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UPCOMING EVENTS ÉVÉNEMENTS À VENIR

Managing Angry Moments – 21 + 28 April 2022. Two-Day Course. 0830 – 1600hrs

This workshop helps participants understand and deal with their triggers before anger escalates. Participants learn new tools to defuse situations and develop coping strategies that will ultimately increase personal well-being and improve relationships with others. Contact james.dylan@cfmws.com for more information.

Gérer les moments de colère - 21 + 28 avril 2022. Cours de deux jours. 08h30 - 1h00

Le cours Gérer les moments de colère aide les participants à comprendre et à gérer leurs déclencheurs avant que la colère ne s'intensifie. Les participants apprennent de nouveaux outils pour désamorcer les situations et développer des stratégies d'adaptation qui, à terme, augmenteront leur bien-être personnel et amélioreront leurs relations avec les autres. Contactez james.dylan@cfmws.com pour plus d'informations.

WCOMD VOLLEYBALL FUN DAY - FRIDAY 29 APRIL. BLDG 90 GYM. 0730 – 1600 HRS.

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<http://bkk.cfmws.com/winnipegpub>

ENTRY DEADLINE: THURSDAY 14 APRIL BY 1600HRS

Questions? Contact Sports Coordinator - Dawn.Redahl@forces.gc.ca

JOURNÉE AMICAL DE VOLLEYBALL DU CMDT ERE - LE VENDREDI 29 AVRIL. GYMNASSE DU BÂT 90. DE 7 H 30 À 16 H. MILITAIRES ET EMPLOYÉS DU MDN. 14 ÉQUIPES AU MAXIMUM : 2 DIVISIONS – RÉCRÉATIVE OU COMPÉTITIVE

30 \$ + TPS PAR ÉQUIPE (LE CAPITAINE DE L'ÉQUIPE S'INSCRIT, EFFECTUE LE PAIEMENT) <http://bkk.cfmws.com/winnipegpub>

FIN DES INSCRIPTIONS : LE JEUDI 14 AVRIL À 16 H

Avez-vous des questions? Communiquez avec la coordonnatrice des sports - Dawn.Redahl@forces.gc.ca

Raconte-moi ton patrimoine – 30 April 2022.

Raconte-moi ton patrimoine is a series of shows that brings to life the heritage and history of francophone villages in Manitoba. The last 3 shows will be happening in Saint-Jean-Baptiste, Laurier and Winnipeg. Visit cercllemoliere.com for more information.

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Raconte-moi ton patrimoine – 30 April 2022.

Célébration des lieux-dits, Raconte-moi ton patrimoine est une série de spectacles qui donne vie au patrimoine et histoire des villages francophone au Manitoba. Les 3 derniers spectacles auront lieu à Saint-Jean-Baptiste, Laurier et Winnipeg. Visitez cercllemoliere.com pour plus d'information.

RitCAF – 3 May 2022.

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims. Contact james.dylan@cfmws.com for more information.

Blast Off The Pounds – 4 May - 15 June 2022.

Instructor lead training sessions on healthy eating, training principles and injury prevention! Blast off the Pounds is designed to equip you with the tools to work out on your own safely and make the right choices leading to a healthy and active life. Contact james.dylan@cfmws.com for more information.

Raconte-moi ton patrimoine – 6 May 2022.

Raconte-moi ton patrimoine is a series of shows that brings to life the heritage and history of francophone villages in Manitoba. The last 3 shows will be happening in Saint-Jean-Baptiste, Laurier and Winnipeg. Visit cercllemoliere.com for more information.

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Basket 3x3 – 7 May 2022 starting at 10 a.m.

Sports en français and the Rouges present a new 3-on-3 basketball tournament at the Saint-Boniface University. This recreational tournament is a perfect opportunity to play basketball with some friends. Visit sportenfrancais.ca to register.

Basket 3x3 – 7 May 2022 à partir de 10 h Sports en français et les Rouges présentent un nouveau tournoi de basketball 3 contre 3 à l'Université de Saint-Boniface. Ce tournoi amateur est une occasion parfaite pour jouer du basketball avec quelques

amis. Visitez sportenfrancais.ca pour s'inscrire.

Alcohol, Other Drugs, Gaming and Gambling Awareness Training – 12 + 13 May 2022.

This workshop provides members with the skills to recognize and respond to early warning signs of alcohol, drugs, gambling and/or gaming misuse. Participants will learn how to conduct an effective interview and what resources are available to help. Contact james.dylan@cfmws.com for more information.

Raconte-moi ton patrimoine – 14 May 2022.

Raconte-moi ton patrimoine is a series of shows that brings to life the heritage and history of francophone villages in Manitoba. The last 3 shows will be happening in Saint-Jean-Baptiste, Laurier and Winnipeg. Visit cercllemoliere.com for more information.

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International Day Against Homophobia, Transphobia and Biphobia Flag Raising – 17 May 2022.

Journée mondiale contre l'homophobie, la transphobie et la biphobie – 17 mai 2022.

Volunteer Appreciation – 26 May 2022. 6:15 pm at Celebrations Dinner Theatre. Contact Ashley Clement – clement.ashley@cfmws.com for more information

Pride Flag Raising – 27 May 2022.

Levée du drapeau de la Fierté – 27 mai 2022.

Stressed? Take Charge! – 31 May 2022.

This course provides a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants learn the "ACT" approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan. Contact james.dylan@cfmws.com for more information.

Pride Parade – 5 June 2022.

Parade de la Fierté – 5 juin 2022.



Engineering Education in Democratic Republic of Congo

by Peter Mallet, Staff Writer, Esquimalt Lookout

Electronics Technician Nzolantima Swasisa has his sight set on boosting education in his homeland.

Using his invention – a tiny black box called a Lokole that can provide web and email access in a 25-metre radius for up to 100 users – he is establishing a library in the Democratic Republic of Congo (DRC). It will house books, desks, and android tablets for users to access the Internet.

The 63-year-old employee with Fleet Maintenance Facility Cape Breton recently launched a Go Fund Me campaign to help pay the costs of the library in DRC's capital city Kinshasa.

"I am reaching out to any individual or organization that supports education for vulnerable populations for help," he says. "Donations of computer tablets and the

services of software engineers would also be greatly welcomed."

"The need for access to information and digital educational materials through the Internet or offline is dire in this third world country," says Swasisa. With a population of approximately 90 million, less than 18 per cent have Internet access. The primary reason for this, he says, is poverty. Most Congolese people live on less than \$2 per day; one gigabyte of data costs \$1 and is limited to 48 hours.

