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THE VOXAIR

The Winnipeg Military Community News Source Since 1952

435 Sqn Rescues Stranded Pilot



SAR Techs successfully jumped into poor weather conditions to provide food, shelter, and medical care to a stranded pilot at Pickeral Lake. Please see our story on page 2. Photo: Submitted

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435 Sqn Performs Successful Rescue of Missing Pilot



The happy pilot after being rescued. All photos: Supplied

By Martin Zeilig, Voxair Photojournalist

Captain Mark Bouskill, a C-130 Hercules pilot at 435 Transport and Rescue Squadron, was at home on Monday, January 14, tucking his young sons into bed for the night when his cell phone rang.

It was a call from the Joint Rescue Coordination Centre (JRCC) at CFB Trenton, which leads and directs all search and rescue operations in the Trenton Search and Rescue Region (SRR), which covers central Canada.

A single engine aircraft that departed from Steep Rock, Manitoba, to Sisib Lake, near Grand Rapids, MB, with one occupant aboard was overdue.

Capt Bouskill and crew mates First Officer Major Cameron Pow, Capt Matt Cook, Navigator; Flight Engineer Sergeant Kim Blake; Loadmaster Corporal Sean Hancock, Sgt (Reservist) Stephane Clavette, Search and Rescue (SAR) Technician, and Master Corporal Chris Griffiths, SAR Tech of 435 Sqn were tasked to do the search.

"At approximately 1830 hrs local, Rescue 341 was tasked to respond for an overdue aircraft flying in the Pickerel Lake area," says the official report filed by Sgt Clavette. "En route SAR crew prepared equipment and personnel for the mission. After approximately forty minutes transit time, we arrived on scene."

The weather was a clear at flight altitude, but there was a ceiling around 1400 feet above ground level, he said.

"We set up the search pattern and began coordinated efforts to locate the subject," Sgt Clavette continued. "Close to the completion of the first leg of our search we identified several lights and flashes on the horizon

which turned out to be towers and cottages. During our continued search we got an ELT hit on 121.5MHz and also received transmission on 243MHz. We then started to home the signal for about forty minutes. At this time there was zero ground visibility due to a low cloud layer."

During the search, while attempting to identify the location where the signal was coming from, SAR Techs were on night vision goggles in the back of the aircraft looking for ground lights, fire, strobes, and "any type of night signals that we could see" through the thick cloud cover, he explained.

"After ten to twenty minutes of flying over the area where the ELT signal was coming from I suddenly saw a large bright light on NVG's through the cloud blanket (I later learned that the search subject had put gas on a fire that was burning to get our attention)," Sgt Clavette's report says. "I then called the on top, and attempted multiple times to try to see the ground - but no joy at this time. We then set up for flair elimination trying to get a chance to see the ground. We did a target and terrain assessment under flairs; we could not see anything pass the cloud cover so we dropped 4 more flares, and again no joy.

"We then attempted to get in contact with the search subject via none standard radio message drop using a pump rope attached to the message drop. We attached glow slicks and strobes to the pump rope and the message to make the message more visible and easier to locate as it hit the ground. After multiple calls by the Navigator and the AC on 156.3MHz there was no joy."

The two SAR Techs then decided to prepare for the jump.

"All dressed and ready for the jump, the weather closed in again with cloud cover and again we could not



A civilian rescue helicopter taking all personnel back to Gimli after the successful mission on Pickerel Lake.

see anything despite the use of NVG's," Sgt Clavette said. "At approximately twenty minutes to bingo fuel the AC and I decided to return to CFB Winnipeg for fuel and get back on scene ASAP."

This was due to the fact that if they jumped, the aircraft would be forced to leave and they would lose illumination and re-supply capability if needed for at least two to three hours, he observed.

At this time SAR Tech's undressed and the plane returned home for fuel.

"Once in Winnipeg we contacted RCC and were told that the RCMP/Ground SAR were on their way and were approximately two hours back from the subject's location," Sgt Clavette said. "Based on the fact that even if the ground party located the subject prior to our arrival, they had no medical equipment and would be committing to approximately six hours on a snow mobile to get back to safety; we queried the Controller if we still had approval for the jump. JRCC told us to proceed with the jump.

