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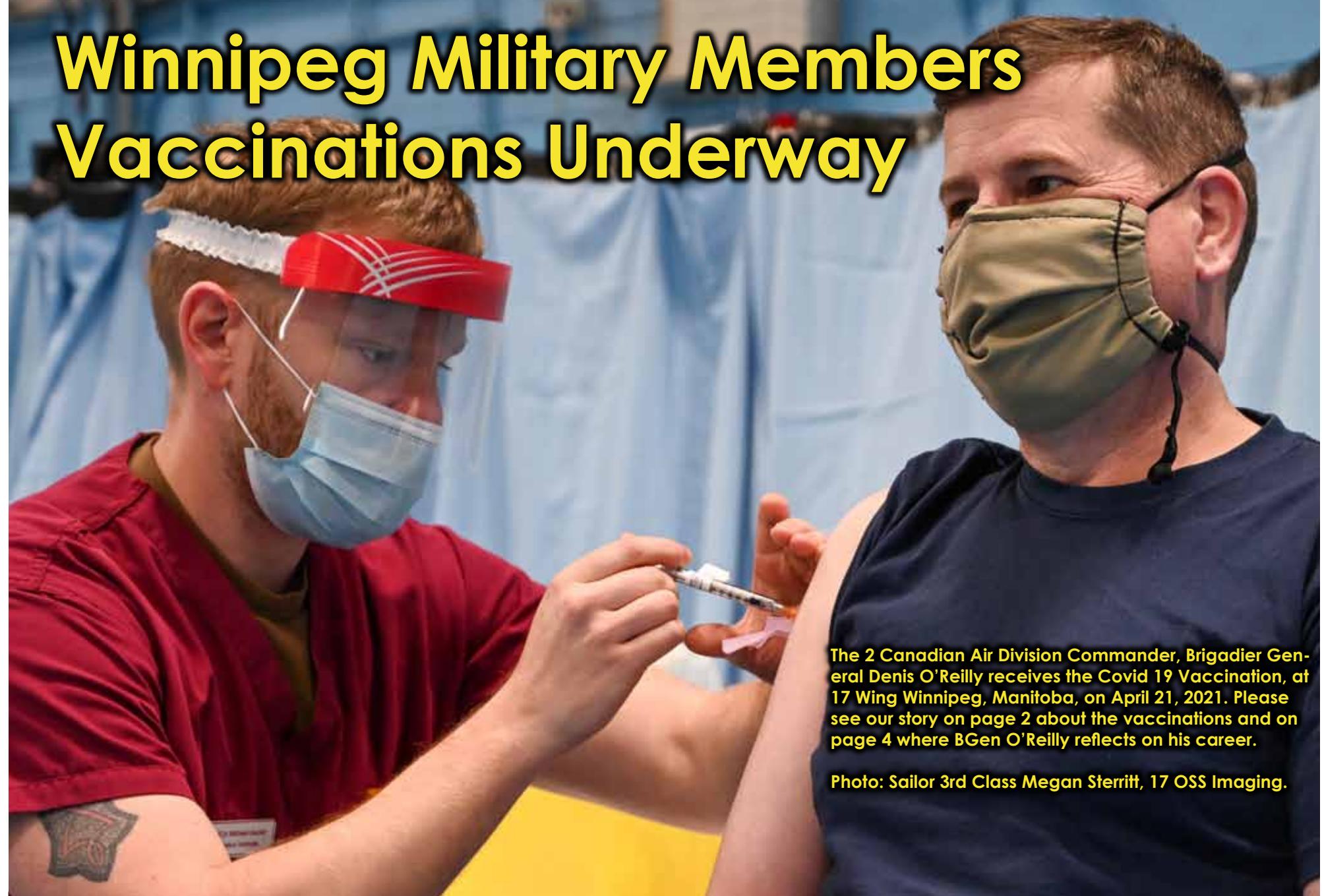
17 Wing Winnipeg / 17e Escadre Winnipeg

28 Apr 2021

The Voxair



Winnipeg Military Members Vaccinations Underway



The 2 Canadian Air Division Commander, Brigadier General Denis O'Reilly receives the Covid 19 Vaccination, at 17 Wing Winnipeg, Manitoba, on April 21, 2021. Please see our story on page 2 about the vaccinations and on page 4 where BGen O'Reilly reflects on his career.

Photo: Sailor 3rd Class Megan Sterritt, 17 OSS Imaging.

Inaugural Victory March



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Spring Tire Change



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CFB Wpg Golf Club Opens



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Vaccination Campaign Underway at 17 Wing

Gloria Kelly, 17 Wing Public Affairs

The campaign to get CAF members vaccinated against COVID 19 is well underway at 17 Wing Winnipeg.

"It's critical we get the message out to all our members within the CFB Winnipeg community on how important this vaccination is," said 17 Wing Commander Col David Proteau as he got his first vaccination. "Not only is it important for us but we are interacting with people in our families and community therefore being vaccinated will help reduce the risk of COVID transmission to others."

"It's important that we as members of the defence team take the time to get the vaccine to help keep us safe as we are relied upon as the last line of defence," he said. "It's important that we are always in a position to respond to Canada's call should we be asked to become involved in any operation here at home or around the world."

"The more people that get vaccinated the more we will achieve herd immunity and be able to get back to a better sense of normalcy."

"The vaccination program is not mandatory but it is strongly recommended," said 17 Wing Chief Warrant Officer Claude Faucher. "COVID -19 has been degrading our ability to train and deploy so the vaccinations will be huge in allowing us to carry out our operations as needed."

"While a COVID vaccination is not mandatory when it comes to deployment the issue of vaccinations will be made by the force employers based on medical and legal advice and the situation at hand," he said.

Each unit at CFB Winnipeg has a coordinator for the vaccination program.

"If you want the vaccination and don't have an appointment contact your unit coordinator and they will help get you booked," said Michelle Long, Community Health Nurse at 23 Health Services. "Once the first shot has been administered you will receive a booking for the second shot."

"While the vaccinations offer protection it is important for those who have been vaccinated to continue to follow all health guidelines and practice safety protocols in support of their co-workers, families and communities, said Ms. Long. "The vaccine is safe and offers us protection but we cannot assume everyone we come in contact with has also been vaccinated so following the health guidelines is important."

For civilian members of the defence team, they are encouraged to get vaccinated as soon as possible within the Manitoba vaccination program.

For the 17 Wing Commander's video message on the vaccination please visit the The Voxair's Facebook page.

<https://www.facebook.com/100063788253092/videos/pcb.139622534840688/143930911014682>

THE VOXAIR

OFFICE HOURS

Monday to Friday
0800 -1500 hrs

CONTACT

Ad Sales/Main Office
(204) 833-2500 ext 4120

Submissions/Reporter
(204) 833-2500 ext 6976
voxair@mymts.net
bill.mcleod@forces.gc.ca

VOXAIR STAFF

LCol Marc Fugulin
Dep Wing Commander
(204) 833-2500 ext 5281

Tina Bailey
Managing Editor
(204) 833-2500 ext 4299

Bill McLeod
Voxair Manager
(204) 833-2500 ext 4120

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Misra Yakut
Accounting



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The 2 Canadian Air Division Chief Warrant Officer, CWO John Hall, receives the Covid 19 Vaccination at 17 Wing Winnipeg, Manitoba, on April 21, 2021. The Voxair will talk with CWO John Hall in the next issue as he will become the RCAF Chief Warrant Officer later this year.
Photo: Sailor 3rd Class Megan Sterritt, 17 OSS Imaging.



