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Exercise Western Spirit



Sailors on board HMCS Calgary point to a man overboard so the Zodiac knows which direction to follow to rescue their man during this exercise. Canadian Rangers were on board and learning about the exercises the Navy conduct for their training. For more about Western Spirit, please turn to page 9.

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Volunteer recognized for dedication to Health Promotion

Submitted by Health Promotion

In June 2008, a call came out from the Strengthening the Forces/DFHP National Manager, Dr. Debra Reid. Dr. Reid was requesting nominations for the Canadian Forces Health Services Group Commander's Certificate in Recognition of Outstanding Contributions to Health Promotion.

As part of Health Services, DND is committed to the provisions of comprehensive health promotion programming to the CF.

Since the revitalization, in 2002, of the Strengthening the Forces (StF) program, Health Promotion specialists in the Directorate of Force Health Protection and Wing/Base medical authorities, CF S Svcs Gp, and local Health Promotion delivery staff in PSP, CFPSA have built a robust program for the CF members.

While the CF recognizes that the individual, organization and the health services community all share the responsibility for health promotion and have an ac-

tive role to play, some CF members and civilians have greatly supported the StF team and made outstanding contributions to the Health Promotion efforts.

The StF team would like to convey appreciation and recognition to a worthy recipient who has rendered such services to the CF that exceeded the expectation of their employment and personal responsibilities.

As part of the 17 Wing StF/Health Promotion team, unit/squadron representatives act as conduits between the HP office team and the CF community. Some of the duties include, but are not limited to, attending quarterly meetings, arranging activities and logistic support at the unit/community level, identify barriers and gaps in the delivery of HP programs and services, promoting and advertising upcoming Health Promotion and Health & Physical Fitness Strategy initiatives/programs/campaigns.

The 17 Wing StF team is comprised of a group of military and civilian members who are dedicated and

enthusiastic about Health Promotion. We have numerous candidates who would be eligible for this award.

The Health Promotion Director, Christa Zappitelli, nominated worthy members of the 17 Wing StF team. We are extremely excited and proud to announce that MWO (ret'd) Adrienne Miller has been awarded the CF Health Services Group Commander's Coin in recognition of her dedication to the StF team.

Miller is a StF representative at the 1 Canadian Air Division, which houses more than eight hundred military members and DND employees.

She is an advocate of HP who walks the talk.

Miller has taken an active role in improving her own health.

After quitting smoking, through the Butt Out program, she attended the Butt Out facilitator training and is now a dedicated Butt Out facilitator. She brings her knowledge and support to participants who are quitting. She attended Weight Wellness sessions to increase



On 16 Dec 08, on behalf of BGen Jaeger, Col Latouche and LCol Morissette presented MWO (ret'd) Adrienne Miller with the CF Health Service Group Commander's Coin in recognition of her dedication to the Strengthening the Forces Team.

her education and awareness in this topic. Miller has recently lost and continues to maintain a healthy weight.

She has shown great interest in becoming a Weight Wellness facilitator and is currently a Weight Watchers meeting leader during her personal time.

She has also participated

in the ASIST and Stress Take Charge programs.

Miller has done a tremendous job actively promoting and supporting all of the HP programs.

She is, continuously, one of the first to volunteer for HP duties that go above and beyond her roles and responsibilities as a StF Rep.

Through her ongoing efforts, along with the entire StF Team, HP has noticed a significant increase of participants from the 1 Cdn Air Div who attend the HP programs (BRT, Big Bike, ASIST, etc).

On behalf of the 17 Wing Health Promotion and StF team, congratulations.

Manitoba soldiers head to BC mountains to blast the pass

Shelley Lipke

Lookout Newspaper

Hidden deep in the snowy mountains of Rogers Pass, along the Trans Canada Highway, 13 soldiers live in remote barracks through the winter months. Their purpose in this secluded setting is to await word from Parks Canada officials to blast for avalanches.

For 50 years, the soldiers

from CFB Shilo, Manitoba's 1 Royal Canadian Horse Artillery (1RCHA) have rotated through the winter months, securing 105mm Howitzer guns to platforms and shooting into the mountains to stimulate an avalanche.

The mission is known as Operation Palaci, and assists Parks Canada's Avalanche Control program to ensure clear highways and safe

travel through the Rockies.

"This past week has been far from typical," said Bruce McMahon, Senior Avalanche Officer at Mount Revelstoke and Glacier National Parks. "This year there seems to be a shift in snow patterns that haven't been prevalent for many years, perhaps decades."

Snow has accumulated over a weak layer, which has forced the troops to close the highway for long periods of time to clear many avalanches, said McMahon.

As a snow technician with Parks Canada since 1980, McMahon is responsi-

ble for analyzing conditions and organizing the troops. His expertise in snow science allows him to identify hazardous situations and tell the troops when to blast.

"We allow many avalanches to occur on their own [naturals] and then choose to intervene with artificial stabilization," said McMahon.

The unique area is vast with over 100 avalanche passes in a 40 kilometre distance, making it necessary to use Howitzer guns to initiate an avalanche. In other areas of B.C. propane generated bursts and charges dropped from helicopters are used to clear avalanches.

"This is the largest mobile avalanche program in the world," said Maj Geoff Allen, Joint Task Force Pacific Desk Officer and coordinator with Parks Canada. "Helicopter explosives are also used in Rogers Pass, but the Howitzers have an advantage as they can be used in poor weather conditions."

Each fall, McMahon liaises with Joint Task Force Pacific and 1RCHA to plan the deployment season of the troops to Rogers Pass, usually from November to

April.

The preparation begins in November when three guns, ammunition and equipment are trucked by the soldiers and established in the Pass. Then they return home and wait for the call to start their mission.

"The actual call for deployment is dependent on how the early season storms develop, and we monitor the early season snowpack closely, said McMahon.

Upon receipt of the call, the soldiers board a bus, bringing their own cook and personal gear, and drive 24 hours, rotating drivers, in order to get to Rogers Pass quickly.

"There is a broad range of missions, and we often have short amounts of time to set things in motion and still be ahead of the game. We set a date for the troops that is conservative enough to cover early season storm possibilities and to ensure sufficient briefing, test firing and safety training," said McMahon. "This is why it takes such a dedicated and focused team that is always at the ready."

A typical mission in-

volves closing a section of highway, shooting out the unstable snow and allowing the traffic to pass. "Highway closures total only 100 hours a year on average, and our preference is for numerous short closures to conduct the control missions."

When not blasting avalanches, the troops must maintain operational readiness. The 18 gun positions to house the Howitzers are scattered along a 40 km stretch of road and the gun rings need to be clear of snow in order for the Howitzers to be secured into position to fire.

Each rotation spends six weeks in the mountains and must be at the ready 24 hours a day. "This is a fairly remote tasking with a serious need to be available on short notice, so leisure opportunities are somewhat limited," said McMahon.

Parks Canada has provided the troops with a gymnasium, a small home theatre facility and a games room in their accommodation, but some troops take advantage of the snow with outdoor activities such as skiing and snowshoeing.

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Winnipeg company makes donation to Canada House

By John Towns
Voxair staff

When deployed halfway around the world working in a high-stress environment, even the smallest comforts can make a difference.

That's why, when Maj Clinton Mowbray was deployed as Director of Personnel Recovery to ISAF last year, he contacted Advance Electronics in Winnipeg to inquire about purchasing some speakers for the Canadian soldiers deployed in Kabul.

What he didn't expect was for Advance to send over the equipment free of charge.

"I first called to see if they could provide a quote for outdoor speakers. We were going to use non-public funds to make a purchase but they very quickly volunteered to donate some speakers," said Maj Mow-

bray, who recently presented Arnold Frieman, President and CEO of Advance Electronics, with a certificate of appreciation for the donation.

Peter Bernatsky, Operations Manager for Advance Pro, the commercial division of Advance Electronics, says that the decision to donate the speakers took all of about thirty seconds.

"We really had no hesitation about it, because anything we can do to make their lives easier when they're serving overseas is something we want to do," he said.

"It maybe wasn't huge for us, but anything we can do to give them a little bit of entertainment, maybe something that would give them a little bit of a disconnect from their surroundings when they're up on that deck is something we really wanted to do."

The speakers are now

installed on the top deck of Canada House, the lounge used by CF members in Kabul.

"We often had medal and remembrance ceremonies or social functions on the deck," said Maj Mowbray.

"Having a sound system up there made these events more effective and enjoyable in the case of social activities. It really improved the atmosphere and esprit de corps for us," he said.

Donations like this can make a world of difference to deployed soldiers, according to Maj Mowbray.

"The guys that obviously have it the hardest are the guys in the field, and for them, the smallest thing can be quite a huge thing."

"It's great to see people really jumping on board and supporting troops in any way they can. This kind of support makes a difference – the effort alone sends a great message to the troops."



Maj Clinton Mowbray, A3 SAR Systems, presents Advance Electronics President and CEO Arnold Frieman with a certificate to thank him for the donation of speakers to Canada House in Kabul.

