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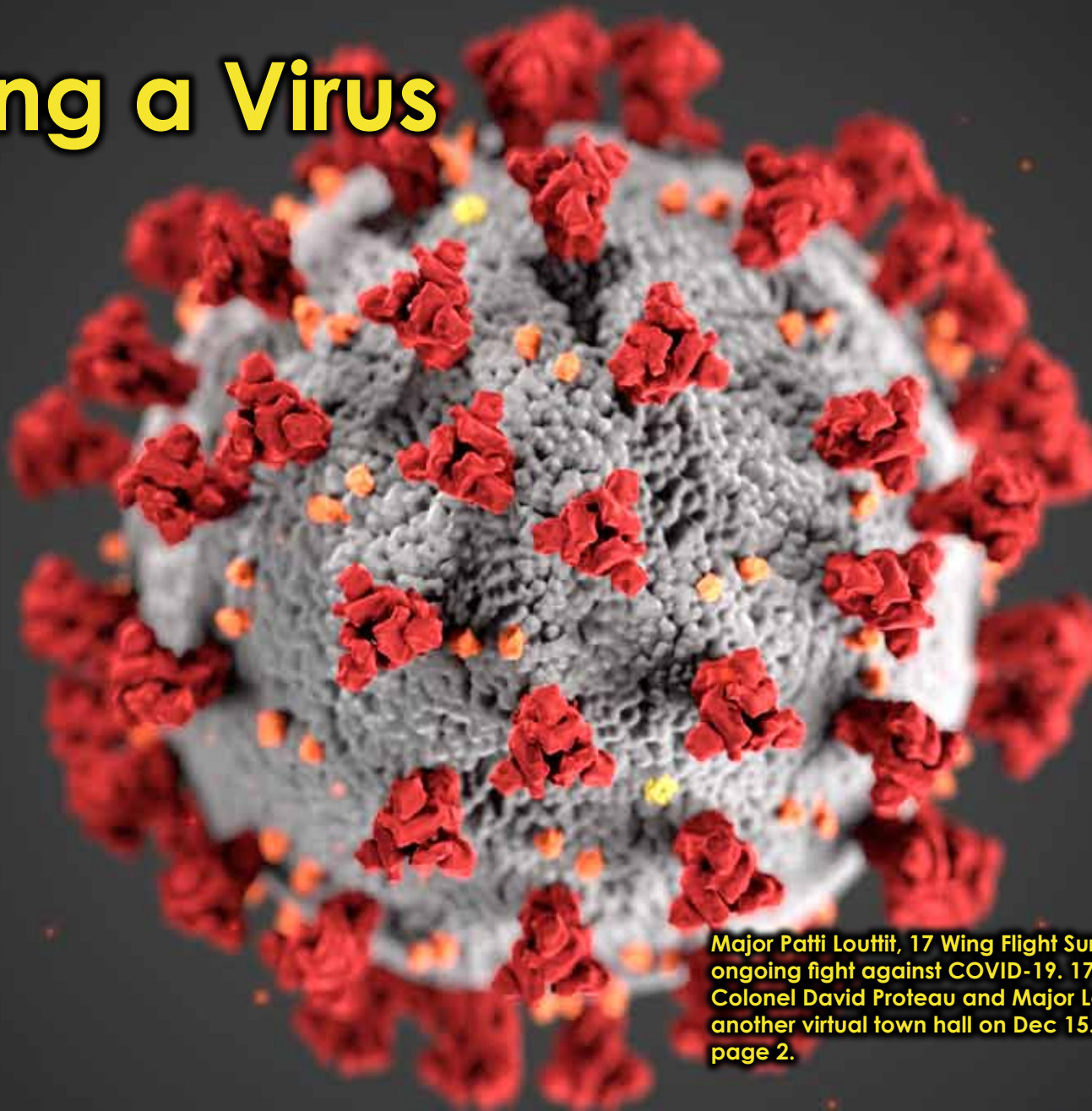
17 Wing Winnipeg / 17e Escadre Winnipeg

4 Dec 2020

The Voxair



Fighting a Virus



Major Patti Louttit, 17 Wing Flight Surgeon, talks about the ongoing fight against COVID-19. 17 Wing Commander Colonel David Proteau and Major Louttit will also hold another virtual town hall on Dec 15. See our story on page 2.

2nd World War Medic Honoured



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Do You Know His Family?



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COVID Support from Rangers



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17 Wing Flight Surgeon Trying to Prevent Wing Transmission



Major Patti Louttit, 17 Wing Flight Surgeon says the point prevalence of COVID-19 is presently very high in Winnipeg and the restrictions will stay in place until the numbers start coming down. Photo: Submitted.

Winnipeg where the prevalence of the virus is very high so the difference from the spring is the point prevalence. Even though we're working from home and the restrictions in the province of Manitoba look like they're the same, the risk in the community is much higher.

"We said in the spring, 'Okay, you can get groceries when you're working from home.' It's still okay to get groceries when you're working from home today but it's very important that just one person goes to the grocery store. It's very important that you wear your mask and wash your hands because the virus is out there and it might not be in people who have symptoms. That's really the difference from the spring."

She also said that 17 Wing Commander Colonel David Proteau has ordered all the units to be at minimum manning, but still be available to provide essential services or operational requirements.

"So, if there's no need to be on the base, then you should work from home," Maj Louttit emphasized.

"My guidance from my team is to follow the provincial guidelines."