"It is easy to see they cannot afford this, so the only solution is to use offline applications. This is where a digital library fits in."

His digital library will be called Bibliothèque Lokole Numérique Zéro Méga, a nod to his invention.

The name Lokole is derived from a Congolese drum used in pre-colonial times as a means of imparting vital communication between villages.

While developing his invention, he received technical assistance from Microsoft software engineer Clemens Wolf. Wolf was so enthused by Swasisa's project that he got the attention of company executives who provided access to a professional, high-volume cloud server for Lokole.

His co-workers in the shipyard, Shawn Bathgate, Gerald Risma, and Joel Pineau then helped him create a physical case to house the tiny digital server. In 2017, Forbes Magazine named Swasisa a finalist for the Innovation Africa Awards.

He launched his Box Lokole Numé-

rique fundraising campaign on Feb. 6 with a goal of \$12,000 by April.

The money will stock the library with the entire curriculum taught in DRC schools from kindergarten to Grade 12. Adults and children can use the offline materials to advance their education in math, geography, science, history, physics, French, and English.

The initial goal is to have 11 desks and chairs equipped with headphones and android tablets in a building powered by solar energy and its own Wi-Fi to access online educational materials. Guiding the users will be a paid librarian.

To donate: <https://www.gofundme.com/help-implement-a-digital-library-in-the-congo-drc>

Unique Fundraiser Celebrates Indigenous Peoples

by Peter Mallet, Staff Writer, Esquimalt Lookout



A naval officer has launched a unique fundraiser that educates participants from around the world about Canadian Indigenous issues, culture and art.

Lt(N) Cassandra O'Rourke and their wife, Eleni O'Rourke, founded Tortoise Tasks last year through their charitable small business Kaskata Key.

Tortoise Tasks is an initiative they set up with a portion of the proceeds going to

the National Defence Workplace Charitable Campaigns at CFB Esquimalt, Canadian Forces Recruiting Centre Pacific in Vancouver, and hopefully, bases nationwide as people can participate from any community.

Once registered, participants select from 215 tasks – ranging from activities, adventures, and even quests, all with an Indigenous and environmental theme.

"Tortoise Tasks can involve anything from adventure, learning, tranquility, or curiosity into Aboriginal culture and life," says Lt(N) O'Rourke. "They can range from cleaning up a public park or beach, participating in a smudging ceremony, buying rechargeable batteries, or visiting a totem pole."

The 215 tasks were chosen to honour the number of children whose remains were discovered buried at a former residential school in Kamloops, B.C.

Lt(N) O'Rourke's mother is a member of the Skatin Nations. Their biological grandmother, Leona August, whom they never knew, went to a residential school and died before the age of 20. The unfolding residential school tragedy has become a watershed moment in education and understanding about Indigenous people for many Canadians they say.

"I have a lot of friends and co-workers who express their shame for not knowing more about our [Indigenous] histories and wanting to know how they could help when it came to Indigenous issues."

Monies raised through Tortoise Tasks will support projects to establish clean drinking water on reserves, opportunities for Indigenous youth, and organizations that support people impacted by the trauma of residential schools.

Cost to take part in the fundraiser is \$10 for individuals or \$25 for a group. Everyone will be entered into a draw for a Grand Prize vacation to Tigh Na Mara Resort & Spa to be drawn on December 15, 2022.

Kaskata Key has an additional fundraiser – an upcoming digital artwork collection called Turtle Island NFT (Non-Fungible Tokens). Digital artwork of Salish Coast artists will go up for sale later this year on their website with payment made with Non-Fungible Tokens, a new method of selling and exchanging digital artwork.

For more information on how to get involved, visit <https://turtleislandnft.squarespace.com/tasks> - discount code is: NDWCC

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2022 WCOMD Curling Funspiel

by Martin Zeilig, Voxair Photojournalist



17 Wing members participate in the annual Wing Commanders Curling Funspiel on March 24, 2022 at Deer Lodge Curling Club, Winnipeg, Manitoba - Photo: MCpl Justin Ancelin, 17 Wing Imaging

Ranging from teams named the Rock-in Brooms, Hard Rockers, Sheet Disturb-ers, Legion of Brooms, Cuddly Grizzly

Bears, among other colourful monikers, could only mean one thing: The Wing Commander's Curling Funspiel.

A total of 160 military and civilian personnel on 40 teams participated in the Funspiel, which took place on March 24 at the Deer Lodge Curling Club (425 Woodlawn Street). Each game was 25 minutes in length. Teams played three games each.

There was also a closest to the button contest at the conclusion of the Funspiel. Prizes, mostly gift cards to the CANEX, were awarded for a variety of things, including a costume contest. A free lunch of smokies in a bun and a beverage was provided to participants.

Dawn Redahl, Sports Coordinator PSP/CFMWS and the organizer of the FUNSPIEL, noted that the event wasn't held the past two years because of the COVID-19 pandemic.

"We're trying to make it COVID friendly by having 20 teams (play) in the morning and 20 in the afternoon," she said to The Voxair after leading a strenuous side plank stretching session with several participants following their curling matches.

"What a fantastic day to be out with the Wing to get our minds off of what's going on in the rest of the world, and to rejoin as a team as we ease up on the COVID restrictions and to see everyone in a great mood," said Colonel Dave Proteau, 17 Wing Commander, just moments after his team, the Executive Rockers, had finished their first game of the afternoon.

"I couldn't be happier. It was great. It was the first time I've curled in 22 years, and only the second time ever. The camaraderie on the ice and people having such a good time on the ice is wonderful."

"I'm happy that PSP continues to put

together these great events for us. It contributes so much to maintaining morale, and bringing us out of this tough winter that we've all suffered through. It's a great way to move into spring and the spring break next week."

Wing Chief Warrant Officer, Claude Faucher, another member of the Executive Rocks, noted that this was the first time he had curled in almost a decade.

"It was fun to do this again," he added.

"Because of COVID many of us have worked from home, and many of us are wearing double or triple hats. It's very nice to have a little bit of fun and to be out with other people. That's important. We need to relearn how to do this. I wish a lot more people would participate in these kinds of mass activities. "When you see these sorts of activities happening, just take part. Do it."

Morgan Herda, a civilian employee in Building 63 at 17 Wing, said the Funspiel was an excellent opportunity to get everyone out of the base, and to see faces "we haven't seen" in a long time.