MGen Morrow pays a visit to 1 Cdn Air Div/CANR

MGen Henry C. "Hank" Morrow, Commander of 1st Air Force (AFNORTH), and Commander, Continental U.S. North American Aerospace Defence Command Region, Tyndall Air Force Base, Florida paid

a special visit to 1 Cdn Air Div/CANR on January 21.

MGen Morrow was greeted with a General Salute from a Guard of Honour and then signed the official 1 Cdn Air Div/CANR guest book.

As the Joint Force Air

Component Commander for NORAD and U.S. Northern Command, MGen Morrow develops contingency plans and conducts U.S. Air Force operations in CONUS, Puerto Rico, the U.S. Virgin Islands, and over U.S. maritime approaches.



MGen Morrow inspecting the 17 Wing Honour Guard.

Governor General presents the Order of Military Merit

Four Winnipeg Air Force personnel were recognized by Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada with the Order of Military Merit on 30 January.

MGen Marcel Duval, Commander of 1 Cdn Air Div/CANR, received the Commander (C.M.M.) level of membership to the Order. Additionally, Capt Roy van den Berg, who recently served with 1 Cdn Air Div/CANR and Sgt Andrew McLean, formerly of the 17 Wing 435 Transport and Rescue Squadron, both received the Member (M.M.M.) level of membership. As well, CWO Jeffery Peterson, who was formerly of 19 Wing Comox, and is now with 1 Cdn Air Div/CANR Air Force Training, also received the Member (M.M.M.) level of membership.

According to the website of the Governor General of Canada, "The Order of Military Merit was created in



Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada, presents the Order of Military Merit to MGen Marcel Duval, Commander 1 Cdn Air Div HQ, on January 30, 2009.

1972 to recognize meritorious service and devotion to duty by members of the Canadian Forces."

In the most recent ceremony, 56 members of the regular and reserve forces were recognized with the prestigious honour.

During her speech to the honourees, Her Excellency the Right Honourable Mi-

chaëlle Jean, noted "Some of you put your very lives on the line, taking risks we cannot even begin to imagine, removed as we are from the international conflicts that trouble our extended family of nations...On behalf of all Canadians, I thank you, from the bottom of my heart."

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Vampires provide support for Exercise Northern Bison

By Capt Chuck Rockwell
440 Transport Sqn Operation Officer

From the 15 to 19 of December 2008, Team Winnipeg's 440 (Vampire) Transport Squadron deployed a wheel-ski equipped CC-138 Twin Otter to Churchill, Man. in support of 38 Combat Brigade Group's (CBG) Exercise Northern Bison.

The Exercise, 38 CBG's annual Winter Warfare Indoctrination Course, saw a total of 39 personnel including nine from the Minnesota Army National Guard deploy to Holcroft Lake, near the community of Churchill.

With expert assistance provided by local members of 4 Canadian Ranger Patrol

Group, the army personnel endured temperatures of -35°C and lower as they carried out their Light Over-Snow Vehicle and range training.

During their deployment, the Vampires, led by Squadron Deputy Commanding Officer Major Frank Cannon, performed a number of tasks ranging from airlifting cargo to providing Casualty Evacuation (CASEVAC).

The exercise proved invaluable as well for the squadron by providing an opportunity to not only work closely with the Canadian Rangers and Army but to gain crucial experience.

A number of squadron personnel, such as Corporals Scott McAllister and

Pierre Gagné who, under the watchful eye of Flight Engineer Instructor Sergeant Ron Mann gave valuable insight into the world of Twin Otter ski-plane operations.

As well, Captains Mike Hickman and Chuck Rock successfully upgraded their Ski Aircraft Commander certification, further enhancing the squadron's ability to carry out ski operations throughout the north.

Despite the harsh conditions, the exemplary work of aviation technicians MCpl Frank D'Avignon and Cpl Marty Legault ensured our aircraft remained serviceable throughout the exercise. This permitted the Vampires to accomplish everything the Army asked for and more.



Members participating in Exercise Northern Bison endured temperatures of -35°C and lower

440 Squadron... moving the spirit northern style

By OCdt Jennifer Doornink
and Lt Jeff Noel
Wing Public Affairs

"This type of flying is exactly what the Twin Otter was designed for," says Captain Chuck Rockwell, a pilot with Team Winnipeg's 440 (Vampire) Transport Squadron based in Yellowknife, Northwest Territories.

The squadron, the only Air Force Squadron located North of 60, has been tasked to provide airlift support for members of 4th Canadian Ranger Patrol Group

(4CRPG) during the Saskatchewan-Manitoba segment of Exercise Western Spirit; a gruelling thirty-six day, 3,400 kilometre snowmobile trek from Kitimat, B.C. to Churchill, Man.

"440 Squadron is very much looking forward to supporting Exercise Western Spirit," said Capt Rockwell. "We put a lot of time and effort into training our crews for ski operations."

Employing CC-138 DeHavilland Twin Otters, the squadron will fly ahead of the Rangers, transporting spare snowmobiles and sup-

plies for them to communities along the trek route.

"This is a great opportunity for our personnel to not only work closely with the Rangers and the Army but to also hone their skills," says Col Scott Howden, 17 Wing Commander.

"Skills that are so essential to performing our mission of protecting our sovereignty in the north."

More than a year of planning has gone into Exercise Western Spirit. The Exercise even has its own site (http://www.army.gc.ca/4crpg/ex_western_spirit).



The Twin Otter was made for operations in Canada's North.

asp) where you can read 4CRPG Commanding Officer, track where the convoy is via GPS, and view photos and stories.

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ASC is one of the most demanding courses in the CF

By Maj Geoff Young
USAF

The Aerospace Systems Course (ASC) at CFSAS houses one of the most challenging and demanding courses that the Canadian Forces has to offer. Each year it selectively picks a small group of captains and majors from a pool of CF and international candidates to receive the extensive 10-month course.

The majority of the students come from a technical background but it's not a prerequisite and shouldn't discourage anyone from applying. ASC instructor LCol (ret'd) Tom Bailey (ASC 29) explains, "Some technical know how is recommended but it's not required. Essentially, anyone with a four year degree has the foundation necessary to succeed at this course."

This year's crop of students includes two CELE

officers, an AERE officer, an ANAV and a Captain from the German Air Force. Capt Jorg Mischke from the Luftwaffe project management office in Cologne, Germany sums up ASC by saying, "A university is great at providing concepts and theory. What ASC does is take that theory and expand on it by providing broad systems knowledge and operational applications."

Presently in its 61st iteration, ASC has ties that bind it equally to Canadian Forces traditions and future Canadian innovations. Its rich heritage began as a specialized course for navigators and has evolved over time to include aeronautics, program management, acquisitions, electronic warfare, space, modeling and simulation, test and evaluation, and cyber concepts.

"It's a course that is constantly adapting to the lessons learned in the op-

erational community and reassessing its curriculum to better meet the needs of current and future warfighters" says CFSAS Deputy Commandant Maj Richard Ladouceur.

In order to keep up with lessons learned and to stay on the cutting edge of research and development, ASC annually embarks on five week's worth of industry visits across Canada, the United States, Europe and Asia. It's a priceless way to provide a unique glimpse into issues faced by industry, operations and the scientific community.

In addition, because it is supported by an exemplary staff of civilian, active duty and retired military personnel, ASC is able to achieve a unique blend of diverging perspectives, technological prowess and dynamic innovation that allows each student to grow rapidly in their general knowledge of the

profession of arms.

As a result, ASC has produced many of the Canadian Force's most influential airpower strategists and future leaders to include Commandants, Wing Commanders and General Officers.

Current course director Major Jeff Paul (ASC 50) explains the ASC philosophy, "The ASC of today is not even the ASC of five years ago, we have to keep pace with innovation or we risk becoming irrelevant."

The course culminates each year with the students presenting their technical papers at the Aerospace Power Review forum to a packed house of military and civilian onlookers. After the technical papers are concluded and the graduates carry on to their next assignment, what ASC creates for gaining commanders and the Canadian Forces are scholars with a superior ability to develop, evaluate, and analyze



BGen D.A. Davies with members of ASC 60 and CFSAS staff at Pratt & Whitney, Hartford, Connecticut.

the use of airpower within the complex environment of modern warfare.

ASC is currently accepting applications for ASC 62 beginning August 2009. More information about the

Aerospace Systems Course can be gleaned at the CFSAS homepage or on the DIN by going to: http://17wing.winnipeg.mil.ca/cfsas/03%20Courses/ASC/CFSAS%20ASC_e.htm

A half-century of bringing cheer

Wing Public Affairs staff

It started in 1956 when a member of the Winnipeg Police Association (WPA) began to celebrate Christmas with a friend. Three short years later the Military Police (MP) became involved and today the WPA-MP Polio Christmas party has become a Winnipeg tradition.

That tradition was front and centre again this past holiday season when dozens of polio patients and volunteers came together for the 52nd Annual WPA-MP Polio Christmas party held at 17 Wing Team Winnipeg's Officers' Mess.

Among the many dignitaries at the event were Col Scott Howden, Wing Commander of 17 Wing Winnipeg, Wing Chief Warrant Officer Glenn Wallace and Chief Warrant Officer (Retired) Cathy Cox who joined in singing a number of songs

to liven up the afternoon's festivities.

