



## BATTLE OF BRITAIN REMEMBERED



THOSE ATTENDING THE BATTLE OF BRITAIN PARADE OBSERVE A MOMENT OF SILENCE PRIOR TO THE LAYING OF WREATHS AS WINNIPEG COMMEMORATES THE 69TH ANNIVERSARY OF THE BATTLE OF BRITAIN. PHOTO BY: PTE PIOTR FIGIEL

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# THE BATTLE OF BRITAIN REMEMBERED

## SOLDIERS GATHER TO MARK THE 69TH ANNIVERSARY OF THE BATTLE OF BRITAIN



Mr James McCombe, member of the former Wartime Pilots' and Observers' Association lays the wreath at the monument. Photo by: Pte Piotr Figiel



Padre Captain Kenneth MacRae, 17 Wing Chaplain gives an Invocation speech. Photo by: Pvt Piotr Figiel



(l-r) The Honourable Philip S. Lee, Lieutenant Governor of Manitoba and Lieutenant Colonel Matthew Halpin of 1 Canadian Air Division Headquarters (1 Cdn Air Div HQ) lay the wreath at the monument. Photo by: Pvt Piotr Figiel

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# MAKING WAY AS SAILORS FIRST

## HER MAJESTY'S CANADIAN SHIP CHIPPAWA



HMCS Chippawa Band is in position for an official portrait. In the front row centre is MS Katherine Morsette, a Chippawa Boatswain and member of the Drum Line. From left the front row is LS Laura Janzen, Drum Major, PO2 Alan Fillingham, MS Katherine Morsette and MS Yvan Larocque. Photo by: Lt(N) Simone Smith, Chippawa PAO

**Lt(N) Simone Smith**  
CHIPPAWA PUBLIC AFFAIRS OFFICER

In Manitoba, a Navy applicant's journey of one thousand miles begins with these two steps: recruitment and unit support.

When Lieutenant-Commander Margaret Morlock, CHIPPAWA CO enrolls recruits, LCdr Paul Stiff, CHIPPAWA XO reminds them and their families that, "[The recruits] are part of the CHIPPAWA family now and they will get the extra support they need from [this new family]."

This support begins when applicants meet CHIPPAWA's recruiting team. PO1 Andre Sheppard and LS Diego Mendoza seek out and meet applicants every day and guide them through

the recruiting process to enrolment.

After a 21-year Regular Force career, PO1 Sheppard was a Home School Liaison (Truant) Officer in the Brandon Police Service. This work reinforced his belief in the importance of goals for young people. When asked what keeps him motivated since he began recruiting in 2007, PO1 Sheppard explains that, "[My] greatest accomplishment is giving [applicants] a purpose and sense of direction in their lives. I love it when they join because they are trying something new and will receive the purpose, direction and discipline. . . the Forces provides."

This first support is backed up by CHIPPAWA Resource Management Support Clerks (RMS Clerks)

who work hard to ensure sailors are paid, flown, trained, employed and sheltered whether they have decades or only days experience.

As a newly enrolled recruit walks to the counter in CHIPPAWA Ship's Office, they are greeted by a friendly and efficient RMS Clerk. More often than not this clerk is LS Kelly Hendry. LS Hendry is the full-time Central Registry clerk in CHIPPAWA. She meets all recruits quickly because, "The Ships' Office is the information super centre" and all our sailors pass through the double doors.

LS Hendry worked for seven years as a clerk in private industry before joining the Forces in 2007. In the private sector she did not have enough face-time with

clients, but in CHIPPAWA, "[She] likes the people first aspect of this job. [She enjoys] seeing and helping people."

This attitude is encouraged by the RMS supervisors. WO Denise Gipp and MS Paul Loewen encourage communications, kindness and team spirit. According to LS Hendry, "[In some clerical jobs the paper work can take over, but] in CHIPPAWA our supervisors show us the people behind the files, [names] and travel claims."

MS Paul Loewen, Acting Chief Clerk supervises the RMS Clerks while WO Denise Gipp, Chief Clerk serves overseas. "[Paul] has a very easy going attitude and is patient. [This] makes him a good teacher. He has a lot of knowledge and if he

does not know an answer he will find out." Although he is a musician by trade, MS Loewen has been working full-time in the Ship's Office for two years.

This cross-training is well known to CHIPPAWA sailors in general and MS Katherine Morsette in particular. A Boatswain by trade, she knows that, "One great thing about CHIPPAWA is that you work in your trade, but you can also work in Ship's Office, play in the Band and even assist the cooks when they need an extra hand. In CHIPPAWA we live the 'Sailor First' motto."

MS Morsette should know. She joined CHIPPAWA as a cook in 2000. In 2004, she worked with small boats on a Port Security exercise and re-mustered to

the Boatswain trade. Since then she has worked on her trade skills and lends a hand wherever needed. In September 2008 she joined CHIPPAWA's drum line and plays with the Band when she can.

MS Morsette would like recruits to see that, "The great thing about CHIPPAWA is that there are no cliques," and that they too can adopt the 'Sailor First' attitude that has served their CHIPPAWA shipmates so well.

Recruiters get applicants in the door, RMS Clerks get recruits what they need, and sailors like MS Katherine Morsette and MS Paul Loewen show their newest shipmates that living as a "Sailor First" makes HMCS CHIPPAWA work.



HMCS CHIPPAWA Ship's Office Clerks. From left: LS Kelly Hendry, LS Kelly McJannet, LS Tami Eklund, LS Sara Mac Aleese, WO Denise Gipp, MS Paul Loewen, LS Goldie Silva, MS Alex Imhoff, and LS Debbie Friesen. Photo by: Lt(N) Simone Smith, Chippawa PAO



Recruiting Power Team. PO1 Andre Sheppard (left), CHIPPAWA Recruiting NCO and PO1 Joanne Legge, Prairie Region Naval Recruiting Attractions Coordinator. Photo by: Lt (N) Simone Smith, Chippawa PAO

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# CO-OPERATION ON THE FRONT LINES

RECCE PLATOON AND THE CANADIAN CHINOOKS: PARTNERS FOR THE FUTURE OF COUNTER-INSURGENCY MISSIONS

**Capt Benjamin J. Richard**  
2nd Battalion Royal 22e Regiment Battle Group

Kandahar — Since the beginning of the 2nd Battalion Royal 22e Régiment Battle Group's mission in Kandahar, Reconnaissance Platoon has undertaken many kinds of operations, all demanding moves on foot or by vehicle. Over recent months, the platoon has found a new partner that goes a long way to help accomplish its tasks, namely the Canadian Chinook helicopters of 147 Squadron. This new co-operation has permitted the execution of significantly more complex missions with a high level of success.

The success of the joint patrols by Recce Platoon and 147 Squadron was achieved by means of three characteristics that are basic to helicopter-borne operations.

