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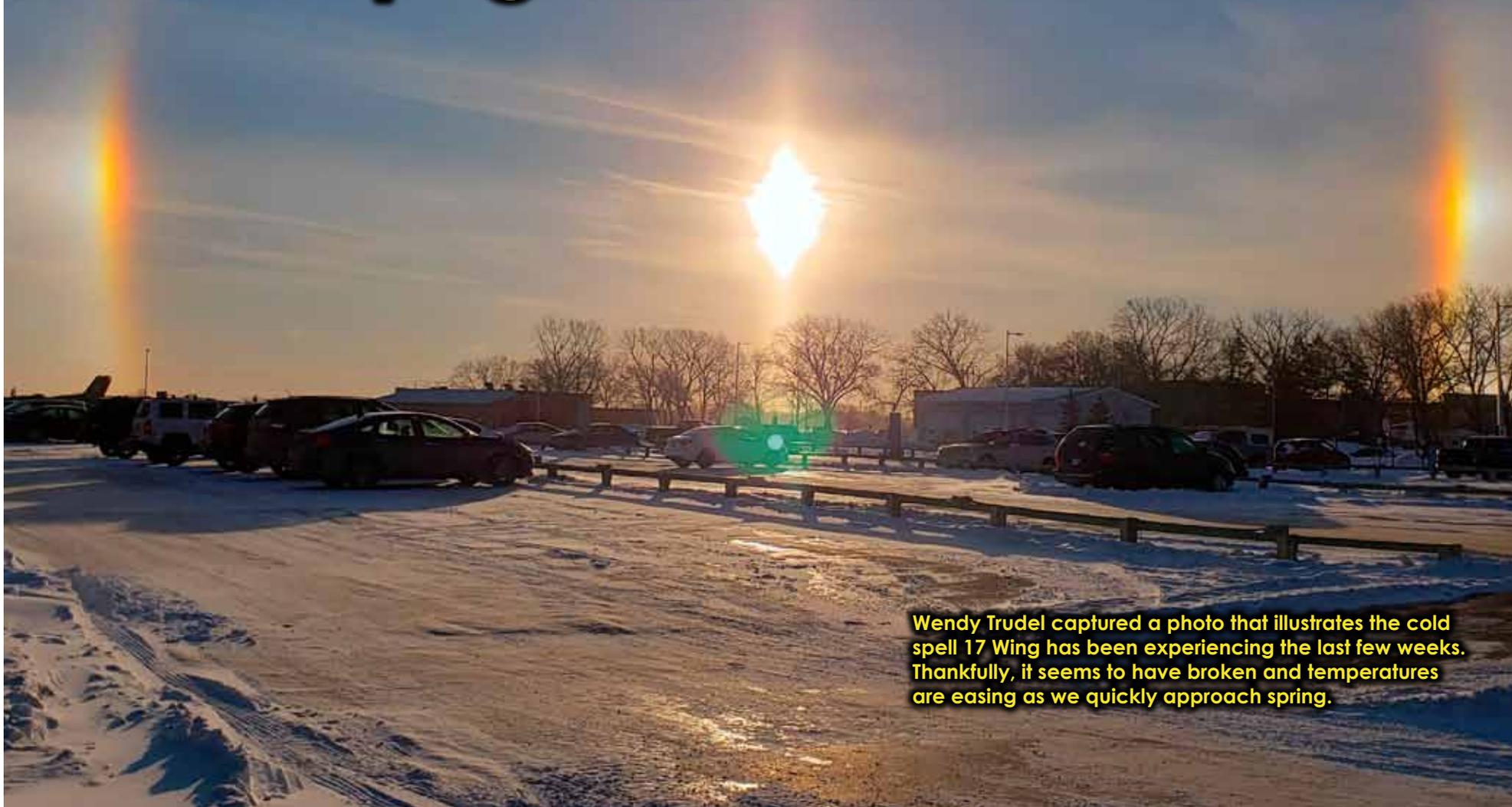
17 Wing Winnipeg / 17e Escadre Winnipeg

24 Feb 2021

# The Voxair



## Cold Weather Finally Breaks in Winnipeg



Wendy Trudel captured a photo that illustrates the cold spell 17 Wing has been experiencing the last few weeks. Thankfully, it seems to have broken and temperatures are easing as we quickly approach spring.

**Virtual Chaplains**



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# Chaplains Transition to Virtual During Pandemic

## Martin Zeilig

When the COVID-19 lockdown was first announced, the 17 Wing chaplains were not caught flat footed.

In the words of Major Kevin Olive, 17 Wing Chaplain, they started right out of the gate with the Spiritual Resiliency Facebook page, in order to start communicating with people in the faith community on the Wing.

“Then, also, with the help of Padre Laura Coxworth, we started this virtual padre,” Maj Olive said during an interview on February 17.

“You can book an appointment with a padre through Zoom. That became a model for the rest of the Wing. We are quite proud of that. We used a lot of the technology. We’ve been sharing stuff with the MFRC. They’ve been posting some of our stuff to highlight special events on the Wing.”

He added that their first virtual gathering was with Padre Noteh Glogauer. He did a Passover message last year, which is on the site.

“He did that just prior to his moving to Halifax at the height of the pandemic,” Maj Olive said. “Those were very stressful times but the RCAF has been extremely supportive of our rabbi. For Rabbi Glogauer the Jewish calendar is a little different. So, it was so helpful for him. He was the first person to give a message that way. It was good for all of us because it was a universal message.”

Other chaplains share a virtual service at the Wing chapel, he commented.

Maj Olive also pointed out that the chaplains worked closely with John Clarey, the Branch Manager of SISIP Financial in Winnipeg, on the Support Our Troops campaign.

The chaplains and Mr. Clarey came out with a COVID relief emergency grant of \$200 per family.

“We began to distribute those cards to members who were struggling,” Maj Olive said.

“For some of them, their spouses were losing hours of work if they were serving. If you’re not working, all of sudden, it can put you in some financial difficulty. I would say those grants are still available and we help to distribute them and so does John Clarey.

“We used those within our holiday campaign as well. I think now there’s no more CERB (Canada Emergency Response Benefit), and with the shutdown a lot of spouses that were working part time that was cut back. That impacts the income.”

He also mentioned the holiday gift card campaign during the Christmas season.

“Chaplains across the country receive money from this holiday gift card initiative,” Maj Olive explained.

“Our fundraising for our Care and Share has been significantly impacted. For example, events like the RCAF Band holiday concert couldn’t be held this year and that’s over \$3000 that would have come in.

“Sometimes we would receive funds from different units for things like Dress for Success days. So, our income was down and we had to be cautious on distributing gift cards to people. But, thanks to the Support Our Troops initiative we have been able to keep our head just above water.”

There was also the holiday gift card campaign in which \$6200 was given out with the help of the Support Our Troops holiday gift cards, he said.

As well, \$1225 was donated this year to Care and Share either in gift cards or by people donating funds to buy cards.

“That was a first,” Maj Olive emphasized.