She said that the restrictions at 17 Wing due to the surge in COVID-19 cases is likely going to be for 28 days.

"Until the numbers come down these restrictions are going to stay in place," Maj Louttit said.

"The recommendations I would make with those numbers is that we continue with our restrictions

on the base to avoid bringing it from the community to the Wing."

23 Health Services has also instituted drive up testing for COVID-19.

"People won't have to come up through the building," Maj Louttit said. "They can drive their car up to the building and go home. That

will increase our capacity for testing. It's going to decrease our workload a little bit and speed things up.

"The other thing we're doing is ramping up our contact tracing ability with case interviews so that we can try and ensure that it's not getting out into the squadrons the units. So, that we can catch people early and talk to them about their contacts particularly on the Wing."

She also is of the opinion that the restrictions currently in place at 17 Wing will (probably) last longer than 28 days.

"The people here at 23 Health Services are all amazing," stressed Maj Louttit, who noted that she's working from home and at the base 50 percent of the time for each venue.

Maj Louttit and the Wing Commander will be holding another Facebook town hall to keep 17 Wing members informed on Dec 15. Please join the 17 Wing Facebook page if you haven't already.

Martin Zeilig, Voxair Photojournalist

Major Patti Louttit, MD, 17 Wing Flight Surgeon, 23 Health Services, explained there is a difference between the initial recent surge in COVID-19 cases now in Winnipeg and what happened earlier this year.

The risk of transmission and the knowledge of transmission in the community are very high now, she said during a telephone interview earlier in Nov.

The point prevalence, the amount of virus that's in the community, is also very high, Maj Louttit added.

The number of infections and the number of deaths have been rising rapidly in the city.

"The Wing has done very well," Maj Louttit said. "We have very few positives, and almost all of them are from community spread but we live within the community of

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WWII Medic receives Lifetime Membership to Royal Canadian Medical Services Association



Corporal (Ret'd) John Pauls received a Lifetime Membership to the Royal Canadian Medical Services Association (RCMSA). He served in Italy and Europe in the Second World War, mainly in second line medical support. Photo: Submitted.

Major Joel Bernier, Commanding Officer, 11 Canadian Forces Health Services Centre Shilo

October 2020 was a significant month for 104 year old Cpl (Ret'd) John Pauls, as he had the honor of receiving a Lifetime Membership to the Royal Canadian Medical Services Association (RCMSA). The RCMSA is an independent, non-profit, all ranks organization dedicated to promoting Canada's military Medical services – past, present and future, and contributing to the advance-

ment of healthcare in Canada. They accomplish this by increasing public awareness, preserving heritage and fostering Esprit de Corp.

Cpl (Ret'd) Pauls, served as a Medic with the Royal Canadian Army Medical Corps (RCAMC) in Italy and Europe. He was mainly employed in second line medical support, which today would be known as a Role 2 Basic within the Brigade support area. He was awarded the 1939-45 Star, Italy Star, France Star, Germany Star, Defence Medal and the Canadian Volunteer Service Medal & Clasp, as well as being mentioned in Despatches. He was promoted to Corporal while in Italy. He recalls his service in WWII,

"The medical tents in which we worked were moved frequently as the battle lines changed. Several times while working in these tents, we were even closer to the battle, as the artillery shots were directly overhead. At one time, a barrage lasted for at least two days non-stop. Shrapnel, loud, low flying planes and mortar fire were exploding close by on numerous occasions."

The achievement came with a certificate and coin to accompany the honour, and both were presented to his daughter, Marlene Pauls Laucht, on October 2, 2020, near Winnipeg's Saint-Boniface Cathedral War Memorial, by the 11 Canadian Forces Health Services Centre Shilo Command Team. Cpl (Ret'd) Pauls could not attend the presentation in person due to COVID-19 protocols currently in place to protect residents of long term care facilities, where he resides.

The Command Team also took the opportunity to present his daughter with a Quilt of Valour from the

Quilt of Valour Canada Society, to give to her father. The Quilt of Valour is Canadian Handmade and is presented to soldiers, past and present in gratitude for their service. This particular quilt was provided by the Canadian Forces Base Shilo Transition centre and it reads, "Handmade with love, respect and gratitude for your sacrifice to Canada. May the hugs stitched into this quilt give you comfort, strength and love."

The presentation respected social distancing, but still gave the Command Team an opportunity to share fond memories with Cpl (Ret'd) Pauls' daughter, son-in-law, and grand-daughter, and honour his service to Canada.

Cpl (Ret'd) Pauls was discharged from the RCAMC after the war, following demobilization; however, his medical service to his comrades did not end there. He became a medical orderly and eventually a supervisor at the Deer Lodge Veterans' Hospital in Winnipeg, where he worked for 30 years, taking care of his fellow brothers and sisters in arms.

Cpl (Ret'd) Pauls has now received his certificate, coin and quilt, which are proudly on display in his room. Marlene Pauls Laucht said,

"My dad is already using the beautiful quilt and enjoying the extra layer of warmth. He was pleased when I described the presentation, showed him the pictures we took and showed him the certificates and medallion. The certificate sits on his picture board in his room and the quilt covers and decorates the bed."