When asked what this particular party meant to those attending, Col Howden stated that "It was an opportunity to show our friends how happy we are to share this wonderful season of joy with them and for us to renew our commitment to them," he said.

At one time, polio was a common childhood disease in Canada. However, due to the introduction of inactivated polio vaccine (IPV) in 1955 and oral polio vaccine (OPV) in 1962, the transmission of this debilitating and sometimes fatal disease was rapidly controlled in Canada with the last major polio epidemic occurring here four decades ago.

Planning will soon commence again with the intent of making the 53rd annual WPA-MP Polio Christmas party the best ever.



CWO (ret'd) Cathy Cox, Col Scott Howden and WCWO Glenn Wallace sing a carol at the WPA-MP Polio Christmas party.

Get paid to learn! The Civilian Personnel Education Support Program

Each year, the Civilian Personnel Education Support Program (CPESP) provides the opportunity for Department of National Defence (DND) indeterminate civilian employees to apply for financial support to obtain a degree, diploma, certificate or accreditation through full-time studies at recognized Canadian educational institutions. Candidates selected for the CPESP receive support for up to twelve consecutive months between August 1 of the current year and August 31 of the following year.

Application deadline is 1 March 2009.

For more information on eligibility criteria and the application process, please consult the intranet site at: <http://hr.ottawa-hull.mil.ca/CPESP-PAEPC> or contact Leah Bannister at local 5072.

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It's RRSP season again

By Pierre Goulet, CFP, FMA, FCSI
Financial Planning and Insurance
Services, SISIP Financial Services

January and February are typically the time of year when many Canadians make their Registered Retirement Savings Plans (RRSPs) contributions. The first 60 days of each new year gives us the time to top-up contributions, borrow to make contributions if we haven't done so throughout the year, or to start a new contribution plan. All contributions made up to March 2, 2009 can be claimed either on your 2008 or your 2009 tax return.

1. Don't wait until the last minute

You work hard for twelve-months of the year to earn your money. Don't wait until the deadline to seek out your investment options. It's easier to invest in small doses. Try making your invest-

ment decisions throughout the year, when you will have more time to reflect on these decisions, and you can avoid the February rush.

2. How much to contribute?

When contributing to a RRSP, time is money! However, because we can carry over our unused contributions for an indefinite period, some of us have a lot of contribution room. Decide how much effort you want to make towards your 2008 contribution and what you would like to contribute in 2009. Be reasonable, do not invest every dollar of your surplus cash or borrow too much through a RRSP loan. This could cause you financial difficulties and prevent you from properly planning future contributions.

If you do not have surplus cash and you do not want to borrow, it is better to simply

focus on the year ahead and start a monthly contribution plan into a RRSP. Doing so will put you ahead of the game at this time next year.

3. Whose RRSP to contribute to?

Generally, the purpose of a RRSP is to build savings that will provide a source of income at retirement. If you have a pension plan and your spouse does not, you may wish to make spousal RRSP contributions. Such contributions are still deducted from the income of the contributor, but help build a retirement income for the spouse with no pension plan.

4. Determine your risk tolerance and RRSP investment choice.

An understanding of your objectives and risk tolerance is key to your investment success. Good advice can really pay off. Let a financial planner assist you in determining your risk tolerance level and the appropriate investment vehicle.

This article is for general information purposes only and is the opinion of the writer.

C'est la saison des REER

Par Pierre Goulet, CFP, CGF, FICVM
Planification financière et en assurance
Services financiers du RARM

En janvier et en février, bien des Canadiens et Canadiennes cotisent à un régime enregistré d'épargne-retraite (REER). Durant les 60 premiers jours de chaque année, nous pouvons compléter nos cotisations, emprunter de l'argent pour y cotiser si nous ne l'avons pas encore fait, ou commencer un nouveau programme de cotisation. Vous pouvez présenter toutes les cotisations que vous avez faites jusqu'au 2 mars 2009 sur votre déclaration de revenus de 2008 ou 2009.

1. N'attendez pas à la dernière minute

Vous travaillez dur douze mois par année pour gagner votre argent. N'attendez pas l'échéance pour choisir vos options de placement. C'est plus facile de placer de petites sommes à la fois. Tentez de prendre des décisions de placement durant toute l'année, alors que vous avez plus de temps pour y réfléchir. Vous éviterez ainsi la course aux REER en février.



inutilisées, certains d'entre nous en avons accumulées beaucoup. Décidez combien vous désirez cotiser à votre REER pour 2008 et combien vous aimeriez y cotiser en 2009. Soyez raisonnables, ne placez pas toutes vos liquidités excédentaires et n'empruntez pas trop au moyen d'un prêt REER. Une telle démarche pourrait vous causer des ennuis financiers et nuire à vos projets de cotisation futurs.

Si vous ne disposez pas de liquidités excédentaires et que vous ne voulez pas emprunter, il est préférable de mettre l'accent sur l'année qui vient et de commencer à cotiser mensuellement à un

REER. Vous aurez ainsi une longueur d'avance l'an prochain à la même époque.

3. À quel REER cotiser?

En général, le REER sert à faire des économies qui constitueront une source de revenu au moment de la retraite. Si vous avez un régime de pension et que votre conjoint n'en a pas, vous pourriez cotiser à un REER de conjoint. Ces cotisations sont déduites du revenu du cotisant, mais elles permettent au conjoint n'ayant pas de régime de pension de disposer d'un revenu de retraite.

4. Déterminez votre tolérance aux risques et votre choix de placement en fait de REER

Pour réussir vos placements, vous devez comprendre vos objectifs et votre tolérance aux risques. Les bons conseils peuvent être très rentables. Laissez les planificateurs financiers vous aider à déterminer votre tolérance aux risques et le mode de placement qui vous convient.

Le contenu précédent est offert à titre informatif seulement et l'opinion présentée est celle de l'auteur.

DND in Transition: Work-Based Portfolio Training

Monday, March 9, 2009	0800 -1600 hrs
Monday, March 16, 2009	0800 -1600 hrs
Monday, March 23, 2009	0800 -1600 hrs
Monday, March 30, 2009	0800 -1600 hrs
Monday, April 6, 2009	0800 -1600 hrs

Wing Personnel Selection and Wing Ground Training is offering this course which is open to DND employees, military members and military families.

Topics include: Purpose and Benefits of Portfolio ; Chronology: Transferring Military Experiences into Learning Experiences; Transferable Skills stated as Performance Objectives; Performance Objectives Categorized in an Essential Skills Framework; Document to Validate Learning; Values / Goal Setting; Resume Writing / Cover Letter / Letter of Introduction / Letter of Validation; Job Search Techniques / Use of the Internet; Adapt Resumes to Specific Jobs; Informational Interviews; Preparation for Behavioral Interviews using an Essential Skills Framework; Make Transition - Cultural Differences between Military and Civilian Workplaces; Behavioral Interviews; Marketing the Portfolio and Prior Learning Assessment and Recognition for Credit at Post Secondary Institutions

This is a 5 day course. The days are spaced out at 1 week intervals to allow for participants to find relevant material and complete preparations for each class. This is a workshop which will require preparation between classes. Selected candidates will be provided a list of appropriate documentation to bring on the first day.

**The registration deadline is Feb 16, 2009.
Space is limited.**

Any questions about the training may be directed to Emily Lauzon at local 5394. For registration please contact Glenn Arthurson at local 4167.

Learning about portfolio building

By Carol Hawkins M.Ed., B.Ed.
and Lt(N) Amy Campbell

A portfolio is a tool to demonstrate prior learning. It is a binder of information describing an individual's life experiences. The portfolio provides documenta-

tion and verification of prior learning through volunteer work, family, workplace, school, or leisure activities.

It recognizes formal learning, non-formal learning or non-credit learning such as a training program and informal learning through ev-

eryday life experiences. The portfolio describes the skills and knowledge acquired through these experiences to assist individuals to identify transferable skills.

Transferable skills may include technical skills, computer use, reading, writing, numeracy or document use. It also includes communication skills such as problem solving, decision making, critical thinking skills, or skills working with others.

The portfolio assists learners to identify and market their transferable skills for employment, promotion, to acquire credit at high school or post secondary institutions, or to meet post secondary entrance or occupational requirements.

Portfolios are of benefit to individuals who want to clearly demonstrate and

document their knowledge and skills. Participants build their self esteem as they recognize and are validated for their prior learning.

Portfolios are useful for interviews to gain employment or promotion and may eliminate the duplication of learning or reduce costs through prior learning assessment and recognition (PLAR). Institutions recognize portfolios as a tool to gain credit for prior learning at a high school or post secondary institution.

The upcoming DND in Transition: Work-Based Portfolio Training will help you develop a work-based professional portfolio which will showcase your experience/background and successfully propel you towards your occupational goals.

School Inservice Program

No school? No problem!

Bring your children (Grades 1 to 6) for a fun-filled day of gym activities, swimming, movies and much more!

Upcoming dates:

Monday, Feb 16; Friday, Feb 27; Friday, March 13.
Drop-off/pick-up times: 7:15-9 a.m. and 4-5:30 p.m.