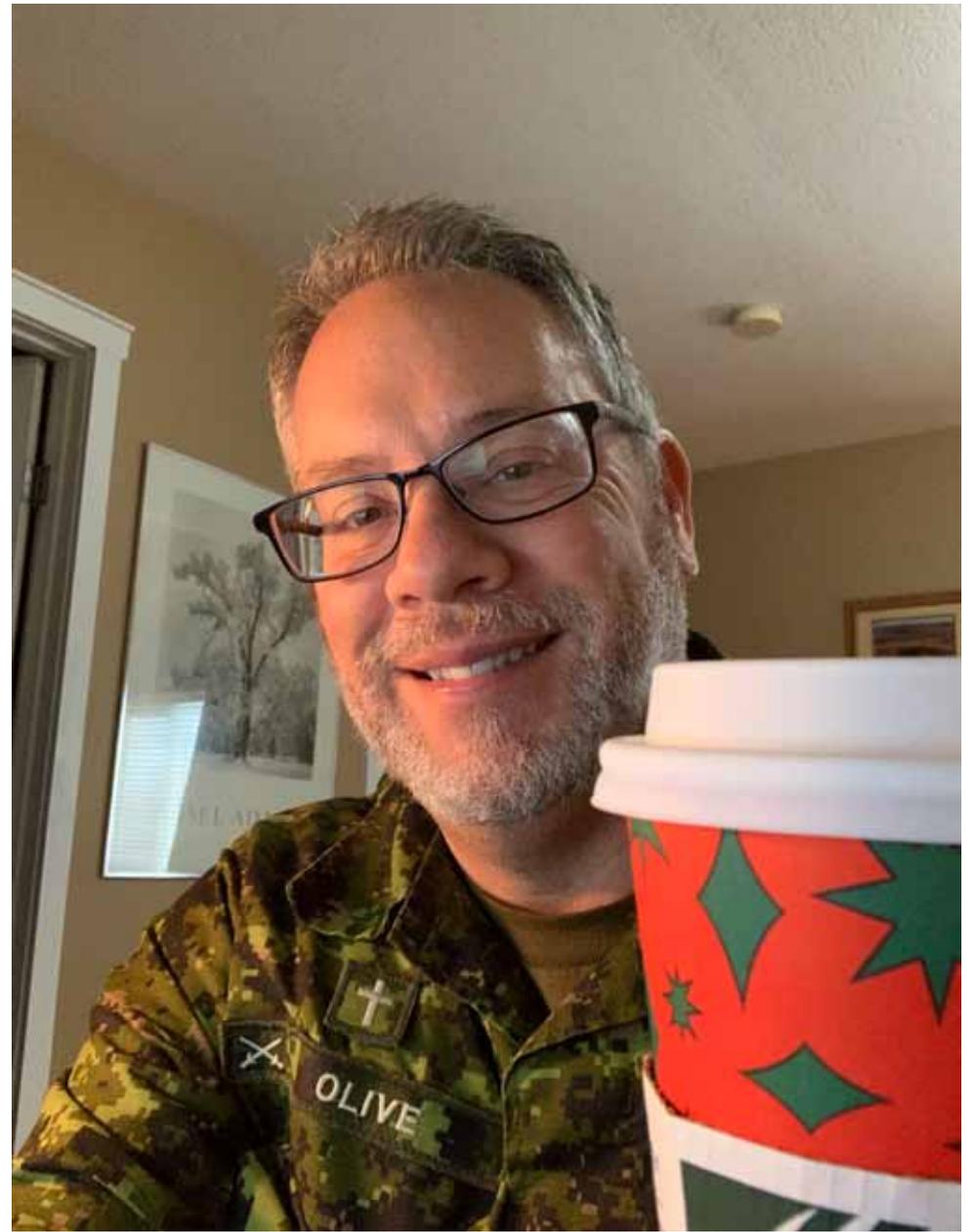
“We also gave out \$1600 from our own Care and Share Fund. Usually, though, we would be giving out \$6200. We usually match the funds that come from the holiday gift cards. But, we weren’t able to do so because then we would have dipped significantly into our own funds.”

He praised the assistance of the Deputy Wing Commander for helping them to secure a second emergency PMQ.

“We have two PMQs and both have been used extensively this year,” Maj Olive observed.

“They’re fully furnished and have wifi. They’re used by those who needed to self-quarantine, or those dealing with some stressful issues and need a place to stay. This resource has been a real blessing to us.

“The chaplains are responsible for making recommendations for emergency housing. So, sometimes we’ll also use the Wing hotel. That means that a member doesn’t have to pay for that use and it could be one or two weeks.



17 Wing Chaplain Major Kevin Olive discusses the tactics used to connect with wing members during a pandemic. Photo: Submitted.

“We’ve been busy. Keeping in contact through the Facebook Page and having virtual town halls has been very beneficial to the Wing. I think this year more than ever we have been working together.”

Maj Olive said another example of great teamwork was on the recent Bell Let’s Talk Day headed up by Diane Brine, executive director of PSP Health Promotion.

“We had a panel that was very well received,” he said. “There are a lot initiatives like this where we’re working with the other caring professionals. I want to really emphasize our support for each other, and our collaboration to help everybody.”

Maj Olive pointed out too that all five padres, including him, are mostly working from home these days.

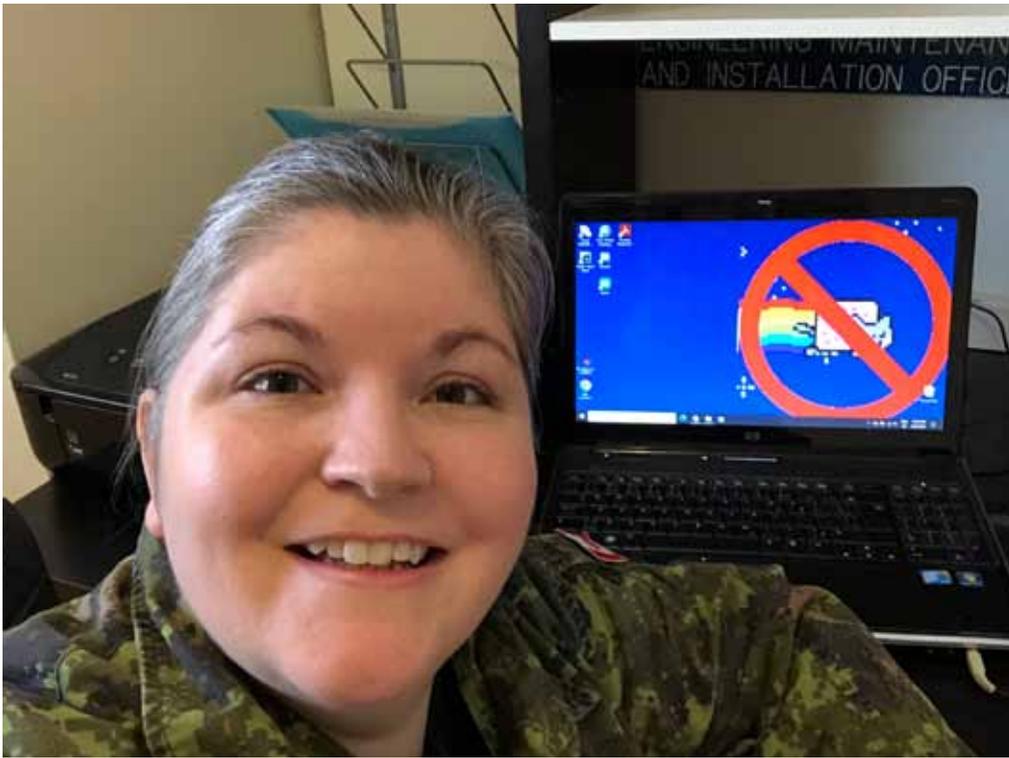
“The duty chaplain will practice social distancing if he needs to go on a call,” he said. “Like everybody else, we’re following minimum staffing practices. It’s been a bit of challenge for us because we like to talk.”



Members from Hanger 16 wear pink shirts in support of anti-bullying for the Pink Shirt Day 2021 campaign, on Feb 24, 2021 at 17 Wing Winnipeg, Mb.

Photo By: Cpl Darryl Hepner, 17 Wing Imaging, Winnipeg

# Cybersecurity a Team Sport Says Cyber Planner



Major Kim Kieres, Cyber Planner NORAD Plans and Readiness, Canadian NORAD Region HQ at 1 Canadian Air Division, calls cyber security work a team sport. Photo: Submitted.

**Martin Zeilig**

Major Kim Kieres, Cyber Planner NORAD Plans and Readiness, Canadian NORAD Region HQ at 1 Canadian Air Division, calls cyber security work a team sport.

All hands onboard.

“You have to stay up to date with cyber security via conferences,” Maj Kieres said during an interview on February 23.

“It’s literally a new frontier for warfare. We’re very busy and we keep uncovering more work that has to be done. We need more people with different talents. We need to work with Air Ops planners, people who are engineers on aircraft, intelligence officers, and others.”

She pointed to the Canadian Centre for Cyber Security’s recent report, National Cyber Threat Assessment 2020, that highlighted the cyber threats facing Canada. The Cyber Centre is Canada’s authority on cyber security.

In line with the National Cyber Security Strategy, the Cyber Centre represents a shift to a more unified approach to cyber security in Canada, the report says.

“Cyber security is one of the most serious economic and national security challenges we face,” the Honourable Harjit Sajjan Minister of National Defence wrote in the report’s introduction.

“Defending Canada and Canadians against cyber threats is a shared responsibility and a team effort. For anybody who thinks cyber security doesn’t concern them, I would urge them to read this report. I am grateful to the team at the Cyber Centre for this timely assessment. By sharing their insights, they are making sure policy-makers, business leaders, and individual Canadians

have the right information to counter these threats effectively.

“We know that Canadians are among the most connected populations, and the COVID-19 pandemic has only increased and reinforced our reliance on the Internet. As we see almost daily in the headlines, cyber attackers are finding ever more sophisticated ways to exploit our connectivity. Cyber threats are threats to the privacy, financial security, and even the personal safety of Canadians and the viability of Canadian businesses.

“We are seeing a proliferation of cyber threats, as

sophisticated cybercriminals sell their tools and talent through illegal online markets. Foreign state-sponsored cyber programs are probing our critical infrastructure for vulnerabilities.”

Foreign efforts to influence public discourse through social media have become the “new normal”, the Minister noted.

“More than that, the Internet is at a crossroads, with countries like China and Russia pushing to change the way it is governed, to turn it into a tool for censorship, surveillance, and state control,” he said. “By continuing to work with partners in government, business, and everyday Canadians, we can build a stronger, more cyber-resilient Canada.”

