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Volume 70, Issue 1

17 Wing Winnipeg / 17e Escadre Winnipeg

26 May 2021

The VOXair



Special Pride Flag Raised at 17 Wing



17 Wing Winnipeg raises the Pride Flag for International Day against Homophobia, Transphobia and Biphobia on May 17th, 2021. (L-R) 17 Wing Commander, Col David Proteau, Defence Team Pride Member MCpl Justin Roberge, Defence Team Pride Member, Deanne Bennett and President & Chair of Pride Winnipeg, Barry Karlenzig
Photo by: Cpl Darryl Hepner, 17 Wing Public Affairs, Winnipeg, Mb
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Special Pride Flag Raising at 17 Wing

By Lt J.P Reil

It was a bright and sunny day at 17 Wing for holding a special flag raising. On May 17, members of 17 Wing and 2 Canadian Air Division (2 CAD), with support from Pride Winnipeg, raised a new Pride flag at Wing HQ. Due to current public health measures, the ceremony was kept to a minimum number of participants.

"This day is important for us to reflect on our attitudes towards others, to confront and overcome our biases, and to acknowledge that around the world, LGBTQ2+ people are still subject to violence and discrimination," 17 Wing Commander Col David Proteau said. "It is critical that we in the Defence Team all work to address this and ensure we create a more inclusive workplace".

A new Pride flag was raised to promote greater inclusiveness within the community. The flag was designed by Daniel Quasar in 2018 to represent people of colour with baby blue, pink and white included in the trans flag design.

The 17 Wing Defence Team Pride Network will be renamed the CFB Winnipeg Defence Team Pride Advisory Organization.

"This year, we will be raising the inclusive Pride flag at CFB Winnipeg to show support for and solidarity with all LGBTQ2+ members, and to reinforce the message that everyone belongs," Col Proteau said. "I encourage everyone to show support by becoming allies, by joining and engaging with our Defence Advisory Groups. Together, we will ensure that CFB Winnipeg is a safe and respectful workplace for all."

"Pride Winnipeg is honoured to be here today to recognize International Day Against Homophobia, Biphobia, Intersexphobia, and Transphobia," said Barry Karlenzig, president and chair of Pride Winnipeg. "On this day in 1990, the World Health Organization declassified homosexuality as a mental illness and now we acknowledge this day each year"

"I am pleased to be here this morning representing the CFB Winnipeg Defence Team Pride Advisory Organization," Deanne Bennette said. "I feel it is important to support all members of the Defence Team and today we highlight the struggles the LGBTQ2+ has faced and continues to face. I am proud to be a part of the CFB Winnipeg DPTAO as it supports the community through advocacy, activities, and appreciation.

In support of Pride a number of virtual events were held throughout the week.



In recognition of the Day Against Homophobia, Transphobia and Biphobia, MGen Eric Kenny, Commander 1 Canadian Air Division, Canadian NORAD Region and Search and Rescue Region Trenton, Division Chief Warrant Officer J-C Parent (right) and Capt Jacklyn Zacher raised the Progress Pride Flag at 1 CAD/Canadian NORAD Region Headquarters.



The 2 CAD Command Team raises the Pride Flag for International Day against Homophobia, Transphobia and Biphobia on May 17th, 2021 at 17 Wing Winnipeg. (L-R) 2 CAD Chief, CWO John Hall, Defence Team Pride Member MCpl Justin Roberge, Defence Team Pride Member, Deanne Bennett and 2 CAD Commander, BGen Denis O'Reily. Photo by: Cpl Darryl Hepner, 17 Wing Public Affairs

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Monday to Friday
0800 -1500 hrs

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Derksen Printers
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VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Proteau. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823

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2 CAD CWO to Become RCAF CWO

Martin Zeilig

Chief Warrant Officer John Hall, Division Chief Warrant Officer 2 Canadian Air Division, says he is looking forward to assuming the role of Command Chief Warrant Officer of the Royal Canadian Air Force.

It's another step up in his long career as a member of the Canadian Armed Forces.

The Change of Command to CCWO will take place in Ottawa on June 10.

CWO Hall will be working under RCAF Commander Lieutenant-General A.D. Meinzinger.

CWO Marlene Shillingford, who's currently at CFB Moose Jaw, will be replacing CWO Hall at 2CAD. The change of appointment takes place on June 4th.

"It's the same job I'm doing now but on a larger scale," CWO Hall said of his move to DND HQ during an interview on May 3 in the conference room at 2 CAD.

"Right now, I represent the members of 2CAD, the officers and the Non Commissioned members. I look out for their well being. I try and manage the programs, the quality of life, and give a bit of disciplinary advice. Now, I'll be looking out for, talking to and relaying all the messages from all the aviators in the RCAF to the Commander as his Command Chief Warrant Officer."

He's had quite a career.

Raised in Port Elgin, ON, CWO Hall enrolled in the Canadian Armed Forces on 6 Feb 1987, notes his official bio.

Upon completion of Basic Training at CFB Cornwallis, he attended POET (Basic Electronics Training) and Radio Technician QL3 training at CFSCE, Kingston. Upon graduating, he was posted to CFS Aldergrove, BC as a Transmitter Site Technician. Following successful completion of his QL5 course in 1991 he was promoted to Cpl.

After completing a tour at CFS Alert in 1994 as the Transmit Site Technician, CWO Hall was posted to 708 Communications Squadron, 8 Wing Trenton where he was quickly deployed back to CFS Alert for another 6 month tour, this time as the Antenna and Telephone Technician.

When the 200 Series trades were reorganized in 1995, he was assigned to the ATIS trade, which included a switch from the tan DEU of the Army to RCAF blue. The year 1999 saw CWO Hall deployed to OP Palladium, SFOR HQ in Sarajevo, Bosnia-Herzegovina, as an Integrated Digital Network Exchange (IDNX) technician.

Promotion to MCpl in 2001 included a posting to Wing Telecommunications and Information Services (WTIS) at 19 Wing Comox where he served as a Network Technician until 2004, when he was promoted to the rank of Sgt and moved to the role of the Network Services Supervisor. 8 Wing Trenton welcomed CWO Hall back in 2005, this time to ATESS where, as the Deployable Network Supervisor, he led the team which designed and built deployable DWAN and Classified computer networks for the RCAF.