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Correspondence should be addressed to:
The Voxair
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Winnipeg, MB R3J 3Y5
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Inaugural Victory March Replaces the Annual Nijmegen March Cancelled Due to Pandemic

Gloria Kelly, 17 Wing Public Affairs

Since 1952 members of the Canadian Armed Forces (CAF) have taken part in the four day Nijmegen March in Holland. Cancelled in 2020 and again this year due to the global pandemic, the CAF has launched the inaugural Victory March to continue the long standing tradition of participation in the Marches and is encouraging all Canadians to take part as well.

"With Nijmegen not happening this year the CAF was looking for a way to build on the virtual march that took place last year", said Major Glen Butcher, deputy commander of Task Force Nijmegen posted at 17 Wing Mission Support Squadron. "The inaugural Victory March is a way we as Canadians can support the people of the Netherlands as they remember and commemorate the victims of war and the liberation of their country at the end of the Second World War."

"Canada has had a special relationship with the Netherlands since the Canadian military took part in the liberation of the Netherlands during the Second World War. The first week of May has a particular importance in this relationship as May 4 is Remembrance of the Dead day, May 5th is the Liberation Day of the Netherlands and May 8 is Victory in Europe Day," said Maj Butcher.

At 17 Wing Maj Butcher will lead a team of 10 members who have expressed an interest in the Victory March. They will do the 2 x 20 kilometer march around the base on May 4 and 5. As these are the milestone marches.

"Every member of the CAF who had trained for and been selected as part of the Nijmegen team will do the 2x20 marches in their home locations marking sure they follow strict safety protocols," said Maj Butcher.

The Victory March is not a race and there is no medal at the end. This challenge brings together physical fitness and the importance of remembrance as it highlights the symbolic relationship that unites the Canada and the Netherland. It is open to anyone who wishes to take part and you do not have to me a member of the CAF or a veteran. Everyone is encouraged to take part and do so with social distancing protocols observed.

Anyone who wishes to take part in the Victory March can select the distance they want to march. There are distances of 2x20, 2x10, 2x5 and 2x2 km marches and you can choose to march as a family should you wish. You also chose where you want to march. Everyone who marches is asked to pick two days between 1-9 May to complete their routes.

All funds raised from the March will go to Boomer's Legacy. Boomer's Legacy funds humanitarian initiatives with the goal of building local capacity to provide a lasting impact. It is named in memory of Corporal Andrew "Boomer" Eykelenboom, a dedicated soldier and a Canadian Armed Forces medic, killed by a vehicle borne IED on August 11, 2006. Projects vary from helping a family, a school, a hospital or an area, to providing opportunities for women and veterans, and improving health care or education conditions. Boomer's Legacy raises awareness of our military's efforts on deployed operations at home and around the globe and raise funds for Boomer's Legacy- funds our soldiers can access to further help the people in communities where they serve.

To register for the Victory March go to <https://raceroster.com/events/2021/38945/victory-march-la-marche-de-la-victoire>.



Members of the 17 Wing Nijmegen Team showcases their Wing's colours before the Canadian National Vimy Memorial prior to take part to a commemorative parade in Vimy, France on July 12, 2019.



Unfortunately, 17 Wing members won't be able to share the same camaraderie they did in 2019 when the helped represent the CAF at Nijmegen, but to see how you can still do something read this article.

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2 CAD Comd Reflects on Military Service

Martin Zeilig

Brigadier-General Denis O'Reilly is, in his own words, just a boy from Moose Jaw, Saskatchewan, who never thought in his early years that he would end up in the Canadian Armed Forces. But what a career he's had, and continues to have.

Promoted to his current rank in June 2020, Brigadier-General O'Reilly was appointed Commander, 2 Canadian Air Division, in August 2020.

He was interviewed at 2 CAD on April 15.

Brigadier General Denis O'Reilly enrolled in the Canadian Armed Forces in 1991, notes his official biography. He received his RCAF pilot wings in 1995, and was posted to 408 Tactical Helicopter Squadron (Edmonton, AB) where he flew the CH135 Twin-Huey and later the CH146 Griffon helicopters.

From 2000 to 2003, he was selected for foreign exchange duties with 664 Squadron Army Air Corps (Dishforth, UK) where he flew the Lynx Anti-Tank Helicopter. His duties included Squadron Operations Officer and Squadron Second-in-Command. Upon promotion to Major in 2003, he was appointed Officer Commanding (OC) 664 Squadron.

Upon return to Canada in 2003, he joined 403 Helicopter Operational Training Squadron (Gagetown, NB) where he served in various Flight Commander positions, finishing his tour as Deputy Commanding Officer. In 2006, he assumed the role of J5 Air as part of the Standing Contingency Task Force HQ (Halifax, NS).

In 2007, he was posted to 1 Wing HQ (Kingston, ON) to fill the role of A7 Doctrine. Promoted to Lieutenant Colonel during Staff College in 2008, he returned to 1 Wing HQ in 2009 as the Operations Officer.

From 2010-2012, he had the privilege to rejoin 403 Helicopter Operational Training Squadron, this time as the Squadron's Commanding Officer. A move to 2 Canadian Air Division HQ (Winnipeg, MB) followed, where he served as the Senior Staff Officer in charge of Air Operations Training.

Promoted in 2015, he was appointed Director Air Force Training until 2016, when he returned to his home town of (Moose Jaw, SK) to assume command of 15 Wing, home of RCAF pilot training and The Snowbirds. In 2019 he returned to Winnipeg, this time to 1 Canadian Air Division HQ, where he filled the roles of A5/A7 and Director of Fleet Readiness.

Brigadier General O'Reilly served on operational deployments to Haiti (1996), Kosovo (1999), and Kuwait (2014). He is a graduate of the Advanced Aerospace Operations Course, the Joint Command and Staff Program, and the United States Air Force Air War College.

He holds a Bachelor of Philosophy degree, and a Masters of Defence Studies. He was appointed to the Order of Military Merit in November 2019. Brigadier General O'Reilly and his wife Doris have seven children.

"We weren't really a military family, and so I didn't think of it as a career option," BGen O'Reilly said.

"My dad was a director of education for the Catholic School System (in Moose Jaw). My mom was a nursery school teacher. There was a lot of focus on education in my family, less so on sports."

His parents purchased a hobby farm which was near the Moose Jaw Municipal Airport, he said.

"I used to ride my bike out there all the time and I fell in love with aviation," he said.

"I even got a job there during high school—towing aircraft, sweeping out hangars."

Then while he was completing his Bachelor's degree in philosophy at the University of Saskatchewan in Saskatoon, he befriended a military pilot, who extolled the virtues of being in the RCAF, from the base at 15 Wing.

"I was at a bit of a loss as to what to do," BGen O'Reilly explained.

"So, I joined the military and the rest is history. I fell in love with the flying, and more so with the leadership aspect, the challenges involved."

"I've always liked the stability the military provided. The family support it provided. I get itchy feet after three or four years in a job. I like to move. I like the challenges. My family has always been very supportive. I couldn't have done it without the support of my wife."

He remarked that going on deployed operations, and understanding the critical role the CAF plays at home



2 CAD Commander BGen Denis O'Reilly during an interview with the Voxair newspaper, on April 15, 2019 at 17 Winnipeg.
Photo by: Cpl Darryl Hepner, 17 Wing Public Affairs

and abroad, are the highlights of his career.

For example, being able to assist in a United Nations mission in Haiti in 1996-'97 when the Duvalier regime collapsed and there was widespread crime, poverty and instability in that small Caribbean country "really taught me what the military was all about," BGen O'Reilly said.

"I think the leadership of the CAF really cares about the people," he stressed.

"We want to make sure we create an environment where people feel they belong and have a sense of self fulfillment in the work they do for Canadians. We really

do want to open the door to dialogue in how people are doing, especially with the COVID pandemic."

He also added that as CO of 2 CAD, he doesn't need to make people care about the mission because "99.9 percent of our team" are professional, dedicated, motivated and patriots.

"They want to do their job, and want Canadians to be proud of them," BGen O'Reilly said.