Maj Kieres said that she and her team use cyber planning in traditional military operations and strategic planning.

“It’s now been accepted into military planning doctrine that there’s five domains for warfare-- air, land,

sea, space and cyber,” she added.

“The cyber domain is concerned with military operations that are going to be affected by anything in cyberspace. Any technology that’s electronic and uses processors, we have to be concerned with because we know that different threats are out there whether they’re the typical threats of people sending out ransom ware or just hackers, all the way up to state sponsored military type cyber operations.”

The cyber threat is growing daily because every time you buy a new piece of equipment the manufacturers make it more integrated to the internet and other electronic systems, said Maj Kieres, a native of Ottawa, Ontario, who has an undergraduate degree in mathematics and computer science from the Royal Military College of Canada, and a post graduate degree in mechanical engineering and manufacturing from the University of Manitoba,

“It improves performance but there’s a tradeoff because it makes you vulnerable to cyber exploitation,” she said.

“That threat is very real. It’s spreading. So, it just makes sense that we have to build up our cyber capabilities to stay on top of this and protect our assets. In general, our biggest issue is that cyberspace is so vast. Most people appreciate that almost all of our equipment is susceptible to cyber exploration. Even old equipment

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# MFRC Childcare Centre Head Retires

By Martin Zeilig

When she started working with the Military Family Resource Centre back in 1994 running the nursery school program at the old Lipsett Hall off Kenasaton Boulevard, Lois Johnson already had a retirement plan. Smart thinking.

February 19 was Johnson's final day as head of the MFRC Childcare Centre.

"I always said that I'd retire at age 65," Johnson said during a telephone interview from her office on February 18. "I stayed home with my children for eight years and decided to give that time to my children and then go to work. That was my plan and that's what I did."

Kim Dunning, Assistant Director, Infant/Toddler Programs, MFRC Childcare Centre, said that Johnson will be truly missed.

"Her dedication to the centre, the staff and the military community was and is astounding," she wrote in an email.

"She has worked hard to create a centre we are all proud to work for, and will continue to honour her hard work."

Brigitte Parachnowitsch is now the new head of the MFRC Day Care Centre. Johnson noted that she's been training her for the past couple of weeks.

"I remember starting the centre," said Johnson. "It was a project that began with the MFRC doing a survey of parents in the military about whether child care was needed. It came back that they felt that military families did need support and specialized care as far as understanding what the needs were for them."

She observed that the MFRC took it upon themselves to approach 17 Wing to see if a site specific building could be built for child care use.

"I was part of that process," said Johnson, who started her professional career as a nursery school teacher in Starbuck, Manitoba—a 25 minute drive south of Winnipeg and has a background in developmental studies working with children and immigrant support needs and nursery schools, said.

"I worked closely with an architect to develop this building. I was in charge of purchasing furniture and hiring staff. We started off very small and with 32 children. We have twice since done some additions till now we have a maximum of 127 children. But we're not there now because of the COVID pandemic."

In her capacity as head of the centre, she worked with staff, families and children.

"I had to learn all sorts of human resources responsibilities that I didn't know before when I only worked with children," Johnson said.

"What I enjoyed the most was working for the military community. I found it a very rewarding career."

She called the MFRC an amazing organization to work with, and a lot of the people over on the base were wonderful to work with too.

"It's given me insight into what happens and where they go," Johnson continued.

"I have friends all the way across Canada because of postings and comings and goings and leavings. I felt that my small part was to not only support military families but help my military staff to get better education in Manitoba so they'd get better jobs when they left here. I keep in contact with them across Canada. I really felt that I made a little bit of a difference. It's a bit of legacy."

She also offered "a big thank you" to the MFRC for all the support they gave her; because, like anything else, you don't raise a child without a village.

"And, I didn't run a childcare centre without a village either," Johnson said. "I always got so much support whether it was through Construction Engineering when we were doing additions, (the various) Wing Commanders, or NPF or Health Services or anyone else."



Lois Johnson retired on February 19 after looking after Winnipeg military members' children for 27 years. Photo: Submitted.



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7 pm - 10 pm Via Zoom

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The registration deadline is March 1st. For details contact Jenny at [jbrennamfrc@gmail.com](mailto:jbrennamfrc@gmail.com) or call the MFRC at 204-833-2500 ext 4500. Register at: <http://bit.ly/IWD2021MFRC> or scan

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# Winnipeg Youth Reporter Entrant Tells His Story

## Mark Berman, Youth Reporter Entrant

I clearly remember that day.

I was coming back from school, making my way home, only to find out my parents were waiting for me at the dinner table. My mother jolted out of her seat as she nervously invited me to join her and my father at the dinner table to have a talk, while my father trying to giving me a sense of reassurance. That's odd, I thought. They didn't waste a second, cutting straight to the point but carefully choosing their words, gently telling me that we were leaving Israel very soon.... to Canada. It felt like my whole world turned upside down, with a brief flash of memories rolling in my head as I sat frozen in my seat, trying to bring everything together.

"Why?" I asked.

"You know WHY," my mom replied and gently wrapped her arms around me.

Yes, I knew WHY, and only being 9 years old at the time, I knew very well why....

Since I can remember, the sirens have always petrified me. The first air raid siren I heard almost every night is still drilled into my head. I was scared out of my wits. As that awful wailing sound changed from quiet to loud, terrified people ran to hide in a building shelter. I remember that one night, the sounds of explosions of the rockets were especially loud, and frightening as we were all standing inside the shelter, shaking, and screaming after each explosion. As I am suddenly feeling someone's rapid breathiness at my neck, I am turning my head and my eyes meet the eyes of an eight-year-old girl, our neighbour. Her eyes, like a mirror, reflected the same state of distress I was in, she was staring at me with a dazed horror in her eyes, I could feel her fear with my body. Suddenly, there was another loud boom, as she then trembled down onto the floor...Yes, I knew WHY... At that moment, I wasn't sure anymore if there is a place in this world that would be safe or peaceful for me.

But moving across the Atlantic Ocean to a whole new country was undoubtedly the best thing that ever hap-

pened to me. Starting a new life here in Canada was not easy. I moved to Canada at the age of 9, with no English-speaking capabilities. I underwent a great deal of stress, academically and socially, missing my friends and a basic sense of self-confidence. At these times, I never felt alone on this journey. My family, especially my mother, made life easier for me. She would take time out of her evening after work to assist me with my homework, and there was a great sense of wisdom and encouragement to support me, but still, I kept struggling to find my place here in Canada at my own age.

In Sep 2016, at age 13, I joined 191 RCACS Air Cadet Program. Joining cadets was a turning point in my life. I did not know what to expect, since I never heard about that program before. My mother was searching on the Internet for how to engage me during the summer-time and found some information on the Internet about Cadet Program. Telling honestly, I was not excited about it, my experience from Israel linked the military with the war in my mind. Very soon, I learned that Cadet Program is a military-like environment that provides benefits and opportunities for young people. The Cadet Program is community-based, that succeeds through strong community support and involvement. I was encouraged to become active, responsible members of my communities by participating in team sports, volunteering, and learning the importance of loyalty, duty, respect, selfless service, honour, and integrity. On parade nights, I learned about Canada's aviation history, teamwork, and leadership. Besides these weekly nights, I also participated in various weekend activities throughout the year, doing things like FTX (Field training exercise) training, gliding days, sports, drill and range competitions. One of my unique activities as a cadet was participating in the Biathlon team, where I could learn to improve my marksmanship, learn how to ski with no previous experience at all, and be part of a successful team. Working within a team, led me to make great new friends and meet many fantastic people from across Canada and learn to work

within a team towards a common vision. Cadets allowed me to try new things, meet and work with people who share the same interests as me. These experiences were the missing pieces of the puzzle that I was looking to find before to be able to connect myself and finally



Mark Berman, a Youth Reporter entrant, tells the story of coming to Canada from Israel and what the Cadet program has done for him. Photo: Submitted.

find the home place where I feel free, safe and secure.

It is difficult to imagine what I would be like without these experiences because they have impacted my life in such a distinctive way.

During the past five years in the Cadet Program, I grew into a responsible and confident person. I do not doubt that what I have learned as a Cadet influenced the person I am today. Looking back, I know today that the immigration process was a particularly important part of my transition and transformation into someone completely new. The Cadet program has played an essential role in my life, and I can say within my ability to study and manage my time effectively, today I feel being very close to move toward my dream goal of becoming an Imagery Technician and serving my nation in a significant and mindful way.

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# International Women’s Day Virtual in 2021

**By Martin Zeilig**

Due to the COVID-19 pandemic, the 2021 International Women’s Day on March 8 will be marked by a virtual event at 17 Wing.

In past years, the IWD organizing committee hosted panel discussions at a venue on the base.