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Cost: \$18 Members (17 Wing employees) / \$21 non-members

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DND members can participate in the Carpooling Network

By 17 Wing Environment

The Carpooling Network is unique, easy to use and completely free.

Whether for daily carpooling needs or for long distance trips, the Carpooling Network is available to provide carpooling opportunities for all regions and provinces across Canada.

The software integrated into the Carpooling Network assists employees in finding carpools to and from work by helping provide the best carpool match according to the routes of each member.

Employees wishing to carpool will be able to enter their names into a carpool-

ing database and use this database to search for potential carpooling partners who are also registered in it. The database has been limited to federal employees in participating departments. Note that it will be up to individual employees to contact potential carpooling partners to see if suitable carpool arrangements can be made.

Among the features available on the Carpooling Network, the registration is free. Additionally, individuals' privacy is ensured through the Network's privacy policy and the confidentiality of individuals' information is maintained through the messaging ser-



vices. The Network offers viewing points of departure and arrival of other mem-

bers through a mapping service and opportunities are based depending on your route rather than searching on a bulletin board. Note that individuals' routes can be easily and temporarily disabled if you are no longer available for carpooling.

How can DND employees participate?

Transport Canada (TC) has taken out a one-year subscription with the Carpool Network for its City of Winnipeg patrons. However, TC has also offered to share its subscription with other federal departments and will pay the full subscription for one year.

17 Wing is now registered with the service. As the Wing is very large and oversees off-Wing proper-

ties, central points have been created. Interested DND employees must enter one of the following addresses for the program to work:

- 17 Wing Winnipeg, 680 Wihuri Road (Building 90), R3J2X1
- Minto Armoury, 969 St. Matthews Ave, R3G0J7
- HMCS Chippawa, Navy Way, R3C1J4
- McGregor Armoury, 551 Machray Avenue, R2W1A8

The Carpooling Network may be accessed by this link: <http://www.car-pool.ca/>.

Any questions regarding the service may be directed to 17 Wing Environment.

Qu'est-ce que le réseau de covoiturage?

Par 17e Escadre - Environnement

Le Réseau de covoiturage est unique en son genre, facile à utiliser et tout à fait gratuit. Que ce soit pour répondre à des besoins quotidiens ou pour franchir de longues distances, le Réseau est là au service de toutes les régions et provinces du Canada.

Le logiciel intégré dans le Réseau aide les employés à trouver des occasions de covoiturage pour se rendre au travail et en revenir; pour cela, il repère la meilleure possibilité de covoiturage en fonction des itinéraires de chaque personne. Les employés qui veulent profiter d'occasions de covoiturage peuvent inscrire leur nom dans une base de données afin de chercher des partenaires éventuels qui y sont

inscrits également. La base de données ne contient que les noms des fonctionnaires fédéraux des ministères participants. Signalons qu'il revient à chaque employé de communiquer avec des partenaires de covoiturage éventuels pour voir si des arrangements convenables peuvent être pris.

Parmi les caractéristiques du Réseau, signalons que l'inscription est gratuite. En outre, les renseignements confidentiels des personnes sont protégés en vertu de la politique du Réseau sur la vie privée, et la confidentialité de ces renseignements est garantie grâce aux services de messagerie. Le Réseau permet de voir les points de départ et d'arrivée d'autres personnes, par le biais d'un service de cartographie. Les

possibilités sont fonction des itinéraires et donc, on n'a pas à chercher dans un babillard. Soulignons qu'il est facile de désactiver un itinéraire temporairement si la personne cesse d'être disponible pour faire du covoiturage.

Comment les employés du MDN peuvent-ils articiper?

Transports Canada (TC) a acheté un abonnement d'un an au Réseau de covoiturage pour ses employés affectés à Winnipeg. Cependant, TC a aussi offert de partager son abonnement avec d'autres ministères fédéraux et paiera l'abonnement au complet pendant un an.

La 17e Escadre s'est maintenant inscrite pour bénéficier du service. Comme l'escadre est immense et qu'elle supervise des pro-

priétés en dehors de son territoire, on a créé des points centraux. Les employés du MDN que la chose intéresse doivent inscrire une des adresses suivantes pour que le programme fonctionne :

- 17e Escadre, Winnipeg, 680, Wihuri Road (Bâtiment 90), R3J2X1
- Manège militaire Minto, 969, avenue St. Matthews, R3G0J7
- NCSM Chippawa, Navy Way, R3C1J4
- Manège militaire McGregor, 551, avenue Machray, R2W1A8.

On peut accéder au Réseau de covoiturage en ligne, au site <http://www.car-pool.ca/>.

Prière d'adresser toute question sur ce service à la 17e Escadre - Environnement.

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4th annual Manitoba Moose Military Appreciation Night

March 7, 2009

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Pre-game ceremonies include: video montage, official puck drop ceremony, Air Command Band playing of the anthems. There will be concourse displays as well. Military members are asked to wear CADPAT or Flight Suits to enhance the Op Connection value of the event.

To reserve your tickets, contact your Unit OPI before Thurs, 12 Feb 09 or Community Recreation at local 2059 or 5976.

THE VOXAIR

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Winnipeg CF member to embark on northern adventure

By OCdt Donna Riguidel
Asst 17 Wing Public Affairs Officer

By March, most Canadians are starting to look forward to the coming spring and summer, but not Warrant Officer Darcy St. Laurent of 17 Wing Team Winnipeg and teammate Martin Murray from Kapuskasing, Ont.

Unlike their fellow Canadians, WO St. Laurent and Murray are looking forward to March 1, 2010 when they will take their first snowshoe clad steps on their 450 nautical mile (800 kms) trek northward from Ellesmere Island, NU to the North Pole.

"You want to start late enough that there will be light, but not so soon to have melting ice," says WO St. Laurent about their planned

departure date.

Apart from timing, the training they must undergo to prepare for an expedition of this kind is daunting. "We do lots of pulling," says WO St. Laurent.

"In the summer we pull tires to strengthen our legs, back and abdominals. We need to get used to dragging something behind us."

Murray freely admits that some people have accused him of being crazy.

"Yes, most people think the challenge to survive 55 days on the Arctic Ocean to get to the North Pole is crazy stuff," says Murray. "It is one of the toughest adventures in the world but it is also one of the greatest achievements a person could accomplish."

WO St. Laurent and Mur-



WO Darcy St. Laurent (foreground) and Dr Gordon Giesbrecht from the University of Manitoba.

ray are embarking upon their odyssey to raise money for Shelter Box, a humanitarian aid project run by the Rotary

Club International. The program provides refugees with a shelter box containing a ten person tent, blanket and groundsheets, water filtration system, multifuel stove, children's school supplies and other household items (for more information about on shelter box see <http://www.shelterbox.ca/>).

"When I was a peacekeeper in Bosnia and Cambodia I saw lots of refugees, some of them living in shelters made of tarps – this offers a better solution," WO St. Laurent said.

WO St Laurent is not going in to this without some skills and training; he is a SAR Tech land survival instructor for CFSSAT (Canadian Forces School of Survival and Aeromedical



WO Darcy St. Laurent (foreground) and Eric Larsen (background), a former expedition partner.

Training) and has also been involved on several operational and training missions, in the Arctic, in the last 14 years.

WO St. Laurent and his partner are very confident that they have the experience, fitness level and drive required to do this.

CU-170 Heron UAV are ready to go to work

By Captain Dean Menard
JTF Afghanistan Air Wing

On 21 January 2009, Colonel Christopher Coates, commander of the Joint Task Force Afghanistan (JTF-Afg) Air Wing, announced that the Wing's CU-170 Heron unmanned aerial vehicles (UAVs) have achieved initial operational capability and are ready to go to work.

Brigadier-General Denis Thompson, the commander of Joint Task Force Afghanistan, will assign the Herons'

tasks and set their priorities.

"I am proud to announce today that the CU-170 Heron Unmanned Aerial vehicle has reached initial operational capability. By achieving IOC, we are able to provide the Commander of Task Force Kandahar with an operational-level day or night video capability that will enhance our operational picture," said Colonel Coates. "The information gathered by the Heron is in high demand, and will help reduce the number of insurgent attacks by scouting

out convoy routes and surrounding areas, scanning for insurgents, and observing suspicious activities such as the planting of improvised explosive devices."

The Heron is a long-range UAV that can carry a wide variety of sensors and information systems to gather data for intelligence analysis, and provide surveillance and target acquisition over a large area in support of ISAF operations in Kandahar Province.

"The Heron UAV is an integral part of the mod-

ern battlefield. It provides life-saving surveillance and intelligence gathering capabilities that can be used in a variety of operations. This is another significant step toward building the air capability here in southern Afghanistan. It will help save lives by reducing the threats to soldiers on the ground," said Colonel Coates.

The Heron detachment supporting Task Force Kandahar will operate under the callsign "Birchall" in honour of the late Air Commodore Leonard Joseph Birchall

of the Royal Canadian Air Force. On 4 April 1942, the then Squadron Leader Birchall earned the Distinguished Flying Cross and the soubriquet Saviour of Ceylon for warning the garrison there of the approach of a massive Japanese invasion fleet.