"It was a lot of fun to get active and see others doing it too," she added while seated at a table in the lounge/observation area with her teammates after a match.

Redahl also pointed out that a lot of the participants had never curled before.

"So, we have to enable them to see if they like it," she said.

"It could become a lifelong activity that they could get involved in. We're giving them an opportunity to try it out-- a taste of what it is to try this sport."

What a great opportunity to learn a new athletic and social pastime.

Cycle of Hope for Habitat for Humanity

by Martin Zeilig, Voxair Photojournalist



Photo Credit: Warrant Officer John Scott

Warrant Officer John Scott will be spending part of this summer as a bicycle mechanic on the Cycle of Hope, Habitat for Humanity's longest running, signature fundraising event.

It's something WO Scott, who works at 2 Canadian Air Division HQ, has done in past years as a way to give back to the community.

Habitat for Humanity Manitoba is one of 1,400 affiliates worldwide working to build safe, decent, and affordable homes for families.

Every year they partner with communities to help low-income families in Manitoba achieve strength, stability, and independence through affordable homeownership.

Cycle of Hope, which will take place July 4-15, brings together passionate cyclists with a drive to help lower income families in Manitoba build a better life through home ownership.

This year, Cycle of Hope traverses through Western Canada. The ride starts in Jasper, Alberta, winding through the Rocky Mountains and the Icefields Parkway, concluding in Waterton, Alberta.

The registration fee is \$995/cyclist or free for Support Volunteers.

WO Scott said that the organizers are hoping to raise \$100,000, which will go toward a house for one family.

"It's not nearly enough, but it's a good start," he added during an interview in The Voxair office on April 4, while noting that over \$50,000 has already been raised.

The fees paid by the cyclists cover the accommodation and the food for the eleven day cycling event.

"It's a cycling vacation at a reasonable cost," WO Scott said.

"The cyclists also have to commit to fundraising 3500 dollars per person, at a minimum, for the Cycle of Hope. Some people raise quite a bit more than that. As long as we reach that we'll meet our goals and build half a house. We have people coming from Manitoba, British Columbia and Alberta; however the majority are from the Winnipeg area."

Sergeant Abiel Mengesha, who works at 402 "City of Winnipeg" Squadron, will

accompany WO Scott on the trip.

"He is coming with me to learn how to be a bike mechanic too," WO Scott said.

"He is an immigrant to Canada, as are most of the families that Habitat helps."

WO Scott will be following the cyclists in his truck.

"So, during the actual ride it will be me providing first aid support for all of the riders, as well as food support and water at rest stops along the way and any other support they need during the day."

Once the ride stops for the day, he then goes into bike mechanic mode.

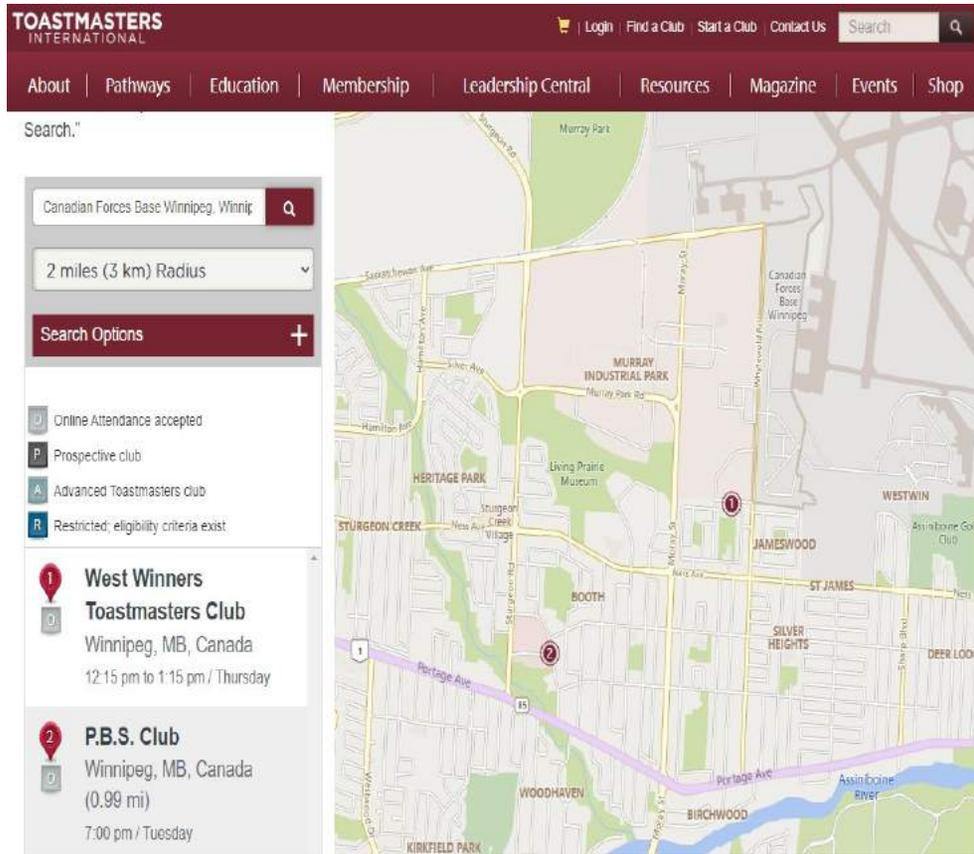
"I go through all of the bikes to make sure they're working right and the bikes are shifting properly, and tires are still good. I do that for as long as it takes.

"If someone experiences a mechanical breakdown during the day on the road, such as a flat tire or something goes wrong, I'll help them out too. Everyone loves the experience and the event. It's good people raising money for a good cause. So, why would I not want to support it and be part of it."

He also mentions the Spirit of Hope bike ride in August. It goes from Winnipeg to Gimli to Hecla and back to Winnipeg. "It's a five day event in August," WO Scott observed. "It's an offshoot of Cycle of Hope. We get wealthy people, retirees on fixed incomes, triathletes and everyone in between to either support or fundraise or take part in the event. It's for a good cause and you have a good time."

Toastmasters Promotes Public Speaking at 17 Wing

by Adam Belaire, Support Technician - Infrastructure Operations, 1 Canadian Air Division Headquarters



Toastmasters location map. Photo Credit: Toastmasters International

There is an estimated 77% of the world's population affected by Glossophobia, or the fear of public speaking. In the past, many offered their advice on how to get over your fear including the perennial favourite "picture the audience in their underwear." Thanks to the dawn of the internet, you can now find tens of thousands of websites and articles that offer advice on how to get over your fear of public speaking and various different ways of coping with your anxiety while on stage. The majority of them give sound advice and I believe they will help you in the immediate future, but public speaking bears a resemblance to the body's muscles. You exercise your muscles to improve your overall health. The same metric of thinking can be applied to your public speaking goals.