"Having re-fueled, we departed CFB Winnipeg and immediately prepared for the jump. Approximately forty minutes later we arrived back on scene and I located the blinking ball and the strobe light from the message with the NVG's. I then called the on top and marked the exit point. We then proceeded with several flairs for illumination. The ground was still partially covered by a cloud layer, but we noted some visibility through breaks in the cloud cover. After a risk analyses was conducted between the SAR Techs and the AC, a

good on top and seeing the lights on the ground with the NVG's, we set up for the jump."

On exit, the SAR Techs noted the sky was clear all the way to 1600 feet above ground level, Sgt Clavette said.

They ended up landing approximately 1.5 kilometres away from the aircraft.

"We then proceeded on foot with snowshoes to the downed aircraft using the GPS," Sgt Clavette, who noted that it took them about 50 minute of walking through four feet of snow to reach the plane, said. "We did a search of the fuselage and immediate surrounding area and still found nothing. On the other side of the plane there were foot prints in the snow, we followed them for approximately twenty minutes and found the pilot sitting on the ground in the tree line by a small fire.

"He appeared to be uninjured and in good health for a 72 year old man that did not eat or drink for two days. We completed a full medical assessment on the subject and he was doing very well; he was obviously very happy to see us.

"He described the events of how he got there as follows: while flying, he needed a stretch and a pee brake so decided to safely land his aircraft on the lake. However, when he tried to leave, he found that he could not get his engine to start again. He tried multiple times to get it going and there was no joy, so he started in the survival pattern. He walked to the tree line that was about 500 to 600 meters away from his landing area; he then started a fire and spent the next two days in that location."

A team of two RCMP officers, two Parks Manitoba personnel, and two Canadian Rangers, arrived on scene at approximately 1500hrs, Sgt Clavette noted.

"The SAR Tech team provided food and water to the support team and they offered to bring some of our equipment back by snow mobile (as we would be overweight in the helicopter with our kit)," he said.

Then, at about 1700hrs SAR Techs and the patient were extracted by a chartered helicopter from Prairie Helicopters INC, out of Gimli MB.

All personnel landed safely in Gimli MB at approximately 1800hrs.

The patient was re-assessed and was 100 percent in good health, Sgt Clavette said.

"It was solid team effort in one of the most challenging team missions I've been on," said Capt Bouskill said.

"I think for all of us, it was really good to see our training pay off with a happy result," Capt Cook added.

Meanwhile, Sgt Clavette, a former long-time Regular Force member, who also works as a Fire Fighter Paramedic in Fort McMurray, Alberta, commented that this is what the SAR Techs training is all about.



435 Transport and Rescue Squadron's Search and Rescue Technicians Sergeant (Reservist) Stephane Clavette and Master Corporal Chris Griffiths enjoying hot cups of tea following their successful rescue mission.

THE VOXAIR

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RCAF Run Helps Support Our Troops



CWO Jean-Claude Parent, 2 CAD CWO, BGen Mario Leblanc, Commander 2 CAD, and Lt Col Heather Collins, 2018 RCAF Run Chair, present a cheque for \$20,000 to Sean Cantelon, CEO Canadian Forces Morale and Welfare Services, 17 Wing Winnipeg, MB, on 15 January 2019. The funds were raised from registration and donations during 2018 RCAF Run. Photo by Sgt Daren Kraus.

By Martin Zeilig, Voxair Photojournalist

A cheque for \$20,000 from the 2018 RCAF Run was presented by Brigadier-General Mario Leblanc, Commander of 2 Canadian Air Division, to Sean N. Cantelon, CEO, Canadian Forces Morale and Welfare Services at a brief ceremony in the atrium of 17 Wing

Headquarters on January 15, 2019.

The money will go to Support Our Troops, the charity of CFMWS.

Also present at the ceremony, which attracted about 30 military and civilian personnel, were 17 Wing Commander Colonel Eric Charron and Lieutenant Colonel Heather Collins, former Chief of Staff for the Organizing Committee of the RCAF Run.