<https://www.quiltsofvalour.ca/>

<https://www.royalcdnmedicalsvc.ca/>

Transition Center Supported Member Honours Remembrance Day His Own Way



Deer Lodge veterans and residents were able to watch a vehicle parade organized by MCpl Pearce on Remembrance Day. He was hoping to get 20 vehicles for his parade but Peg City Ram Club had over 70 vehicles wanting to participate. Photo: Submitted.

Sgt Leblanc, TC Winnipeg

This year, adapting to a global pandemic has been challenging for everyone, young and old. Routines have been disrupted, family visits post-poned and traditions have been reset. November 11th has been a day of remembrance for many generations, a moment of silence, the Last Post, the laying of wreaths at a cenotaph, gathering at legions.

As a member of the Canadian Armed Forces for the past 23 years, Master corporal (MCpl) Brian Pearce has been preparing his uniform to stand on parade alongside his comrades to remember the fallen and honour the sacrifice so many have made. Like so many other Canadians practicing social distancing, MCpl Pearce's Remembrance Day traditions were reduced to a virtual

ceremony.

MCpl Pearce has been busy with not only adapting to the COVID-19 restrictions, he is also preparing for a transition outside the CAF. Through this tumultuous time he has found a new community, a new way to be social and connect with people through his local Dodge club called The Peg City Rams.

The idea of an elderly veteran sitting home alone and the spouses of deployed members remembering in an empty house unable to connect with the community around them inspired Brian to take action and contact his Dodge club to coordinate a Remembrance Day parade. With little time to prepare, Brian

planned for only 20 vehicles in his parade but enough to show the veteran community at Deer Lodge Center that the community remembers. He contacted Deer Lodge Centre in advance to coordinate a drive past. Deer Lodge Centre is a rehabilitation and long-term care facility that provides a variety of programs and that is committed to the health care needs of the Canadian Armed Forces and Veterans.

There was an overwhelmingly high interest "to remember" from the Peg City Ram club yielding 70+ vehicles. Vehicles decorated in Canadian flags, Poppy flags as well as Army, Navy and Air Force flags, filled with families ready to honour the veterans at Deer Lodge Center and the military community. The parade depart-



MCpl Brian Pearce and his spouse at the Transition Centre. Photo: Submitted.

ed from Polo Park parking lot at 12:00 making its way to Deer Lodge Center, then the north side followed by the south side military housing.

The positive feedback from the veterans at Deer Lodge was anticipated. Some stood out front wearing their legion jackets with medals and others in their windows waving proudly at their community who found a new way to remember. MCpl Pearce's initiative did not just touch the Deer Lodge veteran community, there were numerous pictures and videos shared on social media. This initiative reached far beyond the expected audience of Deer Lodge, there were many members of the Winnipeg community who were out in the streets that witnessed this parade reminding them "to remember".

Perhaps MCpl Brian Pearce has started a new Winnipeg tradition birthed in a time of transition; a time that we are all forced to transition, from the monotony and traditions we have always known, and his own transition to life outside the Canadian Armed Forces. May his initiative inspire others to seek out new traditions as we embark upon the holiday season.

Thrift Store Find Raises Historical Questions

Martin Zeilig, Voxair Photojournalist

A framed colour photo posted on The Voxair Facebook page shows a young Royal Canadian Air Force member wearing the normal Service Dress uniform of a recruit in the RCAF during the Second World War.

The photo belongs to Traci Lea Wright, the proof reader for this newspaper, and was first posted on her Facebook page.

There is no name attached to the photo. He remains anonymous.

But, Ms. Wright hopes to have him identified.

"I found this Art Deco RCAF frame complete with picture in a thrift store in Winnipeg," Wright said in an explanation posted beside the photo.

"It made me sad to think it had been discarded. I know it's a long shot, but does anyone recognize this airman? The picture has no identification whatsoever. I would like to return it to his family if possible, or to an organization that might like it. The frame itself is unique and a piece of history."

The young man may have remained in the ranks or may have trained as aircrew and been later commissioned, Gord Crossley, 17 Wing Heritage Officer, offered during a telephone interview on November 24.

"A series of comments on the back of the photo were likely to guide the colorization of the photo, as it appears to be hand-coloured," Crossley added.

Indeed, those handwritten comments on the reverse say "Shirt: Blue; Eyes: Hazel; Hair: Brown; Jacket:

Green."

Master Corporal Kevin T. Scott, Courseware Development Supervisor 404 Squadron in Greenwood, Nova Scotia, has been in touch Ms. Wright after spotting the photo on her Facebook page.

He suggested that New Paramount Studios in Toronto, Ontario might have taken the photograph because they used to do military portraits.

"I am, by no means, a history encyclopedia, but I know that the Air Force had flying training in several locations around Southern Ontario during the war, MCpl Scott said in an email to Ms. Wright on November 23.

"For example, Mount Hope, just outside of Hamilton, conducted pilot and navigator training."

He also noted that these types of photos were usually done in a "cookie-cutter" fashion: "in that a photographer will use the same pose, same lighting, etc., from one subject to the next."

Jon Carlo Lista, president of New Paramount Studios in Toronto, who was interviewed via telephone on November 24, confirmed that his company did "quite a bit of military photographs" during the war and the card files that went along with those photos.

"That photograph definitely looks like ours," he said after viewing the photo on The Voxair Facebook page. "I'm looking at the RCAF frame and matte that sits within the frame. It's an 8x10 photograph printed on Kodak ecdolure paper, black and white paper, at the time."