First, insertions into hostile territory are faster and

conducted in a way that allows Recce Platoon to maintain the element of surprise. This allows the Canadian soldiers to seize the initiative and hinders the enemy's ability to adopt a defensive posture.

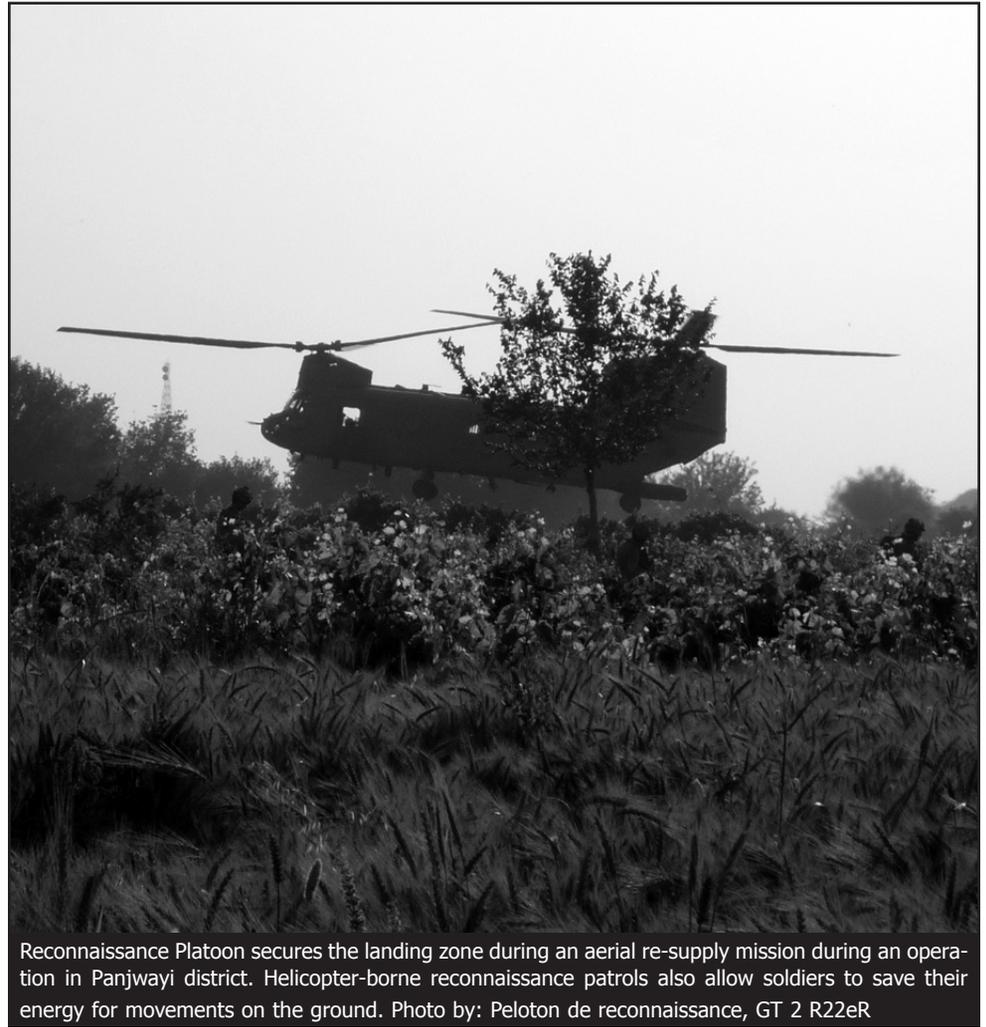
When a reconnaissance patrol is conducted with helicopter support, the soldiers can save their energy for movement on the ground, ensuring a higher level of effectiveness during the critical part of the operation. An insertion by road takes much longer and requires far more concentration from the troops.

Finally, when it travels by helicopter, the platoon can be inserted anywhere in the zone of operations while greatly reducing their exposure to the improvised explosive devices so often found on the roads. Because it makes soldiers feel safe, helicopter transport has a strong impact on morale.

In short, the co-operation

between the air element and the soldiers of Reconnaissance Platoon, 2 R22eR is highly beneficial to Canadian military operations in Afghanistan. The partnership is characterized by the peerless professionalism of the helicopter crews. Both parties agree that the key to success is flexibility at the planning stage and fluidity during execution.

The joint effort achieved by Recce Platoon and the Canadian helicopter squadron during the summer of 2009 in Afghanistan could be considered a forerunner of one of the most important partnerships in future counter-insurgency missions by reconnaissance platoons in the Canadian army. Recce Platoon is a force multiplier and, as such, does not need vehicles because it does not have to hold ground. All its tasks can be easily accomplished in co-operation with aviation.



Reconnaissance Platoon secures the landing zone during an aerial re-supply mission during an operation in Panjwayi district. Helicopter-borne reconnaissance patrols also allow soldiers to save their energy for movements on the ground. Photo by: Peloton de reconnaissance, GT 2 R22eR

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insurance coverage as well as adequate guidance in planning your finances may be more relevant than ever.

Financial counselling provided by SISIP Financial Services (SISIP FS) for example, is not only for those CF members and families

who need help now; it is also a very effective tool to determine where you stand financially. A simple budget can quickly bring to light unwise spending patterns, which may otherwise go unnoticed. By taking a look at your income and subtract-

ing your monthly fixed and variable expenses, as well as your debt payments, one can see what funds remain at the end of the month. This surplus can be used to pay down high interest debt or to save for a rainy day. Every family's situation is unique;

a financial counsellor is there to help you fulfill those financial goals and objectives specific to your situation.

Simple adjustments to your lifestyle such as cutting down on restaurants, or buying that morning coffee can save a significant amount of money over time – buying just one coffee daily can add up to \$45 per month, \$540 per year! Fine tuning your finances can also save you money; try looking for better deals for your home phone, cell phone or television/internet packages.

The experience and expertise of a SISIP FS financial counsellor can shed light on a particular situation that your family has been dealing with. They can also be instrumental in providing constructive guidance and advice as to the best use for supplemental income such as a CF member's deployment allocations, setting up automatic payment plans for the family to help ward off unforeseen expenses.

Our financial counsellors also have access to the Canadian Forces Personnel Assistance Fund's (CFPAF) loans and grants.

Basic eligibility requirements can be found online at [www.sisip.com](http://www.sisip.com) and in more extreme situations, where larger loans are required, the member may apply with the help of a counsellor; these requests are dealt with on a case by case basis.

Whether you need term life insurance or your current coverage no longer meets your needs; perhaps you are thinking of setting up a Tax Free Savings Account (TFSA), RRSPs or need guidance to set up an investment program; or you and your partner may simply want to develop a plan and household budget, consider seeking the help and advice of a SISIP FS financial counsellor, a certified financial planner (CFP) or a licensed insurance representative. This solid team of professionals will work together with you to help you reach your overall financial objectives and help secure your financial well-being and that of your family.