Squadron Leader Birchall, then a member of 413 (Tusker) Squadron, was the pilot of a Catalina flying boat patrolling some 400 miles off the coast of Ceylon, where several large ships were spotted on the horizon. Birchall investigated the sighting, and confirmed the approach of Admiral Chu-

ichi Nagumo's assault force — which included six aircraft carriers — heading for the Royal Navy base at Colombo, Ceylon.

The radio operator managed to send a warning just before a Zero fighter from one of the carriers shot the Catalina down.

The radio message gave the British time to send their most valuable ships out to sea and save them from the attack.

Three members of Birchall's crew died in the crash, and the others, including Birchall, spent the rest of the war as prisoners of the Japanese.



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Col Christopher Coates, commander of the Joint Task Force Afghanistan Air Wing, uses a CH-170 Heron UAV as a backdrop for his announcement to embedded Canadian journalists that the Wing's Heron detachment has reached initial operating capability.



A CU-170 Heron UAV heads out on a lengthy mission.

Canadian Rangers embark on longest snowmobile trek

By Shelley Lipke
Lookout newspaper

Thirty-five Canadian Rangers and full-time staff have left the gentle Victoria climate for a 3,400 kilometre snowmobile trek across the cold, harsh North.

Members of 4th Canadian Ranger Patrol Group boarded HMCS Calgary this morning to sail to Kitimat, B.C., where they'll start the first leg of their land-based journey known as Exercise Western Spirit.

The coastal city in north-western B.C. is using the 34-day snowmobile trek, dubbed Exercise Western Spirit, to kick off their Winterfest.

"As far as we know this is the longest continuous snowmobile trek that has ever been done by the military," says Capt Russ Meades, 4 CRPG's operations officer, who will monitor the trek from their headquarters in Belmont Park. "It's taken over a year of planning, and has involved

working with three different bases and all of the communities to get the logistics pulled together."

"They are people who are familiar with being on the land and in the bush," explained Capt Meades.

"We deem them trained as Canadian Rangers from their experience when they join. The extra training we give them is to orient them as military members so they can work closely with the rest of the military."

As reservists, they have civilian jobs in industries such as logging, oil or ranching; being a Canadian Ranger is an extra commitment as with any Reservist.

Exercise Western Spirit will showcase and sharpen their abilities, and connect them to the 27 remote communities through which they will pass.

Not only will they be travelling over some of the most inhospitable landscape in Canada, they'll at times be pitching tents overnight and cooking on portable stoves

in temperatures reaching minus 50C.

"Battling the cold for this length of time is a challenge, as is dealing with potential injuries or sickness, but they have the appropriate training and equipment for these conditions," says Capt Meades.

One instructor and four scouts familiar with the terrain will take the lead, travelling several hours ahead of the team.

Equipped with maps and global positioning systems (GPS), they'll determine the safest route and communicate to the others by radio or satellite phone.

The Rangers will travel single file on snowmobiles from first light to dusk, most hauling a nine-foot toboggan filled with gasoline, food, emergency clothing and tents.

Assisting the team will be a road support crew of six vehicles transporting spare snowmobiles and supplies.

They will travel ahead to set up supplies, arrange accommodation in school



A Sea King helicopter from 443 Squadron landed on the HMCS Calgary flight deck. The exercise was one of many held on the ship for training purposes and to show 35 Canadian Rangers on board what happens on a Navy ship.

gymnasiums and community arenas, and liaise for meals.

When the roads end at the Saskatchewan-Manitoba border, the road support crew will be replaced by Twin Otter planes from 440 Squadron.

School groups can track the exercise progress. Several GPS beacons attached to snowmobiles will send a

signal of their location every 10 minutes that can be displayed on Google Earth.

"We've contacted school divisions along the route, and those interested will be able to log in to the website to track progress of the trek across western Canada, similar to the way the Canadian Everest expedition was tracked by schools," said

Capt Meades.

To follow the progress and get information about Exercise Western Spirit, visit http://www.army.forces.gc.ca/4CRPG/ex_western_spirit.asp

In Kitimat, HMCS Calgary will board Junior Canadian Rangers for a sail to Prince Rupert, and teach them seamanship skills.

Exercise gives Canadian Ranger experience of a lifetime

Shelley Lipke
Lookout newspaper

Canadian Ranger Cherie Nickel is one of two women who will brave Canada's icy north to travel 3,400-kilometre on snowmobile from Kitimat, B.C. to Churchill Falls, Manitoba.

The 42-year-old and her husband Tom, who is a patrol commander, left the comforts of their 100-Mile House home to trek across four provinces for a new perspective on their homeland. Joining them are 30 other Canadian Rangers from Western Canada.

"I heard about Exercise Western Spirit when I was on a Ranger exercise, and I thought it would be a great way to see Canada, so about a year ago Tom and I put our names in to go," says Nickel, who sailed in HMCS Calgary to the exercise start line of Kitimat. The couple joined the 4th Canadian Ranger Patrol Group (4 CRPG) 15 years ago.

"I had cadet experience and wanted to continue on in the military and I thought being a Ranger would provide that involvement," says Nickel.

The reserve unit serves as a link to the military in re-

mote locations across Canada where regular military forces aren't present.

They are community-based reservists who are seasoned experts in their local terrain, with knowledge on operating boats, all terrain vehicles and snowmobiles in order to assist with search and rescue, disaster services if required.

"I have lived in the 100 Mile area since I was a small child, and I've camped and toured it and have a lot of knowledge of the area," says Nickel. "I love to fish, hunt and I especially love to snowmobile."

Exercise Western Spirit's snowmobile trek is the farthest any Canadian military unit has travelled.

"I'm feeling a mixture of anticipation and excitement," she says of the journey.

"It's pretty cold country we are going to be driving through. My biggest challenge will be the weather because it's going to be hard to keep my hands and feet warm."

One of the hardest points will be a continuous eight nights of sleeping in tents in temperatures which could reach below 50 degrees.

"Towing a large toboggan behind me with supplies is also going to be a lot of hard work to make sure it's trailing correctly on the corners and it doesn't slow me down. Also where I'm from in the interior, the snow is quite dry. So going to different snow conditions will be a new thing for me, but we have been trained and are prepared."

When the couple found out they were going on the trip, planning and preparation began.

"I took time off my job at a local sawmill, and Tom is a self-employed carpenter who was able to escape from his contractors for this

trip," said Cherie. "I took an avalanche training course in Terrace that gave me a good idea of what to expect in avalanche country. I feel a lot more confident that I can identify and help a person, and in the unlikely possibility that there was a problem, my fellow Rangers could also save me."

The couple hosted a snowmobile course in their local patrol for some of the Ranger Instructors from Victoria who normally don't get much experience snowmobiling.

In addition, Tom was chosen as a guide to plan the route through part of the British Columbia portion for

Exercise Western Spirit.

During the trip the two will be in separate groups, which means they will travel and camp in those groups.

"It will be a pretty emotional experience for me because it's a long way to go being away from family and friends," said Nickel.

"We had to get family support from my parents to watch our 14-year-old daughter Michelle, and I'll really miss her. Michelle is

really excited about the trip, but she thinks we'll be gone too long."

Michelle will follow her parents' progress on the Canadian Rangers website. A tracking system on some of the snowmobiles will pinpoint where they are.

"I'm writing a note to my daughter everyday to tell her what I've done that day, so when I return with the notes she can relive the trip," says Nickel.

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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Tips for training for a half-marathon

By Jeff Galloway

This program is designed for those who have been doing some running or walking for a few weeks.

1. If this is your first half marathon, finish it by running/walking at a comfortable training pace.

2. To begin this pro-

gram, you should have done a long run/walk within the past 2 weeks of at least 5km. If your long one is not this long, then gradually increase the weekend run/walk to this distance before starting this program.

3. Walkers and runners should pace the long run so there's no huffing and puff-

ing—even at the end.

4. It is fine to do cross training on Monday, Wednesday and Friday if you wish. There will be little benefit to your running/walking in doing this, but you may increase or maintain your fitness level.

5. Make sure you do not exercise strenuously on the

day before your weekend runs/walks.

6. Have fun!

"Olympian Jeff Galloway has allowed us to reprint these schedules. Subscribe to his free newsletter at www.RunInjuryFree.com. You can also order his books, autographed: GALLOWAY TRAINING PROGRAMS (marathon training), 5K/10K, HALF MARATHON, TESTING YOURSELF (1.5 mile and 2 mile training)."

Air Force Run raising awareness

By OCdt Jennifer Doornink
Wing Public Affairs

Organizers for the Inaugural Air Force Run are aiming their sights high. They have made it their mission to raise awareness among their neighbours of two non-profit organizations that do so much to help Canadian Forces members and their families.

"We have decided to showcase the Military Family Resource Centre (MFRC) and Soldier On," said Capt Justin Boileau, the Director of the Air Force Run that is set to take place in Winnipeg on Sunday, May 31.

"The Air Force run will be providing means and opportunities to donate money to these charities through the website as well as on race day," he said.

