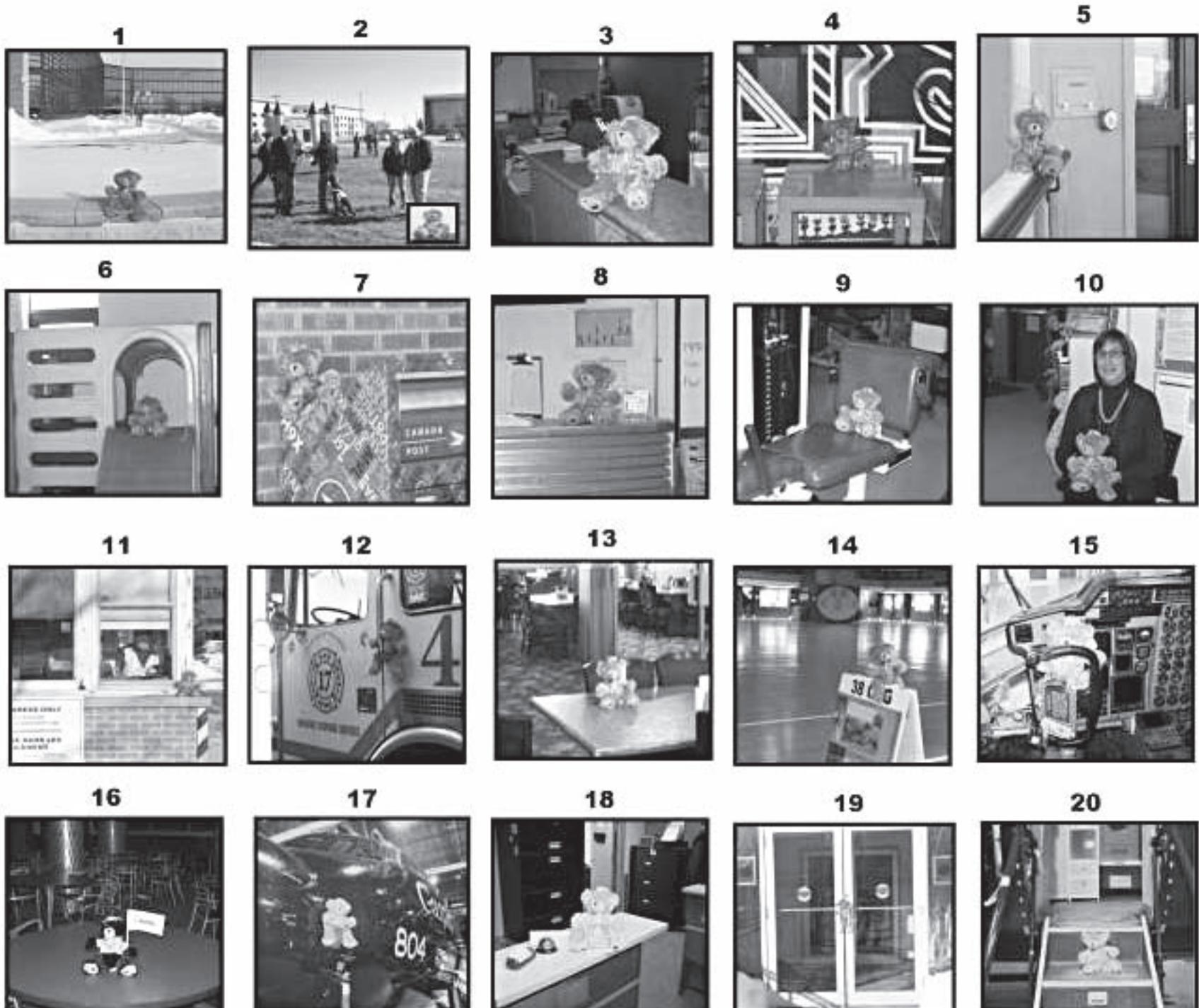
Le Centre de ressources pour les familles des militaires célèbre cette année son 20^e anniversaire! Au cours de ces années, les programmes et services du CRFM de Winnipeg ont eu lieu à différents endroits dans la communauté. Tout comme l'Ourson Soldat, nous bougeons! Voyez si vous pouvez découvrir où l'Ourson Soldat a été pris en photo. Lorsque votre feuille-réponse sera complétée, apportez-la au CRFM au plus tard le 25 mars. Vous courez la chance de gagner « l'Ourson Soldat » ou une carte-cadeau de 25\$. Bonne chance!

Match the photo # to the location and drop off the completed form at the Winnipeg MFRC
Associez les numéros de photos aux endroits appropriés et apportez votre formulaire complété au CRFM

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- Learning Centre / Centre d'apprentissage
- 17 Wing Gate / Entrée de la 17e Escadre
- Minto Armouries / Manège militaire
- Dash 8 / Dash 8
- MFRC Entrance / Entrée du CRFM
- MFRC Front Desk / Réception du CRFM
- Post Office / Bureau de poste
- Red River Lounge / Salon Red River
- Hercules entrance / Entrée de l'Hercule

- Hercules Cockpit / Cockpit de l'Hercule
- Air Division / Division aérienne
- MFRC Child Care Centre / Garderie du CRFM
- Westwin Children's Centre / Centre pour enfants Westwin
- Building 90 - Front desk / Réception du bâtiment 90
- 17 Wing Fire Hall / Caserne de pompiers
- Junior Ranks' Mess / Mess des caporaux et des soldats
- 17 Wing Rec Centre / Centre récréatif de la 17e Escadre
- Southport / Southport
- North Side Youth Centre / Centre Jeunesse côté nord

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Schutzhund Dogs Club Supports Red Friday



West Coast German Shepherd Schutzhund Club invitation dog training work week held 23-27 Feb 2010, showing support to the troops on Red Friday. Participants from Florida to the Yukon. Photo by Bill Emery 19 Wing Comox.