International Women’s Day is a global day of recognition celebrating the social, economic, cultural and political achievements of women and girls, and raising awareness of the work left to be done, the Status of Women Canada (Government of Canada) website says.

“We’ve moved to a virtual platform which has certain advantages because we can include a wider audience and even a guest speaker from out of town,” Captain Emily Rowlandson, who works at 17 MSS, and is the Military co-Chair of the 17 Wing Defence Women’s Advisory Organization, said during a telephone interview on February 18.

“We’re really excited about that.”

Capt Rowlandson is one of several organizers, both military and civilian DND employees, of the Zoom event.

Their guest speaker is former CAF member and writer Sandra Perron.

Captain Sandra Marie Perron (born 29 December 1965) is a former Canadian Army officer, notes Wikipedia. She was the first female infantry officer in the Canadian Army. Perron served in the infantry from 1991 to 1996, completing two tours of duty in Yugoslavia. While in the Army she was subjected to sexual harassment and “excessively rough” training.

Ms. Perron is the author of the 2013 book *Outstanding in the Field: A Memoir by Canada’s First Female Infantry Officer*.

The *Globe and Mail* called her memoir “revealing and moving”, it won the non-fiction Quebec Writers’ Federation Award and was short-listed for the Shaughnessy Cohen Prize for Political Writing, notes Wikipedia. In 2020 Perron made care packages for the Canadian Armed Forces during the COVID-19 pandemic.

“I will be talking about what it means to be an inclu-



**Capt Emily Rowlandson is the Military co-Chair of the 17 Wing Defence Women’s Advisory Organization. Photo: Submitted**

sive leader, group cohesion, how women need to champion one another and how men can be feminists,” Ms. Perron, whose memoir is now being made into a major motion picture, said in an email to *The Voxair* on February 18.

Capt Rowlandson remarked that Ms. Perron’s book described her experience in the 1990s.

“Yet we’re still facing a lot of these same challenges today,” she said.

“We face them in different ways. There were some parts of her book that I could connect with in 2021. She’s going to be able to bring a lot of value and interesting perspectives to our audience.”

Major Kim Kieres, who works as a cyber planner at 1 Canadian Air Division, and Corporal Karlie Walsh, who works at 402 “City of Winnipeg” Squadron were also on the IWD organizing committee.

“It’s a really important day to celebrate women and highlight their accomplishments,” Maj Kieres said during a telephone interview on February 19. “It brings to light different perspectives that women can bring to work places and other settings.”

Cpl Walsh noted that she and her mother, who was also a member of the CAF at that time, both participated in an IWD event at CFB Moose Jaw in 2011.

“It’s an important topic because there are still struggles and people need to be educated,” she said during a telephone interview on February 19.

Capt Rowlandson wants men to also sign up for the event.

“Typically when people see the invitation for IWD they see it as being targeted for women to celebrate women,” she said.

“But, the reality is that it’s open to all genders to come together and have a conversation to celebrate the work women have done. That doesn’t

exclude men, but encourages men to participate. This event is one way for men to encourage women and ask questions and show celebration and appreciation for the work women do.”

*International Women’s Day*      March 8<sup>th</sup> mars      Journée internationale de la femme

“This book is a must read.” — Sally Armstrong

**SANDRA PERRON**  
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**OUTSTANDING IN THE FIELD**  
A Memoir by Canada’s First Female Infantry Officer



Major-General Eric Kenny and Chief Warrant Officer Jean-Claude Parent, the command team at 1 Canadian Air Division and Canadian NORAD Region sported pink to take a stand against bullying across Canada on February 24.

**Mental Fitness & Suicide Awareness**

5 Mar 2021 @ 1030 - 1130hrs CST - Designed specifically for the CAF, MFSA is aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals. Use the Demio link to register.

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# Eric Watts, a Natural Leader

February is Black History Month throughout Canada. To mark the month, the RCAF is publishing articles about Black Canadians who, during or after their career in the RCAF, have achieved great things for Canada.

Here is the story of Eric Victor Watts.

By Major Mathias Joost

When Eric Victor Watts enlisted in the RCAF on May 10, 1939, technically, he should not have been allowed to join. The federal Cabinet and the RCAF had approved enlistment policies earlier that year that stated recruits had to be of "pure European descent".

Eric Watts was Black.

However, the recruiting officer in Calgary, Alberta, likely saw the potential in Watts and allowed him to become a member of the RCAF. The recruiter's decision certainly seems prescient.

From the very start, Watts proved himself to be a natural leader. He enlisted as an armourer and served at several units and schools. He was identified as being a superior instructor and supervisor who rose rapidly to the rank of warrant officer class 2.

Throughout the war, the RCAF sought out members who wished to become aircrew. In December 1943, Watts began the selection process to become a pilot, for which he qualified in March 1945. He remained in Canada and served as a pilot at several schools until November 1946. As the RCAF had a surplus of pilots in the period of the interim air force of 1945-47, he went back to being an armaments instructor and supervisor of armaments sections.

His leadership skills shone through, and he was continually recommended for commissioning from the ranks. Finally, in February 1951, a place was available, and he was commissioned as a flying officer while on the RCAF ground defence course.

As an officer, he was an instructor as well as a supervisor of armaments sections at Trenton and Camp Borden, both in Ontario. In November 1955, Watts was posted to RCAF headquarters in Ottawa, Ontario, where he worked on armaments programs, including the development of the Sparrow II missile that was planned for the Avro Arrow.

In August 1959, Watts was finally able to get the posting he wanted. He was posted to Marville, France, as the maintenance armaments officer at 445 Squadron and eventually became the wing armaments officer at 1 Wing in Marville. He took an organization that was ranked last in terms of serviceability of aircraft armaments systems and made it the best of the four RCAF wings in Europe. As a result of his outstanding work he was promoted to squadron leader on January 1, 1962. He returned to Canada in July 1963 and served in both leadership and staff positions until he retired in 1966.

The fact that there was a Black senior non-commissioned officer supervising or instructing during the Second World War, one who was consistently highly rated, speaks to Watts' leadership ability.

At a time when racism was still quite prevalent in Canadian society, he was continually rated as an outstanding instructor and supervisor. Throughout this service he was always considered superior, usually graduating at or near the top in his courses. Wherever he served, he held the respect of both his subordinates and his fellow officers, being regarded as a highly capable and affable individual. He was considered an outstanding officer, and it was only his lack of a university education that hindered his progression to a higher rank.

Eric Watts passed away in Belleville, Ontario, on March 18, 1993.



When Eric V. Watts joined the RCAF in 1939, Air Force policy directed that only recruits of "pure European descent" would be permitted to join. Thankfully, a recruiter in Calgary bent the rules and enrolled Watts, who went on to serve in the RCAF until 1966. PHOTO: Submitted



## HONOURING THE PAST AND LOOKING TO THE FUTURE

Canada is deeply indebted to the men and women who come forward to serve and protect our nation and its allies, on the ground, at sea, or in the skies.

SkyAlyne, Canada's team for the Future Aircrew Training Program (FACT), salutes you!

From the British Commonwealth Air Training Plan of WWII to preparing current and future RCAF aircrew for a rapidly changing world...

Our innovative Canadian training will support our Forces and help keep them and Canada safe.

[SKYALYNE.CA/FACTCANADA](https://skyalyne.ca/factcanada)     

 SkyAlyne

# IMG Tech Creates Art Inspired by Service



**Cerebral Shackles** is a digital piece that is actually a modernized revisit of a pen and ink drawing I completed in 2013. The concept is to visually portray how, in essence, we are all addicted and enslaved by our technology. How social media, the news, advertising basically invades our psyche and can potentially manipulate us. We as humans quickly forget what enraged us yesterday, only to be enraged by something new today. It's like a cerebral toffee pull for both our attention and our sanity.

**Peter Mallett, Lookout writer**

Sketchbook, pencils, eraser, even chalk and pens are some of the first things Master Corporal Aydyn Neifer

packs when deployed - even before his camera equipment.

The Canadian Armed Forces Imagery Technician has embraced many art forms in his 43 years, from graphic design to photography, to drawing and painting.

"I can't imagine not painting," he says. "It's a way to express myself even if no one ever sees them. Most of my works are just about painting for the sake of painting and trying to turn abstract concepts into visual art. I can't imagine not being able to do that."

Much of his work is inspired by his military service that started in 2007 as a member of Third Battalion, Royal Canadian Regiment in Petawawa, ON. After three years as an Infantryman, he re-mustered to Image Tech, a trade that satisfies his itch to create.

What he likes about the military is it can take him out of his comfort zone.

"The military constantly challenges you to complete difficult tasks and learn new things," he says. That constant evolving is duplicated in his art. His craft tools are varied, from the usual acrylic paints, pencils, and inks, to ball point pens and pastels. His subjects are equally assorted. "I am really not sure what my style of art or

genre is called, but I try to take a concept from a photo or series of photos and then visualize it in my creations," he explains.