The MFRC was established in 1991 to help ease challenges faced by the families of military members.

A large part of being in the Forces is having a supportive family; MFRC understands this and aids by offering services that enhance the military experience for

families.

Soldier On was created two short years ago in collaboration with the Canadian Paralympic Committee.

Its mission is to contribute to optimizing the functional independence of injured soldiers by delivering services that support their full and active participation in physical activities, recreation or sport.

They provide financial grants to injured CF personnel who require adapted sports equipment, and subsidize fitness and sport related activity expenses that directly contribute to enhancing or maintaining a healthy and active lifestyle.

Both of these national organizations provide much support and services to CF members and their families each and every day.

For more information about MFRC, Soldier On, and the Air Force Run, please visit their websites: Soldier On: www.cfpsa.ca/en/psp/soldieron/index.asp; MFRC: www.mfrc.mb.ca/english/index.html and Air Force Run: www.airforcerun.ca

Half marathon training schedule for runners and walkers

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	5 km
2	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	6 km
3	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	8 km
4	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	4 km
5	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	10 km
6	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	5 km
7	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	13 km
8	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	5 km
9	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	15 km
10	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	6.5 km
11	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	18 km
12	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	6.5 km
13	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	20 km
14	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	6.5 km
15	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	22.5 km
16	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	8 km
17	walk/xt 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	Half Marathon



Military personnel without PTSD

Healthy men with military trauma exposure wanted for a study

University of Manitoba research group, in collaboration with the Operational Stress Injury Clinic and the Institute of Biomedical Sciences in Winnipeg, is seeking healthy volunteers with military service-related trauma exposure. Volunteers will participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in a psychological and trauma-experiences assessment (Session 1), receive training to control your emotional reactions (Session 2), and take part in a Magnetic Resonance Imaging (MRI) brain imaging experiment of emotional picture evaluations (Session 3).

Benefits: You will help us understand emotional processing in the brain and receive a research stipend for each session.

If interested, please call the study coordinator at 204-975-7728





March 1st Le 1^{er} mars

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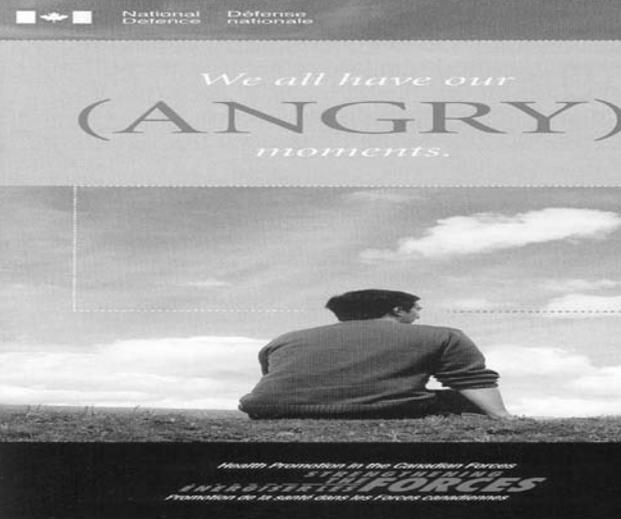
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 SESSION #1: 12 MARCH
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 LOCATION: BLDG. #62, RM. #315

DEADLINE FOR REGISTRATION: 3 MARCH 09
 FOR ADDITIONAL INFORMATION AND TO REGISTER CONTACT HEALTH PROMOTION LOCAL 4150/4160/4995

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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Training hints for five and 10 kilometer races

By Jeff Galloway

Don't wait to take walk breaks. By alternating walking and running from the beginning, you speed

recovery without losing any of the endurance effect of the long one.

Start with jogging one to two minutes and walking two to three minutes. As

your training level increases you can adjust your run/walk ratio to running five minutes/walking one minute on your long runs.

Be sure to do the running

portion slow enough at the beginning of every run (especially the long run) so that you'll feel tired but strong at the end. The conservatism will allow you to recover faster.

Every other day you can cross-train instead of walking. EFX (Elliptical Fitness Cross-trainer), swimming

or water jogging, cycling, rowing, stair climbing and any other mode which you find fun and interesting (but non-pounding) will improve overall fitness.

Stay conversational on all of your exercise sessions. This means that you should be exerting yourself at a low enough level that you could

talk.

Drink water continuously before, during and after training.

Olympian Jeff Galloway has allowed us to reprint these schedules. Subscribe to his free newsletter at www.RunInjuryFree.com. You can also order his books, autographed: GALLOWAY TRAINING PROGRAMS (marathon training), 5K/10K, HALF MARATHON, TESTING YOURSELF (1.5 mile and 2 mile training).

10k training schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	3 km
2	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	3 km
3	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	off	5 km
4	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	off	6 km
5	walk or XT	run 30-35 min	walk or XT	run 30-35 min	walk or XT	off	5 km
6	walk or XT	run 30-35 min	walk or XT	run 30-35 min	walk or XT	off	8 km
7	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	5 km
8	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	9.5 km
9	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	5 km
10	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	11 km
11	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	5.5 km
12	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	5 km
13	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	10K race

5k training schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	walk or XT	run 10-15 min	walk or XT	run 10-15 min	walk or XT	off	1.5 km
2	walk or XT	run 15 min	walk or XT	run 15 min	walk or XT	off	1.5 km
3	walk or XT	run 15-20 min	walk or XT	run 15-20 min	walk or XT	off	2.5 km
4	walk or XT	run 15-20 min	walk or XT	run 15-20 min	walk or XT	off	2.5 km
5	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	3 km
6	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	3 km
7	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	off	4 km
8	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	off	4 km
9	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	off	5 km

Programs showcased during Member Appreciation Week

By John Towns
Voxair staff

From January 26 to 31, Building 90 Fitness & Recreation Centre played host to a number of events as part of the Community Recreation's Member Appreciation Week.

"It's a chance for us to give back to all the Community Recreation members," said Chris Merrithew, Community Recreation Director for the gym. "We also want to give members and non-members an opportunity to try out some of our great facilities that they may not have used before and to thank the members for being part of our programming and being a members here."

The week, which is held annually, offers a number of free events and classes to assist with healthy living and to inform members of the

Fitness and Recreation Centre about some of the many programs that are offered through the Community Recreation program.

"We have a lot of fitness classes offered in the evening that many people are not aware of," said Merrithew. "We have spin classes, sculpt and tone, yoga classes, Aqua Fit classes, fitness classes and a number of other events throughout the week."

The Community Recreation program also offers activities for youth.

"We provide in-service days for the kids of our members. Any time there's an in-service at schools our members can bring their kids in and we'll offer activities for them throughout the day," he said. "There are also special services available for kids - birthday parties and other activities on the weekends."

The Community Recreation Program at 17 Wing includes several clubs, such as woodworking, ceramics, swimming and strategy gaming.

The week was used as a platform to both raise awareness about programs and facilities and to emphasize healthy living through the CF Health and Physical Fitness strategy. Seminars were paired with several activities, such as free massages.

Shane Parrington, an assistant instructor with Wellington College, brought in

massage students to help members unwind with a free relaxing massage. "I used to be in the military myself with 17 Wing, and I understand that this is a nice touch for the members of the CF and what they do for us," said Parrington.

But rather than just giving massages, the college used this as an opportunity to educate the gym members about the benefits of massage therapy and to give real-world practice to their

students.

"It's important to inform people about benefits of massage - it's still not a very well known modality of treatment," she said. "It's also great practice for our students, just practicing making first contact with people and their interaction with people, as well as their massage skills."

The Member Appreciation Week concluded with 50 participants involved in a family fun event. This in-

cluded making crafts, pool and gym activities and a movie in the theatre. The week was a great success with a large number of individuals utilizing the facil-

ity and programs throughout the week.

For further information regarding Community Recreation programs please contact local 2057 or 5976.



Wellington College massage student Mark Klassen practices on fellow student Mirtha Villacres between giving free massages during Member Appreciation Week.

Themed birthday parties!

Princess Parties *Under the Sea* *Mad Science*
Movie Star Party *Hawaiian*
Sports Spectacular *Hula*
CRAFT TIME

For more information call
Lindsay at 833-2500 ext 2057



Cpl Bill Gamm

Eye on the ball

Officer Cadet Rebecca Sparkes goes up to hit the ball over the net. 17 Wing volleyball team played team Them Apples, 16 January 2009 at the 17 Wing gymnasium, 17 Wing defeated Them Apples three games to one.

Athlete of the month motivates others to maintain a healthy lifestyle

By John Towns
Voxair staff

To understand why Sgt Keith Arnoldus is this month's Athlete of The Month, you don't need to look any further than some of the comments of the people he goes to the gym with.

"If it weren't for Sgt Arnoldus, I would have allowed myself to hibernate this winter," said Capt Liz Skuce, who has been working out with Sgt Arnoldus for six months.