"All I have to do is give them everything they need, and then get out of their way so that they can do their job and be value added as a Commander."

2 Canadian Air Division



2 Canadian Air Division (2 CAD) is the foundation for Royal Canadian Air Force (RCAF) training and education, and ensures continuity throughout the RCAF training continuum.

The Commander of 2 CAD is accountable to the Commander of the RCAF and provides:

- Oversight of RCAF individual education and training, including ab-initio training for most RCAF occupations,
- Oversight of core RCAF developmental courses, and
- Support to the overall RCAF training management.

2 CAD ensures this training and support is constantly reviewed and modernized to meet the needs of the RCAF's operational communities so they in turn can provide the Canadian Armed Forces with relevant, responsive and effective air power to meet the defence challenges of today and into the future.

The formations under the Commander of 2 CAD include 15 Wing Moose Jaw, 16 Wing Borden and 17 Wing Winnipeg. In addition, the Canadian Forces Aircrew Selection Centre located in Trenton, ON also reports directly to the Commander of 2 CAD.

Mission

2 CAD generates and develops personnel as Training Authority for the RCAF.

Vision

2 CAD delivers advanced aerospace knowledge and leading edge training through a responsive, innovative and effect based methodology to achieve maximum training effectiveness for the RCAF.

Source: RCAF (Government of Canada) website

Former Member Celebrating 90th Anniversary of 402 Sqn with Book of Paintings of Sqn Aircraft

Martin Zeilig

When asked why he's writing another book about 402 City of Winnipeg Squadron, Pat McNorgan provides a straightforward response.

McNorgan wrote a book marking the 75th anniversary history book of the storied squadron. He's now in the process of writing another book to celebrate 402 Sqn's 90th anniversary in 2022.

But, as the retired RCAF member, who served with 402 Sqn from 1989-1999, points out the new book will be about the aircraft the squadron has flown since its inception.

"This book is not a squadron history (as was the first book)," McNorgan emphasized during a telephone interview on April 10.

402 Squadron began on 5 October 1932 as Number 12 Army Co-operation Squadron, a unit of the non-permanent active Air Force, says online information.

During the early years, meetings were held in Minto Armories, while flying facilities were based at Stevenson Field, now Winnipeg James Armstrong Richardson International Airport.

During the Second World War, the squadron flew on fighter operations in Great Britain, Belgium, the Netherlands and Germany under 'Fighter Command' and '2nd Tactical Air Force'.

The squadron was re-formed as 402 (Fighter Bomber) Squadron on 15 April 1946, North American Harvard Mk. II trainers initially in preparation for a transition



Sgt (Ret'd) Pat McNorgan, who wrote the 75th anniversary book for 402 "City of Winnipeg" Sqn, is creating a book of paintings of aircraft the sqn has flown. The sqn will celebrate it's 90th anniversary in 2022.

to a new role," says Wikipedia.

"In 1951, it was converted to a fighter-bomber squadron, the squadron receiving the North American Mustang Mk. IV (P-51D series). November 1954 saw the delivery of the first Canadair Silver Star Mk. III to 402 Squadron in anticipation of a switch to this type which could be operated as an armed version of the standard trainer. The Mustang, However, was retained until its retirement in 1957."

In the late 1980s, the name changed to 402 "City of Winnipeg" Transport and Training Sqn with the de Havilland Canada CC/CT-142 Dash 8 used to provide light transport and training for the Canadian Forces Air Navigation School (CFANS), Wikipedia says.

"If you look back at the aircraft the squadron has flown

over that time period, the squadron has flown a little over 20 different aircraft types," McNorgan, who also was Deputy Air Force historian at 1 Canadian Air Division in the office of Heritage and History from 2002-2010 (until he retired), said.

"There are so many classic aircraft that 402 squadron has operated. For example, they went from an elementary training squadron earlier on to an army cooperation squadron. That's what they started the war as. They were the second squadron to deploy overseas when they were equipped with the Westland Lysander during the Second World War."

Westland Lysander crews flew highly classified clandestine missions from England over Axis territory, he said, adding that many of their operational missions remain tightly locked in official secrecy.

"The Lysander was designed to land and take off from places normally unrecognizable as airfields," McNorgan noted.

"The aircraft operated comfortably from pastures, fields, and even clearings in the forest and was effective at inserting secret agents deep into enemy territory. It's another classic stall aircraft"

But, when the sqn went overseas, it was during the Battle of Britain.

"What was needed at the time were fighter squadrons, and the army cooperation squadron wasn't needed," McNorgan explained.

"So, they were reinstated as a fighter squadron and re-equipped with Hurricanes, the bomber version of the Hurricane. They operated them for awhile, and then they flew Spitfires for the rest of the war. The Spitfire is

widely regarded as certainly the most beautiful piston engine fighter, and one of the best that was produced. It's an iconic aircraft and (legendary in) how it helped to win the war."

After the war, the squadron stood down for about a year.

"Then it started up again equipped with the North American Harvard, the iconic trainer," McNorgan said.

"This was a buildup aircraft. They got a bunch of Harvards from training during the war. They went on to re-equip with the first jet fighter that was flown in North America after the war even before the USAF did, the de Havilland Vampire."

They also operated the Dakota aircraft, he observed.

"They've gone from fighter bomber, transport squadron and finally to the navigation squadron that they are today," he remarked.

"I've taken not only the major principle equipment of the squadron, but also the peripherals and the one offs."

Besides being an aviation historian, McNorgan is also an artist, and thus will do the drawings in his new book.

"Back in the 1990s, I started to do aircraft profiles using an art program on the computer," he explained. "I'm getting as many of the pilots as I can to add to the stories to give their perspective of the various aircraft. You're going to see what the airplane looked like, art work and photos and a concise description. I'm looking to have it done by October 2022 in time for the 90th anniversary of the squadron."

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17 MSS Tire Change Supports Chaplains' Care and Share



Socially distanced participants at the RCEME Tire Change Event drop off their vehicles to Cpl Brian Moynihan April 21.



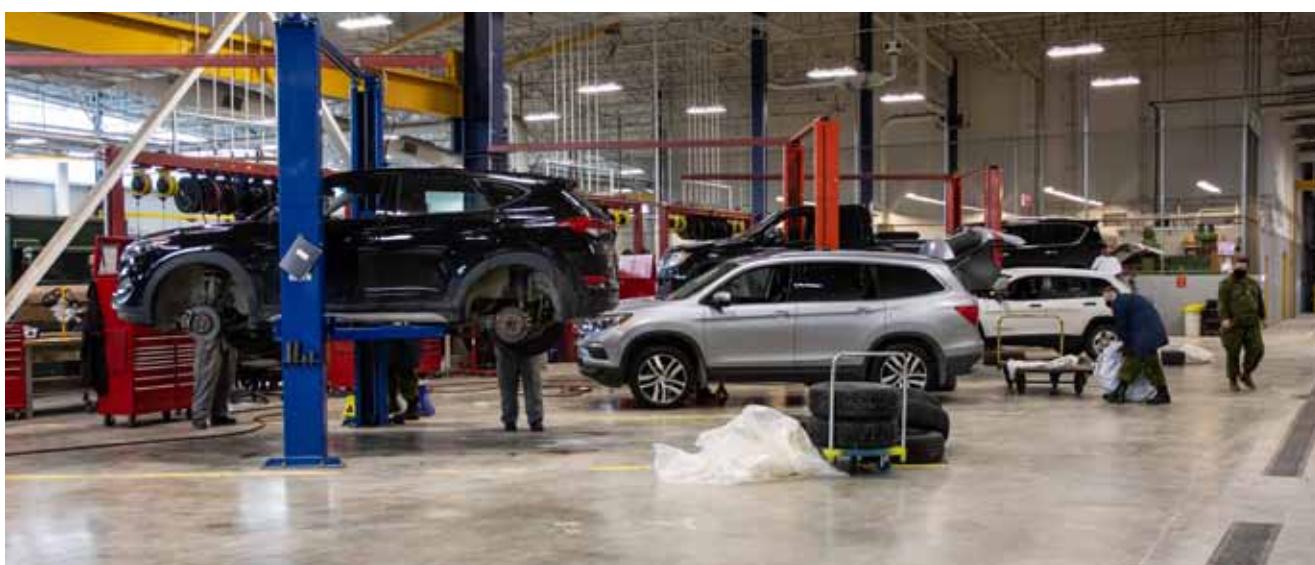
Cpl Randy Hoang and Cpl Benjamin Jeffery mark the location of the tires they removed for replacement in the fall. All photos: Bill McLeod, Voxair Manager.