Promoted to WO in 2008, he assumed the role of Standards WO at ATESS CCISF. July 2009, he received a posting to DAEPM (R&CS) in Ottawa as the AFCCIS LCMM, a job he held until 2011 when he was promoted to MWO and posted as Project Manager to the CF Network Operation Center at CFS Leitrim. 4 Wing Cold Lake became home in 2012 as the SWO of 4 WTIS and then, in 2014, he returned to the NCR to attend Second Language Training in Gatineau, QC.

Feb 2015, CWO Hall was invested into the Order of Military Merit and, in July 2015, he was promoted to Chief Warrant Officer and posted to 19 Wing Comox as the Wing Operations Branch Chief Warrant Officer.

In 2016, he was selected as RCAF Air Task Force CWO at Exercise Rim of the Pacific (RIMPAC) at Hickam AFB, Hawaii. He was appointed WCWO at 15 Wing Moose Jaw in 2017.



In 2019, CWO Hall was appointed to his present position as the Division CWO at 2 Canadian Air Division in Winnipeg. CWO Hall and his wife Therese have three children – Brandon, Elora and Emily, and two grandchildren.

"I never joined the the military saying I wanted to be the Chief of the Air Force or the Chief of the CAF," CWO Hall, who was the chief referee for old timers' hockey in the CAF for 12 years and is still involved with amateur hockey as a referee instructor and advisor, said.

"I just wanted to be a member. To me, it's such a great organization. Something clicked to me. I just wanted to be a member who contributed and that's what I've done. Along the way, I've had a lot great success. And, a lot of it has come from the great people I've served with along the way, and who have served under me.

"I've been happy with my career since day one. I have no more expectations for my career, and careerism has fallen away. Not that I was ever one to step on anybody's back to get to the next level. I just put it out there and let it be for who I am. I've just tried to be honest and authentic and it's worked. I want to continue to be a catalyst for change in the RCAF as we go forward."



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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52 years of service with the CAF and DND

Martin Zeilig

Even after 52 years of service in both the Canadian Armed Forces and now as a civilian employee with the Department of National Defence, Frank Emond maintains that he has no immediate plans to retire—especially since the work is so rewarding.

Mr. Emond recently received a framed certificate from the government recognizing his half century of service to Canada.

“Who doesn’t have a plan for retirement?” Mr. Emond, Services Manager at the CAF Transition Centre Winnipeg, asked in an email interview in late April.

“With the pandemic on, there are too many people out there who need assistance and what does one do when you can’t even travel out of your own province? Time will tell is all I can say. For as long as I am healthy, I’ll be around.”

Rick Carleton, Services Coordinator Transition Centre Winnipeg, says Mr. Emond is a legend. The two of them have known each other for 20 years now.

“Everyone knows him,” Mr. Carleton said during an interview in his office.

“He has a heart. He has so many contacts. He really cares for his people, and is really passionate about what he does. Serving your country for 50 years is phenomenal.”

Mr. Emond’s first signed on the dotted line to begin his military career on January 9, 1969.

“I began training in St Jean 2 Feb of that year,” he notes in a provided bio.

“I completed basic training and then proceeded to Chilliwack, BC for trades training as an electrician. Due to various issues, one of them being the language, I occupationally transferred to Admin Clerk and headed to Borden.”

On completion of trade training, he moved to Esquimalt BC and was there until 1973.

“I then moved to Ottawa where both of my children were born,” he continues.

“On promotion to Master Corporal in 1977, I was transferred to Victoria with the 3 PPCLI. Two years later, in June 79 and upon promotion to Sgt, I moved to Vancouver with the British Columbia Regiment. Three years later we were on the move again. Very big surprise as we were heading to CFB Lahr, Germany where we ended up spending five great years. In 1987, I moved back to the West Coast, to Chilliwack where I was the Chief Clerk at the Canadian Forces Officer Candidate School. Upon promotion to Master Warrant Officer in ’89, we moved back to Borden this time to CFSAL as Company Sergeant Major for the Admin Training Company. I spent four great years there putting through more than 1300 students through basic and advanced trades training.

“As if I had not done enough travelling, in 1993 I once again moved to Europe this time with SHAPE in Belgium. I knew that this wasn’t going to be for too long and it wasn’t. Upon promotion to CWO, in 1995 I was posted back to Borden this time as the Recruiting Group CWO. One year later, I earned the privilege of being appointed as RSM/ School Chief Warrant Office of my own School, CFSAL. Another four years went by when all of a sudden, I get a visit from a Colonel from 17 Wing Winnipeg asking me if I would consider taking the position of Wing Chief Warrant Officer here in Winnipeg. At first I thought he was kidding but no he was very serious. But Winnipeg? I was given 24 hours to think about it. I came back to work the next day and agreed to the move. All I had ever heard about Winnipeg was bad stuff. Nothing there, cold weather and flat land. To this day, I have no regret in having made that choice.”

On completion of his tour as WCWO, he was seconded to Veterans Affairs Canada “for what was supposed to be” a two year position.

“I was fortunate enough to be the first CWO to go to VAC. I was short toured so rather than look for another posting, on 2 Jul 2004, I took my release from the CAF. I knew that I didn’t really want to get out so I transferred to the Supp List hoping that I could possibly get a job with the Reserve. In mid-September I got a call and here I was, back in uniform. I served three years with both 16 and 17 Fd Ambulance. During those three years I had

the privilege of being appointed as RSM 16 Field Ambulance Regina but working out of Minto Armouries.

“From 1996 to today, I have spent countless hours helping the ill and injured members of the CAF. I had started



Frank Emond, 1969. Photo submitted.

working with them at CFSAL in Borden and continued to do so when I came to Winnipeg as WCWO. I was fortunate enough to establish a great working relationship with VAC who soon after my arrival ended up with an office just outside the gate. I took my release from the Reserve not because I was moving away but to the contrary, I was moving into a position with the Director of Casualty Support Management (DCSM). This organization was setting up 10 offices across Canada to provide support to ill and injured members. We were somewhat looking to see if we could possibly establish an organization that would support our members, their families as well as Veterans. That was in 2007 where we had 20 plus people on a mission. Look where we are at today.”

Mr. Emond has been with the Transition Centre, which provides special care and attention to those who are ill or injured and require help with

transitioning to civilian life, since its inception in 2007, but officially in 2009 when the JPSU was finally established.

“I have the utmost respect for all members of the CAF, who have come through our offices seeking assistance,” he writes.