Toastmasters was the brainchild of Y.M.C.A employee Ralph C. Smedley, who in the early 1900s saw a need for young men to learn how to speak, conduct meetings, plan programs and participate on committees. He named the group "Toastmasters Club"; as "toastmaster" was a popular term referring to a person who gave toasts at banquets and other occasions.

Toastmasters complete different speeches and projects which goes toward different areas and competencies called 'pathways'. Pathways include (but are not limited to); Effective Coaching, Lead-

ership Development, Team Collaboration, and Engaging Humour. Each pathway strengthens different skills while offering a variety of ways to demonstrate and improve your abilities.

While it is a lot for new Toastmasters to take in, you will not be alone. In addition to the support of your club and its members, Toastmasters also have access to a mentor who can help coach them and guide them. In the Toastmasters Mentor Program Report from May 2013, 79% of members state that mentoring is moderately or extremely important to their club experience. Generally, mentors spend between one and two hours with their mentee.

For those who are less confident in their public speaking ability, Toastmasters is a chance to improve yourself. Attendance in meetings are generally on average between 8 and 15 people. This offers a small platform to give speeches in a low-stress environment. Many have experienced the same feelings and are happy to offer suggestions and encouragement.

There are approximately 72 Toastmasters club within Manitoba; 60 Toastmaster Clubs within the Winnipeg city limits, and 12 in other cities including Brandon, Portage La Prairie, Selkirk, Gimli, and Winkler. Each club sets its own meeting times and guests are always welcome to drop by and see what

is involved in a meeting. The two closest clubs to CFB Winnipeg both currently hold hybrid meetings, offering members to join in person or by Zoom. The two clubs are:

1) West Winners Toastmaster Club (Club #9330) meets Thursdays at lunch time from 1215 hrs to 1315 hours on Zoom and at Bldg 94, Chapel Annex 2235 Silver Avenue; and

2) P.B.S. Club (Club #7194) meets Tuesday evenings from 1900 hrs to 2030 hrs on Zoom and at the Kirkfield Westwood Community Centre (KWCC), 165 Sansome Avenue.

Interested individuals are welcome to visit <https://www.toastmasters.org/> for further information on the other clubs across Manitoba and the rest of the world. In the top-right corner of the website, you will see a "Find a Club" option which helps you locate the best option for you based on your area, what days of the week you are available and what times of the day you can meet.

One of the biggest benefits of Toastmasters is improving your ability to speak with confidence. A number of members who joined with the sole purpose of bettering themselves, have gone from giving speeches less than 30 seconds long, to being able to provide a 20-30 minute presentation.

Toastmasters improves leadership skills and helps members comfortably take on more responsibility. Many members have gone on to become professional speakers, offer TED talks, and are highly

influential people. To name drop, a few famous former Toastmasters include: former Premier of British Columbia, William Bennett; former lead singer of the Guess Who, Carl Dixon; Best-selling Author of "Think and Grow Rich", Napoleon Hill; US Senator, Pat Roberts; Missouri State Congresswoman, Carol Stoker; and the late Leonard Nimoy.

Everyone can benefit from Toastmasters, whether you give speeches daily or if you want to improve professionally and lead a team. It is a great opportunity to get to know and work interdependently with other people. As an example, listen close to someone speak and count how many "ums" and "ahs" the speaker says. Those are considered filler-words which Toastmasters helps eliminate from your vocabulary.

The more comfortable people are with public speaking, the more voices can be heard. This is why such fundamental rights such as the Freedom of Expression is in the Canadian Charter of Rights and Freedom, and the First Amendment to the US Constitution is well protected and wielded. Toastmasters, as an organization, transcends the globe across different countries and languages, but the fundamental purpose of Toastmasters is to build and improve confidence in public speaking to ensure every voice is heard. The Polish-born American rabbi Abraham Joshua Herschel once said "Speech has power. Words do not fade. What starts out as a sound, ends in a deed."

The Art of Listening in Six Simple Steps

Article reprinted from Canadian Mental Health Association



Photo Credit: LonerWolf

You might have a thousand Facebook friends or followers on Instagram. Or maybe you have friends the “old-fashioned” way. In any case, we know that having a good community of friends is about the quality – and not the quantity – of our relationships. And communication is at the core. So, if we want to strengthen our relationships, practicing the art of listening is an effective strategy.

Hearing or listening?

So, what is so special about this act of listening that we call it an “art”? Before

getting into the details, let’s say that good listening is something you feel when you experience it, or when you are a part of it. It is a way of being present that goes beyond the simple act of being on the phone with someone or in the same room when they’re speaking.

Good listening is active, unlike simply “hearing” which is much more passive. Listening is about making sure the person talking to us knows we’re really there with them. Empathy is a key ingredient of true listening. The person speaking

will not only feel heard, but also understood. If this art of listening sounds a little mysterious or hard to do, here are actually a few simple tips for improving your skills, and in the process, making your relationships stronger.

Listening tips:

1. Make it known that you are listening

Even if it is very clear to you that you are giving someone your complete attention, simple phrases like “I’m here for you” or “I’m listening” can go a long way and be very meaningful.

2. Avoid distractions

Our lives are full of distractions and making space to really listen can improve your connection with the other person. That might mean simply going somewhere where you won’t be disturbed, silencing your email and text notifications, or turning off your phone altogether.

3. This is not about you

Showing someone empathy is not about what you feel, think or see as the right thing to do. Instead, it’s about trying to put yourself in their shoes. Avoid the urge to give advice or your opinion right away and focus on what they are saying, feeling, etc. Check yourself: if you’re “listening” to a friend or colleague and end up talking more than they do, you may not be really listening.

4. Don’t put too much pressure on yourself to get it right

Self-consciousness can get in the way of quality listening. It is hard to be truly attentive when you are focused on not making a mistake or on trying to find the perfect thing to say next. Remember, you are not there to fix the other person or their problem. You are there being pres-

ent and letting the other person know you understand.