Cpl Aaron Bergen works on the floor to rapidly remove the winter wheels of a client.



Due to the Winnipeg winter, some wheels needed more persuasion from MCpl Jesse Kowal than others.



Wednesday, 21 April, was a busy day at 17 MSS as techs completed 40 tire changes, along with a number of car washes.



Cpl Cory Shearer and MCpl Joeseph Olaski present a cheque to Chaplain Antin Sloboda for the Chaplains' Care and Share Fund.

Martin Zeilig

A grand total of \$3990 was raised to help Winnipeg military members at the seventh annual 17 MSS RCEME Spring Tire Change Event which represented 93 vehicles getting their summer tires put on.

Proceeds went to the Chaplains' Care and Share Fund to help military families," Corporal Cory Shearer, the OPI for the tire exchange, said during an interview on April 26.

The daily hours of operation for the three day exchange were from 730 hrs to 1600 hrs.

The cost per vehicle was \$60 for a balance and \$30 for a tire swap, said Cpl Shearer. During the event, RCEME members

In addition, there was an exterior car wash available, which was operated by a vehicle tech, if customers wanted one, he added.

The tire exchange was open to anyone, military or civilian, who's employed at 17 Wing.

"The labourers were the RCEME members from Corporal up to a Warrant Officer," Cpl Shearer said.

"We did everything from taking the tires off to balancing them, and dealing with the administration. We did everything."

A tire change is also done during the late fall when personnel can have their regular tires removed and winter tires installed.

The proceeds for that event are always donated to the Government of Canada Workplace Charitable Campaign, Cpl Shearer observed.

"It's a really good event," Cpl Shearer said of the recent tire change.

"The money goes to help people in need. We enjoy doing this because it goes to a great cause. It's always done for members of the base."

On Tuesday, April 27, Chaplain Antin Sloboda accepted a cheque for the Care and Share Fund and explained how the fund annually helped between 30-50 Winnipeg members.

"Any unit chaplain can provide up to \$100 in grocery gift cards to a member," said Padre Sloboda. "The Wing Chaplain can authorize up to \$300."

"It's a way we have to instantly help any family in need," he added. "But it's way more than providing financial help, it's a way we have of showing we care."

CWO Tony Savard thanked his members for their work during the tire change event and supporting the Wing and in particular the junior members who made it happen.



MCpl Tyler Parsons breaks a bead on a winter tire to remove it from the rim.

Military Police Member Enjoys Community Policing

Martin Zeilig

Corporal Danielle Kolosky, 17 Military Police Flight, acknowledges that she wanted to be a police officer ever since she was “knee high to a grasshopper.”

It took her a few years to fulfill that dream after working at other jobs. She’s been in the military for five years now.

“The dedicated members of 17 MP Flt do their utmost to protect 17 Wing and the members of its community on a 24/7 basis,” Captain Joshua Martin, Officer Commanding 17 MP Flt, said in an email to The Voxair.

“Cpl Kolosky is but one example, among many, who are proud to be upholding justice and keeping others safe while serving within the CAF,” he added.

After graduating from high school, this 34-year-old native of Oak Lake, a farming community in southwestern Manitoba near the Saskatchewan border, moved out to Lethbridge, Alberta to study for a two year criminal justice program at a community college.

“I graduated and applied to the RCMP at age 19, and got deferred because I needed more life experience,” Cpl Kolosky said during a telephone interview on April 9.

“I was grateful that I didn’t get in at that time because I was definitely young and naive. It gave me the opportunity to do other things in my life.”

She first got a job working for Manitoba Infrastructure and Transportation in the Highways Department for a few years.

“Then, I decided to attend Red River College and study Architectural Engineering Technology,” Cpl Kolosky said.

“I graduated from that in 2014 and was working for a family owned company, Gillis Quarries, Ltd., that quarries Tyndall Stone.”

She also decided to join the Reserves because, in her words, “I always wanted to get a taste of the military” lifestyle.

“To be completely honest, it was something to apply to my resume when I applied to the RCMP again or the Winnipeg Police Service,” Cpl Kolosky confessed.

“But, I really loved the military aspect of it, the ethos and atmosphere. So, I decided that I could have the best of both worlds — the policing aspect and stay within the military. Then, I decided to join the Reg Force.”

She found her true calling during her training to become an MP.

“In essence, the military police are here to serve the Canadian Armed Forces community,” said Cpl Kolosky,



Cpl Danielle, 17 Military Police Flight, poses with her son in front of a patrol vehicle. Photo: Submitted.

who has a wife, Erin, a dental assistance, and a two year old son and a baby on the way.

“Not only do we serve the reg force, but we also reserve members, civilian employees, cadets, family members who live on base. The MPs are a federal police service. We have the same powers as the RCMP. When some civilians come on base, they might not realize that we’re actual police officers. We report and investigate criminal activities in the military -- theft, break and enter, sexual assaults. you have to learn the criminal code and the military side of it as well.”

All Canadian citizens are entitled to the same rights, privileges and protection under Canadian law, and Military Police are qualified to provide these services to the same standard as every other Canadian police service, says the Government of Canada website.

Military police routinely work within the civilian criminal and military justice systems, and are recognized as peace officers in the Criminal Code of Canada, the online information notes.

“With over 1, 250 full-time members, they form one of the largest police forces in Canada,” it says. “Military

Police provide around-the-clock service to the military community in Canada or around the world, including areas of armed conflict or natural disaster. Most Military Police members work outdoors, on foot or in a vehicle, or in an office setting to take statements or complete documentation.”

Helping people is what matters most -- finding a positive solution for the parties involved, Cpl Kolosky, who’s now working on a criminal justice degree from Athabasca University in Alberta, emphasized.

“I enjoy the community policing aspect of this job,” she said.

“I love getting out there and letting people know who I am and interacting with them, as much as COVID will allow. I want people to feel confident that Kolosky is on the file and they know it’s going to get done.

“I don’t mind people knowing who I am. I jump at the opportunity to let people know that the MPs are here to help them in any capacity we’re able to. That’s what drove me to become a police officer. Anyone who joins the CAF has a desire to be something bigger than themselves in Canada or abroad. It’s a very selfless profession.”

Captain Joshua Martin, Officer Commanding, 17 Military Police Flight, is proud of the MPs who serve under him.

“The dedicated members of 17 MP Flt do their utmost to protect 17 Wing and the members of its community on a 24/7 basis,” he said. “Cpl Kolosky is but one example among many who are proud to be upholding justice and keeping others safe while serving within the CAF.”

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Holly Bridges, Planning Advisor, RCAF Family Advocate

Supporting RCAF families has never been more important than it is now, especially in light of the latest retention survey results that showed the impact of the military lifestyle on spouses and partners as a leading factor in many members' decision to release early.