“I also have a lot of respect for those who have been posted to this organization. This is not your usual unit where you come to work do your work and go home and forget about your day. This is a place where people come because they are ill, whether physically or mentally. They need help or so does their family. You can plan your calendar all you want but when someone build enough confidence and trust in you to come in and seek assistance, it says a lot about who we are and what we can do to assist. It’s the best job I’ve ever had.”

Over the years, Mr. Emond has received numerous awards and citations including, the Certificate of Appreciation from the Deputy Minister Veterans Affairs Canada; appointed as a Member of the Order of Military Merit; Ombudsman’s award for Complaint Resolutions due, as Mr. Emond noted, “to my years of supporting Veterans who were suffering from Operational Stress Injuries”; Twice the Citizen Award presented by The Royal Military Institute of Manitoba for dedicated years of Service to the Province of Manitoba and the Nation; and, the Canadian Armed Forces Transition Group Commander’s Commendation for Exemplary Performance.

Mr. Emond has one son named James, who resides in Sudbury, Ontario, and who recently became dad to “a lovely little girl named Claire.”

He also had a daughter, Jennifer Claire, who passed away in Jan 2020 at the age of 43 in Campbell River, BC.

She had two little boys, ages eight and six.

“I’ve had a partner for the past seven years, who I love dearly,” Mr. Emond said.

“We have done a lot of travelling, but we’re now grounded like everyone else is. It’s hard. But, we have two female dogs that truly occupy our time.”

Now into his 53rd year of service to Canada, Mr. Emond emphasized that he would do it all over again.

“There used to be an old saying (about the CAF), ‘There is no life like it,’” he said.

“I wish we had never gotten rid of that, because it still exists for me.”



Frank Emond and his partner, Celine Woo, enjoying an early spring day this year.

Five Kids Under Five: How this SAR Spouse Handles the Unpredictable



rescue. They are amazed at the missions he does," says Kelly-Lynn, whose husband is a flight engineer with 413 Transport and Rescue Squadron in 14 Wing Greenwood, N.S. "They can't get over the fact that he could be gone for days for a mission with such short notice. At the drop of a hat, I'm left to hold down the fort."

Short-fuse and unpredictability of missions

Such is life in search and rescue, one of the most unpredictable, and inherently dangerous, battle rhythms in the Canadian Armed Forces and the RCAF.

"Missions can happen at any given time. They happen in the middle of dinner, grocery shopping, family get-togethers, the middle of the night and most happen in bad weather and dangerous conditions. As a super woman as some may see me, I am only human and of course I can get extremely worried."

A worrisome lifestyle

Kelly-Lynn, a "base brat" whose father served in the RCAF, says worrying is probably her biggest challenge. She and her husband lost friends in the 2006 crash of a CH-149 Cormorant in Nova Scotia, which often weighs heavily on her mind and heart.

"SAR isn't exactly a walk in the park," says Kelly-Lynn. "In better [weather] conditions, it could be a longer search mission with no telling when they will return. It's hard to not have my other half home with me. We love our time together as a family. So, when the schedule changes and we have to change or reshuffle plans, it's hard."

How Kelly-Lynn copes

Kelly-Lynn credits a consistent, yet flexible, family routine with predictable nap times, "me time" with girlfriends (pre-pandemic) and "seize the moment" type of outings with her family during days off as ways of coping. Kelly-Lynn also has family in nearby PEI and New Brunswick to fall back on.

"Down time can also be a nice van ride in an afternoon when all the kids fall asleep. My husband and I will have a hot coffee or pit stop to local breweries or wineries to pick up a few treats for the evening.

"I do enjoy a hot shower, Netflix, snacks and a drink at home just fine. It won't always be this way so we see this as a blessing and an adventure with plenty of time down the road with more time for us. For now, I'm happy to be needed."

Needed indeed

The RCAF recognizes the immense sacrifices and contributions made by spouses like Kelly-Lynn, referring to them as "Invisible Crew Members," without whose support the RCAF simply could not operate. Kelly-Lynn is proud to contribute in her own way to the RCAF mission.

"I don't do an actual RCAF job but I am my husband's biggest fan, study buddy, his rock and stability.

"Being a stay-at-home mom at the moment means he doesn't need to worry when he gets a call. He can just go."



Photos of Kelly-Lynn and MCpl Dan Domonkos and family were submitted.

Hubby says thank you

Kelly-Lynn's husband, Cpl Dan Domonkos, says a lot of people would be amazed at the sacrifices made by military spouses, and adds "she makes it so I don't need to worry and I can focus on missions and my job."

"I would like to thank my beautiful wife for always being by my side and supporting me with everything! I couldn't do this alone and appreciate everything [she] has done for me and our little family!"

Help for SAR spouses

Although Kelly-Lynn finds it hard to ask for help, she says it would be nice if others in the military community could know somehow when SAR spouses are alone, unlike Army and Navy spouses whose community support systems are fairly established during predictable and longer deployments.

"SAR spouses deal with instant, mini, local deployments. We don't know when the call will come in; and when they leave we don't know when they might return - and if they will. It would be nice for others to have a better understanding of our lifestyle.

"We need a community, a village, something to reassure SAR spouses there are people they can count on when they need help the most. Kindness, company and conversation. When our husbands are away or during the most stressful times, a simple tea and treats dropped off for the kids, a friend that pops by with a ready-made meal, to drop in and break up the day or help with bedtime routine would be great."

Still, Kelly-Lynn wouldn't change things for the world.

"It's an adventure and we like to travel. I've grown up with this lifestyle, and I think it's really what you make of it. It's really the only life I've known, and it's been a rewarding one thus far. I can pass down what I know of it to my children. They will have each other through moves, learn to adapt to new surroundings and keep an open mind to new possibilities. Plus, you make friends everywhere you go. It can really be a positive lifestyle."

RCAF Family Connection Program can help

If you would like to find a friend or be a friendly connection during the Annual Posting Season, register for the RCAF Family Connection Program.

The RCAF Family Connection Program's volunteer connectors stand ready to assist families settle into their new communities during the posting season, and to support families who are separated from their loved ones due to military service.

The Canadian Armed Forces and the RCAF have the main responsibility for providing SAR from the air in Canada. It also coordinates the national response for air and maritime SAR. CAF assets are tasked to respond to about 1,000 SAR missions every year with families holding down the fort for almost every one. We celebrate and thank them for their service. **Please see page 6 for**

By Holly Bridges

There are supermoms. And then there are military supermoms.