"This black and white paper was a warm tone paper which gave more of a flesh tone. It's more of a hand coloured photograph. So, the studio at the time would have a row of people sitting at a desk. The notes on the back were likely to guide the colorization of the photo, as it appears to be hand-coloured."

"It would move from person to person with one person who would colour the face a cream colour, like skin colour, then to the next person, who would do the eyes, and then to the next person who would do the jacket and the shirt. The next person would do the background colour. Then, the next person would finish off and make sure that everything was done. And, it just went down the line. These people would hand colourize the photograph. They were called colourists."

He also added that in the right hand front corner of the photograph, typically, there would be a stamp that would say "New Paramount."

Mr. Lista, who bought the studio from his father (who was not the original owner) many years ago, said that in the past he or one of his employees could have identified people by name using the company's former card files.

But, he said, those files were lost in a fire several years ago.



Do you know who this might be? Photo: Submitted.

"These types of photographs are all over the place," Mr. Lista commented.

"I've had people where their grandparents or great grandparents have these old photographs. It gives us a sense of who they were. They'll probably find our name at the very bottom of the front of the photo, now hidden by the frame."

He also pointed out that the two handwritten numbers on the back of the photo, 2232 and 19, would be the purchaser's order number and the number of copies of the photo, to be sent off to family members and friends, ordered, respectively.

The Voxair also spoke with an employee at Library and Archives Canada, as well checking their website. But, the archivist said only a small portion of their collection of tens of millions of photo have been digitized, and it would be very difficult, if not impossible, to check through their files for this particular photograph, presuming they have it at all.

If anyone can help identify Ms. Wright's photograph please post a comment on her Facebook page and/or The Voxair's Facebook page or via email: voxair@mymts.net



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Promotion and First Clasp to CD Presentation



Lieutenant-Colonel Paul Whalen was promoted to that rank on Dec 1 by 17 Wing Commander Colonel David Proteau (L) and 17 Wing Chief Warrant Officer Claude Faucher (R) at the Wing HQ Atrium. LCol Whalen's spouse Meg was also in attendance. All photos: Sgt Mike Kuruliak, WCWO's Assistant.



Colonel David Proteau, 17 Wing Commander (L), also presented LCol Whalen his first clasp to the Canadian Forces Decoration on Dec 1.



LCol Whalen's spouse Meg attaches his new rank slip on to his uniform on Dec 1 at the 17 Wing Headquarters atrium.

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17 MSS Honours and Awards



Master Corporal G Thamas, 17 MSS Replenishment, received the second clasp to the Canadian Forces Decoration in Thunder Bay on Sept 22 by Lieutenant-Colonel Oja, 38 Service Battalion Commanding Officer. Photo: Submitted.



Corporal Roxanne Ducolon received the First WComd Coin given by Col D. Proteau on Oct 13. The award narrative read; "In recognition of Corporal Roxanne Ducolon (17 MSS) for outstanding initiatives and leadership on 20 July 2020. The CAF members showed community concern while assisted victims of a motor vehicle accident on Wenzel Str. and N. Perimeter Highway, Winnipeg. Demonstrated professionalism and acted outside normal duties for the benefit to the community. The compassionate and considerate care these 17 Wing members provided exemplified the ethics and values of the CAF." Photo: Submitted.



2Lt Liang received his Commissioning Scroll from 17 Wing Commander, Colonel David Proteau, on Oct 15. Photo: Submitted.



MCpl Brent Thompson received the Aboriginal Veteran Millennium Medal from the 17 Wing Commander, Colonel David Proteau, on Oct 13. The AVM Medal was created in 2000 to commemorate those Aboriginals who risked their lives and sacrificed so much in the fight for freedom and democracy. This was a joint effort of National Aboriginal Veterans Association (NAVA) and the Department of Indian and Northern Affairs. Photo: Submitted.

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Captain R Marasigan, 17 MSS Replenishment, was promoted to that rank by Lieutenant-Colonel A Aldous, Commanding Officer, 17 MSS, on Oct 22. Photo: Submitted.

17 MSS Honours and Awards



17 MSS Replenishment Captain T Van Beurden (L) and Master Warrant Officer T Grandy (R) promoted Aviator (Trained) S Lacroix to that rank on Oct 16. Photo: Submitted.



Aviator (Trained) A Thwaites was promoted to that rank by Capt T Van Beurden on Oct 20. Photo: Submitted.



Corporal I George was promoted to that rank by Captain R Paquet and Master Warrant Officer Y Lacasse on Sept 23. Photo: Submitted.



Master Warrant Officer T Grandy (L) and Captain T Van Beurden (R) promote Corporal C Petilla, 17 MSS Replenishment Foods, to that rank on Oct 20. Photo: Submitted.



Second Lieutenant S Freer was promoted to that rank by Lieutenant-Colonel A Aldous and Chief Warrant Officer T Savard on Sept 28. Photo: Submitted.



Cpl D. Sansregret, 17 MSS/TEME/Air Mov, was promoted to that rank by Major G Butcher (L) and Master Warrant Officer S Budden on Oct 22. Photo: Submitted.



Corporal C Becker, 17 MSS/TEME/Tn, was promoted to that rank by Major G Butcher and Master Warrant Officer S Budden on Oct 23. Photo: Submitted.

Fire Chief's Corner

Fire Safety Tips for Winter Months

Winter is the worst season for residential fires in Canada, according to Fire Prevention Canada. There are many reasons for this – homes must be heated, people are cooking most of their meals indoors, and those who smoke tend to stay indoors rather than going out. Fires claim eight lives each week in Canada, and almost three-quarters of those deaths happen as a result of residential fires.