In an effort to encourage greater participation, and more accurately portray the support available to our people and their families, the RCAF Family Sponsor Program has been renamed the RCAF Family Connection Program (FCP). This will alleviate the confusion with unit (military) sponsors, who are focused on the military member posted in; whereas the Family Connection Program puts the member's family front and centre, and better reflects the purpose of the program, which is to build community and improve communication and connection at the wing and unit level. It's designed to ease the stress of relocation and service-related separation by

connecting families to each other and to local leadership. RCAF units work with local Military Family Resource Centres (MFRCs) to provide the FCP to any family who desires it when posted into an RCAF unit. Together they engage, build and maintain a team of volunteer connectors at each Wing. The volunteer connectors proactively reach out to families that are newly posted in or affected by duty-related separations.

A proactive publicity campaign is underway to re-brand the program and disseminate an updated suite of products to support it. RCAF Command Team engagement will raise awareness and gain support for the ever-important unit communication and connection.

The first-ever RCAF Families website is also under construction with the aim of providing families –by the summer— with a one-stop-shop source of information on programs and services relating to priorities including health care, spousal employment, child care, and housing.

Posted RCAF personnel and families are encouraged to

participate in the RCAF FCP through their gaining unit or their local MFRC. Every effort will be made to match a newlyposted family with a volunteer connector that shares similar family circumstances (children's ages, special needs, etc.).

For our RCAF families who are staying put this year – and who would like to welcome another family into their community and share their valuable experience to ease military transitions –please consider volunteering.

Families truly are the strength behind the uniform, and we appreciate the contributions of these invisible crew-members to overall quality of life, force readiness and the long-term retention of our people. Together, through the RCAF Family Connection Program, we can help build stronger families, stronger communities and a stronger fighting force today, tomorrow and into the future.

For more information about the RCAF Family Connection Program, go to: www.rcaf-arc.forces.gc.ca/en/family-support-team/family-sponsor-program.page or send an email to: RCAFFamily_ARCfamille@forces.gc.ca

La connexion au cœur (et dans le nom) de l'ancien Programme de parrainage des familles

Holly Bridges, Conseillère en planification, Défenseur des familles de l'ARC

L'appui offert aux familles de l'ARC n'a jamais été aussi important qu'aujourd'hui, surtout à la lumière des résultats du dernier sondage sur le maintien en poste du personnel, qui ont montré que les répercussions du mode de vie militaire sur les conjoints et les partenaires étaient un facteur important dans la décision de nombreux militaires de quitter les Forces armées plus tôt que prévu.

Dans le but d'encourager une plus grande participation et de décrire plus précisément le soutien offert à nos militaires et à leurs familles, le Programme de parrainage des familles de l'ARC a été rebaptisé Programme de connexion familiale (PCF) de l'ARC. Cela permettra d'éviter la confusion avec les parrains des unités (militaires), qui se concentrent sur le militaire en affectation, alors que le Programme de connexion familiale met la famille du militaire au premier plan et reflète mieux l'objectif du programme, qui est de bâtir une communauté et d'améliorer les communications au niveau de l'escadre et de l'unité. Il est conçu pour réduire le stress lié à la réinstallation et à la séparation attribuable au service militaire, en mettant en contact les familles les unes avec les autres et avec les dirigeants locaux.

Les unités de l'ARC travaillent avec les Centres de ressources pour les familles des militaires (CRFM) locaux, afin d'offrir le programme à toute famille affectée à une unité de l'ARC. Ensemble, ils recrutent pour établir et maintenir une équipe d'accompagnateurs bénévoles à chaque escadre. Les accompagnateurs abordent de façon proactive les familles nouvellement affectées et les familles qui font face à des séparations liées au service.



Une campagne de publicité proactive est en cours pour donner une nouvelle image au programme et diffuser une série de produits actualisés pour soutenir les familles. L'engagement de l'équipe de commandement de l'ARC permettra de sensibiliser et d'obtenir un soutien pour la communication et la connexion de l'unité, qui sont toujours importantes.

Le tout premier site Web des familles de l'ARC est également en cours de construction dans le but de fournir aux familles une source d'information à guichet unique sur les programmes et les services relatifs aux priorités, notamment les soins de santé, l'emploi des conjoints, la garde d'enfants et le logement.

Les membres du personnel de l'ARC en affectation et leurs familles sont encouragés à participer au PCF de l'ARC par l'intermédiaire de leur unité d'appartenance

ou de leur CRFM local. Tous les efforts seront faits pour jumeler une famille nouvellement affectée à un accompagnateur bénévole qui partage les mêmes circonstances familiales (âge des enfants, besoins spéciaux, etc.).

Pour les familles de l'ARC qui restent sur place cette année - et qui aimeraient accueillir une autre famille dans leur communauté et partager leur expérience précieuse pour faciliter les transitions militaires – nous espérons que vous envisagerez de faire du bénévolat comme accompagnateur.

Les familles sont vraiment la force derrière l'uniforme, et nous sommes reconnaissants des contributions de ces membres d'équipage invisibles à la qualité de vie globale, à l'état de préparation de la force et à la rétention à long terme de nos gens. Ensemble, par l'entremise du Programme de connexion familiale de l'ARC, nous pouvons aider à bâtir des familles plus fortes, des communautés plus fortes et une force de combat plus forte aujourd'hui, demain et dans l'avenir.

Connectez-vous avec votre communauté! Pour de plus amples renseignements, rendez-vous à :

<http://www.rcaf-arc.forces.gc.ca/fr/equipe-de-soutien-aux-familles/parrainage-familles.page>
ou envoyez un courriel à RCAFFamily_ARCfamille@forces.gc.ca.

RCAF Tartan: How it all began



The Royal Canadian Air Force Pipes and Drums parade on Parliament Hill in Ottawa, Ontario, in 2014. PHOTO: DND, FA2014-1008-01

April 6th was Tartan Day. Here's the story of one of the most famous Canadian tartans.

By Squadron Leader Harold G. Williamson

One of the most popular tartans in Canada today contains a lot of blue, a little maroon and some white.

You will find it used as curtains in air force transport aircraft, and, made into drapes, adding to the decor of many messes and institutes. It is also used in many articles of wearing apparel, among them the tie worn with the familiar blue blazer and grey slacks.

Today, it is known as the Royal Canadian Air Force tartan, officially registered on August 15, 1942, by the Lord Lyon King of Arms of Scotland in his court archives.

The RCAF tartan and the first RCAF pipe band are almost synonymous, historically.

It all started at No. 9 Service Flying Training School (SFTS) at Summerside, Prince Edward Island, on January 25, 1942, at a Burns Night mess dinner. Group Captain Elmer G. Fullerton, a Nova Scotian of Scottish ancestry, was the commanding officer at the time.

Two pipers from Charlottetown piped in the traditional haggis that had been prepared by a French-speaking flight sergeant cook. I cannot recall anything unusual about the pipers but certainly you needed a large measure of Scots (or scotch) ancestry to really enjoy the haggis.

At that time, No. 9 SFTS had a volunteer drum and trumpet band led by Sergeant D.A. Engdahl, an airframe mechanic. I was president of the band committee whose members were mostly of Scottish descent. The commanding officer was so pleased with the fine music provided by the pipers at our Burns Night dinner, he decided we should endeavour to incorporate one or two into our trumpet band – a task most difficult, as we were to discover. We were unable to find pipers from within the station complement, so command was asked to help. The commanding officer was authorized to enlist two pipers, if they could be found, as general duties (GD) airmen. Mr. Brennan, publisher of the Summerside newspaper, made known our need for pipers and bagpipes, and from many applicants, two were finally accepted as pipers and several sets of pipes were received as gifts on duration-of-the-war loans. Now we were in business. No Blend

Soon, Station Summerside resounded to the skirl of pipes, the rattle of drums and the notes of trumpets, as the airmen and airwomen of our band competed with the roar of Harvards doing circuits and bumps.