On any given day, Kelly-Lynn Nicole, mom of five kids under five, including triplets, never quite knows what to expect. One day her husband might be at home with the family or at work, while another he's off flying potentially dangerous search and rescue missions, with little more than 30 minutes' notice.

"A lot of people are amazed at how my spouse has to drop everything the minute he gets a call to go to a

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Kelly-Lynn, 14 Wing Greenwood
Coreen, 9 Wing Gander
Joliane, 14 Wing Greenwood
Melanie, 8 Wing Trenton

Join us for a fun, entertaining and real conversation with these invisible crewmembers!

with Host Stephanie Shapiro

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L'AVIATION ROYALE CANADIENNE ET LA FONDATION DEBOUT À L'UNISSON PRÉSENTENT

LE 31 MAI 2021
À 20H HNE
FACEBOOK LIVE

Kelly-Lynn, 14^e Escadre Greenwood
Coreen, 9^e Escadre Gander
Joliane, 14^e Escadre Greenwood
Melanie, 8^e Escadre Trenton

Soyez des nôtres pour une conversation amusante, divertissante et franche avec ces membres d'équipage invisibles!

Stephanie Shapiro, animatrice

www.facebook.com/TWSFoundationCA

The Royal Canadian Air Force and the Together We Stand (TWS) Foundation invite you to a fun, entertaining and very real conversation with the “The Real Spouses of Search and Rescue”, a Facebook Live event at www.facebook.com/TWSFoundationCA, on Monday, May 31 at 8 p.m. EST. Stephanie Shapiro of TWS will host “The Command Post” video podcast and will ask four amazing women about their lives as SAR spouses and how they cope with this highly unpredictable lifestyle. One minute supper’s on the table, and the next minute their spouse is out the door, called out to look for lost souls on the ground, or at sea. “My husband can go find someone lost in fog and swelling seas, but do you think he could find the laundry basket?” Help us pay tribute to these invisible crewmembers and the ways they support the RCAF mission each and every day. Tune in on May 31st, 8 p.m. EST at www.facebook.com/TWSFoundationCA for “The Real Spouses of Search and Rescue.” Don’t forget to wear orange!

L’Aviation royale canadienne (ARC) et la Fondation Debout à l’unisson (Together We Stand - TWS) vous invitent à une conversation amusante, divertissante et franche avec « Les vrais conjoints de recherche et sauvetage (SAR), » un événement Facebook en direct à www.facebook.com/TWSFoundationCA lundi, le 31 mai, à 20 h HNE. Stephanie Shapiro de TWS animera le podcast vidéo «The Command Post» et posera des questions à quatre femmes extraordinaires en ce qui a trait à leur vie en tant que conjointes SAR et comment elles font face à ce style de vie hautement imprévisible. Une minute le souper est sur la table, et la minute suivante leur conjoint doit quitter, appelé à la recherche de gens en détresse ou perdus quelque part. «Mon mari peut aller retrouver quelqu’un perdu dans le brouillard ou les vagues gonflées, mais pensez-vous qu’il pourrait trouver le panier à linge?» Aidez-nous à rendre hommage à ces membres d’équipage qui travaillent dans l’ombre et à la façon dont ils appuient la mission de l’ARC chaque jour. Connectez-vous vous le 31 mai, à 20 h. HNE à www.facebook.com/TWSFoundationCA pour « Les vrais conjoints de SAR ». N’oubliez pas de porter l’orange, la couleur de SAR! #RCAFfamily #invisiblecrewmembers.

War Amps Key Tag Service Celebrates 75 Years

Winnipeg, MB, May 10, 2021 – The War Amps begins its 2021 key tag mailing to Winnipeg residents this week with the theme “You Are a Part of What We Do,” marking the 75th anniversary of the Association’s Key Tag Service and paying tribute to the public for helping make it a success.

In the letter accompanying the key tags, parents Tracie and Jeremy describe how The War Amps has supported their family, from the day their daughter, Michaela Blakslee, was born missing part of her left arm, as well as some fingers and toes.

As a member of The War Amps Child Amputee (CHAMP) Program, Michaela receives financial assistance for artificial limbs and devices and also attends regional seminars where Champs and their parents learn about the latest in artificial limbs, dealing with teasing and staring, and parenting an amputee child.

Michaela’s artificial arms, which she calls her “helper hands”, include one for everyday use and another that she uses for activities like bike riding. “Without the funding from The War Amps, it would be very difficult for us to get her any prosthetics at all,” says Tracie and Jeremy. “Whatever isn’t covered through our workplace insurance and the government, The War Amps steps in so she has these devices to help her through daily life.”

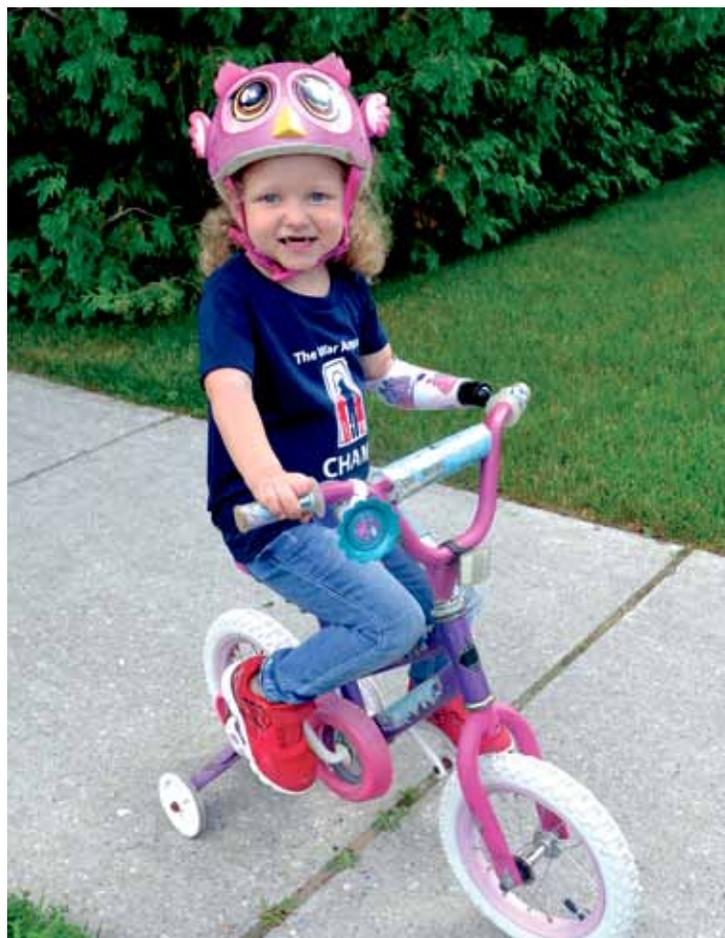


Photo: Michaela rides her bike with the help of a special device

The Key Tag Service was launched in 1946 so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association’s many programs. The Key Tag Service continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants and its programs are possible through public support of the Key Tag and Address Label Service. For more information, or to order key tags, visit waramps.ca or call toll-free 1 800 250-3030.