His vision starts with an image, usually a photo. In his self-portrait **Counter Attack Watch**, it was a fellow soldier who snapped the photo while they were on a training exercise in Meaford, Ont. It's a pen and ink side view of a younger Pte Neifer peering intensely down the barrel of his machine gun set against a stark white background. His torso

into geometric squares. The empty background brings a feeling of bleakness and isolation, something he felt at the time as he battled exhaustion while maintaining a vigilant watch.

In contrast, **Cerebral Shackles** is a full colour piece of a young person clutching her cellphone, half open eyes on the screen. Swirling around her, soft images of people, things, and words. The creation, he says, is a deliberate attempt to show the ill-effects that social media addiction and the scourge of fake news has had on so many people.

"The concept is to visually portray how, in essence, we are all addicted and enslaved by our technology," says MCpl Neifer. "It's like a cerebral toffee pull for both our attention and our sanity."

He's created many pieces over the years from a small studio he made in the basement of his home, which he shares with his wife and three children. A few of his ink drawings and acrylic works are on the walls upstairs, but most have been completed and tucked into boxes.

"I have a stack of practice pieces, and over the years have accumulated many finished works that were completed in different types of media, from oils, to charcoal, to pastel, to acrylics, to graphite, and watercolour, as well as digital. As well, I have a stack of sketchbooks that I have

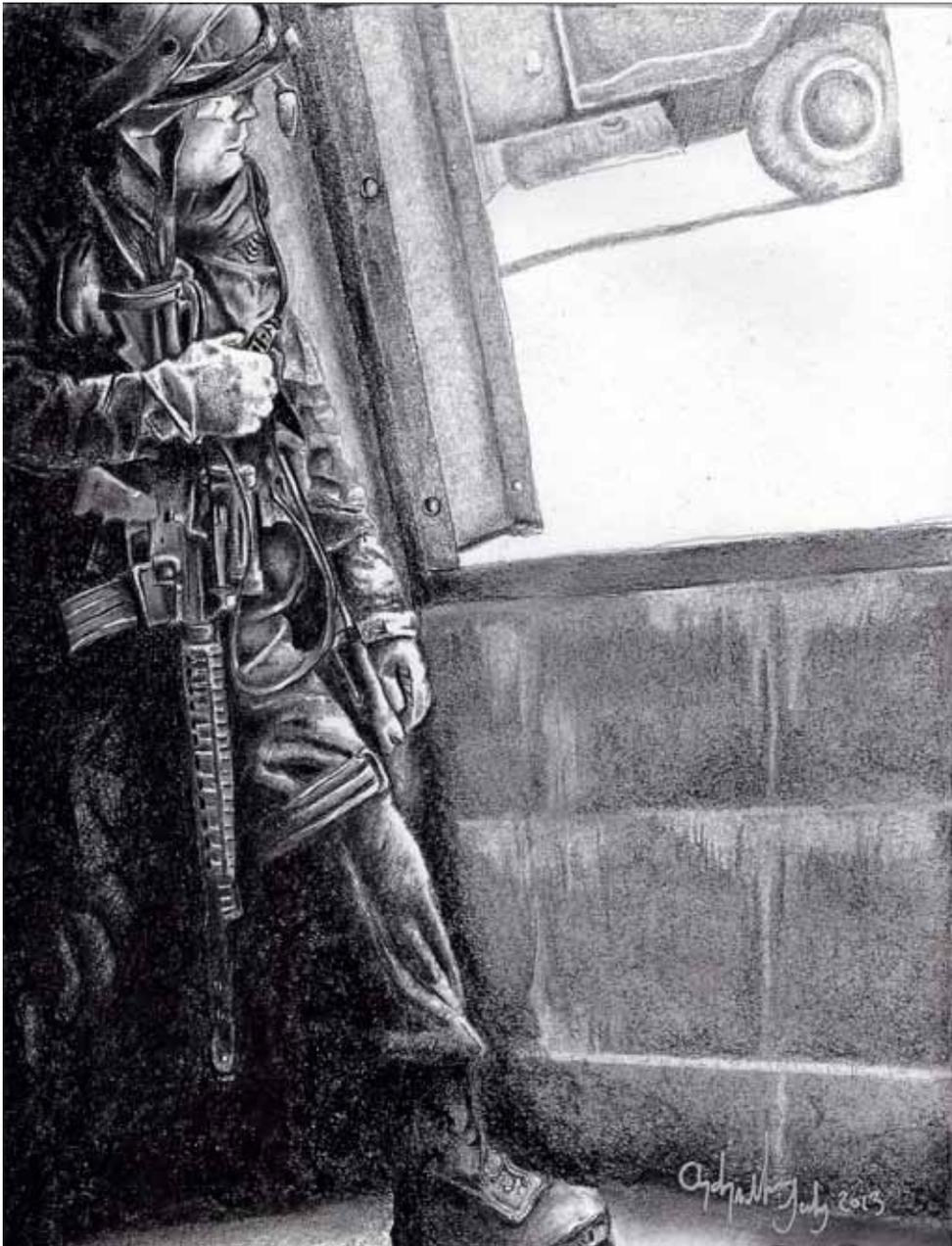
filled up over the years."

But his prized piece resides on a high school wall, a mural he painted as a student.

"I won a design contest to paint a mural at my high school, Fellowes, in which I helped to paint my design alongside a professional mural painter. The mural is still up in the school."

He currently works as a photography instructor at Canadian Forces Training and Development Centre at CFB Borden. He is also part of **The Steel Spirit**, an art collective that showcases the unique artwork of military, police, firefighters, paramedics, hospital practitioners, and other first responders.

Never one to have an empty canvas, MCpl Neifer is working on an art piece for a friend to help bring awareness to brain injury victims. Art, he adds, brings him much-needed calm in an often intense job. "In my opinion art is truly a great form of self-expression and a vehicle to externalize injuries. My art is more preventative medicine."



**Post FIBUA Watch**

This piece I rendered in charcoal that is based on a photograph that I took in Fort Knox Kentucky. In this work, I am trying to portray a sense of calm, clarity and intimacy, all while this soldier fought very hard to take this position just a few minutes prior. Despite the noise, chaos and fog of war, there are times when one can find moments of peace and tranquility.



**Counter Attack Watch**

A pen and ink self-portrait that is based on a photograph that was taken by my fire team partner while on a defensive exercise in Meaford Ontario. I drew this piece to try to portray a sense of metal exhaustion, and sleep deprivation while maintaining a vigilant watch. This period of my career was the most difficult both mentally and physically.

It is also a personal reminder that when things in life seem to not be going well, or times are tough, I think back to this time and remind myself "Well, at least I'm not in Meaford."

# Seven Days In Hell: Canada's Battle for Normandy and the Rise of The Black Watch Snipers

Martin Zeilig

In his book, *Seven Days in Hell: Canada's Battle for Normandy and the Rise of The Black Watch Snipers* (HarperCollins Publishers Ltd. 419 pg. \$34.99 released October 29, 2019), author David O'Keefe takes us on, as one person wrote, "a heart-pounding journey at the sharp end of combat during the infamous Normandy campaign."

More than 300 soldiers from the Black Watch, one of Canada's "most storied regiments," found themselves pinned down, "as the result of strategic blunders and the fog of war," and only a handful walked away.

"Thrust into a nightmare, Black Watch Highlanders who hailed from across Canada, the United States, Great Britain and the Allied world found themselves embroiled in a mortal contest against elite Waffen-SS units and grizzled Eastern Front veterans, where station, rank, race and religion mattered little, and only character won the day," the author writes.

"From the perspective of the Canadian 1st Army, the battle is remembered for its tactical and strategic miscalculations—the most notable being a highly controversial attack by The Black Watch (Royal Highland Regiment) of Canada on 25 July, in which 315 of its 325 soldiers were killed, wounded or captured," according to Wikipedia.

"This attack—the costliest single day for a Canadian battalion since the 1942 Dieppe Raid—has become one of the most contentious and critically analysed events in Canadian military history. While failing to achieve its original objective, an important strategic result of the Battle of Verrières Ridge was to aid the overwhelmingly successful Operation Cobra, by tying down powerful German Panzer formations that might otherwise have been moved to counter-attack Cobra."

David O'Keefe is an award-winning historian, documentarian and professor at Marianopolis College in Westmount, Quebec, says his bio. He served with the Black Watch (Royal Highland Regiment) of Canada in the Canadian Forces in Montreal and worked as a Signals Intelligence research historian for the Directorate of History and Heritage (DND). He has also created and collaborated on over 15 documentaries for History Television and appeared on CBC Radio, Global Television and the UKTV Network in Great Britain.