5. Don’t underestimate the power of real listening

Have you ever said “I’m sorry I couldn’t help you more” or “I don’t know what to say” when someone has shared or even vented? Chances are the response has been some variation of: “Don’t be sorry, I feel so much better just getting it off my chest!”. By offering someone an attentive ear, you are already doing so much.

6. Beware of comments that accidentally undercut the other person

It can be hard to hear that someone you love is suffering, and you may be tempted to respond: “Don’t be sad!” or “Stop worrying, it’s not that bad!”. Although you might have the best of intentions, such a response can make someone feel like you aren’t taking their pain seriously. They might feel that you are “invalidating” or “minimizing” their feelings. When in doubt, rephrasing can go a long way. Rephrasing is restating in your own words what you heard someone express. It shows the other person you’re listening and offers an opportunity to make sure you’ve understood correctly. For example, a friend tells you how overwhelmed she feels about all her projects at work. You could rephrase by saying: “Sounds like you’ve got a lot on your plate at work right now. It does seem overwhelming.” When done well, rephrasing can be a powerful tool to make someone feel heard.

The art of listening is like any art—it requires practice and commitment. The more empathic conversations you have, the more comfortable you will be at listening!

Know Your Pride

by Deanne Bennett, Civilian Co-Chair of the Defense Team Pride Advisory Organization, Positive Space Ambassador



We needed something to express our joy, our beauty, our power. - Gilbert Baker

Dear Positive Space Ambassador,

I know that Pride season is coming up, but with all of these dates, acronyms, rainbows and flags, what does it all mean?

Questioning for a Friend

Dear Questioning,

There are two distinct sets of dates coming up. The first date of significance is May 17th. That is the International Day Against Homophobia, Transphobia, and Biphobia. It is an internationally recognised date representing the day that the World Health Organization removed homosexuality from its list of

mental disorders in 1990. Homophobia, Transphobia and Biphobia make up a wide range of negative attitudes, feelings and behaviours as well as irrational fears towards people in the LGBTQ2+ community. The goal of May 17 is to educate on and eradicate these phobias. The next set of dates is Pride Winnipeg, which also coincides with Canada Pride this year. These events will run together from May 27-June 5, 2022. Pride is a civil rights movement and a celebration signifying advancements in LGBTQ2+ activism, culture and rights throughout the years. This year there will be a large

representation from CFB Winnipeg, CAF/DND members from across Canada and Purge survivors (see lgbtpurgefund.com for more information) participating in the Pride Parade on June 5th (more information to follow in a Wing-All email or by contacting DTPAOWinnipeg@forces.gc.ca). All are welcome to attend.

As for acronyms that are used, the acronym LGBTQ2+ refers to various sexual orientations and gender identities. The letters represent: Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Two-Spirit and the + includes all sexual orientations and gender identities not in-

cluded in any of the previous terms. To learn more about sexual orientations, gender identity, safe space and more consider taking the 90 min Positive Space Ambassador brief currently being offered the second Tuesday of every month from 08:30-10:00hrs. Contact PSAWinnipegAEP@forces.gc.ca to learn more or to register.

When looking at the flags that you see at Pride celebrations, in 2018 the six-colour rainbow flag (developed in the 1970s) was adapted by American artist and designer, Daniel Quasar to become the Progress Pride Flag. The Progress Pride Flag represents the modern queer community by representing diversity and inclusion within the LGBTQ2+, in other words, intersectionality. The black and brown lines added represent Ethnic minorities and the combination of blue, pink and white together make up the Transgender Pride Flag. The chevron in the flag also represents those living with HIV/AIDS and deceased members of the LGBTQ2+ community. The other six rainbow colours represent: red – life, orange – healing, yellow – sunlight, green – nature, indigo – serenity, and violet – spirit. “We needed something to express our joy, our beauty, our power.”-Gilbert Baker, Pride Flag designer (1978). You will see the Progress Pride Flag raised at CFB Winnipeg on May 17th and from May 27th through June 5th this year.

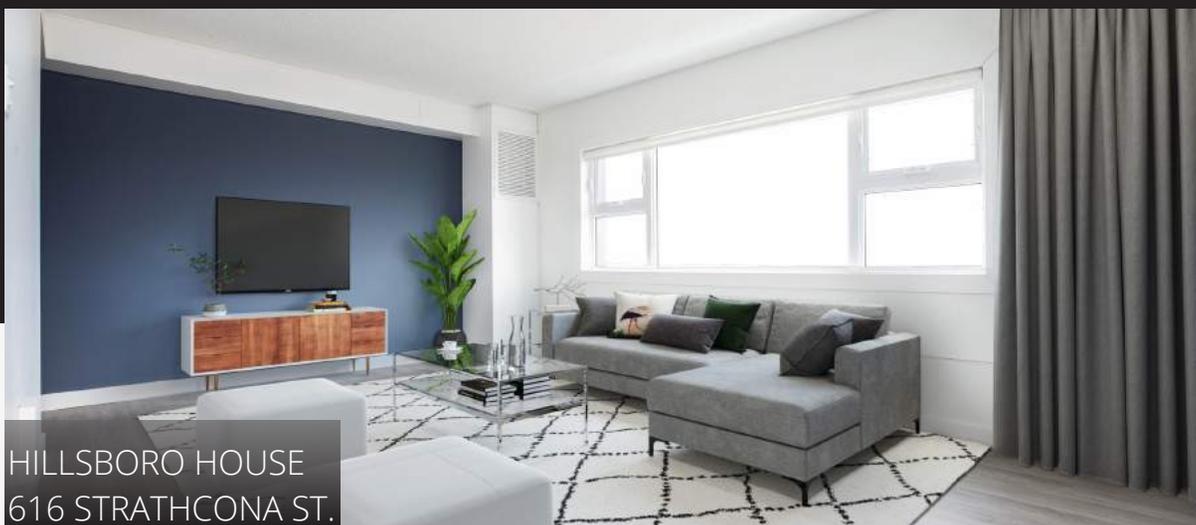
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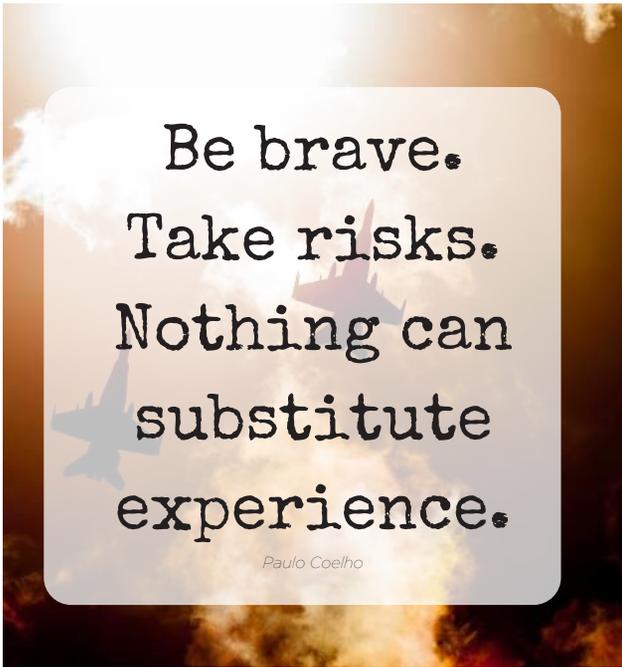