Looking to Expand Your Career Horizons? Aim High as an RCAF Flight Attendant!



Sergeant Amelie Cote, a flight attendant for 437 squadron, working in her element for a recruiting event for flight attendant on May 7, 2021. Photo: MCpl Darcy Lefebvre, 8 Wing Imagery.

There is an urgent requirement to fill vacant Flight Attendant (FA) positions, at the rank of Sailor (1st Class)/Corporal and Master Sailor/Master Corporal, at 437 Transport Squadron at 8 Wing in Trenton, Ontario.

The Flight Attendant Employment Program (FAEP) offers non-commissioned mem-

bers across the Canadian Armed Forces an amazing opportunity to broaden their career experience outside of their occupation to work as an FA.

FAs are skilled at performing a variety of tasks associated with passenger safety and comfort, responding to onboard emergencies, and operating aircraft ancillary, emergency and survival equipment, to name just a few.

While the actual positions belong to and are managed by the Royal Canadian Air Force, FAs receive a specialty qualification while maintaining their current military occupation and environmental uniform. In other words, this is not an occupational transfer; rather, it is employment for a limited duration of flight duties. On completion of FA training, members will be posted to 437 Squadron for a very challenging and rewarding three-year tour flying on the Airbus. During the course of their FA employment, members will continue to be merit-listed within their own occupation, and when FA duties are completed, their respective career managers will determine their next occupational employment.

Along with specialized training and a great employment experience, FAs also receive Air Crew Allowance (see QR&O 205.32 Air Crew Allowance).

For more details, including eligibility requirements, see the CANFORGEN at:

<http://vcds.mil.ca/apps/canforgen/default-eng.asp?id=036-21&type=canforgen>

You'll also find more information on the 437 Squadron FA webpage at: <http://rcaf.mil.ca/en/8-wing/437-transport-sqn/437-flight-attendant.page>

Is this for you? Talk to your local Personnel Selection Officer to get started on a path that really takes off!

What Is The Uniform?

Though they are working in an RCAF position, FAs maintain their own environmental uniform.

Typically, FAs wear green flight suits or, when flying with VIPs, their standard DEU 3B uniform.

They also are entitled to wear the Flight Crew Badge (see CFAO 55-10, Award of Canadian Forces Flying and Specialist Skill Badges).

Vous cherchez à élargir vos horizons professionnels? Visez haut en devenant agent de bord de l'ARC!

Le 437e Escadron de transport, à la 8e Escadre Trenton (Ontario), a urgemment besoin d'agents de bord aux grades de matelot de 1re classe/caporal et de matelot-chef/caporal-chef.

Le Programme d'emploi d'agent de bord (PEAB) offre aux militaires du rang des Forces armées canadiennes une superbe occasion d'élargir leur expérience professionnelle en travaillant comme agents de bord.

Les agents de bord ont des tâches variées et sont entre autres appelés à veiller au confort et à la sécurité des passagers, à répondre aux urgences à bord et à utiliser de l'équipement auxiliaire ainsi que du matériel de secours et de survie.

Bien qu'ils relèvent de l'Aviation royale canadienne, les agents de bord reçoivent une qualification de spécialiste tout en demeurant dans leur groupe professionnel actuel et en conservant l'uniforme de leur élément d'appartenance. En d'autres mots, il ne s'agit pas d'un reclassement, mais plutôt d'une affectation temporaire. Une fois l'instruction terminée, les nouveaux agents de bord seront affectés pendant trois ans au 437e Escadron où ils effectueront un travail très exigeant, mais aussi très valorisant à bord du Airbus. Tout au long de leur affectation, les militaires demeureront inscrits sur la liste de mérite de leurs groupes professionnels respectifs, puis, à la fin de leur affectation, leurs gestionnaires de carrière détermineront quelles fonctions ils occuperont ensuite.

En plus de recevoir une instruction spécialisée et d'acquérir une expérience professionnelle remarquable, les agents de bord auront droit à l'indemnité du personnel navigant (voir ORFC 205.32, Indemnité du personnel navigant).

Pour de plus amples renseignements, y compris les exigences d'admissibilité, consultez le CANFORGEN à l'adresse suivante :

<http://vcds.mil.ca/apps/canforgen/default-fra.asp?id=036-21&type=canforgen>

Vous trouverez également plus d'informations à propos du rôle des agents de bord sur le site Web du 437e Escadron, à l'adresse suivante : <http://rcaf.mil.ca/en/8-wing/437-transport-sqn/437-flight-attendant.page>



Sergeant Amelie Cote, a flight attendant for 437 squadron, working in her element for a recruiting event for flight attendant on May 7, 2021. Photo: MCpl Darcy Lefebvre, 8 Wing Imagery.

Cela vous intéresse? Discutez avec votre officier de sélection du personnel et préparez-vous au décollage!