Sgt Arnoldus, a former Physical Education and Recreation Instructor (PERI) with 17 Wing before moving on to Domestic Operations with 38 Brigade, has taken it upon himself to use his knowledge of fitness to advise Capt Skuce and several other workout partners over the years on how best

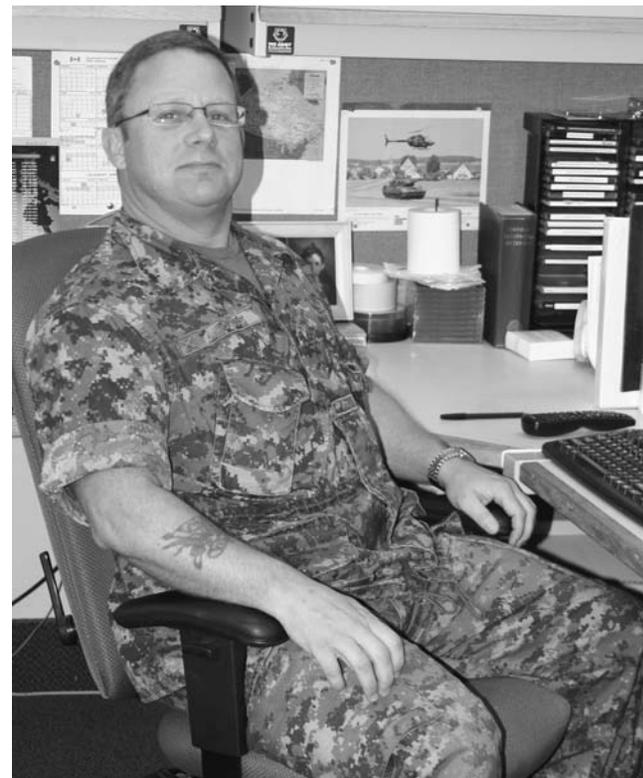
to work out. He often gives advice to his partners on how to best train, even going so far as to help them develop tailored workout plans to meet their goals.

But the biggest asset to having Sgt Arnoldus next to you in the gym, say most of his workout partners, is his ability to motivate.

"He helps keep me on track, and we take turns motivating one another for those days where you can find a million excuses to not go to the gym," said Maj Neil Cameron, another of Sgt Arnoldus' regular workout partners. "He pushes you to push yourself, and in terms of a workout partner, is very accommodating for schedules that can change at a moment's notice."

Cpl Jamie Mistri, who has been working out with Sgt Arnoldus for about a year in hopes of becoming an RCMP officer, echoed Maj Cameron's feelings.

"Sgt Arnoldus constantly motivates and coaches us, and ensures our form and technique is correct," he said. "He even gives me ongoing advice about my diet, what foods to eat when training, and what to avoid. The great thing is he always seems to take great pride and pleasure in all of this."



Sgt Keith Arnoldus is this month's Athlete of the Month for his tireless efforts to help others in the gym.

Part of the pleasure he takes in helping others to train, says Sgt Arnoldus, is seeing them grow into their workout routines.

"I enjoy working out with other people, and I especially like to see them get the benefit of working out," he said. "A lot of people are scared just to start, but once you get them going, they see the difference that it's making to them and they really start to enjoy it a lot more."

Sgt Arnoldus, who recently completed his 32nd year in the CF, says that living a healthy lifestyle is just something he's always done, ever since high school. That interest in fitness is something that he's always been happy to share with others if they're interested in living healthier.

"Something I wanted to do even before I joined the military, was to be a phys-ed instructor," he said.

Je déploie mes ailes!

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Team Montgomery to head to Prairie Regional curling

By Deanne Bennett
Sports Coordinator

The 17 Wing Winnipeg Curling Playdowns took place 20-23 Jan 09 at the Assiniboine Memorial Curling Club.

Three teams competed to determine who would represent Winnipeg in the Prairie Regional Bonselpiel 6-8 Mar in Wainwright.

Team Montgomery, consisting of MWO Montgomery, MWO Scott, MWO Chunn, CWO Stewart, and CWO Horwill, was undefeated in the tournament and will be representing Winnipeg in Wainwright.

During the round robin play there was some excitement in the first game as Team Cormier scored an eight-ender against Team McCauley. According to many, an eight-ender in curl-

ing is more difficult than scoring a hole in one in golf.

Team Cormier has been

awarded t-shirts and curling gloves from the Canadian Curling Association for this feat.



Team Montgomery will be heading to Prairie Regionals. From left: CWO Colin Stewart, CWO Dale Horwill, MWO Bob Chunn and MWO George Montgomery. Not pictured: MWO Matt Scott.

204.833.2500 ext. 4500

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca
 102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5

generosity

Is defined as:

1. readiness or liberality in giving.
2. freedom from meanness or smallness of mind or character.
3. a generous act: We thanked him for his many generosity.
4. largeness or fullness; amplitude.
5. 1 Canadian Air Division Comptroller (Contact Person Sgt White);
6. CF School of Meteorology (Contact Person CWO Hutchinson);
7. 435 Squadron (Contact Person Sgt Gray). Thank you to all of the individuals and units who contributed to the Care and Share Christmas Hamper Program. Your generosity is greatly appreciated.



LCol David Kennedy, CO 435 Sqn, Sgt Jim Gray and Don Brennan, Executive Director Winnipeg MFRC.

MFRC Family Separation and Reunion Service goals:

- Provide resources and support that meet families' needs as a result of separation, including prior to, during and after separation.
- Enhance the ability of CF members to be ready for duty.
- Ensure families are aware of and have access to relevant programs and services designed to help them manage CF-related separation and reunion.
- Ensure families are aware of and prepared for the challenges they may encounter before, during and after separation.
- Ensure families have opportunities to connect with and support each other during periods of separation.

The Media and the military family

Everywhere we go we are surrounded by media: Listening to the radio on your way to work, the nightly news, the morning paper, or the internet and emails. It is hard to escape the media.

The media and the general public often take great interest in the military and in the lives of military personnel and their families. As part of a military family, you may be approached by a member of the media at an activity or event such as a departure of homecoming. The decision is yours, as to whether you wish to speak publicly about your experiences or not. Just remember that when speaking to the media, nothing is off the record. If you say it, they can print or broadcast it.

Your Rights

Positive interviews can help the civilian population understand military life, give other military families the opportunity to identify with or learn from another's story and can contribute to morale. No one can force you to make comments. You are in control of the information you provide.

You have the right to:

- Say no even if you have previously agreed to an interview with a particular journalist
- Politely refuse to answer anything which makes you uncomfortable
- End an interview at any time
- Report a journalist that you have dealings with if you believe he/she has been inappropriate. Contact the employer and follow up your complaint by providing your feedback (positive or negative).

Some Common Questions

- How long will your loved one be deployed?
- Where is your loved one? (Sometimes it is best to be general for safety reasons when answering this question)
- What does your loved one do? (Remember not everyone knows what some terms are, some military positions are full of jargon)
- How has the CF prepared you for this deployment?
- Did you tell your children that their parent was going away?
- What type of support have you received?
- Do you think your loved one has received enough preparation for the deployment? This is asking you to speculate, and can often be tricky to answer. You may wish to say that you don't know)
- Do you agree with the mission?
- Does this deployment make you angry or upset?
- Given the high rate of injury or death, are you scared?
- What is it like to be a military spouse/parent?
- How do you feel about your loved one's military career?
- How do military families feel about _____? (The topic depends on what is the latest issue in the news. Remember that you can only speak from your own experiences).

Sleep over at the Manitoba Museum

Have you ever wanted to spend the night at the Manitoba Museum? Here is your chance! We will have a tour of the galleries, walk among the dinosaurs, view a planetarium show and maybe, even sleep a little. An evening snack of pizza and juice and a light breakfast are included. Open to children ages 6 to 16 years old. We meet at the museum at 6 p.m. on April 17 and parents pick up their children at 9 am on April 18. Deadline for registration for this event is March 27. Cost is \$25 per child and \$ 20 for adults.

Fun with Music

This parent and child program provides an opportunity to explore music and movement. Activities include making instruments; playing rhythm instruments; songs; sounds and creative music. Sonja from Wee be Jammin will be leading the fun! This program is free of charge. Please send a peanut free snack with your child. Thursdays Feb 26- March 26 1:15-2:15 pm Westwin Children's Centre. Call Shannon 833-2500 (2491) to register or for more info

Pyjama party

Ladies, put on your PJs, and come on down to the MFRC. We will be hosting a pyjama party for you! Have a manicure, massage, partake in our chocolate fountain and enjoy good company. There will be other surprises throughout the evening. This night is just for you. February 20, cost is \$5

Canadian Forces Family Services Summit II

There was a gathering in Ottawa Jan 24 & 25 of key people to champion programs and services for military families. The way ahead is very clear! As the Chief of Military Personnel said, "Vision without action is just a hallucination."

An Advisory Committee was set up to look at seven specific programs, and they have worked very hard to try and capture what military families want. The committees are made up of C/MFRC staff, members of the Board of Directors, military personnel, military family members, Field Operation Managers and DMFS (Director Military Family Service) personnel.

They brought a lot to the table to discuss, so check out the DMFS website: http://cfpsa.com/en/psp/dmfs/enhancement_e.asp and in the left-hand column click on Enhancement of the MFSP (Military Family Support Program). There you will see seven items that were discussed throughout the two-day summit.