Winter Fire Safety Tips

- Have your furnace checked. It's worth the money to hire a professional to inspect and service your furnace once a year. If it's going to conk out, it's better to know trouble is coming.
- Have your chimneys and vents checked. Fireplaces produce creosote which can ignite. If you light fires frequently, you need a chimney sweep service once a year. When you burn wood, make sure it's dry and seasoned so that it produces more flame and less smoke.
- Test smoke alarms. Make sure batteries are fresh. Place smoke alarms in the kitchen, laundry room and in bedrooms.
- Cover the fireplace with a screen. Tempered glass or a metal screen helps protect sparks from leaving the fireplace. Even so, make sure that children and pets sit at least three feet away when you light a fire in the fireplace.
- Beware of lit candles. Candles can set the mood for relaxation, and that's how they get forgotten or knocked over by kids or pets. Light candles only when you're around to watch them and blow them out when you're ready to leave the room. Ditto for cigarettes, pipes, etc. If you're going to smoke, try to do it outside.
- Beware of space heaters. The name should give you a clue -- space heaters need space. Like fireplaces, people and pets should not be allowed to sit any closer than three feet. Don't put space heaters near curtains, tablecloths or other fluttering fabrics. Make sure the space heaters you buy have automatic shut-offs before reaching dangerous temperatures.
- Know how to put out kitchen fires quickly. Water doesn't help a grease fire, which can get out of control. Keep salt and baking soda on hand to sprinkle liberally on pan fires. Keep lids handy to put on top of pots and pans that get too hot.
- Practice an escape route. Businesses have fire drills, your family should, too. Teach your family to crawl to the nearest exit from every room. Show them how to drop and roll if their clothes were ever to catch on fire.
- Fire extinguishers can be life-savers. Store one under the kitchen sink, and in the hall closet near the bedrooms. Make sure you use the correct setting -- A for paper, wood and trash; B for grease and flammable liquids; C for small electrical fires.
- All household members should know 911. You've heard the stories -- the four-year old who saved his grandmother's life with a 911 call. In a fire, every person in the home can be a potential hero if they know what to do.
- From A Vehicle. Watch your step when you exit from your vehicle when the weather is cold. You may have safely driven over icy highways and snow-clogged streets to reach your destination, but you could get seriously injured when you open your car door if you have parked beside a patch of ice.
- On Traffic Tracks. It's easy to get into a rut anytime, but especially in winter. Frozen ruts and ridges in the snow add just one more tripping and falling hazard to a time of year, which is already filled with pitfalls.
- Walking a Beat. There is one menace delivery persons hope to avoid about as much as angry dogs, and that is ice. Persons who walk a delivery route should wear non-slip footwear. And householders should keep walks and steps free of ice, snow and tripping hazards.
- You're not safe from winter hazards just because you have arrived indoors. Entrances and walkways in offices and plants can be treacherous if ice, snow or mud is tracked in. Watch your step in these danger zones, and do your part to keep the floors clean and dry.

Decorating and Gift-Giving

- To keep the possibility of fire to a minimum, choose a fresh-cut Christmas tree.
- If you're not cutting it yourself, buy a tree that isn't shedding its needles.
- Cut the trunk at an angle and install the tree in a large, deep, non-trip stand well away from fireplaces, exits, and heat sources.
- Be sure to water your tree often--check the water level daily.
- Remove your tree as soon as it dries out, and store it well away from your home until you can dispose of it.
- If you use an artificial tree, be sure it's flame-retardant.



- Make sure that all indoor and outdoor holiday lights bear the mark of an independent testing laboratory. Throw away any set whose lights are cracked, whose cord is frayed, or whose sockets are loose or damaged.
- Don't overload electrical outlets or run extension cords under carpets, across doorways, or near heater.
- Be sure extension cords aren't pinched behind or under furniture, and unplug all decorative lights before leaving your home or going to bed.
- Never run outdoor extension cords across lawns, driveways, or traffic areas.
- Power for all outdoor lighting should be supplied by permanent weatherproof wiring installed by a professional electrician.
- Before you light candles, put them in non-trip candleholders.
- Never burn candles near a Christmas tree or combustible decorations or displays, keep candles well away from curtains and other combustibles, and never put them in windows or near exits.
- Don't leave candles burning unattended or within the reach of small children and don't forget that pets can easily knock candles over.
- Extinguish all candles before you leave a room or go to bed.
- If you hang decorations, such as garlands or Christmas stockings, on the mantle, don't light a fire in the fireplace until the decorations have been taken down.
- When buying presents for children, avoid toys made of highly flammable materials, and be sure that all electric toys bear the mark of an independent testing laboratory.

In addition to taking precautions to prevent fires during the winter, families should have a fire exit plan, working smoke and carbon monoxide detectors and fire extinguishers readily available to help contribute to a safe, warm winter. Ensure all entry/exits in your home are cleared from snow to ensure you can get out in case of a fire. Make sure all windows are not frozen in case you need to use these as an escape mechanism. If there is a fire hydrant near your home you can assist the fire department by keeping the hydrant clear of snow so in the event it is needed, it can be located.