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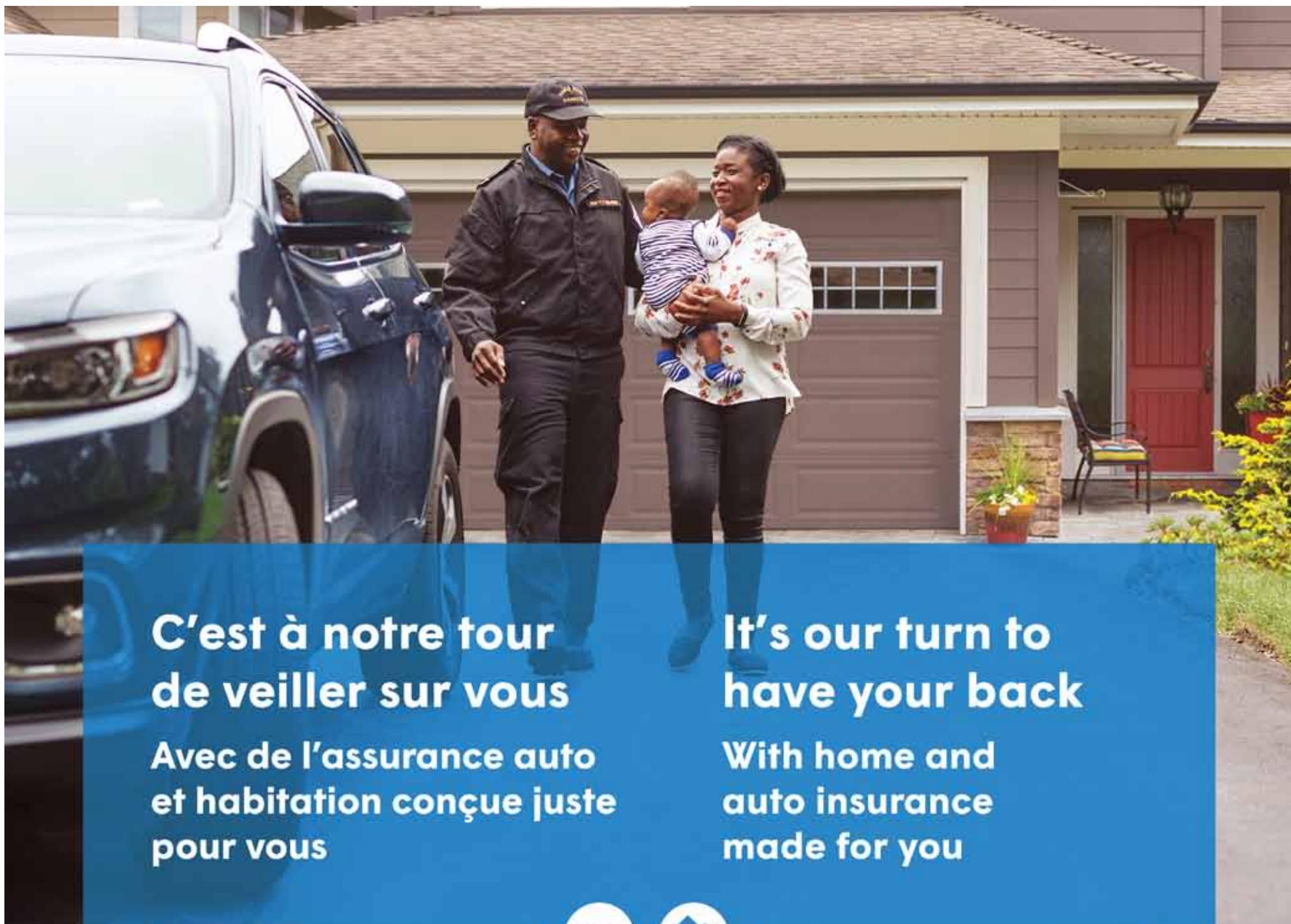


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How to Create the Perfect Outdoor Living (and Work) Room

TurfMutt

Spring is here, and it's time for pandemic-weary homeowners to ready yards and landscapes for back-yarding. Yes, backyarding is a word – and one that we all need right now.

The pandemic thrust us into a new reality, and the backyard has a starring role. With a year of limitations on where we go, how we gather, and who we connect with, yards and other managed landscapes became a safe haven.

Backyarding became a way of life as lawns, gardens, patios and decks evolved into outdoor offices, classrooms, family gathering places, and the new 'hot spots' in our neighborhoods. So how is the backyard set up to meet all of these needs?

Create activity zones. Consider what needs to happen in the backyard and map activity areas. A shady table can double as a home office, study zone, art table, or dining spot. A hammock or outdoor sofa can suffice for napping, reading or studying. A patch of sturdy grass is perfect for sports, family games and play. A fire pit offers cozy chairs for star gazing and socializing, while a grill near a seating area promises delicious meals. A wall, fence, or pergola may hold an outdoor movie screen for nighttime viewing. An herb or vegetable garden helps kids learn about science and nutrition while reaping the satisfaction of growing food for the table.

Factor functionality with purpose. Is there a quiet spot for conference calls? Or a shady spot that minimizes glare for online video meetings? Note where electrical outlets are and if an outdoor-rated extension cord will



“IT FEELS LIKE YOU’RE HOME.

One of the reasons I joined Commissionaires is because I knew I’d be able to wear my awards and decorations.

— **Cameron Jones**, Site Supervisor with our Manitoba Division

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be needed to accommodate all of the electronics that may be used outside. Check wifi coverage and cell service in the yard and determine if there is enough comfortable seating.

Spruce up existing landscaping. Assess the backyard and do some basic “clean up.” Fix bare patches in the grass. Use a leaf blower to clean out flower beds. Prune bushes and trees. Cut the grass to a healthy height. Add a fresh layer of mulch around your trees and in flower beds. Freshen up by weeding, planting flower beds, and filling pots with colorful flowers and verdant

plants.

Use plants and shrubs to hide unsightly items and control noise. Trees, shrubs and bushes offer cover from neighbors, deliver shade, camouflage unsightly pool equipment and air handlers, and tamp down noise. Planters with flowers between seating and eating areas on a patio add visual interest and privacy. Shrubs and tall plants are a terrific privacy-creator (and noise canceller for those conference calls).

Put the right plant in the right place. Choosing the right plants for the climate zone and for your lifestyle will create a backyarding space that is attractive. It will also be easier to maintain, and support pollinators and wildlife. Consider watering and sunlight or shade needs for any plants added. A hardy grass variety is more likely to hold up to pets and kids. Save delicate flowering plants for patio containers, and be sure to check out the ASPCA list of toxic plants to keep pets safe.

Invite the outdoors in. Blending interior and outdoor living spaces helps the backyard feel like an extension of the home. Open blinds and curtains to the yard. Use complementary indoor and outdoor décor in similar colors, materials and styles to create a cohesive space. This enables everyone to transition seamlessly from indoor life to outdoor living.