*This article is for general purposes and reflects solely the opinion of the writer.*

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# PUPPETS JOIN TRAVELLING ROAD SHOW

## MANITOBA AVIATION MUSEUM AIMS TO ATTRACT YOUNGSTERS

### Wing Public Affairs

**17 WING WINNIPEG, Man.** - Even with the current trend towards 3D animation and computer graphics, children everywhere remain enamoured with puppets. And that's just what 17 Wing Heritage is counting on.

Visitor attendance at the Manitoba Military Aviation Museum located here has been on a bit of a downward spiral over the past several

years. So the question became – how can you get more people interested in military history? Even more so, how can you get children interested in military history?

To that end, the museum is going to introduce a new travelling road show, complete with puppets, props and a child-friendly storyteller style.

“We want to not only educate but entertain and involve the audience,” says 17 Wing Heritage Officer Lt.

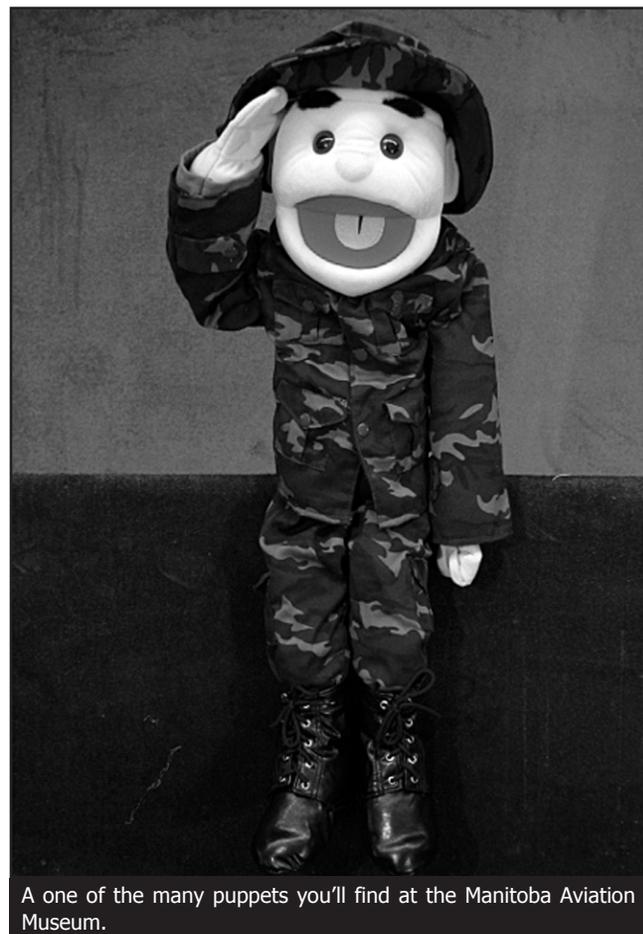
Donna Riguidel. “We want it to be fun.”

Obviously the puppets won't appeal to everyone but the museum eventually hopes to have programs for older kids as well.

“We are brainstorming ideas like having teens write letters home to their families as if they are at basic training or on-duty overseas,” says Lt. Riguidel. “Obviously we are limited as to what we will be allowed to do, but for now we'll see how creative we can get,” she says.

The museum is anticipating the first phase of the new Heritage program to be ready to roll out just before Remembrance Day. Letters to the schools, daycares and children's groups should be going out in early October to introduce the program.

For more information on this exciting new program and the Manitoba Military Aviation Museum, please contact Lt. Donna Riguidel at 204-833-2500 ext. 4529 or email her at [Donna.Riguidel@forces.gc.ca](mailto:Donna.Riguidel@forces.gc.ca)



A one of the many puppets you'll find at the Manitoba Aviation Museum.

## USE IT OR LOSE IT

NEW GYM PROGRAMS MAY NOT BE HERE TO STAY IF MEMBERS DON'T USE THEM

### Lieut Donna Riguidel

Assistant Public Affairs Officer, 17 Wing Winnipeg

**17 WING WINNIPEG, Man.** - Their are some big changes coming to the programs offered at the Wing Recreation Centre for members and their dependents. But if the members don't use the new programs, they will be removed from the schedule to make room for other things, so if something seems interesting, come and try it out.

Ms Tina Bailey, the new Community Recreation Director is excited to be taking the Centre in new directions but she wants people to hear the message concerning participation in the programs being offered.

“We are introducing new classes right after work and

new family programming,” she says.

The new family-targeted offerings include family swim times, child squash lessons and even a children's dance class.

“The dance program was so popular during Sports Camp this summer. It will be very similar, just a fun class,” says Bailey.

There was some confusion over the past few weeks, and some people may have been told that a few of the new classes were cancelled due to lack of registrations.

“We are working to get them re-instated. We understand that it may take a few weeks for word to get out,” Ms Bailey explained.

The new adult classes are:

- Ultimate Cycling –

Mondays – 1630-1730

- Cardio, Core and Strength – Tuesdays – 1700-1800

- Yoga – Tuesdays – 1915 – 2015

- Circuit Class – Wednesdays 1800 – 1900

- Aqua-Fit – Thursdays – 1800 – 1900

- Zumba – 1645 – 1745

In order to help parents attend classes (or workout in the gym), there is also a casual child care option (Kids Crew) on Wednesday evenings (1645 – 1930) at a cost of \$2.00 per child.

The new child/family

programs are (for descriptions/cost, please contact the Centre):

Infant/Pre-school

- Make-A-Splash – Parented Program 0 – 5 Wednesdays (Sept 23 – Dec 2)

- Rumble Tumble – 3– 5 years – Fridays (Sept 25 – Oct 30)

- Smorgasports – 3 – 5 years – (Nov 6 – Dec 11)

- Hop to it – 3 – 5 Years – (Sept 25 – Dec 6)

Kids Programs (5 – 12 years)

- Volleyball & Basketball (9 – 12 years) – Tuesdays (Sept 22 – Nov 24)
  - Sports Jam – Saturdays (Sept 26 – Nov 28)
  - Kids Crew – Wednesdays
  - Squash – Juniors – Saturdays
  - Dance Classes – Saturdays (Sept 26 – Dec 5)
  - Family Programs
  - Family Gym – Thursdays 1800 – 1930
  - Halloween Party – Friday, October 30<sup>th</sup>
  - Kids Crew – Wednesdays 1645 – 1930
  - Themed Family Swim – call for details
- Ms Bailey is also working on bringing personal training to recreation members at a reduced cost and is always open to suggestions of any other ideas members may have. She can be reached at local 2059.

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# A HELPING HAND

ARMY COMBAT ENGINEERS AND FIRST YEAR ENGINEERING STUDENTS LINK UP FOR 'ENGO' AT U OF M

## Fort Garry Horse Army Reserve Unit

SUBMISSION

WINNIPEG - For the first time, The Fort Garry Horse army reserve unit sponsored the University of Manitoba Engineering Society's (UMES) first-year students for engineering orientation today.