Featuring our Honoured Speaker
 General W. Natynczyk,
 Chief of the Defence Staff

with Special Presentation of
 The Birchall Leadership Legacy Award
 to
 General R. Henault (Ret'd.)

Entertainment by
 The Air Command Band

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For ticket information contact
 204.833.2500 ext. 4500
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 Monday to Friday 8:30am - 4:30pm

**Saturday,
 February 21st, 2009**

Delta Winnipeg - 350 St. Mary Avenue
 Cocktails 6:00pm ~ Program 6:45pm ~ Dinner 8:00pm

\$85.00 per person*

* includes a charitable receipt for \$40.00
 Payment methods accepted are cash, cheque & cheque.

Dress:
 Mess Kit, Formal Attire

Ticket sale begins
 November 3, 2008

Knowledge puffs up, but love builds up (1 Cor 8:1-13)

By Padre Bob Granholm

One of the readings from the service last Sunday is from St. Paul's letter to the church in Corinth. He reminds the church that "knowledge puffs up, but love builds up" (1 Cor 8:1-13).

In the context of that passage, these Christians had come from a recent background whereby the meat that they purchased in the market to eat had been ritually offered to idols—images of Greco-Roman deities. Some of the believers nevertheless ate meat, while others refused, and thus a conflict was brewing in the community.

Paul tells the church that since the idols were worthless and empty and meaningless, the offering of meat to these statues meant nothing.

They can eat of the meat with a free conscience. Knowing this however, was not enough.

If some were yet offended by this act, for the

sake of building up of each other, they should not eat meat. Paul thus is using this issue to remind that church, and us, that love is of more fundamental value.

Knowledge is good, and ought to be sought.

We build all of our educational and training institutions on the principle that knowledge is a powerful tool and a good in its own right. Yet absent a heart of compassion, knowledge can be an instrument of evil as much as good. Knowledge disconnected from ethics becomes a callous and cold manipulation of people for one's own ends. Knowledge gives us facts; love gives us humanity. It is the ability to put ourselves in the place of another and see the world with his eyes that give us nobility. In so doing we do not lay aside knowledge, but we humanize it.

I recently read a letter written by an Israeli soldier to the Palestinian family whose Gaza home he stayed in. I leave you with a bit of that letter, for it illustrates

well the points made above:
Hello,

While the world watches the ruins in Gaza, you return to your home which remains standing. However, I am sure that it is clear to you that someone was in your home while you were away. I am that someone.

I spent long hours imagining how you would react when you walked into your home. How you would feel when you understood that IDF soldiers had slept on your mattresses and used your blankets to keep warm.

I knew that it would make you angry and sad and that you would feel this violation of the most intimate areas of your life by those defined as your enemies, with stinging humiliation.

I spent many days in your home. You and your family's presence was felt in every corner. I saw your family portraits on the wall, and I thought of my family. I saw your wife's perfume bottles on the bureau, and I thought of my wife. I saw your children's toys and their English

language schoolbooks. I saw your personal computer and how you set up the modem and wireless phone next to the screen, just as I do.

I wanted you to know that despite the immense disorder you found in your house that was created during a search for explosives and tunnels (which were indeed found in other homes), we did our best to treat your possessions with respect. When I moved the computer table, I disconnected the cables and lay them down neatly on the floor, as I would do with my own computer. I even covered the computer from dust with a piece of cloth. I tried to put back the clothes that fell when we moved the closet although not the same as you would have done, but at least in such a way that nothing would get lost.

I can surmise that you are intelligent and educated and there are those in your household that are university students. Your children learn English, and you are connected to the Internet. You are not ignorant;

you know what is going on around you.

Therefore, I am sure you know that Qassam rockets were launched from your neighbourhood into Israeli towns and cities. I can hear you saying "it's not me, it's Hamas". My intuition tells me you are not their most avid supporter.

I swear to you, that if the citizens of Gaza were busy paving roads, building schools, opening factories and cultural institutions instead of dwelling in self-pity, arms smuggling and nurturing a hatred to your Israeli neighbours, your homes would not be in ruins right now. If your leaders were not corrupt and motivated by hatred, your home would not have been harmed. If someone would have stood up and shouted that there is no point in launching missiles on innocent civilians, I would not have to stand in your kitchen as a soldier.

In my opinion, we have a lot more in common than you might imagine. I am a civilian, not a soldier, and in

my private life I have nothing to do with the military. However, I have an obligation to leave my home, put on a uniform, and protect my family every time we are attacked. I have no desire to be in your home wearing a uniform again and I would be more than happy to sit with you as a guest on your beautiful balcony, drinking sweet tea seasoned with the sage growing in your garden.

The only person who could make that dream a reality is you. Take responsibility for yourself, your family, your people, and start to take control of your destiny. How? I do not know. Maybe there is something to be learned from the Jewish people who rose up from the most destructive human tragedy of the 20th century, and instead of sinking into self-pity, built a flourishing and prospering country. It is possible, and it is in your hands. I am ready to be there to provide a shoulder of support and help to you.

Regards,
Yishai, (Reserve Soldier)

In Memoriam

Sapper Sean Greenfield



an explosion in Zharey District about 2:45 p.m. Kandahar time.

The soldiers were participating in an ongoing operation when the explosion occurred. Sapper Greenfield was a member of 24 Field Engineer Squadron and was serving with the 3rd Battalion, The Royal Canadian Regiment Battle Group.

All members of Task Force Kandahar are thinking of the family and friends of our fallen comrade during this time of sorrow.

On 31 January 2009, Sapper Sean Greenfield was killed when the armoured vehicle he was traveling in was struck by



Toonies from the heart

Volunteers will be collecting money for the Care and Share program.

When: February 13, 2009

Where: Wihuri Road and Airforce Way gates

Why: For the Care and Share program.

The Care and Share Program is a benevolent fund that assists military families help each other. For more information on how you can donate to the Care and Share program, please call 833-2500 ext 4512 or 5272.



Together in Church

Catholic

Chaplains

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Padre Joe Johns
Roman Catholic Office 833-2500 ext 5785

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

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

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

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4885

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

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 5087

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5087

Padre David Stewart
(Presbyterian) Office 833-2500 ext 4277

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

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

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

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Aries (March 21 - April 19): Finish a few small tasks. The sense of accomplishment as you complete things will rejuvenate you. Deeply rooted emotional reactions may surface. Remain detached so that you don't judge others or yourself. Just observe and count your blessings. Identify non-constructive habits.

Taurus (April 20 - May 20): You may have been so focused on a personal goal that you were unaware of the impression you were giving or the interpretations put upon your behavior. You can't control other's opinions, but you can practice empathy to improve relationships. Unresolved issues can be costly.

Gemini (May 21 - June 21): You seek the truth and are willing to ask the questions you've held in check until now. You're on the right track. Pace yourself and align yourself with supportive people. You'll see progress. Changes will be noticeable. Through your sense of fairness you gain the respect of others.

Cancer (June 22 - July 22): Question those who talk in absolutes if they want your assistance. Their answers will be revealing. Once you realize this is just their way of seeing the world, you are less stressed. Being down to earth and practical isn't especially exciting but it can be reassuring at times.

Leo (July 23 - August 22): You may not be happy about the changes happening now but you are advised to be patient as things will become clearer later. Be cautious in your activities and show financial restraint to ensure you don't exacerbate concerns that are surfacing. Focus on the future, not the past.

Virgo (August 23 - September 22): You'll be totally satisfied with the outcome of your efforts. Your confidence returns and is reflected in your actions. Promote yourself. Stretch past your comfort zone. Reveal more of your deeper desires to those you trust so you can get help in achieving your goals.

Libra (September 23 - October 23): You may feel you're right where you want to be but don't get too settled. Change is in the air. Be adaptable for now. Remain optimistic; you will come out ahead in the long run. Look for solutions to challenges. You will sense when the time is right to make your move.

Scorpio (October 24 - November 21): Finally you have a chance to shine. During a time of respite, your talents become obvious. You could be involved in a shared victory celebration. Or you'll rejoice at a new job or acquisition. Embrace the chance for further training. Exercise discipline. A new prize is in sight.

Sagittarius (November 22 - December 21): When you gain a new perspective, you realize things are not as complicated as you thought. You can easily get what you want. Answers become obvious. Reconsider what you gave up. Explore a goal you thought was not realistic. Connect with like minded others.

Capricorn (December 22 - January 19): Incorporate new healthy habits. What you believe is possible affects your future. Ask for clarification about your role at work and home. Though straight answers may be hard to come by if too many people think they are in charge, it's still worth your time to find out.

Aquarius (January 20 - February 18): When emotions are involved you are inclined to only see one side of things. Finding common ground with another means you must look inside yourself and see how you have become rigid in your beliefs. Peace of mind comes with emotional maturity and respect.

Pisces (February 19 - March 20): You can waste a lot of energy stressing about issues. Instead, become pro-active. You'll feel stronger for having challenged your demons. Get moving. Action alleviates worry and creates positive energy. Share your troubles with others and they may teach you new coping skills.

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