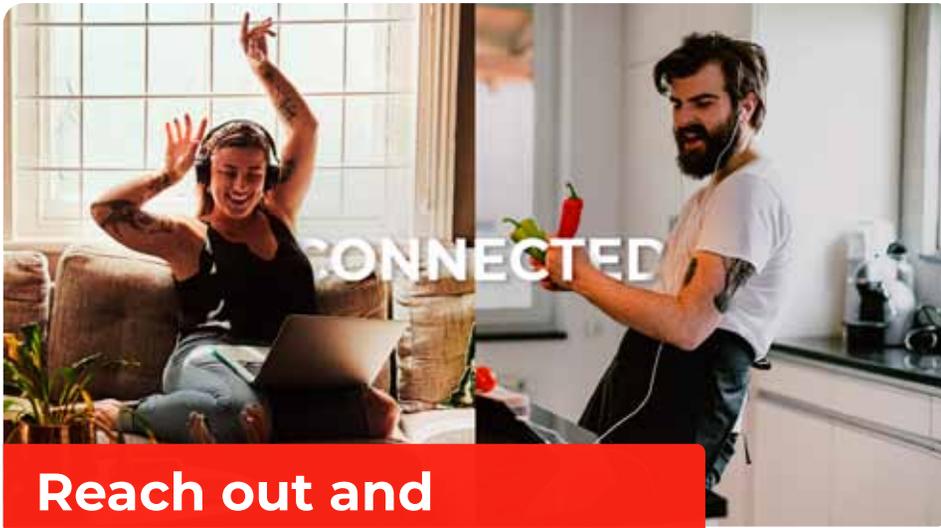
For more information and tips about living landscapes visit www.TurfMutt.com.

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And reach the Military Community



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* Be sure to adhere to your province's COVID-19 guidelines and stay safe!
1. Visit CAFconnection.ca/jrm for full contest rules.

* Assurez-vous de consulter les lignes directrices sur la COVID-19 de votre province. Soyez prudent!
1. Visitez CONNEXIONFAC.ca/jml pour les règlements complets du concours.

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Attention Veterans, their families, and the Community

If I sprain my ankle, chances are you will know what to do.

If I have a panic attack, chances are you won't.

Become certified in Mental Health First Aid

In support of the Veteran Community and in partnership with Veterans Affairs Canada through the Veteran Family Program, a customized version of the Mental Health First Aid for members of the Veteran Community is being offered in your area.

Mental Health First Aid Veteran Community is the help provided to members of the Veteran Community developing a mental health problem or experiencing a mental health crisis. It does not train people to become counsellors or therapists and just like with physical first aid, we need to ensure that those most in contact with members of the Veteran Community can identify an emerging mental health problem and respond effectively in the event of a crisis. Participants will gain a solid understanding of the 5 basic actions of ALGEE:

- Assess the risk of suicide and/or harm
- Listen non-judgmentally
- Give reassurance
- Encourage professional support
- Encourage other supports

For more information and to register contact:

Dana Glover
Veteran Family Program Coordinator
winnipegmfr.vfpc@outlook.com

Join us to become certified in Mental Health First Aid Veteran Community. Members of the Veteran Community will receive this training at **no cost**. Seats are limited and registration will be on a first come first serve basis. Priority will be given to medically-releasing Canadian Armed Forces members, medically-released Veterans, and their families. Other community members are welcome to join, space permitting.

A minimum number of eight participants is required to run the course. The course will be cancelled where appropriate.

Date: June 9 & 10, 2021

Registration deadline: May 25, 2021

Time: 0900 - 1300

Location: Via Zoom

*Note: Military attire is not required. A free Zoom account, webcam, microphone and speaker are required to participate.





cafconnection.ca/winnipeg



June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Step challenge starts. Log 5000 steps every day this month for a chance to win great prizes.	Commuter Challenge starts. Love all your trips, wherever they take you!	1 Do you always drive to the store? Try walking or biking today.	2 Still tele-working? Let us know what your set up looks like.	3 Set up a group ride with friends and explore the neighbourhood.	4 Don't forget to log all your trips—commuterchallenge.ca	5
6 Bike week	7 Bike to Work day	8 Have a sweet ride. Who doesn't like ice cream or cookies. Today's ride is to a bakery or ice cream shoppe.	9 Bike to Take out. Cycling? Enjoy your Ride Webinar	10 Dress up & ride. Decorate your bike and / or dress up. Snap a picture and share with us.	11 Ride to a Park. With so many beautiful parks to visit, which one will you pick?	12
13 Guilt-free breaks. Contact HP to receive your guilt-free break kit.	14 Grab your lunch and head outside to eat it.	15 Set an alarm on your phone to remind you to get up and stretch every hour for 5 minutes.	16 Schedule recess; take 15 minutes and play some catch or go for a quick walk	17 Breathe—use a timer and practice mindfulness meditation. It only takes a few minutes.	18 WComd Golf POSTPONED to July	19
20	21 Longest day of play. Have you tried Disc Golf yet?	22 Call a friend that you have not spoken with in the last month	23 Webinar Wednesday. Connect with HP and learn about outdoor safety.	24 Panel Discussion on Men's Health	25 Host a Netflix's watch party	26
27	28 Virtual board games. Try skribbl.io; codewordsgame.com; Among us	29 Take a nature bath, go outside for hike, share pictures with your friends.	30 Congratulations! You have kept moving & stayed connected. Treat yourself to something you enjoy.			



Bike Week—June 6 to 11
How will you celebrate?

Take a picture and share on social media to win prizes.

#pspwinnipeg #bikeweekwinnipeg



MEN'S HEALTH MONTH

June 1 to 30, 2021

Save the Date
June 24, 2021 @ 1300hrs
 In conjunction with Men's Health Month: Move for your Mental Health, Health Promotion Winnipeg & Edmonton are collaborating to offer a national panel on Men's Mental Health. Offered in English through Zoom, our panelists will discuss their journey to recovery, how the support of others helped and resources available to allow you to Move for your Mental Health.



Cycling? Enjoy Your Ride!

9 June 2021 @ 1500hrs CST - Celebrate Bike Week with us! We will discuss important considerations before you head out on a ride. Join us via Demio.

Register - <http://my.demio.com/ref/hNoIHJG16paK99lh>



Commuter Challenge 2021

30 May - 5 June

When you walk, cycle, carpool, take transit, rollerblade, scooter, work from home, canoe, skateboard, run... your impacts will be recorded and accumulated throughout the week. Register yourself at commuterchallenge.ca and log your commutes with the 17 Wing team.