Today's activities in-

involved feeding the new engineer students army field rations, designing and judging a scale-model bridge-building competition with small-group leadership tasks as well as a faculty tour.

"A large portion of our Unit are high school and university students and The Fort Garry Horse is glad to contribute to this event and let the local community

know that we exist, but more importantly, that we support them," said Commanding Officer, Lieutenant-Colonel Dave Atwell. "We hope our sponsorship of this event, which ultimately supports students pursuing higher education, proves to be the beginning of long-term relationship between The Fort Garry Horse and the University of Manitoba Engineer-

ing Society."

The purpose of linking up local Army Reserve combat engineers and the University of Manitoba's engineering students is twofold: the first is to showcase to engineering students the number of jobs available to them within the army reserve combat engineer trade, which seeks the kind of academic background engineering students

acquire during their studies. The second is to highlight to engineering students the additional leadership and management skill-sets they would develop, which are highly transferable to their future civilian careers.

"With the Fort Garry Horse's wonderful donation, the University of Manitoba Engineering Society is able to give first year engineering

students a great introduction to the faculty and school with an event they surely will never forget," said Keith Eddie, UMES Engineering Orientation Co-Chair.

For more information on The Fort Garry Horse and UMES, visit:

[www.army.forces.gc.ca/Fort\\_Garry\\_Horse/](http://www.army.forces.gc.ca/Fort_Garry_Horse/)  
[www.umes.mb.ca/](http://www.umes.mb.ca/)

## MEET THE HEALTH PROMOTION TEAM

### Health Promotion Director - Kathy Godfrey; local 4160

Kathy joined the Health Promotion team 8 June 2009. Kathy received her Bachelors of Science in Exercise & Health Physiology from the University of Calgary. She has over 7 years of experience in the fitness field. Most recently she was the Fitness & Health Services Manager at the Rady JCC where she was involved in facility renovations and a revitalisation of the fitness department and programming. Past positions have included Aquatic Coordinator with the YMCA-YWCA of Winnipeg and Fitness Consultant at the Reh-Fit Centre. Kathy is dedicated to seeing individuals commit to lifestyle change and receives most satisfaction seeing them succeed. She is excited about making the transition from fitness to lifestyle wellness in this new position.

### Health Promotion Manager - Dawn Harmer; local 4995

Dawn started in her role on 22 September 2009. Dawn received her Bachelor of Arts in Psychology from the University of Winnipeg and her Masters in Occupational Therapy from the University of Manitoba. Although she is a new graduate, Dawn has previous work experience assisting with providing physical rehabilitation to children with mobility issues and facilitating group sessions on a variety of mental health topics. Last year she worked with a group of University of Manitoba professors and students to create a student-run health clinic and discovered her passion for social wellness and health promotion. Dawn is looking forward to working with CF personnel and their families and is excited to be joining the "Strengthening the Forces" Health Promotion team.

### Health Promotion Administrative Assistant - Penny Wawrzyniak; local 4150

The veteran of the team, Penny has been with Health Promotions since June 2003. Prior to employment at 17 Wing, Penny was the Executive Secretary at The Victorian Order of Nurses (VON) Manitoba. She has received both computer and secretarial training from Red River Community college. Penny participates in continuous learning through professional development courses offered on and off Base.

## FIRE PITS NOT ALLOWED IN RHUS

Sent on behalf of the Wing Logistics and Engineering Officer. It has come to the attention of the 17 Wing Fire Chief that Fire Pits are being used within the confines of Residential Housing Units (RHU's) in Winnipeg.

It must be stressed that this practice is prohibited IAW the Canadian Forces Fire Marshall and the Realty Asset Management Manual (RAMM) Chapter 10, Fire Protection and Emergency Services, Section 4 Para 32 which states: Solid fuel burning fire pits shall not be used on Residential Housing Unit (RHU) properties. If there are occupants of the RHU's that are using or have in their possession a Fire Pit, they shall not be used.

Any queries on this policy should be directed to the Wing Fire Chief, MWO Swainsbury, CSN 257-6343, Ph (204) 833-2500 Ext 6343.



(L to R) Kathy Godfrey, Dawn Harmer, and Penny Wawrzyniak, the members of the 17 Wing Health Promotions Team. Photo by: John Towns

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# SURPRISE FOB VISIT IN AFGHANISTAN

## CANADIAN ATHLETES AND MUSICIANS VISIT WITH SOLDIERS

**Lt Joshua Makuch**  
2ND BATTALION ROYAL 22E REGIMENT  
BATTLE GROUP

Fighting Championship star Pat Coté, the band Finger Eleven and singer Bruce Cockburn.

When they arrived, our guests were directed to the range at the patrol base, where the members of CT Cobra waited to introduce them to the light weapons of an infantry platoon and to conduct a little demonstration of tactical fire. Team Canada took their fill of the C7 and the C6, and then returned the favour with a mini-concert by Ricky Paquette, Bruce Cockburn and Finger Eleven.

Touring with Team

Canada was General Walter Natynczyk, the Chief of the Defence Staff, who seized the opportunity to present coins to several members of the patrol base in recognition of the excellent work they are doing in Panjwayi District.

The soldiers of CT Cobra and Patrol Base Sperwan Ghar would like to thank the stars who took the time to visit us. We had a great afternoon with excellent music in the company of distinguished guests who permitted us to take a break and feel as if we were back home.

On 10 September 2009, the soldiers of Combat Team Cobra of the 2nd Battalion Royal 22e Régiment Battle Group welcomed the Team Canada tour visiting all the Forward Operating Bases in Panjwayi District. The group was made up of Canadian athletes and musicians, including hockey players Guy Lafleur and Patrice Brisebois, Peter Della Riva of the Montreal Alouettes in the good old days, the Ultimate



Former NHLer Guy Lafleur draws a bead on a Figure 11 target. Photo by: Cpl Hatfield, Cie C du GT 2R22eR

### CONGRATULATIONS 2009 I/S SLO-PITCH CHAMPS



Back Row L-R: Rick Phillips, Bob Mellin, James Follette, Catherine Chatterley, Keith Ivany, George Lake, Dennis Gowen, Chris Merrithew, Gord Currie. Front Row L-R: Tom Dillon, Don Mills. Missing from the photo: Derek Prescott, Lindsay Chmilnisky, Brianna Fay, Lisa Chmilnisky.

Congratulations to the defending champions, PSP F&S slo-pitch team that defeated WTEME in the I/S Slo-final to be crowned the "2009 I/S Slo-pitch Champions". Thanks to all the members that competed in the I/S Slo-pitch season and look forward to seeing everyone next summer.