Canadian Rangers Support Northern Manitoba Community During COVID-19 Pandemic

Sergeant Dustin Van Berkel, Canadian Ranger Patrol Instructor, 4th Canadian Ranger Patrol Group

To assist local officials with COVID-19 relief efforts, members of the Lac Brochet Canadian Ranger Patrol in northern Manitoba responded to a request for support and assisted with the delivery of food parcels to community residents earlier this month.

On October 3, 2020, Lac Brochet Canadian Rangers worked the Canadian Surplus Food Rescue program to deliver 10,560 pounds of fish to residents. The food parcels were provided by the Fisher River Cree Nation and the Freshwater Fish Marketing Corporation. Along with transporting and distributing the walleye, the Canadian Rangers secured storage for the excess to ensure that food does not go to waste.

With the current provincial restrictions in place due to COVID-19, the community was struggling to find ways to distribute food safely to all the residents. As well, with the travel restrictions that have been in place for the past several months, it has become increasingly more difficult for community members to have access to food.

"As Canadian Rangers, we are here to support our community when needed. We are proud of the work we do and will continue to assist when called upon," said Canadian Ranger Jack Denedchezhe, Patrol Commander for the Lac Brochet Canadian Ranger Patrol.

"As we are now operating within a COVID-19 environment we have taken additional measures of safety for our Canadian Rangers and the public at large."

Since April 2020, Canadian Rangers across western Canada have been working with local officials in northern and remote communities when needed to assist with community-based COVID-19 relief efforts.



Canadian Ranger Master Corporal Lizette Denechezhe of the Lac Brochet Canadian Ranger Patrol assists with delivering food parcels to residents of Lac Brochet, Manitoba on October 3, 2020, as part of the Canadian Surplus Food Rescue Program.

Photos: Canadian Ranger Master Corporal Lizette Denechezhe, Lac Brochet Canadian Ranger Patrol



Canadian Ranger Donald Tsessaze of the Lac Brochet Canadian Ranger Patrol delivers a food parcel to a resident of Lac Brochet, Manitoba on October 3, 2020, as part of the Canadian Surplus Food Rescue Program.



Members of the Lac Brochet Canadian Ranger Patrol load up food parcels and prepare to deliver to community members in Lac Brochet, Manitoba on October 3, 2020 part of the Canadian Surplus Food Rescue Program.



Members of the Lac Brochet Canadian Ranger Patrol load up food parcels.

RCAC Cody Boulton Honoured with Legion Medal of Excellence

Winnipeg, MB –Local Air Cadet Squadron 220 Red River virtually presented former Warrant Officer First Class Cody Boulton with the Royal Canadian Legion Medal of Excellence on Oct 5 at 8:15 pm CDT on a Google call while his protégé's witnessed this recognition.

Mr. Boulton was awarded the Medal for his exceptional service as an Air Cadet, dedication to volunteering within his community, and maintaining overall superior academic excellence.

"As an Air Cadet, I have been given many unique opportunities to explore aspects of aviation, citizenship and leadership where I don't think I could have found with any other youth program," says Boulton of his time with the program. "It was important to me that I was involved with as many opportunities as I could and I am grateful for this recognition."

The ribbon on the medal is gold and blue, and the medallion features the Legion crest on the front.

"During my time with the squadron I have known Cody to be a personable, humble, and supportive individual," says Alex Ethier, Sponsoring Committee Chairman of the Squadron "He never hesitated to participate in community service activities, especially managing the squadron's flight simulator at several recruiting events in the community over the years."

Mr. Boulton had been with 220 Red River Squadron

for the past 7 years and has just relinquished his appointment after aging out from the squadron. Cadets age out of the Program when they turn 19 years of age. Mr. Boulton is pursuing his private pilot license and plans a career in aviation.

The Royal Canadian Air Cadets, in partnership with the Air Cadet League of Canada has been training youth in Canada for over 75 years. The Cadets are the largest government funded youth program in Canada with over 52,860 cadets across Canada, Air Cadets comprising over 26,254 of that total.

The Royal Canadian Air Cadets accepts youth between the ages of 12-18 who have a desire to learn more about the air element of the Canadian Forces, wish to develop the attributes of leadership and good citizenship and who wish to promote physical fitness. There are no fees or costs to join Air Cadets and uniforms are supplied free of charge. While the program is military based, there is no obligation for a cadet to join the Canadian Armed Forces when he or she finishes their cadet career. Cadets are also encouraged to learn more about opportunities within Canada's aviation industry.

For more information on the Royal Canadian Air Cadets, please visit www.cadets.ca.

For more information about the Air Cadet League of Canada, please visit www.aircadetleague.com.



Warrant Officer First Class Cody Boulton was presented the Legion's Medal of Excellence in October 2020. Photo: Submitted.



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POSITIVE PROGRAM

January's Theme:

**NEW
NEW
NEW**

Doing new things, trying new foods, watching a new movie, reading a new book, journaling new thoughts... these are examples of what January's "NEW" is all about.

**\$5 (includes kit)
Register by Dec. 29**

by emailing Jenny at jbrennanmfrc@gmail.com

 **MFRC CRFM**
MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES



cafconnection.ca/winnipeg



Tips to add to your routine for social wellness



Laughter boosts our immune system. It's good for you and those in your immediate family circle! Photo by Ralph Labay on Unsplash

Lucy Belanger, M.Ed., Strengthening the Forces

The effects and restrictions of COVID-19 continue to directly influence our professional and personal lives. Intentionally taking steps to manage stress, anxiety, social isolation, and other issues during this pandemic while supporting the mental health of families, colleagues, and employees is challenging. The tried-and-true ways to manage these can still be very helpful, but they may need to be adjusted or may require new approaches.