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Soldier On Scuba Diving Session

by Martin Zeilig, Voxair Photojournalist



Scuba diving with Soldier On at St James Assiniboia Centennial Pool. Photo Credit: MCpl Goldade

Martin Duval admitted that he was “really apprehensive” after donning the provided scuba diving gear and then plunging into the warm waters of the St. James Assiniboia Centennial Pool.

That’s understandable, after all, it was his first time ever breathing underwater.

Mr. Duval was one of the participants in an introductory level, discover scuba event, sponsored by Soldier On at the local pool on April 7. The three hour afternoon session was organized by Dan Whittaker, Regional Coordinator MB/SK/NW Ontario Soldier On.

“I was panicking a little,” Mr. Duval, who lives in Brandon, MB, said just moments after he emerged from the swim-

ming pool. As you can probably imagine trying to breathe underwater is not natural.”

The event was done in collaboration with the 17 Wing Goldeye Scuba Club and Underworld Scuba & Sport in Winnipeg, noted Mr. Whittaker during an interview poolside.

Soldier On is a program of the Canadian Armed Forces (CAF) which contributes to the recovery of ill and injured CAF members and veterans by providing opportunities and resources through sport, recreational, and creative activities.

“The instructor was amazing in keeping me calm,” Mr. Duval said. “I resurfaced a couple of times. But, eventually

I got through it. I made the length of the pool underwater. It was great. I’m looking forward to doing this again.”

Master Corporal Mark Goldade, initially approached Mr. Whittaker to create the scuba session.

“I’ve been a scuba diver for quite a few years, and I’ve been very active with Soldier On for many other events,” MCpl Goldade said.

“Dan really liked the idea of holding a scuba event. We got together and did some planning.”

Underworld Scuba & Sport donated a lot of equipment for us to use and their instructors,” MCpl Goldade said.

“We initially set this up for sixteen

members, but, some of them weren’t able to attend due to medical reasons. COVID is still affecting us,” he explained.

Besides his scuba equipment, MCpl Goldade also had a Canon Rebel XTI camera encased in a special underwater housing made by Ikelite.

He explained that it fits over the body of his camera thus allowing for precise underwater photos up to a depth up 300 feet.

“The members who are here today have had an absolutely fantastic time,” said MCpl Goldade.

“They did really good. We spent some time learning how to blow some bubbles, breathe underwater, and swim around. They learned the therapeutic advantages of scuba, and we went from there. They covered some of the basics of scuba. What we like to teach them is first and foremost how to breathe underwater. So, they learn how to use the regulators, blow some bubbles, and feel safe with the equipment.”

“After a fairly serious injury took me out of skydiving,” he said. “I gravitated to scuba diving, and I fell in love with it. As a child, I was always a swimmer. So, it came naturally to me.”

Major Steven Rogowsky, was also a first time diver. “I’m here to experience something new,” he said. “I’ve always wanted to try scuba diving and I’m a member of Soldier On. It was really great. Instructors were really great. I’ll try it again. It’s very relaxing to in an underwater environment. I’d encourage other people to try Soldier On events too.”

For further information, contact Soldier On at tel. # 204-833-2500 ext. 4918 Cell: (204) 583-1163

Email: dan.whittaker@forces.gc.ca

The Soldier On website is www.soldieron.ca

Air Officer Operations Course Graduation

by Martin Zeilig, Voxair Photojournalist

Brigadier General Denis O’Reilly, Commander of 2 Canadian Air Division, calls the graduates of the new Air Operations Officer (AOO) program the future of the Air Force, for good reason, it is, after all, the newest trade in the Air Force with uncharted potential for expanding the RCAF’s horizons.

On April 7th, BGen O’Reilly provided the guest of honour address at the AOO graduation ceremony at the Officer’s Mess.

About 45 people attended the ceremony, including both civilian and military members, and it was live-streamed via Microsoft Teams.

The first ever graduates of the program were Lieutenant W.I.Kerr, Lieutenant J.W.Z. MacDonald, Lieutenant C.D. MacNeil, Lieutenant S.D. Moreno-Espitia, Lieutenant M.K. O’Hanley, Lieutenant M.A. Rabbani, Lieutenant T.D.J. Reid, Lieutenant H.D. Sutherland, Captain M.S.R. Waud, and Lieutenant T.C.T.Wu.

According to the provided program: “Air Operations Officers assist in mission planning, tasking, coordination and monitoring of air and space operations at the tactical, operational, and strategic levels.”

“AOOs work alongside officers of other air operations occupations like Pilots, Aerospace Control Officers and Aerospace Engineering Officers. At squadrons and headquarters here in Canada, these officers directly support air and space operations and lead air operations centres. AOOs also have the capacity to be employed internationally. They may be utilized anywhere where air and space operations are based. These areas include headquarters, airfields, ships, or even in the field with the army.

“In short, AOOs can be seen as the orchestrators of everything that happens on an airfield or on an operation; they coordinate all the elements that make everything fly and work.”

During his address, BGen O’Reilly remarked that this newest class of Air Operations Officers are the “very first” to complete the training program developed for this new occupation.

“You have spent around 20 weeks now learning the ins and outs of mission planning, tasking coordination, and mission monitoring, and what follows is a continuation of both your occupational and officer development as you work individually and collectively to claim your rightful place in the operational ranks of

the RCAF,” he expressed.

“You will have a mission essential job to do, but the establishment and maintenance of your credibility as Air Operations Officers must be top of mind in everything that you do. This needs to be your centre of gravity. As this modernized method of operating is introduced into some very established workspaces, it is now up to you to demonstrate what you are bringing to the table, and more importantly, why. The eyes of the RCAF will be on you, and your task load will vary greatly from position to position, but is ultimately the drive, passion, and conviction that each of you will bring to your new environments that will complement and enable the delivery of operational excellence and gaining of strategic advantage.”