Bill Emery
19 Wing Comox

In March 2006, wear Red on Fridays to show your support to the Canadian troops, was introduced by two Canadian military service spouses.

In February 2007, our club the West Coast German Shepherd Schutzhund Club started a tradition to show our support to our Canadian soldiers, during our annual invitational Schutzhund dog training event each year. To have all participants to wear Red on Friday's either a shirt, Jacket or just a ribbon.

This year on Friday 25th February 2011, we took the support one step further, our invitational souvenir shirts were all in red for each participant.

We explained to all participants what the

meaning to wear Red on Friday's meant to us and to Canadians, and then come Friday morning, All participant, on the field training dogs were dressed in Red souvenir shirts to show their support to all soldiers.

The participants who attended the invitational annual schutzhund training event were from, across Canada, Ontario, Alberta, British Columbia, and the Yukon the United States of America, California, to Florida.

We have been supporting the troops at our club every Friday since we started, and we hope to keep up this tradition for many years to come.

Thanks to our troops deployed and at home.

If you're in our area drop in and say hello, West Coast German Shepherd Schutzhund Club, Surrey BC, www.wcgssc.com,

SAR Tech uses northern experience to educate students

Sgt Bill McLeod
17 Wing Public Affairs Photojournalist

Students in Grade 4 at Linden Christian School in Winnipeg have a new appreciation for what it takes to survive in Canada's north thanks to a presentation from Search and Rescue Technician (SAR Tech) Sergeant (Sgt) J.P. Cossette at their school on 22 February.

About 70 students who had been studying the Arctic in Geography and their teacher, Mrs. Jennifer Schraml, invited Sgt Cossette to show them how the SAR Techs operate in Arctic conditions. This was the second year Sgt Cossette spoke to Mrs. Schraml's students.

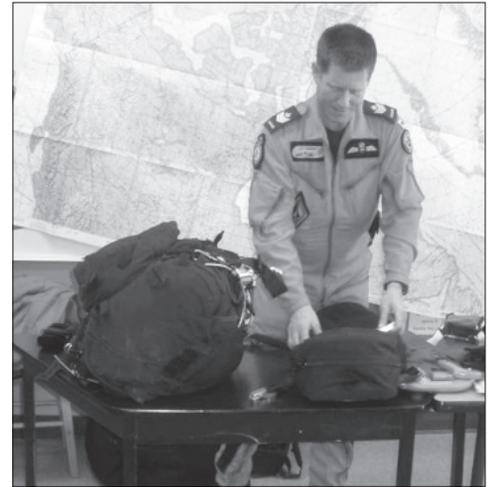
"It was a fun time," said Sgt Cossette. "The students had lots of great questions."

Sgt Cossette is a member of 435 Transport and Rescue Squadron (Sqn) at 17 Wing Winnipeg which flies the CC130 Hercules. Its area of operations includes a large portion of the Arctic and Sgt Cossette has jumped in winter conditions in the North West Territories, Northern Saskatchewan, and Northern Ontario during his career as a SAR Tech.

On any given day the SAR Techs at 435 Sqn have to be prepared to survive Arctic winter conditions he told the fascinated students. Once the SAR Techs jump from the Hercules into a wilderness area they can be on their own for anywhere from minutes to a few hours or even days.

During the presentation Sgt Cossette demonstrated his Arctic survival gear which included his snowshoes, parka, mukluks, arctic mitts, snow saw/knife, signal mirror, flint, compass and GPS. He also showed them the parachute and helmet that the SAR Techs use when they have to jump into an area on a rescue mission.

The presentation included Arctic survival videos showing how to build igloos, snow



Sgt J.P. Cossette speaks to about 70 Grade 4 students at Linden Christian School on 22 February. Photo credit: submitted

caves, and survival shelters.

Sgt Cossette talked about his personal experiences in training in the north, his experiences with the local residents, the animals he has seen, and even the sounds the snow makes in the Arctic. You can tell by the squeak of the snow if it is good to build an igloo from.

At the end of the presentation Sgt Cossette asked the students geography questions about the Arctic and even tried to trick them with a question about penguins, who are Antarctic residents. "I like to keep them on their toes," he said.

"The students loved it," said Mrs. Schraml. "Mr. Cossette's presentation is the highlight of the course for them."

"I think the highlight was the survival candy," Sgt Cossette said. The last part of the presentation was to distribute the high sugar content candy to the class before leaving them with their teacher.

Chaplain's Corner

Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudensorio
Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson
Roman Catholic Office 833-2500 ext 5956

Masses (English only)
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4277

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

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

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

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

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

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

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.



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Wanted: Looking for a babysitter for two sets of twins that are ages 10 and 11 for 10 hours a week, Saturday evenings, and some Friday evenings. May also consist of one night during the week. Please contact Lorelee Finnie @ canorask@hotmail.com or call me at 416-5339

Men's Ring for sale: Band style with design. Asking \$100.00 OBO. Please call or e-mail Lorelee Finnie at canorask@hotmail.com or call 416-5339

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Taroscopes

BY NANCY

Aries (March 21 - April 19):

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

Taurus (April 20 - May 20):

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

Gemini (May 21 - June 21):

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

Cancer (June 22 - July 22):

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

Leo (July 23 - August 22):

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

Virgo (August 23 - September 22):

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

Libra (September 23 - October 23):

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

Scorpio (October 24 - November 21):

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

Sagittarius (November 22 - December 21):

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

Capricorn (December 22 - January 19):

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

Aquarius (January 20 - February 18):

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

Pisces (February 19 - March 20):

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

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