Try as we might, we could not blend pipes and trumpets, and the drummers could not cope with the changing tempo. This resulted in Group Captain Fullerton's decision to try to establish a complete pipe band in Scottish regalia – their dress, if possible, to be as colourful as Scottish tartans but one that would be based on a design of air force colours of light blue, dark blue and maroon. After fruitless efforts searching store and catalogues,

the Anderson tartan pattern came the closest to being like the one Group Captain Fullerton had suggested, however it still lacked something.

He then decided to design a tartan based on the colours he wanted. Using red and blue pencils he sketched his ideas on a scratch pad. This was the embryo of the now popular tartan.

A few years later there was a legal argument about who, in fact, did design the tartan. As far as I am concerned, Group Captain Fullerton was the one!

Needed: Weavers

Having this rough sketch, I then had to find someone who would weave a sample. I wrote to the Chambers of Commerce of several large cities and they were all helpful, but finally we contacted a firm in Gagetown, New Brunswick, which had a small handloom studio operating under the Dominion Provincial Youth

Training Program.

After a good deal of discussion with Miss Muriel Lawrence, who was in charge, a small sample was made up from our description. The weavers also made up a sample which incorporated a white line in the design. Group Captain Fullerton liked the improvement and ordered a larger piece of the material to be sent through the proper channels to Air Force Headquarters for approval.

The Air Officer Commanding and the Air Member for Personnel (AMP) had discussed the proposal made by Group Captain Fullerton to form a pipe band and design a distinctive tartan when they had visited the station previously; therefore, when the official submission arrived in Ottawa, it was not unexpected.

On May 21, 1942, the Air Council viewed the sample, accepted it with minor changes relating to the shades of blue, and commended No. 9 SFTS for its fine effort. On May 26, a new sample, changed to comply with Air Council's suggestions was sent to Ottawa.

I have received your letter of 13 July enclosing a portion of tartan which has been approved of for the Royal Canadian Air Force

Unfortunately, there is no law regulating the use of tartans and no official register of same, which is a great pity.

I am pleased, as far as I have any status in the matter, to approve of the design and shall file it in our archives...

Lord Lyon's reply to Air Vice-Marshal Sully

Air Vice-Marshal John Alfred "Jack" Sully (AMP) then requested the Lord Lyon King of Arms of Scotland to register the tartan in his court. There was no official regis-

ter, but Lord Lyon said he would retain the sample sent to him in his archives. This was done, and thus, on August 15, 1942, it was named the official Royal Canadian Air Force Tartan, becoming as far as is known the only tartan approved for any Commonwealth air force.

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CANEX Gives Back Volunteer Recognition Program

The National Volunteer Week theme for 2021, The Value of One, The Power of Many, reflects on the awe-inspiring acts of kindness by millions of individuals AND the magic that happens when we work together towards a common purpose. We recognize the value of the caring and compassion that each one has shown another, and we recognize the power of people, organizations, and sectors working together.

Since 2005, CANEX, through Military Family Services (MFS) and the Military Family Resource Centre (MFRC) and if requested, Personnel Support Program (PSP) has provided CAF communities with an annual contribution for the Volunteers' Recognition Program. The program was very successful, but with all things, there comes a time to evolve.

The CANEX Gives Back Volunteer Recognition Program, formerly known as the Volunteer Recognition Grant, has been modernized and updated. The change to the program was made to improve the administrative process for those who receive the grant, thereby allowing them to dedicate more time to devote to service delivery and to increase our ability to recognize their valuable contribution to the military community.

New this year, CANEX has created an opportunity for us to highlight the work of our volunteers on a national scale. Nominate your volunteers to be featured in a monthly profile that will showcase their efforts as well as the program they are making an impact in. Nominations can be submitted at www.CAFconnection.ca/CANEXvolunteers

"CANEX understands this commitment and the time, talent, experience, effort and care that each volunteer has devoted to improving the lives and well-being of those who serve," says Frank Rocchetti, Senior Vice President, CANEX/NATEX. "By funding the CANEX GIVES BACK VOLUNTEER RECOGNITION PROGRAM, CANEX will continue to fulfill its mission to improve the lives of military families, a mission that we share as a division of Canadian Forces Morale and Welfare Services and as a part of our military community."



School children picking up garbage together while cleaning a public park. CANEX is honored to fund the volunteer recognition program annually as this funding recognizes and celebrates the important work each volunteer does in their local CAF community. Photo: Submitted.

Des écoliers ramassent les ordures ensemble lors du nettoyage d'un parc public. C'est un honneur pour CANEX de financer cet important programme chaque année, car celui-ci permet de reconnaître et de célébrer le travail important que chaque bénévole accomplit dans sa communauté locale des Forces armées canadiennes (FAC). Photo: soumise.

Programme de Reconnaissance des Bénévoles « CANEX Redonne à la Communauté »

Le thème de l'édition 2021 de la Semaine de l'action bénévole (SAB), « La valeur de

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chacun, la force du nombre », rappelle les impressionnantes actes de bonté accomplis par des millions de personnes, ainsi que la magie qui opère lorsque nous travaillons tous ensemble vers un but commun. Nous reconnaissons la valeur de la bienveillance et de la compassion témoignées à l'égard d'autrui, ainsi que le pouvoir des particuliers, des organismes et des secteurs qui unissent leurs efforts.

Par l'intermédiaire des Services aux familles des militaires (SFM) et des Centres de ressources pour les familles des militaires (CRFM), CANEX aide les communautés des Forces armées canadiennes (FAC) depuis 2005 en contribuant financièrement chaque année au programme de reconnaissance des bénévoles. Ce dernier a connu de grandes réussites, mais comme toute bonne chose, il y a un temps pour évoluer.

En effet, le programme de reconnaissance des bénévoles « CANEX redonne à la communauté », autrefois connu sous le nom de « subvention pour la reconnaissance des bénévoles », a été modernisé. Les modifications améliorent le processus administratif pour les bénéficiaires de la subvention, leur permettant ainsi de consacrer davantage de temps à la prestation de services, et accroissent notre capacité à reconnaître leur précieuse contribution dans la communauté militaire.

Pour une première fois cette année, CANEX nous a donné l'occasion de souligner le travail de nos bénévoles à l'échelle nationale. Nommez vos bénévoles pour qu'ils fassent l'objet d'une présentation mensuelle mettant en valeur leurs efforts. Comme chaque bénévole est important, les présentations seront sélectionnées au hasard. Vous pouvez proposer des bénévoles sur le site Web www.ConnexionFAC/bénévolesCANEX.

« CANEX comprend le poids de cet engagement ainsi que la valeur du temps, du talent, de l'expérience, de l'effort et du soin que chaque bénévole consacre à améliorer la vie et le bien-être de nos militaires, dit Frank Rocchetti, Vice-président supérieur, CANEX/NATEX. « En finançant le PROGRAMME DE RECONNAISSANCE DES BÉNÉVOLES « CANEX REDONNE À LA COMMUNAUTÉ », CANEX continuera de remplir sa mission d'améliorer la vie des familles des militaires, une mission que nous appuyons en tant que division des SBMFC et membre de notre communauté militaire. »

CFB Winnipeg Golf Club Set to Reopen May 1

Bill McLeod, Voxair Manager

Even with the latest announcement of restrictions to enforce social distancing by the Manitoba government, the CFB Winnipeg Golf Club will still be able to follow the guidelines and reopen on Saturday, May 1.

Along with some increased prices to cover costs, there will be other changes at the course. Matthew Hamilton, who joined Personnel Support Programs last year, has been named the golf club manager for the year, taking over for Rick Phillips, who managed it during the first year of the pandemic.

"The first course I played on was the CFB Winnipeg Golf Club with my grandfather," Matt said when contacted about the opening.

"I am excited to be the manager for the 2021 season and get back on the course. I have many fond memories of playing the course with my grandfather and hope we can offer the same to the juniors this year. For May we will be having free junior green fees with members or paid green fees."