“This may sound daunting and intimidating on the surface, but it should feel exciting. There is no greater honour than to have the opportunity to shape the future for all those who will follow in your footsteps.”

AOO graduates Capt Waud and Lt O’Hanley said they enjoyed taking the AOO course.

“It proved challenging and there was a lot of interesting information,” Capt Waud said. “I come from the ranks, I was

an Avionics Tech before and decided to become an AOO as it’s a new trade and the sky’s the limit because we don’t know where we’re going to end up. There are tons of opportunities. I really enjoyed spending time with my classmates. They were a good group.”

Lt O’Hanley, observed that he came into the course with an open mind. “I wanted to learn. That’s basically what we did, from day one, we knew it was a fire-hose and the instructors were amazing. I want to continue with my professional development and never stop learning, and be a leader.”

Meanwhile, Major Sean Dyer, Department Chair of Air Operations at RCAF Barker College, said the intensive 18 week program consisted of both theory and practical simulation portions. “The trades’ final direction still hasn’t been definitively determined,” he said. “So, it is still being assessed and growing and determining how it will operate going forward. With these initial ten students we have representation across every fleet and coast to coast as they leave this unit.”

The RCAF’s future is looking bright, indeed.

Training Your Dog to be Your Running Partner

by Kelley Post, Riplee's Ranch



Izabella and Rosie Photo credit: Izabella Roberts

One of the main reasons that a lot of people get a dog is for companionship during exercise. A loyal partner that will always be by your side and someone that you can depend on in the best of times and the worst of times. Some people tend to think that any dog can run and keep up a pace right from being a puppy but that simply is not true. A dog is like any other being and if your plan is to have a running mate then you need to train the dog and help them to transform through the different stages of becoming a runner.

Isabella Roberts' position at 17 Wing is GI employment at 38 Brigade, Canadian Brigade Group and she has worked in a military role for over 25 years. Izabella has a Standard Poodle named "Rosie" who is 7 years old. She has had Rosie since the puppy was only a couple months old and she slowly began to ease Rosie into a gentle routine that allowed her to develop her bones and muscles in a way that was healthy and progressed with very specific timelines that grew with her.

Izabella has always had pets and she knows a great deal about how to care for them and what to watch for with her

pets daily. Izabella started running with Rosie when she was 18 months old. She waited until Rosie's growth plates had completely developed. In smaller dogs it could have been a few months earlier but larger dogs like Rosie must wait until their bones are finished growing or you risk damaging the dog's joints and bone development that could lead to serious medical problems later in life.

Regular exercise for the dog and for the person is usually a great idea. It can prevent obesity, alleviate boredom, build up stamina and create a bond with your dog. However, just like with any running partner, start out slow and really paying attention to how your dog responds is the key. If this is your dogs first run, find out what is comfortable for your dog. Some breeds are better suited for long runs and some breeds should stick to short jaunts. Our twelve-year-old Miniature Pincher would rather not go out on a leash as he has some breathing issues. However, our nine-month St. Bernard loves to go for walks whenever she gets a chance. Health issues may prevent a dog from running. Obesity, arthritis, age, hip dysplasia are

just a few reasons why your dog may be limited in how they can participate in your walking and or running routine.

How far and how fast can my dog run?

The first thing that your dog needs is to learn how to walk properly on a leash. Running with a dog that is not under control is difficult and dangerous. Start out with slow speed and short distances increasing both gradually over several weeks. Making sure that your dog is obedient can make your walk more enjoyable and safer. One specific tip for training your dog is to use short repetitive commands.

Your dog can understand a few words if you use them repeatedly and always for the same command.

If you are already a runner and your dog is not, give your dog time to slowly catch up to your level.

Izabella had been running with Rosie for several years and last May 12th the unthinkable happened.

During a brisk walk, Izabella noticed some different behaviors and signs in Rosie that gave her some concern; Rosie was not acting like herself, she was lethargic, her head was down while they were walking, Rosie's eyes were watering, and she was walking with an anxious pace and excessive panting and drooling and then Izabella saw and felt the "bloat" in Rosie's stomach which is gas or food trapped in a very painful possibly deadly position. Izabella knew that she only had about an hour to be able to save her precious dog Rosie's life.

The dog angels were watching over Rosie that day and after an emergency surgery and 4 months of recovery, Izabella is looking forward to having Rosie back on her left side as her running mate slowly building back up once again to be the top-notch athletic dog who loves to walk, run, snowshoe, hike and follow the bike.

Is running right for your dog? How is their energy level and how is their health? Are the conditions right for them to run today?

The extreme weather conditions can cause medical emergencies in dogs such as heat stroke and exhaustion, burned paw pads, dehydration. In our winters, the opposite can be true with frostbite and other conditions caused by the cold. It is also important to have rest days and not expect that your dog needs to run every day.

You know your dog better than anyone else and when you see signs that something is different in their behavior

and the way they look, pay attention.

Are they enjoying this type of training, or does it appear to be a challenge?

Don't push them too hard and don't be angry with them if they don't seem to be enjoying this process.

Some of the gear that you may want to check out if you are serious about setting up a walking/running routine with your dog. A hands-free running leash, avoid a retractable leash. Poop bags, no matter what the distance, you need to clean up after your dog. Make sure that your dog has identification tags in case they get separated from you. A bottle of water for you and a collapsible water dish for the dog.

This year the RCAF Run is virtual again so having your dog as a running partner is probably a good idea.

Does your 17 Wing family have a pet story to share here in Vox Air?

Contact Kelley at ripleesranchwpg@gmail.com



Kelley Post

Kelley and Larry Post are the owners of Riplee's Ranch Winnipeg and are pet parents to three dogs, Peachy, Chewy and Penny.

Kelley is the author of the book, "The Pet Affection", she has worked in the social work field for more than thirty years and understands the importance of the relationship between people and their pets. For more information check out their website at <https://petaffection.ca>



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Hey, my name is Chantel, I'm the creator of Marie Malcolm label. Currently, a wooden bead craft line (though projects are always in the works). Wooden bead garland, book marks, coasters and more. Find me on Instagram.

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Forgiveness

by Padre Sean Major

I once met a fellow who explained a feud between himself and an acquaintance that centered on a piece of lawn equipment that was lent. When the loaned piece of equipment was returned, it didn't seem to be running as it once did. This scenario has resulted in a 30 year feud.