He wrote and produced the groundbreaking documentary *Dieppe Uncovered*, which made headlines around the world, as well as the documentary *Black Watch Snipers*, which aired on History Television in November 2016. He is also the writer, producer and personality of the History Television program *War Junk*, in which he and his partner, Wayne Abbott, tour the battlefields of Europe for lost items from Canadian soldiers and reunites them with the family of the veterans. He is the author of *One Day in August: The Untold Story Behind Canada's Tragedy at Dieppe*, which reveals in full, for the first time, the Ultra Secret story behind one of WWII's most controversial mysteries and one of Canada's most sorrowful moments. *One Day in August* was a national best seller, a Globe and Mail Best Book of the Year, and a finalist for the RBC Taylor Prize.

Mr. O'Keefe was interviewed via telephone for The Voxair on February 11, 2021.

The Voxair: Why did you call the book *Seven Days in Hell*?

D.O: I did so because that is essentially the time period when the Black Watch go into battle for the first time in a major way in the Second World War on Verrières Ridge where they ended up taking 94 percent casualties.

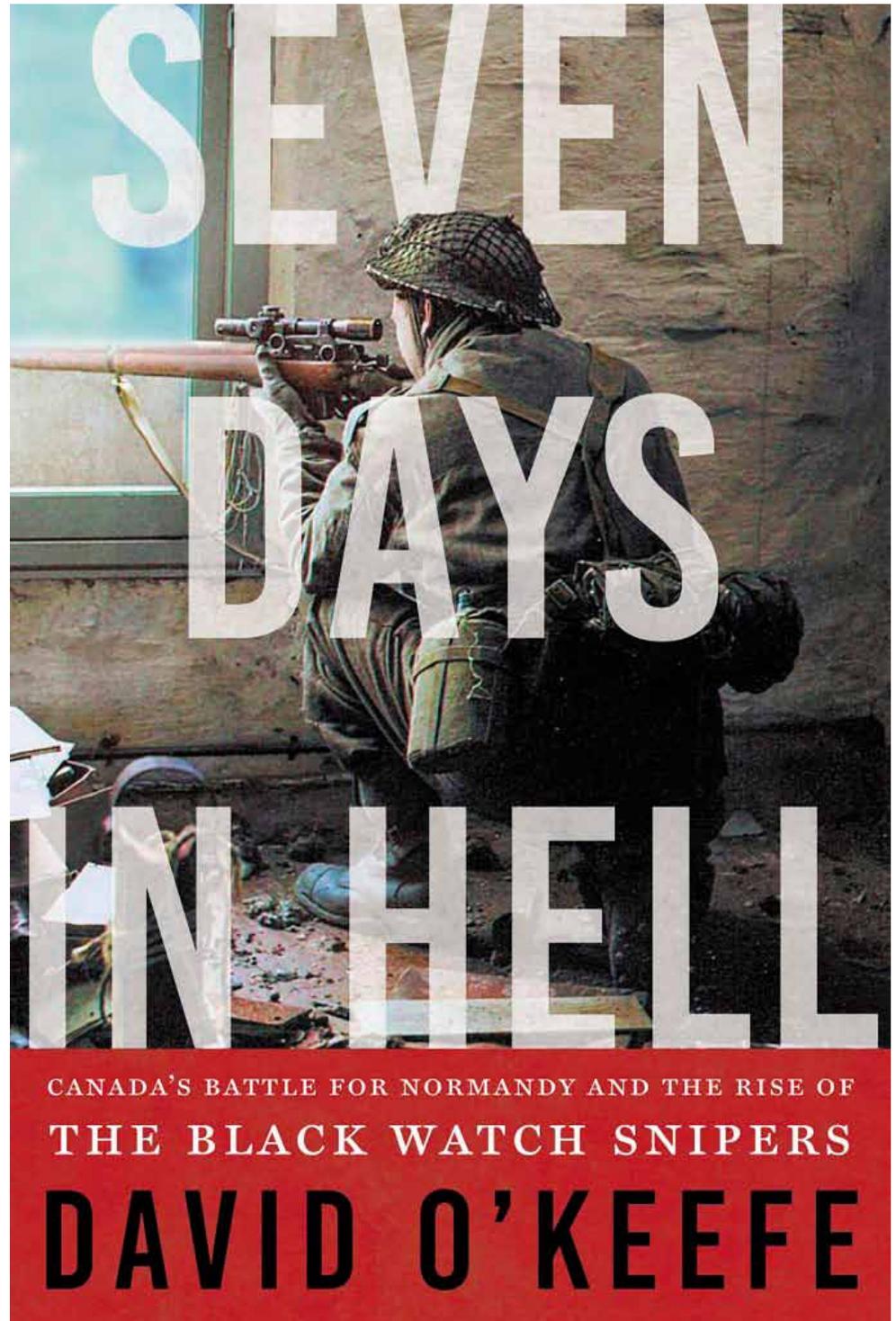
It was an incredible period to say the least. Part of it had to do with the documentary I made two years ago for History Television called *Black Watch Snipers*. When we were doing that, I realized that there was one central reason why those men were so tight. It wasn't necessarily because they ended up fighting another ten months on.

Those men, because of the nature of their role as snipers, had survived the massacre at Verrières Ridge. They lived to tell the tale. It was an instant bonding effect with them. So, they always felt that there was something a little bit different.

When I was making the documentary, I realized that naturally there was a prequel to *Black Watch Snipers*. That's basically where the genesis of the book came from. It was something I had been looking into for many years and started doing interviews in



4th Bn—Lieut. T.K. Durrance(Killed), Lieut. R.A. Thomson(Wounded), Lieut. G.S. Cooke(Killed), Lieut. S.C. Griffin, Lieut. W.A. Magill(Wounded), Lieut. J.J. McLennox, Lieut. A.R.W. Robinson (Killed), Lieut. J.D.P. Nood  
1st Bn—Lieut. R.E. Tesson, Lieut. R.E. Austin(Died of Wounds), Super. B.J. O'Callaghan, Lieut. R.A. McNab(Killed), Lieut. C.W. McCaw(Wounded), Lieut. H.E. Pothier(Killed), Lieut. D.A. Lee (Wounded), Lieut. D.C. Hecsties(Wounded), Capt. E.F. Potham, Lieut. J.K. Neil(Wounded), Lieut. E.J. Neil(Died of Wounds), Lieut. E.X. Duffield(Wounded)  
2nd Bn—Lieut. S.E.G.H. Roche(Wounded & Prisoner), Capt. J.E. Ford(Died of Wounds), Capt. G.A. Denner, Capt. J.P.G. Kemp(Wounded, Captured & released), Capt. E.R. Bennett(Killed), IF Capt. R.J. Bell(Wounded), Capt. D. Cowan, Capt. J.K.K. Deuchar(died of Mortar), Capt. J.H. Jamson(Wounded twice), Capt. R.F. O'Neil, Capt. A.H.M. Carmichael(Wounded twice)  
1st Bn—Capt. J.P.W. Taylor(Wounded), Major E. Morfitt(Wounded twice), Major A.G. Stevenson(Wounded), Major F.M. Mather, Lt. Col. S.S.T. Cantler(Died of Wounds), Capt. C.L. Stuart (Wounded), Major F.P. Griffin(Killed), Major G.C. Fraser(Died of Wounds), Capt. J.E. Treverry(Wounded)



1991-2, and interviewed many men over the years.

I had access to the incredible archives of the Black Watch. But, it was really to understand what those men went through in those seven days in hell in Normandy leading up to their massacre on . You had to understand those seven days in hell had gone through in Normandy leading up to their massacre on Verrières Ridge.

TV: Are there any former members of the Black Watch still alive?

DO: There are two men, as far as I know, left from that Battalion. One is out west. But, I'm not sure whether they are Verrières Ridge veterans.

As far as I know everyone from that battle is gone.

TV: How long did it take you to do all the research and writing?

DO: The research began in the early 1990s and so it took about 30 years part time. I was working on other projects too at the time. I was very aware of the march of time, so I was very keen to interview as many of these men as possible as quickly as possible.

It took me two years to write the book. There was a lot of evidence and testimonies that went into the book and to weave it responsibly. If you do your research well, truth is stranger than fiction. The story will tell itself. It's one of the greatest Canadian tragedies and incredible experiences Canadians have had on the battlefield.

TV: What else would you like to say about the book?

DO: Here they were, these kids who trained for four years. They had a legacy and tradition in the Black Watch which was second to none in the Canadian Forces at the times, and which they felt a lot of pressure to uphold at the time and wanted to add onto. They were literally thrust into the maelstrom that was the Battle of Normandy as soon as they arrived.

A lot of times Canadians think that the Battle of Normandy was won on June 6 and the next thing you know we're in Berlin. That was not the case. Normandy was a bloodbath. It ended up in a victory. But, the fighting and the intensity of the combat, particularly the infantry, rivaled the Battle of Passchendaele (July 31, 1917—November 10, 1917) in the First World War.