Matt also mentioned that this year, unless things change again, the clubhouse will be open from 7 am until 7 pm, Monday to Friday, and they will be offering individual green fees again to allow members to bring all their friends and family with them to golf. Beverages and patio seating, following the local guidelines, will also be available later this year.

New this year, tee times are required and will be booked online through BookKing or by calling the clubhouse. This will reduce the time to sign in at the clubhouse and with a tee time non-members will be able to access the base just prior to their tee times.

"This year we will be booking tee times online a week in advance, all members will have a profile in our system once they buy their membership and will be able to book tee times using the same log in," said Matt. "The Clubhouse will be able to book tee times for anyone who needs help and we are here to help you book them yourself. The link and instructions will be on CFBWinnipegGOLF.ca before the club opens."

Leagues and events will be back this season. Please see the contact information on this page for Dawn Redahl, 17 Wing Sports Coordinator, for the recreation golf league sign up.

"I am excited to welcome all members and that we can have a safe and fun season," said Matt. "We are excited that we can offer green fees again in 2021, to allow our members to bring their friends and family to golf with them."

CAF RECREATION GOLF LEAGUE

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Winnipeg MFRC Celebrates 30 Years of Serving the Military Community

Did you know the roots of the Military Family Resource Centres in Canada reach back to 1984? A group of military spouses in Alberta formed the Organizational Society of Spouses of Military Members (OSSMM, yes, pronounced aw-ssm). Why did these spouses organize? At that time, military families were not considered in the military's support network, planning processes or resource allocation. Military families were on their own without any benefits, guidance or support through the member's CAF career and retirement. There was an adage; 'If the military wanted you to have a family, they would have issued you one.'

In 1991, the hard work of these spouses paid off, and the Military Family Support Program (MFSP) became official. MFSP would, and still does, provide funding to establish multi-service family resource centres that are arm's length from the chain of command. These centres, including your Winnipeg MFRC, are not-for-profit entities, separate from the military. The separation provides confidentiality when accessing programs or services and responsiveness to families' needs. The not-for-profit model allows the centres to access other funding sources for special programs and projects.

From their humble beginnings in 1991 to now, the Winnipeg MFRC has been faithful to its grassroots and military family beginnings. The MFRC's Board of Directors draws from its local community and consists of a minimum of 51% of family members of active CAF members. In addition to the volunteer Board of Directors, volunteers contribute hundreds of hours each year to support programs, services and operations.

Right to today, the MFRC supports and equips military families as they face the stressors of military life - from enlisting, to service, to retirement and through post-service life as a veteran. A happy and strong family allows CAF members to focus their energy on operations.

Sometimes the support looks like a session connecting the families of new recruits to families with CAF expe-

rience so the new military families can learn the ins and outs of CAF life. Support can be a parent group where stories are shared and connections made. Other times, it is a one-on-one or family session with a social worker, assistance with finding a job when you are new to the community or getting a parcel to a deployed loved one. Support is also community events - like BBQs and coffee breaks where members and families and the community at large can come together.

No one person or organization can do it all, so when the MFRC doesn't have what you need in-house, their staff help you connect to services or programs in the community where you live.

Evolving to serve our military community

In addition to five location changes over 30 years, the MFRC has grown to meet the changing needs of their community with additional staff, services, and locations. As the demographics of the CAF have changed - more single members, fewer couples with children at home - programs have adapted to serve all those the military lifestyle impacts. This expansion has extended from spouses and children to include the military members themselves (a family of one!) and friends of military members.

This last year has seen accelerated change as the MFRC staff pivoted to provide services in new ways with the new realities of the pandemic. From partnering with 17 Wing to ensure easy access to townhalls at the early stages of the pandemic to virtual programming via Zoom and Facebook, the MFRC has changed how they serve you, their military community.

Planning into the future

2021 marks the 30th Anniversary of the Winnipeg MFRC, so there will be various special events and programs through the balance

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FOR A FULL STAFF DIRECTORY AND FOR MORE INFORMATION VISIT OUR WEBSITE
www.CAFconnection.ca/Winnipeg

of the year, all in a COVID safe way.

The first special anniversary event is an online 50/50. The raffle is open to residents of Manitoba, and you can purchase your tickets online at <http://bit.ly/WMFR5050>. The draw takes place on Monday, June 28th at 9:00 AM, and the winner will take home half the ticket proceeds.

Look to the Voxair, the Winnipeg MFRC's social media (@WinnipegMFRC) and the CAFconnection.ca/winnipeg website for upcoming events.

Finding all the programs in one place makes it easy to register!

— CAF Member, 17 Wing

In addition to finding our programs on Facebook, you can also find our programs on www.CAFconnection.ca/WPG. You can register from the program descriptions.

Use your phone's camera to scan the QR code to be taken right to our programs. Yes, you can scan a computer screen!

bit.ly/WMFR5050

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CMHA Mental Health Week-What You Need to Know

1. Good mental health isn't about being happy all the time. In fact, a mentally healthy life includes the full range of human emotions—even the uncomfortable ones like sadness, fear and anger.

- Feeling sad, angry and anxious at times is part of being human.
- Even if we try to push our difficult feelings down, they don't go away.
- Focusing on intense emotions doesn't make them worse. In fact, one of the best ways to quiet our emotions is to give them a voice.¹
- Bottling up our emotions can make them grow or come out in other ways—not reacting to something negative that happens at work could end up making you more likely to yell at your children later, for example.²
- If your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it's important to seek mental health support.

2. The theme of this year's Mental Health Week is understanding our emotions. Recognizing, labeling and accepting our feelings are all part of protecting and promoting good mental health for everyone.

- 1 in 5 Canadians experiences mental illness or a mental health issue in any given year, but 5 in 5 of us—that's all of us—has mental health.
- Regardless of whether or not we have a mental illness, our mental health is something we can protect and nurture.
- Everyone deserves to feel well, and understanding our emotions is a part of feeling well.
- Emotional well-being includes recognizing what influences our emotions, discovering how our emotions affect the way we think or act, taking action when our emotional response isn't helpful and learning to accept them.
- Emotional self-regulation, or the ability to label and shape your emotions, is a protective factor for good mental health.

CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

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This CMHA Mental Health Week, let's focus on naming, expressing and dealing with our emotions—the ones we like and the ones we don't. It's important for our mental health.

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ing this unusual time of stress, uncertainty and loss.

- Every May, people in Canadian communities, schools, workplaces and legislatures rally around CMHA Mental Health Week.
- First marked by CMHA in 1951, 2021 marks the 70th anniversary of the annual Mental Health Week.
- The objective of Mental Health Week is to shift societal beliefs and perceptions about mental health. It helps promote behaviours and attitudes that foster well-being, support good mental health and create a culture of understanding and acceptance.
- Mental Health Week is generously supported by Major Partner Shoppers Drug Mart as well as Westland Insurance, Leith Wheeler, Rogers TV and CMHA's Not Myself Today program.

4. Get involved and get help

- Visit www.mentalhealthweek.ca for info, helpful articles and free downloadable communications tools to help you celebrate CMHA Mental Health Week.
- Download and share our free School Toolkit with activities and info to help teachers, students and children learn about and promote good mental health.
- Connect with us on social media using the hashtags #GetReal and #MentalHealthWeek.
- Check out a virtual Mental Health Week event, such as a free CMHA mental health course at <https://cmha.ca/recovery-college/courses>
- If you or someone you love is struggling, there is hope and help:
- Please contact your local CMHA.
- Visit www.cmha.ca/bounceback.
- Visit the Government of Canada's Wellness Together portal.
- Thinking of suicide? Please call 1-833-456-4566 toll free in Canada (1-866-277-3553 in Quebec)



What is Progressive Muscle Relaxation?