We all know the unexpected happens, so focus on a flexible routine and include activities and strategies to maximize your mental health and management of the unique stressors of the COVID-19 experience. Getting active, finding a new hobby, maximizing virtual and social distancing options to stay connected, and setting aside time just for yourself are vital to re-gaining balance. Make a conscious effort to assess how you are managing and what you need to put in place in order to address the areas of your life that need some attention. Maintenance of your mental well-being is the key to getting through COVID-19. Here are some additional tips and messages for you to consider adding to your routine:

Slow down and relax

Always being in a hurry and constantly trying to keep up with an overly busy schedule is the perfect recipe for stress. What's the antidote? Slow down and relax. One way to bring your busy life down a notch is to use a series of mini-breaks throughout your day. Stop what you are doing and take three deep breaths. Go for a five minute walk, preferably outside. Stand up and do some gentle stretching for two to three minutes or, if you are not working, take a 10 minute nap.

Maintain a virtual social network of friends

Friends are vital to our mental health and you can connect with them virtually, or over the phone as recommended during this COVID-19 pandemic. Reach out to friends who are positive and enthusiastic to renew your energy, optimism, and hope. Set up a contact reminder if you intend to (but typically forget) to follow through. The key is to keep reaching out. It's not about whose turn it is or who contacts who the most. It's really all

about the positive connection it creates for all of you.

Laugh out loud

Laughter boosts our immune system. Learn to differentiate between what is serious and what is not. You can incorporate laughter into your day by actively seeking out humour. What tickles your funny bone? Watching old or comedy movies? Playing board games with your spouse

and/or children? These activities can all contribute to making us laugh out loud. Indulge yourself and share the laughter. It's good for you and those around you.

Practice active listening

Truly listening helps you to understand others and improve your relationships. Active listening is a skill that helps you to intentionally focus on whomever you are listening to, so you can fully understand what they are saying. Active listening skills include: paraphrasing what the speaker has said; making eye contact with the speaker; nodding your head; leaning slightly toward the speaker or turning your body toward the other person; keeping an open stance (legs and arms not crossed); keeping quiet when there are pauses; allowing the speaker time to think; and saying "yes," "uh huh," or other brief phrases when listening.

Remember, we are in this together—never hesitate to reach out for help if you need it.

Canadian Forces Members Assistance program (CF-MAP) (24/7) 1-800-268-7708

Health Canada – Employee Assistance Services (EAS) (24/7) 1-800-268-7708

EAP peer advisors (accessible only on the Department of National Defence network)

Canadian Armed Forces Mental Health Services Family Information Line (24/7) 1-800-866-4546 (International 00-800-771-17722)

Canadian Armed Forces Medical Centres Wellness Together Canada

LifeSpeak

VAC - Understanding mental health

Road to Mental Readiness

Joint Suicide Prevention Strategy

Strengthening the Forces: The CAF's Health Promotion Program

The Guide to Benefits, Programs, and Services for CAF Members and their Families

Canadian Forces Morale & Welfare Services At a Glance Morale and Welfare Services Directory

Operational Stress Injury - Social Support

If you or someone you know requires emergency mental health assistance, please call 911 or accompany them—or have someone accompany you—to your local emergency department.

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thevoxair.ca

Every Wednesday at 1500 hours, your Health Promotion Team will be delivering a one hour informative webinar.

For a complete list of topics, check PSPWinnipeg Facebook, Instagram and on CAFconnection.ca/Winnipeg.



Health Promotion presents:
Wednesday Webinar Series
Starting January 6, 2021

Starting January 21 and running for 11 weeks, your HP Team is offering Blast Off the Pounds virtually. Join us weekly at 1100hours CST.

For a complete list of topics, check PSPWinnipeg Facebook,



Health Promotion presents:
Blast off the Pounds
Starting January 21, 2021





MFRC CRFM

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

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

These MFRC programs are open to everyone in our military community – members, spouses, and civilian staff. All programs are free unless otherwise indicated. For programs presented on Zoom, you need a free Zoom account in order to participate on your computer. There is a phone-in option available as well. Video is not required nor is a computer as you can participate by phone, however it is a richer experience with video. For interactive programs on Facebook, you need a Facebook account to participate. As our Facebook page is public, you can view our events listings and postings without an account.

SPECIAL EVENTS

Volunteer Event

National Volunteer Appreciation Day. Volunteers are invited to drive up to the MFRC entrance to collect an appreciation gift and thank you card. We will follow all COVID-19 restrictions that are in place at the time of the event. Saturday, December 5, 1300 – 1500. Register by November 30 by emailing John at mfcwpgemployment@gmail.com.

ADULT PROGRAMS

Positive program

January is a new month, and a new year! January marks the 5th month in our year-long positive program.

“

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

— CAF Member, 17 Wing

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


Use your phone's camera to scan the QR code to be taken right to our programs.