# Nutrition Month-Women's Needs Different

**By: Pamela Hatton, Dt.P., M.Sc., Strengthening the Forces**

So what makes women's nutrition different? Women's nutrient needs change during each stage of her life. As part of a woman's healthy diet, understanding age-related nutrient needs are important in improving health, preventing chronic disease and even influencing the rest of your household to eat healthy.

Healthy eating means choosing plenty of vegetables and fruits, whole grains, protein foods and healthy fats. Developing an overall healthy eating pattern is important rather than focusing on one special ingredient, "super food", vitamin or supplement. It means getting your nutrients from food rather than from vitamins pills or other supplements.

A woman's overall healthy eating pattern needs sources of foods rich in key nutrients throughout their life-cycle such as folic acid, iron, calcium and vitamin D. Being mindful of added sugar, salt and saturated fat and balancing energy intake (calories) with physical activity is also important. There are times during a woman's lifecycle, such as during pregnancy, breastfeeding and after menopause, when extra food servings alone may not meet needs. In some cases, this may require adding specific supplements to get the extra vitamins and minerals.

## Folic Acid during the Reproductive Years

Folic acid helps your body make blood cells and DNA for new cells. Folic acid also helps prevent certain birth defects called neural tube defects (NTD), which can happen in the first three months of pregnancy.

NTDs are highest early in the pregnancy, when many women don't even know they are pregnant. For this reason, taking folic acid before you become pregnant and in the early weeks of pregnancy is very important. Women who are pregnant or could become pregnant, should take 0.4 mg of folic acid every day in addition to eating food high in folate.

Foods rich in folate are; spinach and other dark green leafy vegetables, oranges, nuts, beans, chicken, lean beef, whole grains, and cereals with added folic acid.

## Iron

Iron is a mineral that helps build healthy blood cells that carry oxygen throughout your body. It also helps make certain hormones and connective tissue. Until

menopause, women lose iron every month through menstruation. During pregnancy, women need more iron to supply enough blood for their growing fetus. In these cases, you may not get enough iron from food alone. This can put you at risk for iron deficiency anemia that commonly makes you feel extremely tired. Before taking any iron supplements, you should consult with your primary care physician.

Iron rich foods include lean red meats and chicken, seafood, iron fortified cereals/breads, oysters, beans – especially lentils, dark chocolate (the higher the cocoa content the better!), spinach and tofu. Eating a source of vitamin C (most fruits and vegetables) with these iron rich foods, increases its ability for the body to absorb the iron.

## Calcium

Calcium is a mineral that helps muscles work, protects and builds strong bones and reduces the risk of osteoporosis. Your body stores calcium in your bones, so if you don't get enough calcium from food, your body will take calcium from your bones.

Girls and young women aged 9-18 years old need 1300 mg/day of calcium to build strong bones for adulthood. Adult women need 1000 mg/day and post-menopausal women need 1200 mg/day to slow the bone loss that comes with the loss of estrogen production.

Lower fat milk, yogurt, and cheese, calcium fortified soy beverages, tofu (set with calcium sulphate), canned salmon and sardines; and dark green leafy vegetables like kale, broccoli and bok choy are good food sources.

## Vitamin D

Called the sunshine vitamin, vitamin D helps the body use calcium and phosphorous to build and maintain strong bones and teeth. It is unique in that the body can make it after exposing skin to sunlight. The season, time of day, cloud cover, smog, skin pigmentation, and sunscreen use can affect the making of vitamin D.

Children and adults alike need 600 International Units (IU) per day. Health Canada recommends a vitamin D supplement of 400 IU for people over the age of 50.

In Canada, major sources of vitamin D are fortified foods. Fluid cow's milk and margarine must be fortified with vitamin D. Goat's milk and fortified plant based beverages (like soy beverages) may or may not be fortified. Other dairy products, such as cheese and yogurt are

often made with unfortified milk. Check the labels to see if vitamin D has been added. You can also find natural sources of vitamin D in fatty fish and egg yolks.

## Highly Processed Foods and Physical Activity

Most foods are processed – milk is pasteurized and fermented, tomatoes and fish are canned, herbs are dried, vegetables are cut and frozen, etc. Yet, highly processed food usually has lots of added sugar, salt (sodium) and saturated fat, all adding up to extra empty calories without being filling. Check the nutrition facts labels for added ingredients. Making homemade food and meals allows you to choose ingredients with lower sodium, sugars and saturated fat.

Physical activity is an important part of a woman's health. Regular physical activity helps with weight management, muscle strength, balance, flexibility and stress management. When you are active, you are more likely to make better food choices and feel better too.

Being aware of age-related nutritional needs throughout a woman's lifecycle will help build a healthy eating pattern. Choosing healthy, whole foods, rich in sources of key nutrients and while reducing highly processed food and adding daily physical activity can help a woman maintain a healthy body and mind.

For more information on eating healthy, check out Canada's Food Guide links:

- <https://food-guide.canada.ca/en/>
- <https://guide-alimentaire.canada.ca/fr/>

Pamela Hatton is the Nutrition Wellness Specialist in the Directorate of Force Health Protection and provides science-based advice. As a member of the Strengthening the Forces team, she is involved in the promotion of healthy eating and nutritional wellness.

Strengthening the Forces is the Canadian Armed Forces (CAF) and the Department of National Defence's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.



## Ingredients and Recipe Challenge

Each week through the month of March we will introduce one main ingredient and an ingredient list on the Monday and then on Friday, we will provide you recipes to use with the ingredients. We invite you to try the recipes and then post your pictures on Instagram or Facebook for the chance to win a \$50.00 grocery gift card each week.

STRENGTHENING THE FORCES



NO SOCIAL MEDIA? SEND YOUR MEAL PHOTOS TO HEALTHPROMO@FORCES.CC.CA



## Lunch & Learn: Safe Food Handling

12 Mar 2021 @ 1200hrs CST -- Join Capt. Shelley Simms, Registered Dietitian with a graduate diploma in Food Safety for a one hour webinar. The focus of this webinar is Food Safety. Capt. Simms will discuss several food safety tips that will keep mealtimes fun and safe.

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## National Standard Cycle Menu Webinar

31 Mar 2021 @ 1100hrs CST -- Ever wondered what the National Standard Cycle Menu was about? This is your chance. We will walk you through the NSCM looking at the science behind it and how what you can eat at the Mess can benefit you and your training.

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Ouvert à la communauté de la 17e Escadre et aux résidents de Winnipeg.  
 Si vous souhaitez plus d'informations sur le conseil d'administration du CRFM de Winnipeg, veuillez contacter [katy.wedgwood.wmfrc.board@gmail.com](mailto:katy.wedgwood.wmfrc.board@gmail.com) ou [bit.ly/CRFMrecrutement](http://bit.ly/CRFMrecrutement)

Zoom Workshop!

**Everything Binder**

Wednesday, March 10, 1200 - 1300  
 Cost is \$5 and includes your starter kit.

Pick up your kit and pay at the MFRC front desk by Friday, March 5

Register early as spots are limited!

**Cartable Personnalisé**  
 << au cas où >>

Mercredi 10 mars, de 12 h à 13 h Coût : 5 \$  
 Inscription par courriel à [deploymentwmfrc@outlook.com](mailto:deploymentwmfrc@outlook.com)  
 Vous devez ramasser votre trousse et payer d'ici vendredi, le 5 mars  
 Incrire dès que possible car les places sont limitées!

Atelier Zoom!




**Calming Craft**

Ease stress and anxiety by joining us as we make a one of a kind calming glitter jar for you or your child.



**Bricolage Apaisant**

Soulagez l'anxiété et le stress en vous joignant à nous pour créer un pot de paillettes apaisant et unique en son genre pour vous ou votre enfant.

Thursday, March 18, 8 - 9 pm  
 Via Zoom.  
 Cost is \$5 \*includes all supplies  
 Register by March 15th by emailing Jenny at [jbrennenmfrc@gmail.com](mailto:jbrennenmfrc@gmail.com)

Jeudi 18 mars, de 20 h à 21 h  
 via Zoom. Coût : 5 \$  
 Inscrivez-vous avant le 15 mars à Jenny at [jbrennamfrc@gmail.com](mailto:jbrennamfrc@gmail.com)



**Happy Easter Craft!** **Bricolage de Pâques**

This session is in French and geared for children ages 3 to 12 years old. We will share a story and do a bunny and egg-themed craft together.

Cette session est en français et s'adresse aux enfants de 3 à 12 ans accompagnés d'un adulte. Nous partagerons une histoire et ferons ensemble un bricolage sur le thème du lapin et des œufs.