### A DISTINGUISHED CAREER



Capt Jean Lizotte (right) receives his Certificate of Service from Colonel G.M. Reid, A3 APT Rdns, on his retirement from the CF after 21 years of loyal and dedicated service.

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# PULLING TOGETHER

## 17 WING PULL TEAM WINS UNITED WAY PLANE PULL



Bonnie Korzeniowski, the Member of the Legislative Assembly for Saint James, enjoys the victory of 17 Wing along with the members of the team who pulled the Boeing 737 to victory. Photo by: Cpl Colin Aitken



The team from 17 Wing pulls a FedEx cargo Boeing 737 to victory. Photo by: Cpl Colin Aitken

Friday, September 18 marked the kick-off for this year's United Way Winnipeg Campaign and as with all kick-offs there was a competition to pull something heavy. 17 Wing Winnipeg sent forth a team of 20 volunteers from our own Hercules pull teams to pull a Boeing 727 aircraft weighing approximately 191,000 lbs. We faced off against 19 other teams including past winners from Nav Canada and Canad Inns.

With their experiences pulling the Hercules two days earlier fresh in their

minds, the personnel from 17 Wing Winnipeg rose to the challenge and pulled together. All three elements of the CF were represented along with civilian DND employees. Together they strained, pulled and dug deep to produce the winning time of 8.47 seconds!! Truly a remarkable achievement, but only possible through working together as a team, something we do every day here at 17 Wing and across DND.

We would like to thank the team for their efforts on behalf of all of 17 Wing.

With this win under our belt and so much energy on the Wing we are very excited to keep this amazing momentum going. You may have noticed the Hercules and Gonzo meters at the two main entrances to the base. Starting next week they will be updated to reflect our progress towards our goal of raising \$120,000 for the GCWCC this year. Please take the time to think about what kind of change you wish to make in the lives of those around you and give what you can to United Way, HealthPartners or any other registered Canadian Charity through GCWCC. If you have never donated before,

be a leader in giving and make the commitment to try a donation this year. We challenge you to donate \$5 per pay period (military, for a total of \$60 for the year) or \$2 per pay period (civilian, for a total of \$52 for the year) through the GCWCC and know that you are doing one more thing to help those around you.

Thank you,  
L. Bannister  
GCWCC Civilian Co  
Chair  
5072

Capt J. Adam  
GCWCC Military Co-  
Chair  
6867

### 17 Wing Herc Pull Team

Capt Jameel Adam	CFSSAT
Sgt Kevin Dunbar	435 Sqn
MCpl Richard Verheul	435 Sqn
Cpl Matthew Chambers	435 Sqn
Cpl Raymond MacGillivray	WTISS
Cpl Daniel Souka	WTISS
PO2 Keith Muffty	WSupply
Cpl Dave Bergeron	WSupply
Pte Michael Jones	WCE
Sgt Robert Grant	WCE
Pte Jason Peters	402 Sqn
Cpl Isaac Ilag	402 Sqn
MCpl Paul Harman	402 Sqn
Lt Tyler Donald	WCE
Rick Burke	WSupply
MCpl Kachur	TEME
Mike Ens	TEME
Jeff Joel	TEME
2Lt Christopher Hebert	1 CFFTS
2Lt David Anderson	1 CFFTS



Captain Jameel Adam, the 17 Wing Military Co-Chair for the 2009 United Way GCWCC receives the first place trophy from Chrissy Troy of Hot 103FM Winnipeg. Photo by: Cpl Colin Aitken

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# CHANGE OF COMMAND AT HMCS CHIPPAWA

LIEUTENANT-COMMANDER MARGARET MORLOCK TAKES COMMAND OF WINNIPEG'S NAVAL RESERVE DIVISION HMCS CHIPPAWA



From the left, Lieutenant-Commander Margaret Morlock, Commodore Jennifer Bennett, and Lieutenant-Commander Heather Heuthorst sign the Change of Command Certificates. Lieutenant-Commander Morlock is the second woman to command HMCS Chippawa in her eighty-six year history. Photo by: Cpl Levarre McDonald

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HMCS CHIPPAWA Band marches into position before the Change of Command Ceremony. CHIPPAWA's skilled musicians raise the profile of the Navy and the CF in the surrounding community through monthly performances and participation in annual charitable events such as Tom Jackson's Singing for Supper Christmas Concert Series. Photo by: Cpl Levarre McDonald



Commodore Jennifer Bennett accepts the CHIPPAWA Commanding Officer's telescope from Lieutenant-Commander Heather Heuthorst. The CO's telescope is a reminder to CO's to keep a close watch during their tenure. Photo by: Cpl Levarre McDonald



Commodore Jennifer Bennett, Commander Naval Reserve speaks with LS Yana Kalcheva a CHIPPAWA boatswain as Commodore Bennett inspects the Ship's Company. Photo by: Cpl Levarre McDonald

# SEEING REALLY IS BELIEVING

## 17 WING PERSONNEL TOUR COMMUNITY OUTREACH ORGANIZATIONS

**John Towns**

VOXAIR

On the morning of September 30, a number of 17 Wing personnel took part in a United Way Seeing is Believing tour as part of 17 Wing's annual Government of Canada Workplace Charitable Campaign.

The tour took place at three organizations dedicated to making Winnipeg's community, and the lives of the members of that community, better in a number of ways. All the organizations on the tour were non-profit ones, meaning that they often rely on funding from organizations like the United Way to help fund their activities.

The first stop was at Versatech Industries, a non-profit organization designed to provide meaningful work for people with mental disabilities. Versatech's clients (who become employees and are given the title "client employees") are contracted by a number of businesses to do a number of jobs, primarily the sorting and packaging of products. One of their largest clients is Coghlan's,

who manufacture camping equipment and outdoor accessories. Thanks to support from the United Way, Versatech is able to pay their client employees almost 80 per cent of the money the company makes doing this work.

The second stop of the tour brought the group to Art City, an all-ages community drop-in centre in West Broadway devoted to allowing members of the community to explore their artistic side, whether it be through painting, pottery, or digital art ranging from photography to music. Art City's programs are free of charge, and are available to anyone and everyone who is interested in taking part.

The final stop on the tour was at the Independent Living Resource Centre, an organization designed to help physically disabled people find the resources to live on their own, rather than having to move into a group home. Like the other organizations the tour visited, the ILRC would not be able to provide the services it does without the support of organizations like the United Way.

The purpose of the tour, according to Capt Jameel Adam and Leah Bannister, the Military and Civilian Co-Chairs of the 17 Wing GCWCC, is to allow people participating in GCWCC fundraising the opportunity to see where some of the funds they raise end up.

"United Way calls these "Seeing is Believing" tours for exactly that reason," said Bannister. "The belief is that when people come and experience life through the doors of these organizations that they'll be able to recognize the demonstrated benefits to the community that these organizations provide."

Capt Adam added that after going on the tour, everyone involved could now share that understanding with others.