The Support Our Troops Fund was established to meet the unique needs and special challenges faced by members of the Canadian Armed Forces community as a result of military service. It provides a vehicle to allow supporters to show their care, compassion and support to serving members, veterans and their families.

The fund relies on proceeds from individual and corporate donations, corporate sponsorship, community groups, the sale of Yellow Ribbon merchandise, and proceeds from third-party fundraising events such as Army Run, Navy Run, Air Force Run, and more.

The 2019 RCAF Run will be held on May 26-- the 11th anniversary of this annual event.

"Giving is better than receiving," Col Charron said, noting that there are a lot of interested runners in Winnipeg, and for some of them the RCAF Run serves as a warm-up event for the Manitoba Marathon and other similar races.

"It's great to see that we're continuing to make a difference with our contribution to the Soldier On and Support Our Troops fund," Lt Col Collins, who has been involved the RCAF Run for a total of nine years, said

after the ceremony.

Mr. Cantelon observed that the RCAF Run shows how the CAF does multiple things in one event-- a great mass participation fitness run and a charitable event.

"There's a long history of the RCAF in the community here," he said. "This is our charity, Support Our Troops. It is the Armed Forces charity. This kind of money will go to cover a caregiver travelling on the trip with the soldier who's doing the program. It also goes to families in crisis. This is you helping yourselves. Its good fitness and good to care."

"If someone is in crisis, they can go to SISIP Financial Advisors to help out the families," Mr. Cantelon said.

"They can contact us directly," he said. "You may already know people who have used it. It's amazing the little things that can make a huge difference to a family out there. That's where the money goes. We don't charge management fees on the donations."

"We have given loans to families as well as full grants. For example, when a child gets very ill we all know that we get our insurance money to cover our medicine. But, if you have to pay \$5000 in medicine and your insurance is covering only 80 percent of that, then your family has to come up with \$1000 on short notice. So, we look at that \$20,000 and it will change lives. We're so proud to partner with the RCAF to sponsor this activity."

2019 RCAF Run Preparation for the 10 K Run

By Martin Zeilig, Voxair Photojournalist

Although the 2019 RCAF Run is still almost five months away, it's the right time to begin preparing for this annual event, especially if you are a first time competitor or a novice runner.

The 11th Annual RCAF Run will be held on May 26. It features a half marathon, a 10k run, a 5k run and a family fun walk/run.

Antoni Kieloch, PSP Sports and Fitness instructor, recommends beginning with the five kilometre run for individuals who have never run a race before.

"It will be a little bit easier to prepare for if you have a lower level of fitness or a smaller exercise history, as compared to a longer race," he said. "It's a goal that's a little bit more achievable. We're just setting them up for success that way."

But, if you're determined to do the 10 kilometre race then he suggests starting off "nice and slow." Give yourself an appropriate amount of time leading up to the race," Kieloch says.

"Have your body make the appropriate adaptations to set yourself up for success and do the basic things," he adds.

At a minimum, you need to run three times a week

to prepare for a 10K, notes an article in Runner's World online (Your First 10 K-- Take your training up a notch with a 6.2 mile challenge by Jeff Galloway March 6, 2012).

"Do two 30-minute runs on, say, Tuesday and Thursday, and a long run on the weekend," say the article. "When possible, add an additional 20-minute easy run to your schedule to increase time on your feet.

"Every other weekend, increase your long run by one to 1.5 miles. Continue adding mileage until you're running 6.5 to seven miles two weeks before race day. Keep the pace at least three minutes per mile slower than the pace you ran your last 5K (or simply where it's comfortable to talk). Consider inserting a 30-to 60-second walk break every one to three minutes. On alternating weekends, keep your long run to 30 minutes."

Kieloch also endorses the run/walk training method. For some people, he says, it may be a walk/run program where they work on being able to string a number of minutes together in order to run consistently.

Runners shouldn't hesitate to seek the help of Kieloch and his colleagues at PSP Sports. They are trained professionals.