Monday March 29, 1800 - 1900  
 Register by March 19th by emailing [mfrccchildrenprograms@outlook.com](mailto:mfrccchildrenprograms@outlook.com)  
 Pick up your kit and pay at the MFRC front desk by March 24

Lundi 29 mars, de 18 h à 19 h  
 Inscription d'ici le 19 mars à [mfrccchildrenprograms@outlook.com](mailto:mfrccchildrenprograms@outlook.com)  
 Ramassez votre trousse et payer pour l'activité à la réception du CRFM d'ici le 24 mars



CAFÉ FRANCO

**Cuisine en soirée**

Vendredi 26 mars  
 de 19 h à 20 h via Zoom  
 Date limite d'inscription : 22 mars à [sltwinipegmfrc@gmail.com](mailto:sltwinipegmfrc@gmail.com)




Un rendez-vous mensuel pour les francophones et les francophiles pour partager une recette et discuter en français dans une ambiance décontractée - dans le confort de votre maison



**New Recruits Family Cafe**

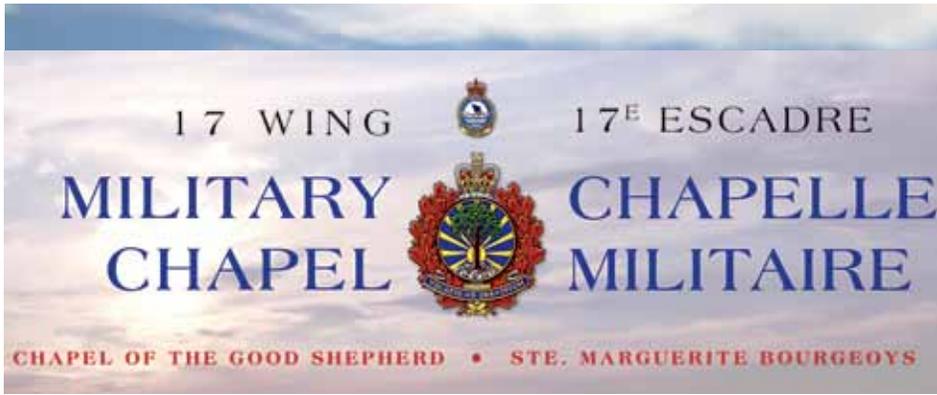
Are you a friend or family member of a new CAF member?

Come and meet our Deployment Coordinator and other parents of military members at our online Friday 'cafe'!

Fridays, March 5, 12, 19, 26  
 1100-1200 hrs

register by emailing [deploymentwmfrc@outlook.com](mailto:deploymentwmfrc@outlook.com)



# Our Journey Home

## Captain (Padre) Joshua Falk

Imagine being lost in a dense deep, overgrown forest. You're disorientated, trying to find home, but the forest is too thick and dark. You can't see anything, you can't gain your bearing...

You frantically scamper along, clawing through the dark as the dense underbrush tears at your flesh. You press on in the direction you think is taking you home, more and more desperate to return to safety and home with each passing moment.

Then, the terrain beneath your feet starts to rise. Sensing a glimmer of hope you scamper up and up, until bursting out of the dark undergrowth and squinting at the sun, you are standing in a clearing on top of a hill. You can see for miles around!

As you look around, to your shock, you find that you were going the wrong way all along. The direction you believed was the way home, is actually the exact opposite of the way back. You were stubbornly forging ahead in the wrong direction deeper and deeper into the forest!

It is easy to be disorientated and get lost in the forest of our lives. At times we are gifted with a moment of reflection or insight. Wouldn't it be unwise to disregard this insight and plunge back into the forest in the same wrong direction in which you came? Wisdom is to stop going the wrong way, turn around and go the right way.

It may seem like a "no brainer" to take the path home when we are lost in a forest. But, in our lives, it's not always as easy to do a 180 degree turn, is it?

Here's another story:

A child grows up and betrays her parents. There's a huge fight. She calls them dead to her, vows to never return and slams the front door. True to her promise, she gets lost in a far away city-never to communicate with her parents again.

Decades later, she sends them a message:



Photo by Rosie Fraser on Unsplash

Mom, Dad, I'll be riding the train that goes through your town on Monday, on my way to a business meeting in another city. I've had time to think and I didn't believe all the best...

You remember that big old Oak tree that grows beside the train station platform? Well, if you want to talk

with me and if things are Okay, tie a red ribbon around the truck and that way I'll know to get off at the station...

If not, I understand – I won't get off the train and will pass on through.

Monday arrives and she's on the train. It's rounding the bend. Like a young girl, she presses her face up against the train glass window. Her heart catches in her throat, there it is, the old station comes into view. She quickly scans down to the end of the platform, the tree still stands....

But to her dismay, the old Oak Tree doesn't have one red ribbon ...

It's covered from head to toe, ablaze in red – 100's, no 1,000's of bright Red Ribbons – all up the tree trunk, attached to every branch, hiding all the green leaves. Her parents must have bought out all the town's fabric store's red cloth and covered every single spot on that old tree... And there they are, her parents, arms opened, waving in a sign of warm embrace, standing open handed on that platform. Her brothers and sisters are there too, jumping up and down with banners painted in BIG RED letters "WELCOME HOME" - ready to embrace and celebrate the return of their once lost daughter.

It's easy to scramble though the forest of our lives, head long trying to find ... that elusive "if only". Now is a good time to pause and listen. Spiritual wisdom often comes as an invitation. Can you see

it? A new course, a new chapter in your journey can be found.

P.S. I wish you all the best wherever you are in this moment of your journey. Padres, Social Workers and others are available to talk further if you so desire.

## Faith and Life

### PROTESTANT

#### GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE:** (Please contact the Chaplains for specific dates and times)

#### COMMUNITY SERVICES:

**Sunday School:** It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

**Marriage:** Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. Please contact the Chaplain before setting the date for the wedding or arranging family travel.

**Baptism:** The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

**Protestant Chapel Guild:** It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

#### CHAPLAINS

**Padre Kevin Olive**  
(Pentecostal)  
- Wing Chaplain  
ext 5417

**Padre Laura Coxworth**  
(Pentecostal)  
- Protestant Faith  
Community Coordinator  
ext 5785

**Padre Joshua Falk**  
(Nazarene)  
ext 6914

**Padre Greg Girard**  
(Reformed Church in America)  
- Det. Dundurn  
306-492-2135 ext 4299



**17 Wing Military  
Community Chapel**  
2235 Silver Ave  
(west off  
Whytewold/  
Wihuri Road)

### CATHOLIC

#### STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**SUNDAY MASS:** (Please contact the Chaplains for specific dates and times)

#### CHAPLAINS

**Padre Paul Gemmiti**  
(Roman Catholic Priest)  
- Catholic Faith Community  
Coordinator  
ext 4885

**Padre Antin Sloboda**  
(Ukrainian Catholic  
Pastoral Associate)  
ext 5087

**TBD**  
- Mental Health Chaplain  
ext 5086

#### COMMUNITY SERVICES:

**Religious Education:** Classes can be available to children from Preschool to Grade 6.

**Sacrament of Reconciliation:** It is available by request and at special times of the year. Contact Padre Gemmiti.

**Baptism:** We recommend that you contact the chaplain's office for an appointment six months in advance. Please contact the Chaplain before setting the date for the Baptism or arranging family travel.

**Marriage:** Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. Please contact the Chaplain before setting the date for the wedding or arranging family travel.

**MAIN OFFICES**  
Administrative Assistant  
204-833-2500 ext. 5087  
Building 64,  
Lower Level, North End.

**EMERGENCY DUTY CHAPLAIN**  
Contact MP Dispatch ext 2633.

**INFO PHONE NUMBER**  
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

**WEBSITE**  
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.

**CARE & SHARE BENEVOLENT FUND**  
Contact Wing Chaplain Office for further information.

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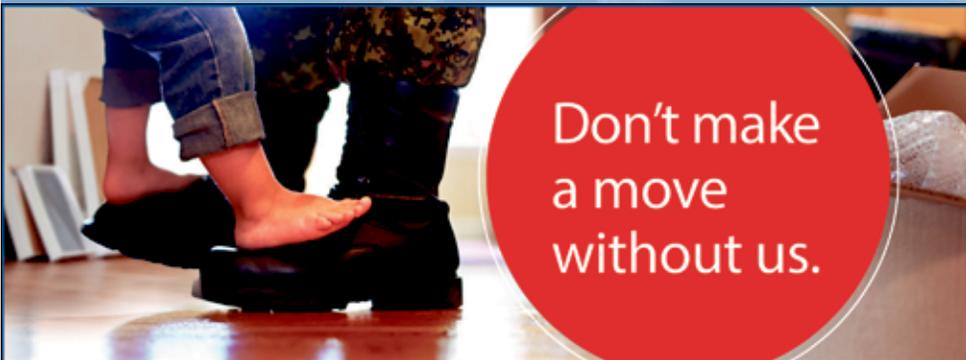
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