[BIT.LY/WMFRFC-EVENTS](http://bit.ly/wmfrfc-events)



@WINNIPEGMFRFC

LADIES ORNAMENT EXCHANGE
December 8th from 7pm - 9pm
To register email Jenny at jbrennanmfrfc@gmail.com
Registration deadline is December 4
Cost is \$5

ÉCHANGE D'ORNEMENT DE NOËL POUR DAMES
Le 8 décembre de 19 h à 21 h
Pour vous inscrire, envoyez un courriel à Jenny à jbrennanmfrfc@gmail.com.
La date limite d'inscription est le 4 décembre.
Le coût est de \$5

MFRC CRFM

This month we will be focusing on “New”. Doing new things, trying new foods, watching a new movie, reading a new book, journaling new thoughts...these are examples of what January’s “NEW” is all about.

Cost is \$5 as each month includes a supply kit. Kick off is Wednesday, December 30, 2000 – 2100. Register by December 29th by emailing Jenny at jbrennanmfrfc@gmail.com.

Café franco virtuel soirée

Holiday Season French songs. Join in for a monthly on-line get together to stay connected and make new connections while having fun. Grab a hot chocolate and some cookies from the kitchen and let's come together to wish each other Happy Holidays! All levels of French are welcome as it is a perfect opportunity to practice your French. Wednesday, December 2, 1900-2000. Register by Nov. 30 by emailing Brinda at sltwinnipegmfrc@gmail.com.

Gifts from the Heart - Homemade gifts

It is always nice to get a gift made with love from someone special. When you are that someone special giving the gift, it's even better! We will be making 3 homemade gifts: cookie in a jar, bath salts and an ornament full of dip mix. Ingredients, and instructions will be available for pickup at the MFRC or delivery. We will be putting these together during a Zoom call and providing ideas for gift tags! Thursday, December 3, 1900 - 2100. Register by November 27 by emailing Jenny at Jbrennanmfrfc@gmail.com. Cost is \$10 per person.

Ladies Ornament Exchange

Gather your girlfriends/family members and get ready! It's time for the annual Ladies Ornament Exchange! This year, we will be doing this through Zoom, with some games, activities, festive fun, and of course a new ornament! You will receive a wrapped ornament and a little snack bag for the evening's event. (no peeking!)



Parent Community Online
CONNECT - VISIT - LEARN
FRIDAY DECEMBER 11 9:00 TO 11:00
REGISTER BY EMAIL
JBRENNANMFRFC@GMAIL.COM

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We are on...



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Your party kit will be available for pickup on Monday, Dec. 7th or delivery is also available. Tuesday, December 8, 1900-2100. Register by December 4 by emailing Jenny at jbrennanmfrfc@gmail.com. Cost is \$5 per person.

Café franco virtuel

Join the Francos du CRFM de Winnipeg Facebook group and then join us every Wednesday from 9:30 - 11:30 a.m. on Facebook messenger for a video chat. Every Wednesday, 0930-1130 through December. Email Brinda at sltwinnipegmfrc@gmail.com for more details.

New recruit family café

Has someone in your family just joined the Canadian Armed Forces? Would you like to learn about the services the MFRC can offer you and your family? Join us to meet the Deployment Coordinator and other families of military members. Making these connections in your new community means having a support network when you need them. Fridays, December 4, 11, and 18, 1100 – 1200. Register by the Thursday before by emailing Ana at deploymentwmfrfc@outlook.com.

PARENT & FAMILY PROGRAMS

Parent community

A 'community' of parents will discuss topics related to parenting children of all ages. Stop in for conversation and connection and get to know other military families in the Winnipeg area. Friday, December 11, 0900 - 1100. Register by the Thursday before by emailing Jenny at Jbrennanmfrfc@gmail.com.

CHILDREN'S PROGRAMS

French story time

Weekly posting on Tuesdays at 9 am on our channel at youtube.com/winnipegmfrc

Happy Holidays craft session in French

We will share a story and song and do the craft together. You can wear your best Holiday Sweater if you wish. Pick up your craft kit on Dec. 3 at the MFRC from 1000 and 1400. Everyone welcome! This is geared for children between 3 and 12 years with parents. Monday, December 3, 1800 - 1900. Register by emailing Corinne at mfrccchildrenprograms@outlook.com by Nov 30th. \$5 per crafter.

YOUTH CENTRE PROGRAMS

Kids in the Kitchen Video Series

The Youth Centre will be starting a Kids in the Kitchen Video Series on the YC YouTube channel. It will kick off with 2 holiday themed recipes. Part one debuts Thursday, December 3. Part 2 debuts Thursday, December 10 at bit.ly/MFRCYCYoutube.

YC Zoom Hangout

The Youth Centre is hosting a Zoom Hang Out!! Kids aged 6-12 can hang out in our secure Zoom space where we play games, do trivia, and drawing challenges. We will be meeting from 1700 -1900, and you can come and go. Tuesday, December 8, 1700 - 1900. Register by December 4 by emailing Serena at srn.stn21@gmail.com.



Kids in the Kitchen

ONLINE

Tuesdays
Part 1 - December 3
Part 2 - December 10
premieres at 1830
on YouTube
<https://bit.ly/MFRCYCYoutube>



International Volunteer Day December 5

**Journée internationale des bénévoles
le 5 décembre**

Thank you to all of the volunteers who choose to give their time and talents to help the Winnipeg MFRC, as well as other causes, events and groups.
You make a difference in the world.



Merci à tous les bénévoles qui choisissent de donner leur temps et leurs talents pour aider le CRFM Winnipeg et d'autres causes et groupes.
Vous faites une différence dans le monde.



**CARE & SHARE
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Contact Wing Chaplain Office for
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