Mental Fitness & Suicide Awareness

17 June 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/250FjBgpwWF5Gqp>

Guilt Free Break Week 2021

June 13 - June 19

Taking care of your health, both physical and mental, includes taking breaks. Do something good for yourself and enjoy guilt-free breaks. Contact Health Promotion to receive your Guilt-Free Break Kit.



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parenting through
I'm bored

Join Jenny and Sherri for a discussion about engaging your kids while avoiding overindulgence. We'll also spend some time brainstorming uncomplicated ideas for summer fun and the importance of being bored.
Thursday, June 17, 1830 - 2000. Register by Monday, June 14 by emailing jbrennamfrc@gmail.com.

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• 3 Days a week: Monday, Wednesday and Friday 1:00 pm - 3:30 pm

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• 3 Jours semaine : Lundi, mecredi et vendredi, de 9h à 11h30
• 5 Jours semaine : Du lundi au vendredi, de 9h à 11h30

For more information please contact:
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MAKE AHEAD MEALS

Whether you are a family of 4 or more, a two-person family, or are a family of one, these Make-Ahead Meals will make it easy to take your dinner outside as we focus on BBQ season. We will be making three freezer meals and a side dish and discussing some great tips and tricks for your

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Date limite d'inscription : 21 juin à sltwinnipegmfrc@gmail.com

Une fois par mois, un membre de la communauté francophone partage une recette dans une ambiance virtuelle décontractée, dans le confort de votre maison. La première moitié de la session est une démonstration de la recette ; la seconde partie est une discussion.

Programme Positif / Positive Program
Le thème du mois de juin: June's theme:

S'évader! Get Lost!

Nous explorerons le côté positif de se perdre, comme se perdre dans un bon livre, se débarrasser de son stress ou partir à l'aventure dans notre belle province.
Nous parlerons également de ne pas se perdre ou se brouiller dans nos pensées.

Coût : 5 \$
Veuillez-vous inscrire d'ici le 27 mai à jbrennamfrc@gmail.com

We will explore the positive side of getting lost in a good book, losing the stress, or on an adventure in our beautiful province.
We will also talk about not losing yourself or getting lost in a scramble of thoughts or patterns

\$5 (includes kit)
Register by May 27 by emailing Jenny at jbrennamfrc@gmail.com

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, June 30 1800-1900
Register by June 28 by emailing deploymentwmfrc@outlook.com

Kids in deployment

Deployments can be challenging for all family members. Come to this casual conversation with Sherri and Ana (via Zoom) to discuss how to help kids and teenagers better cope with deployments and other work-related absences.

Thursday, June 24, 1800 - 1900
Register by Friday, June 18 by emailing Ana at deploymentwmfrc@outlook.com.



Be Strong Enough to Know When You Need Help

In the Christian tradition there is a scripture that says, "hope deferred makes the heart sick". Indeed during recent months, hope has been like the tide, sometimes high and sometimes low.

May is Mental Health awareness month, and no better time than almost 18 months into a pandemic where we have all had our mental health tested to the utmost. We have lost family members, we have had national tragedies above and beyond the COVID deaths. Few of us have been left unscathed by this.

However, we have also seen amazing things. We have watched as members have pulled together for herculean endeavours to get Vaccines up north, we have adapted and adjusted, we have overcome.

More than that, despite everything, we have continued to hope.

When I was contacted about my first vaccine appointment, I found that I could barely catch my breath. I was suddenly very nervous. I explored my own responses with methods I have learned through mental health care throughout this pandemic, my heart was beating faster, my stomach tightened, my legs felt a little wobbly, all signs I have learned to recognize as anxiety. And yet, as I continued my exploration, I began to list all the things I could possibly be anxious about. I'm not afraid of needles, I dislike them as much as the next person, but nothing to provoke the reaction. I wasn't concerned about going out in 'public', as the clinic would be on the wing, with familiar faces or what can be seen! I didn't have any major reservations about the contents of the vaccine itself.

So what was this? What was I feeling?

I realized, the thing that snatched my breath for a moment, that created in me this visceral response was the "What if...."

What if, after all this, nothing changes?

What if, when our strength is almost gone from this fight, we have to go another round?

What if, even after we all get vaccinated, I still can't see my favourite people?

It became clear to me, that the idea of the vaccine was intrinsically tied to HOPE.

Without even being aware of it, I had hung my hopes on the day when we can all get vaccinated. So much so, the fear that it wouldn't be true caused a deep response.

Hope deferred makes the heart sick. If you are like me, your strength is waning in this fight. I'm having to hold on more and more to the hope. And my heart is definitely feeling the weight of it.

Dose #2 + 14 days, is totally achievable. Stay in the fight, keep up the hope. Be strong enough to know when you need help.

Reach out to Mental Health, or a Chaplain.



Photo by Austin Kehmeier on Unsplash

Faith and Life

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

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

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.

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

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

CHAPLAINS

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

Padre Antin Sloboda
(Ukrainian Catholic
Pastoral Associate)
ext 5087

TBD
- Mental Health Chaplain
ext 5086

COMMUNITY SERVICES:

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

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

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

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



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

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

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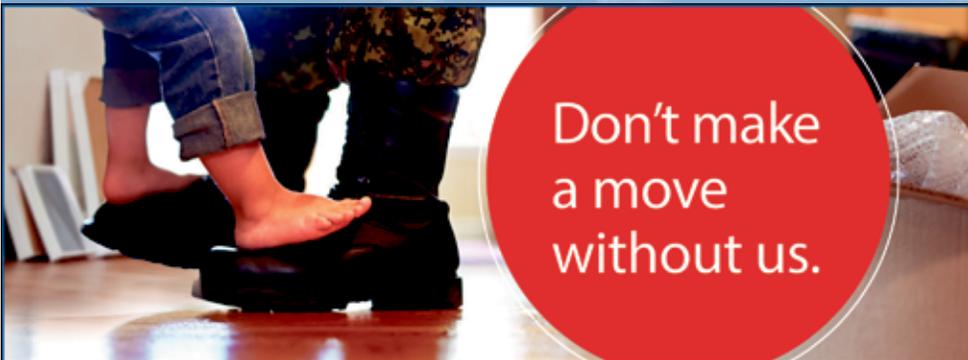
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