"I think that now all of us will have three stories that we'll be able to relay to our friends and coworkers around us to really drive home where these United Way monies are going, and really drive home why we should donate and help support these organizations," he said.



Art City Program Director Eddie Ayoub takes the GCWCC tour to the pottery area of Art City. Photo by: John Towns



Versatech CEO Richard Doyle demonstrates how some of Versatech's 'client employees' work at assembling hinges used in Kitchencraft cabinets. Photo by: John Towns



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## Casual Theme Fridays

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September 18 - Support our Forces red t-shirt day  
September 25 - Hawaiian Wacky Shirt day  
October 2 - Superhero day  
October 9 - Western Wear day  
October 16 - Sports Jersey day  
October 23 - Geek Chic day  
October 30 - Halloween day  
November 6 - Ugly Sweater day



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[www.gcwcc.org](http://www.gcwcc.org) | [www.ccmtgc.org](http://www.ccmtgc.org)

# BACK TO THE CLASSROOM

## LEARNING AND CAREER CENTRE IS BACK WITH A BANG

**Primrose Knazan**  
LEARNING ASSISTANT

The Learning and Career Centre (LCC) is coming back with a vengeance, returning with a fully-loaded course schedule with two to three courses per week. With a plethora of topics ranging from career development to leadership skills to improving well-being, the LCC has something for everyone.

After the success and feedback from clients and Training Coordinators during Training and Education Week last May, the LCC is taking steps to improve communication and marketing in order to increase registration and lower the number of cancelled courses. We're also moving forward by offering a larger variety of courses reflecting information gathered from the Personal Learning Plans.

Due to restrictions on

e-mail traffic, the LCC is looking at various means to advertise courses. Although we began implementing some of these steps over the past several months, we wanted to publicly announce our new strategy.

One of the new LCC initiatives includes contacting clients and their Training Coordinators directly about courses listed on Personal Learning Plans. Not everyone remembers what courses they may have requested so we will send out reminders to clients as well as the dates of upcoming sessions.

The LCC has also utilized many different avenues for advertising courses, including posting courses on the Pop-up Message Board, the Wing Activities Page and the Wing Activities Calendar, all accessible from the DIN Homepage. We also send out an interactive course calendar and the LCC

newsletter to units, through the Training Coordinators, at the beginning of each month.

This fall, the LCC will tread on new ground with new and revamped courses. Our course line-up will address the needs identified on the Personal Learning Plans and those indicated by our clients as a whole.

At the end of October, the LCC will introduce a new course on *Effective Customer Service*. As a highly sought after competency for many positions within the Public Service, managers recognize that a strong client service orientation must be developed and encouraged among staff. Excellent customer service not only benefits the client, but also the employee and the workplace in general by building a positive reputation, increasing productivity and creating a healthy work environment.

Participants will learn how to effectively serve the needs and expectations of their clients and customers, whether on the phone or in person.

One of the most common comments from our Retirement Planning Seminar is "I wish I knew about this information when I was younger." In response, on November 18<sup>th</sup>, the LCC will introduce a new course titled *Future Planning Under 45*. This financial course will review RSP alternatives, RESP's debt management, the new TFSA, and estate planning. It's never too late to plan ahead!

On December 2nd, the LCC will present *Personality Dimensions*, an updated Canadian version of the *True Colors* course. This half-day session is designed to help participants understand what motivates behaviour in people with different personalities and temperaments. *Personality Dimensions* is also available as a workshop that can be delivered at the

unit by the LCC as a way to identify underlying issues between different people and groups within the workplace. In fact, the LCC staff had recently participated in a *Personality Dimensions* workshop and learned better ways to work as a team.

In addition to our regularly run courses such as *Writing Skills*, *Career Pathways*, *Stress and Time Management*, just before summer the LCC has begun offer a few other new courses.

The *Computer Basics* courses are geared towards beginners with little or no experience with computers. Courses include *Introduction to Computers*, *Introduction to PowerPoint*, *Introduction to Excel* and *Introduction to Word*. Please note that the LCC *Computer Basics* courses do not replace the Level 1 *Word*, *Excel* and *PowerPoint* courses offered by Wing Ground Training. In fact would be considered pre-Level 1 training in these programs.

If you are interested in Computer Basics courses, please see our website for upcoming sessions or contact our office to see if we can offer a dedicated session for your unit.

The LCC has also begun to offer a course in *Defusing Hostility*, scheduled for October 21st. People have bad days and can sometimes bring negative attitudes and behaviour into the workplace. This course offers a practical approach to self-manage personal hostility as well as offering methods of proper intervention through active listening and assertive communication.

To register or get more information about the above-courses or to get a copy of our full-course calendar, please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

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<b>Paper</b>	E60PD-070004/001/PD
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## 17 WING WOMEN'S SLO-PITCH TEAM MOVES UP IN RANKINGS

PLACES THIRD OVERALL AT CF NATIONAL SLO-PITCH CHAMPIONSHIPS



Three members of the 17 Wing Women's Slo-Pitch team were named to the national All Star Team: Back Row (L to R) Sgt Stacey Kohanski, 2Lt Karyne Lacelle, and Lt Julia Rantz.

**John Towns**  
VOXAIR

For the second time in as many years, the 17 Wing Women's Slo-Pitch team represented the Prairie Provinces at the CF National Slo-Pitch championships, held this year in Borden, Ontario.

The team, which came out on top at the Prairie Regional Championships in late July, placed third overall in the tournament, being knocked out of the semi-final round by the team from CFB Gagetown, who were representing the Atlantic Region and went on to take the National title.

"We went into the semis

in first place, with three wins and one loss, and then we had one bad inning, which was unfortunately enough to take us out," said Sgt Cindy Kennedy, coach of the 17 Wing team. "But it was the Atlantic team that knocked us out, and they won the whole thing, so I don't feel so bad about losing to the overall winner."

Despite not coming out on top, this year was an excellent one for the Women's Slo-Pitch team at nationals. Apart from the team moving up one space in the overall rankings from last year, three team members – Lt Julia Rantz, 2Lt Karyne Lacelle and Sgt Stacey Kohanski – made the All Star Team, and team captain WO Viola O'Quinn-Page was the recipient of a CF Dedication to Sports award.

"That was obviously a definite highlight for me," said WO O'Quinn-Page. "To have been involved for so long, and to be recognized by the officials and organizers was really excellent."

Sgt Kennedy thinks that the fact that it was the team's second trip to nationals had a lot to do with the improved performance.

"We played better this year than I think we did last year – we were a little more confident, given that it was our second trip to nationals, the bugs were kind of gone for a lot of the girls," she said. "The team veterans were more used to playing under the lights with a bigger crowd and more pressure, so they were able to help out some of the newer girls."

That willingness to help out other players is part of what WO O'Quinn-Page and Sgt Kennedy really enjoyed about working with the team throughout the 2009 season.