We would be hard pressed to find someone who has not been hurt or offended by someone's actions or words. How we choose to deal with those circumstances will have a drastically different impact upon our lives.

It has been said that forgiveness is one of the most difficult things that we must deal with in this life. In part that is because we are not taught how to handle conflict and we have misconceptions as to what exactly forgiveness is and isn't. And sadly, we tend to mishandle both.

What forgiveness is not?

Author Laura Petherbridge, writing for Focus on the Family states that:

1. Forgiveness is not a feeling.
2. Forgiveness is not pretending you were not hurt.
3. Forgiveness is not condoning what the person did to you.
4. Forgiveness is not trusting the offender.

5. Forgiveness is not relieving the person of responsibility.

What forgiveness is?

Offering a basic definition, staff from the Mayo Clinic describe forgiveness as:

"Forgiveness involves a decision to let go of resentment and thoughts of revenge.

The act that hurt or offended you might always be with you, but forgiveness can lessen its grip on you and help free you from the control of the person who harmed you. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Basic Benefits of Forgiveness

When studied, the benefits of forgiving someone who has wronged us shows a multitude of benefits, some of which include: a reduction of stress and anxiety, more peace of mind, improved mental health and physical health, improved and healthier relationships, and among other things, more joy in one's life as our attention is transferred to moving ahead versus, being focused, or even stuck in a negative posture surrounding one's past hurts.

Based simply on the above definition of forgiveness with the associated benefits, it poses the question as to why we

still struggle with forgiving. I think C.S. Lewis is correct in his theory. In the Article Pride and Humility, Thomas A Tarantans III stated that "in Mere Christianity, there C.S. Lewis said, "According to Christian teachers, the essential vice, the utmost evil, is Pride. Unchastity, anger, greed, drunkenness, and all that, are mere flea bites in comparison: it was through Pride that the devil became the devil: Pride leads to every other vice: it is the complete anti-God state of mind... Augustine and Aquinas both taught that pride was the root of sin. Likewise Calvin, Luther, and many others, make no mistake about it: pride is the great sin."

When we consider forgiving someone else, our inner pride awakens and we can almost immediately feel our back straightening up, in a posture of defense and defiance. That person did...and I will not forgive!

The words shared above have basically centered upon general themes surrounding forgiveness. Annually, around the end of March or early April, many celebrate Easter. For Christians this is one of the most sensitive and important times of reflection and celebration of the Christian faith. It is a time of reflection upon our faith, upon an act of God that is

saturated with forgiveness.

Where God tells us that He formed us in His image, and invited us into a relationship with Him and to live a righteous life that reflects Him and His nature, He also tells of our fall. The Scriptures tell us of how from our youngest of days, our hearts are going to lean towards sin or desire to stray from the ways of God (Genesis 8:21) and towards what we want.

Where God has watched His children turn from Him, from the beginning of time He made a way for us to be forgiven. He transferred our sin and guilt from us onto Jesus who would pay the price for our sins. During the Easter season, we reflect upon Christ dying on the Cross to pay for our transgressions against God, so that we can live and have life to the fullest.

Forgiveness is a weighty topic and much more can be and should be studied. During this season of Christ's death and resurrection, may we all think about people we have wronged, those who have wronged us, the message that Jesus left on such topics and consider to choose forgiveness and life.

Faith and Life

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✝ Good Shepherd Protestant Faith Community

Sunday Service: 1300 hrs, or check with a Chaplain

✝ Ste Marguerite Bourgeoys Roman Catholic Faith Community

Sunday Mass: 1500 hrs, or check with a Chaplain

MORE INFO

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Information Phone Tree
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'

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Around The Wing Dans l'Escadre



Major-General Eric Kenny, Commander 1 Canadian Air Division | Canadian NORAD Region (CANR), presents Brigadier-General Derek O'Malley, Deputy Commander CANR | Joint Force Air Component Commander (JFACC), with the Defense Superior Service Medal, during the 1 Canadian Air Division honours and awards ceremony, at 1 CAD, Winnipeg, MB, on March 9, 2022. Photo by: MCpl Brian Lindgren, 1 CAD Public Affairs



Major-General Eric Kenny, Commander 1 Canadian Air Division | Canadian NORAD Region (CANR), presents Lieutenant-Colonel (Retired) Glen Madsen with the CJOC Commander's Commendation, during the 1 Canadian Air Division honours and awards ceremony, at 1 CAD, Winnipeg, MB, on March 9, 2022. Photo by: MCpl Brian Lindgren, 1 CAD Public Affairs.



Major-General Eric Kenny, Commander 1 Canadian Air Division | Canadian NORAD Region (CANR), presents Master Corporal A.J.D. Laforest with the Operation Service Medal - EXPEDITION, with the assistance of family and Chief Warrant Officer Craig Frost, 1 Canadian Air Division | Canadian NORAD Region Acting CWO, during the 1 Canadian Air Division honours and awards ceremony, at 1 CAD, Winnipeg, MB, on March 9, 2022.



Major-General Eric Kenny, Commander 1 Canadian Air Division | Canadian NORAD Region (CANR), presents Major Letellier de St-Just D.J.M. with the CJOC Commander's Commendation, with the assistance of Chief Warrant Officer Craig Frost, Acting 1 Canadian Air Division | Canadian NORAD Region CWO, during the 1 Canadian Air Division honours and awards ceremony, at 1 CAD, Winnipeg, MB, on March 9, 2022. Photo by: MCpl Brian Lindgren, 1 CAD Public Affairs.



Brigadier-General Derek O'Malley, Deputy Commander CANR | Joint Force Air Component Commander (JFACC), presents Colonel Christopher Shapka with the Meritorious Service Medal, during the 1 Canadian Air Division honours and awards ceremony, at 1 CAD, Winnipeg, MB, on March 9, 2022. Photo by: MCpl Brian Lindgren, 1 CAD Public Affairs.



Major-General Eric Kenny, Commander 1 Canadian Air Division | Canadian NORAD Region (CANR), presents Corporal P.J.L. Jenner with the Canadian Forces Decoration, with the assistance of Chief Warrant Officer Craig Frost, 1 Canadian Air Division | Canadian NORAD Region Acting CWO, during the 1 Canadian Air Division honours and awards ceremony, at 1 CAD, Winnipeg, MB, on March 9, 2022. Photo by: MCpl Brian Lindgren, 1 CAD Public Affairs.