"We always meet the member where they're at

(condition wise), and see if they have any glaring weakness or discrepancies in their movement," Kieloch says. "We will address that. In addition, we'll give them the appropriate stimuli to get them to their goal. That will differ from person to person. It will be context dependent. That's because everyone has a different starting point for their fitness level.

"A general rule of thumb is if someone seeks out help to run in the RCAF Run as best they can, it will consist of running two-three times per week and even maybe four."

"It all depends on how much time they can commit," he comments, mentioning that resistance training one-three times per week is part of any race training regimen too.

"If you are following a program just make sure your nutrition is meeting your body's needs while going through that program," Kieloch says. "Make sure you're hydrating appropriately. Have fun. If you have questions, then come see us over here, or any other professional with the credentials to help you get ready for a race."

RCAF Run Supports a Worthy Charity

by Riley Grace, Support Our Troops

The Royal Canadian Air Force (RCAF) Run will take place on May 26, 2019. Participants can register for the half marathon, 10 kilometer run, 5 kilometer run or the 3 kilometer family fun run/walk. Funds raised from the run go directly to Support Our Troops.

Support Our Troops is the official charitable cause of the Canadian Armed Forces (CAF) community. Support Our Troops was established to meet the unique needs and special challenges faced by members of the CAF community as a result of military service. The RCAF Run has supported Support Our Troops since 2009 raising over \$250,000 for the various programs that directly impact the lives of military members, veterans and their families, allowing supporters to show their care and support and contribute to empowering family resiliency.

Some of the various grants and programs that are available to support military members, veterans and their families include:

- The Soldier On program is committed to sup-

porting veterans and serving members to adapt and overcome permanent physical or mental health injuries through physical activity and sport. Since 2007, Soldier On has supported more than 5000 members to: acquire sporting or recreational equipment; and participate in group structured activities delivered by world class instructors.

- The Special Needs Program supports military families with children with special needs, who have often exhausted their savings and access to publicly provided healthcare, receive financial support to assist with some of the costs of assessments and extraordinary expenses associated with specialized equipment, therapy and medical travel.

- The National Camp Program focuses on supporting children with unique and often daunting lifestyle challenges including: children with special needs and/or siblings of children with special needs; Children of ill and injured CAF members; Children of deceased CAF members; Children of CAF members who are currently deployed, scheduled to deploy or on a prolonged

course or training program. This popular program provides funding for children in military families to attend a week long, accredited summer camp of their choice.

- The National Scholarship Program provides the opportunity for military family members to pursue their post-secondary academic goals through the National Scholarship Program.

- The Financial Assistance Program helps ensure that military families receive help during times of financial trouble caused by illnesses, life-changing injuries, serious medical conditions and relocations due to military service. The program provides grants to help families facing a range of extraordinary financial burdens including traveling for medical treatments, retrofitting homes for mobility enhancements, acquiring assistive and communication technologies and receiving specialized support, training and education for military spouses.

You can register for the RCAF Run at www.rcafrun.ca and Stand With Us to Support Our Troops www.supportourtroops.ca

Wing Archery Club Hosts Indoor 3D Tournament



They shot their arrows into the air.... Photo: Martin Zeilig, Voxair Photojournalist

By Martin Zeilig, Voxair Photojournalist

Gerald Laroche likens the use of a recurve bow and a traditional longbow in archery to throwing a baseball.

Although they have differences, both types of bows are quite similar.

Laroche and his daughter, Natalie Laroche, 23, were amongst 40 competitors at the 17 Wing Archery Club's 9th Annual Indoor 3D Tournament in the huge confines of Building 21 on Sunday, January 27.

Besides recurve and longbow bows, participants were also using compound bows-- a bow that uses a levering system, usually of cables and pulleys, to bend the limbs, notes Wikipedia.

The tourney involved contestants, who ranged in age from 11 years old to over 70 years, shooting at two

rounds of 20 3D targets at unknown distances, Ron Cooney, president of the 17 Wing Archery Club, explained.

"So, the person gets one shot at each target," he said. "They have to determine the distance to the target, aim and shoot for a score. There's a possible score of 11 on each target."