12 May 2021 @ 1500hrs CST - Have you heard of Progressive Muscle Relaxation? This mental fitness tool can reduce stress, pain and improve sleep. You will learn more about this tool and have the chance to experience it as we guide you through one.

Register - <http://my.demio.com/ref/uxizliqNwYc6qS6e>

STRENGTHENING THE FORCES



CAF CONNECTION.CA/WINNIPEG



Mental Fitness & Suicide Awareness

13 May 2021 @ 1000hrs - This one and a half hour briefing will cover mental health and resiliency in the CAF. It will introduce you to the ACE model and will help you recognize when someone is in distress and in need of care.

Register - <http://my.demio.com/ref/250FjBgpwWfE5Cqp>

STRENGTHENING THE FORCES



CAF CONNECTION.CA/WINNIPEG



Practical Tools For Self-Care

26 May 2021 @ 1500hrs CST - Join us to learn alternate techniques for rest and recovery as we help you relieve pain, promote muscle relaxation as well as aid in neuromuscular relaxation through self-release techniques.

Register - <http://my.demio.com/ref/HAlkjJ1WpxOwFoHE>



CAF CONNECTION.CA/WINNIPEG



MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

102 Comet Street | 102 rue Comet
204-833-2500 ext. | poste 4500

Our theme for this month's Positive Program is "MayBee". We will bee focusing on 3 things. The definition of 'maybe', and things associated with Bee's and the month of May

MAY-BEE

Happy Kind You

Let it Bee

Kick off is April 30th from 8 - 9 pm via Zoom
Kit cost is \$5

Register by April 27th by email to Jenny at jbrennanmfr@gmail.com

JOIN US IN GETTING CRAFTY!

WE WILL BE MAKING 6 CARDS.
(2 OF EACH DESIGN)
PLUS A BONUS 3D PAPER PROJECT.

PRE-STAMP AND KIT PICK-UP
MONDAY, MAY 10, 1600 – 1800
AT THE MFRC, 102 COMET ST.

CARD MAKING WORKSHOP
MAY 15, 10 AM TO 12 PM VIA ZOOM

COST IS \$10

REGISTER BY MAY 5 BY EMAILING JENNY
AT JBRENNANMFR@gmail.com



Mature Women's Group

Monday, May 31
7 pm - 9 pm
via Zoom



Deployment Dinner

via Zoom

We provide a fun and safe space to connect and share with other families experiencing the various stages of deployments.
Order your favourite take-out or delivery, after the program send Ana a picture of your receipt. Attendees will receive a set reimbursement for their meals.

Wednesday, April 28, 1800-1900
Register by April 26 by emailing deploymentwmfrc@gmail.com



WE ARE ON...



@WinnipegMFRC

www.CAFconection.ca/winnipeg

WINNIPEG MFRC'S childcare options



Emergency Family Care Assistance

In times of crisis, normal levels of support may not be enough. As part of the Emergency Family Care Assistance (EFCA) Policy, we may provide military families with financial assistance to help offset costs.

Occasional Childcare Centre (OCC)

The OCC provides parents/guardians an occasional break and is currently available for full or half days on Tuesdays and Thursdays, 9 am - 4 pm.
Occasional is defined as 'infrequently and irregularly'.

Day Care

The MFRC Child Care Centre is a provincially regulated and licensed child care facility offering full time care for children 6 months to 12 years, Monday to Friday from 7 am to 5 pm.



New Recruits Family Cafe

Café pour les nouvelles familles de militaires

Are you a proud family member of a new military member?
Come and meet the Deployment Coordinator and other parents of military members at our virtual Friday cafe!

Étes-vous un fier membre de la famille d'un nouveau militaire?
Venez rencontrer le coordonnateur du déploiement et d'autres parents de militaires dans notre café virtuel du vendredi!

Fridays | Vendredis
1100-1200 hrs | 1100 - 1200 heures

Email deploymentwmfrc@gmail.com
for Zoom ID# and password
Envoyez un e-mail à deploymentwmfrc@gmail.com pour obtenir l'ID de Zoom et le mot de passe



LA FANFARE

Programme en français

Un programme d'éveil musical qui permettra à votre enfant d'explorer l'art de la musique, l'expression du corps, la science des sons, la fabrication d'instruments et l'éveil à diverses cultures.

Lundis - MAI : 10, 31 JUIN : 7,21 18 h à 19 h via Zoom
Inscription : sitwinnipeg@mfrc.ca



Un programme de la Fédération des parents de la francophonie manitobaine (FPFM) avec CPEF et CRFM du Winnipeg





Some Thoughts About a Good Life and an After Life

Padre Paul Gemmiti

So...

We live upon a planet that ultimately is not of human creation nor human control. (If you don't believe that statement, review the science in regard to plate tectonics, land formations, seas and oceans, regional environment changes, stages of the sun, and the eventual non-existence of previously existing species.)

Not one of us were consulted before we were brought into being. (Consider that none of us had a pre-birth choice to decide any of the variables such as what would be our gender, physical and psychological limitations, skin colour, parents, relatives, cultural group, social status, nationality, nor era within which we would be born.)

Yes, we do have some influence as to how long and how well we might live, but we do not have ultimate control nor authority in this. Yes, we do have some influence in reducing the quantity of what we destroy, manipulate, and consume of other life forms and material found upon this planet. Yes, at times our planning and theorizing within our daily life might manage to go in the intended direction and achieve the results that we had aimed for, but we also encounter many glitches, drawbacks, and conflicting activity which force us to re-evaluate, make another attempt, or totally re-orientate to something new from what we had previously thought integrated ultimate lasting values and goals.

So...

What can be a "Good Life" to live while knowing these limitations? And, in eventually realizing that this current mortal life is both temporary and a mystery, is there any need to hope for an "After Life?"

All faith groups and secular philosophies claim to



Photo by Sharon McCutcheon on Unsplash

have the best strategy as to how a person may live a "Good Life" here and now, and what if any enduring legacy may be once this temporary mortal life is concluded. Some of those perspectives simply see the good as being that which is left behind here for future unknown generations of us human beings and other species. Some perspectives see a balance of leaving behind a helpful, charitable, and self-sacrificing legacy here on earth which will help in the inspiration and practical well-being of future generations, but also will contribute an impact toward an existence of an "After Life".

For those who know me, my ultimate hope and personal self-investment continues to be in the message and legacy of Jesus of Nazareth aka the Christ; not because he seems to be another guru offering a "Good Life" theory, but because it is claimed that he personifies - in

words and in actions - what the ultimate creator of us all would like of us to strive for in truly living a "Good Life" that helps all people and all of creation. And relatedly, to be able to be in unity and in peace with him both now and during the "After Life."

We are currently in the spring time of the year when people re-animate their own lives from winter sluggishness. It is also, for Christians, the Easter season which ponders a newness for one's life and a possible future afterlife.

In having heard various songs, poetry, opinions and formal philosophies during my life time, I thought that I would leave with you a few quotes which might help you to go deeper into your own assumptions of what is and why bother to strive in living not just a basic life, but a "Good Life."

Marcus Aurelius: When you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, to love.

Bill Watterson (creator of Calvin and Hobbes): We're so busy watching out for what's just ahead of us that we don't take the time to enjoy where we are.

Nelson Henderson (attributed): The true meaning of life is to plant trees, under whose eventual shade you do not expect to sit.

Edgar Allan Poe: A strong argument for the religion of Christ is this...that offenses made against "charity" are about the only ones by which a man upon his death bed can be made not to understand but to feel as a crime.

Jesus of Nazareth (in Gospel of John 14:2-3): And if I go and prepare a place for you, I will return and take you to be with me that you may also be where I am.

May you and yours be blessed with an enjoyable springtime, Happy Easter, "Good Life," and "After Life."

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

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

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

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.

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 204-888-7973 FAX: 204-832-3461

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