"It's just a great atmosphere with the energy, the camaraderie and team spirit that we've got," said Sgt Kennedy. "We have a great bunch of girls, with really positive attitudes, and I

couldn't ask for better players to coach."

Unfortunately, due to the nature of life in the CF, the roster of the 2010 team will have to shift at least a little bit, said Sgt Kennedy.

"The hardest part about Military sports is that you'll never have the exact same group from year to year, what with changes in posting and operational tempo and other commitments to consider," she said. "To say that we have our roster set for next year would be a lie, because I know I'm losing at least 4 girls to new posts. We're always looking for new people to play."

Anyone interested in getting involved with the 17 Wing Women's Slo-Pitch team for the 2010 season can contact Sgt Kennedy at local 6554.

## BEAVERS WIN BIG



Congratulations to the WCE Beavers golf team that defeated MSN SUP in the I/S Golf Championship final to be crowned the "2009 I/S Golf Champions". Ken Pember and Mike Wiseman from the WCE Beavers golf team display the I/S Golf Championship trophy.

The remaining members of the winning team are: Rueben Pye, Alex Pudlo, Chris Vlachos, Bill Lopuschniuk, Tim Moore, Eric Einarsson

Special thanks to Darylne Fathers and the rest of the staff from the 17 WG WPG Golf Course for all your support and assistance throughout the season. Hope everyone enjoyed the season and thanks to everyone for participating in the 2009 I/S Golf season.

## IT'S MOOSE SEASON AGAIN

The 17 Wing Community Recreation Association is pleased to announce that it has purchased one pair of Manitoba Moose season tickets for the upcoming 2009/10 hockey season. These tickets will be available to Military personnel and to members of the 17 Wing Community Recreation Association.

Tickets will be sold on a first come first served starting on Wednesday 30 Sept 09. At this time members will only be able to purchase tickets to one game.

Cost for the pair of tickets is \$14.00 (Tickets will only be sold in pairs). For your information, each ticket would normally cost \$22.50.

Please bring your recreation association membership card / Military ID card with you to the monitor desk at the Fitness & Recreation Centre, Building 90 to purchase your tickets.

The season is about to start with the first game on Friday 2 Oct 09.

For more information about this ticket offer or to find out how you can become a member of the Wing Recreation Association, please call one of the following extension numbers: 2059 / 5976 / 5139 or visit the monitor desk at the Fitness & Recreation Centre.

For more information about the Manitoba Moose please check out the following website: <http://www.moosehockey.com/>



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## Munch around Manitoba

Come join us the last Thursday of each month to sample some local cuisine. We'll be visiting a different restaurant each month to showcase all Winnipeg and surrounding areas have to offer. All members of the defence team are welcome. Participants pay for their own meal.

October 22, **Pineridge Hollow**, Birds Hill - 6 p.m. Nestled in a picturesque location, Pineridge Hollow features seasonal menu items. After dinner, take a walk around the grounds or visit the gift shop. Entrée prices range between \$13 and \$24. For more information visit [www.pineridgehollow.com](http://www.pineridgehollow.com) **Deadline to register is Friday, October 16.**

## Mystics, mysteries and mediums

Halloween is one week away. Let's spend an evening looking at all things

supernatural. You will have a chance to have your palm read or your future told in cards. If you would rather, you could have an aura reading. Costumes are welcomed but not mandatory. Refreshments will be available, if you dare..... Please register at ext. 4500.

MFRC, 102 Comet St.

October 23, 7 pm. \$5 per person.

## Positive Parenting Program

Also known as Triple P, this program starts on October 15 and runs for 8 weeks. For your convenience this program will be offered during the afternoon or the evening. Casual child care is available for the afternoon session. Triple P aims to make parenting easier. This provincially recognized program has been helpful to many parents and may give you some useful ideas and tools to help you meet the challenges of raising children. Register at ext. 4500.

MFRC, 102 Comet St.  
Free

Thursdays, starting October 15

From 1:15 to 3:15 p.m. or from 7 to 9 p.m.

## Become a fan of the MFRC

The Winnipeg MFRC has a fan page on Facebook. We'll be posting program updates and information on the site on a regular basis. To become a fan, look us up: Winnipeg Military Family Resource Centre.

## Support the MFRC through GCWCC

Did you know that you can support families in our community through GCWCC? The MFRC is the only charity in the city of Winnipeg that works directly with the military community. By donating to the MFRC through the Box C option, you can ensure your money stays in the community, as-

sisting people you know. The MFRC is a provincially incorporated, registered charity, and by donating to the MFRC, you can help us deliver programs and services that are important to the military community.

Information on the campaign, including events, updates, and fundraising totals, will be posted on the DIN at: <http://17wing.winnipeg.mb.ca/wadmin/gcwcc/index.htm>. Ask your unit GCWCC Rep or canvasser about how you can donate to the MFRC. Our charitable number is 133105536RR0001. Thank you for considering donating to the MFRC.

## Deployment Support Network

Is your loved one away? Would you like to connect with others experiencing a



The Toddling Terrors of 17 wing's Military Family Resource Centre prepare to pull a CC-130 Hercules. Photo by: Cpl Colin Aitken

deployment? Join us once a month for a chance to meet new people, make new friends and learn new coping skills in a fun, social setting. Please phone to register so I can make a reservation and also let us know if you require childcare. Call 833-2500 Ext 4507 or email [sandra.doody@forces.gc.ca](mailto:sandra.doody@forces.gc.ca).

If you leave a voicemail, please leave your full name and a phone number to confirm your registration.

October 28 @ 7 pm  
Dessert Sinsations  
505 St Mary Ave  
Register by October 21st

## DEPLOYMENT ANGER

Whitney Bailey  
SUBMISSION

If you've gone through a deployment, you are probably familiar with the cycle of emotions as your military family member's departure draws near. Apprehension, sadness, depression and anger. Sometimes that anger can catch us by surprise, but if you become angry over an upcoming deployment, know that you are not alone. Anger is a very common response, whether it's directed towards terrorism, the military, or even your own military family member. But why do we get so angry, and how can we learn to control it?

Many psychologists believe that a loss of control is directly related to two emotions: anger and depression. Don't these sound familiar? We have so much control over what

we do in life these days, but deployment can take away that sense of control and anger is often the inevitable next step.

To let go of this type of anger, first recognize what you can and can't control. You can't hide your military member in the closet and you can't bring about world peace. Your military family member has a job to do and sometimes life isn't "fair." Once you accept the fact that you can't control the situation, learn instead to control your response.

Recognizing that your anger is really fear can be the first step towards letting it go. If you realize you're afraid, not angry, you can learn ways to address that fear. Are you scared of sleeping alone at night? Take additional security measures and get a dog if it will give you peace of mind. Will you worry about your military family mem-

ber if you don't hear from them every day? Speak with them about your fear and set realistic expectations for how often they will contact you. Anger can be a difficult emotion to manage, but fear can be an easy one to control if you recognize it for what it is.

Don't let your anger control you and avoid the pitfalls an ugly attitude can bring. You are not the only one who has gotten angry over a deployment, but how you deal with that anger can affect those around you. Accusing your military family member of leaving you in the lurch can leave them feeling anxious and distracted. Telling your other family members that the military is making your military family member do something they don't want to do can pass your anger along to them. Realize that anger is contagious and don't let it spread!

## EMPLOYMENT AND EDUCATION PROGRAM WORKSHOPS OCTOBER 2009

Registration is required for all sessions, with the exception of the Job Finding Club. Please call 833-2500 ext 4500 to reserve your spot.

### Resumes that work - 1 and 29 Oct 2-3 p.m.

During this workshop you will learn about the different types of resume and how to put together the most effective resume for you. We will help you identify your transferable skills to highlight on your resume.

### Career Cruising 5 Oct 9:30-10:30 a.m.

Another useful tool used to help you explore your career aspirations computer based career matchmaker in depth career profiles and an engaging portfolio development tool a must if you are not sure of your career direction.

### Job Finding Club 6, 20, 27 Oct 9:30-11:30 a.m.

Meet with others looking for work share ideas and support each other in your job search. Use the Career

Library resources and the skills and knowledge of the Employment and education Coordinator to enhance your search for the perfect job.

### Cover Letters 7 Oct 9:30-11:30 a.m.

Focus on the job you are seeking. Learn new ideas about creating and enhancing your cover letter.

### Hidden Job Market- tips and tools 8 Oct 9:30 - 11:30 a.m.

This workshop will help you understand labour market dynamics and occupational trends. Learn what's hot and what's not in a constantly changing job market. **Informational interviews** before you take that leap learn more about the career industry in which you are searching. Discover how to access the Hidden Job Market.

### Computer Basics 13 Oct 8:30 a.m. -3:00 p.m.

Come along and learn the basic skills you need to

operate Word, PowerPoint and Excel programs to allow you to write that resume and cover letter create an awesome presentation or manage your accounts. Session is limited to 10 participants. Childcare is available. Please call 833-2500 ext 4500 to book childcare.

### Interview Tips 15, 22 Oct 2-4 p.m.

Brush up your interview skills! Look at different interview types and styles and practice answering specific questions, understands why employers ask these questions? Your peers as well as the facilitator will provide you with constructive feedback on your practice interview

### True Colors 26 October 9 a.m. - 1 p.m.

Understanding Your Personality type is the first step in assisting you in identifying your career preference! Identify your strengths and personal gifts. Discover what kind of work you might enjoy and relate work options to effective use of your talents.

# IN MEMORIAM

## PRIVATE JONATHAN COUTURIER



One Canadian soldier was killed when an improvised explosive device detonated in the vicinity of his vehicle while on patrol in Panjwai District. The incident occurred approximately 25 kilometres South-West of Kandahar City at around 10:15 a.m., Kandahar time, on 17th September, 2009.

Killed in action was Private Jonathan Couturier from the 2nd Battalion, Royal 22e Régiment, based in Valcartier, Quebec. He was serving as a member of

the 2nd Battalion, Royal 22e Régiment Battle Group.

Eleven other soldiers on foot patrol in the vicinity of the explosion were also injured. The injured soldiers were evacuated by helicopter to the Multi-National Medical Facility at the Kandahar Airfield and are in good condition. The identities of the injured soldiers will not be released.

Our thoughts and condolences go to the family and friends of our fallen comrade.

## BE THANKFUL...

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

- Padre Gordon Mintz

## Together in Church

### CATHOLIC

#### CHAPLAINS

##### Padre Lance Magdziak

Roman Catholic Office 833-2500 ext 5272

##### Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

##### Masses (English only)

Sunday 1100 hrs

**Religious Education** 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 4277

##### Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

##### 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

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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# TAROSCOPES

BY NANCY

## Aries (March 21 - April 19)

The choices you make and your interactive style determine your destiny. It might be tempting to blame others, if you're not satisfied with where you are at, but don't do it. The best place to learn some of life's lessons is in relationships. Strive to maintain good connections with others.

## Taurus (April 20 - May 20)

Even though you did what had to be done you may not feel that it has left you in a strong position. None of the choices available seemed ideal. If possible, take a break and try to detach from the issue. When you're overwhelmed or excited it's harder to see what to do next.

## Gemini (May 21 - June 21)

Seek out new acquaintances in unexpected places. Those who are in sync with you will see that you are a successful, calm, intelligent person. You know your style, which means – you've got style. You'll get what you want when you ask for it. Go for it.

## Cancer (June 22 - July 22)

No matter what you're faced with you can handle it. Still accept help when it's offered. Connect sincerely with loved ones if a sense of isolation sweeps over you. Letting others know how you feel results in a kind comment or a helping hand. Accept this graciously, you've earned it.

## Leo (July 23 - August 22)

You're full of great ideas and eager to leap into action. Temper this urge as timing is very important. Pay attention to what others are saying and doing if you are depending on their input for your plan to succeed. Collect information so that you can make wise decisions.

## Virgo (August 23 - September 22)

Part of a balanced lifestyle is enjoying good fortune when it comes your way. Take a break from worrying, or mulling endlessly over things. Accept new assignments that allow you to highlight your unique strengths. You'll reap the rewards for making sound life choices.

## Libra (September 23 - October 23)

Like magic you seem to get what you want. Relax and enjoy the ease with which things flow towards you. Play with new ideas that pop into your head. One or two have real potential for the future. This means you'll be burning the candle at both ends but you'll love the results.

## Scorpio (October 24 - November 21)

Events around you impact on your perceptions. Healing and a revitalized sense of spirit occur with time. If something seems impossible, check your assumptions. Opt out of limiting beliefs and new horizons will open up. Taking a break re-energizes you.

## Sagittarius (November 22 - December 21)

You're on the right path. What you've wished for is coming true. Stay focused on reaching your goal. Make choices and do what supports the end result. Be careful whose advice you follow. And remember, wishful thinking without any action will get you nowhere.

## Capricorn (December 22 - January 19)

Consult with someone who knows the history of an issue but don't get bogged down by it. You need to resurrect a sense of excitement in your life. If current events or someone's attitude have robbed you of your optimism, reclaim it. You are in charge of your thoughts.

## Aquarius (January 20 - February 18)

Though a solution to a problem may magically appear, it is important to be pro-active. Tackle your fears so you feel empowered. Be patient and allow time for new ideas or habits to develop fully. Ease up on yourself. There is already enough stress in life.

## Pisces (February 19 - March 20)

If you make the effort you reap the reward. When good things happen, relax and enjoy them. Break free from doubts and fears even if it seems foolhardy. Don't second guess yourself. If you have the urge to play hooky, just do the essentials. The rest of the chores can wait.



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