The participants were from various places in Manitoba, including the Town of Virden (288 kilometres west of Winnipeg), and even from Moosomin, Saskatchewan, about 20 kilometres west of the Manitoba provincial boundary.

"This is a sanctioned event," Cooney said. "So, the scores do count for placement on provincial teams and things like that. But, it's also for people who just want to come out and have some fun. We have at least one member of the provincial team here and a couple of candidates (for the provincial squad). The scores can lead towards placement on the team."

The targets were foam life size animals.

"It's a self-healing foam," Cooney said. "There are scoring rings right on the target. There are no contrasting colours. It's just a ring etched into the target."

Shooters receive points for how close they got to the bullseye, which is to mimic the kill zone if you're hunting, he added.

"It's a wonderful sport," said Cooney, a retired RCAF navigator (Air Combat Systems Operator), who now works part time at Cabela's Winnipeg. "You can shoot 3D like this. You can shoot regular target competition where you're just trying to get the highest score on the bull's eye. Or, you can go hunting. I do all three. I enjoy it. Some people specialize in one discipline over the other. It's a good for the whole family. They can all come and shoot."

Besides the 3D indoor tournament, the club also hosts a summertime outdoor 3D competition, and four

outdoor target competitions in the summer, he remarked.

A recurve bow, as used by Laroche and his daughter, is a bow with limbs that curve away from the archer when unstrung. Today's recurve bows, which are used by Olympic archers, employ advanced technologies and materials.

"It's instinctive shooting," said Laroche.

"You have no sights. You're basically judging everything by eye. It's like throwing a baseball. You look at what you want to hit. You throw the ball and your brain tells you when to release and how high to release the ball. So, it's the same with the bow. You have to calculate the height and how much your arrow is going to drop."

"I'm here with my dad to support him and try it out," said Natalie Laroche. "He's been wanting me to do it for a few years. So, I figured I'd give it a try."

Although she has been doing archery for a couple of years at Heartland Archery, this was her first tournament, she said.

"Archery is relaxing, and I get to spend time with my dad," Natalie added with a smile. "There's a good bunch at Heartland and we're there every Monday. I'm part of the Northern Lights league. I do it mostly for fun. It's great shooting with my father. It's something we have in common, and we like doing together."

Her father, who had a beautiful self-made leather quiver with an embossed wolf's head slung onto his back, said archery became a passion years ago.

"It seems to fit in with the whole artistic side of me," he offered. "It's a nice circle."

Looking out for each other: The Sentinel Program in Practice

by Captain Bettina McCulloch-Drake

When I was a master seaman – that is the equivalent of master corporal for those more familiar with army and air force ranks - with the Naval Reserve, I was selected as a basic recruit instructor for non-commissioned members. It was the summer of 2001 and while I was prepared for the responsibility, I did not quite realize the impact I would have on those in my platoon until a year or more into the future.

Now I can admit to being a bit of a "mama bear" when it comes to the people who work for me or for whom I work. After all the Canadian Armed Forces (CAF) is so much more than teams of people working together for the benefit of all Canadians: it is very much a large family.

And having some personal experience with large families having come from a blended family of 10 children, now ranging in age from 60 to 43, I know that families can have their ups and downs. And yes, I am understating the obvious.

But, let's get back to my having been a recruit instructor. We all depended on each other and looked out for each other's welfare. When one recruit faltered, there would be others to buoy that person up. And in many cases, these recruits remained friends and/or colleagues well after the time they completed basic training.

Flashing forward 16 years later to 2017, one of my former recruits, who had since become one of my close friends, called me in a panic. Her life, and the life of her three children, was suddenly in shambles and there were few people she trusted enough who would listen without judgement and who would help her access the resources she needed to put her life back together. (Having been released from the Forces almost seven years before, she was not able to access many of the programs some of us still serving may take for granted.)

Given the extent of the situation she is still facing, I will not get into any great detail about her situation but I wanted to share a little bit of our story to highlight the importance of what some would refer to as "the buddy system".

If you have every taken swim lessons or have gone to a summer camp you are likely already aware of "the buddy system". For those not familiar, it is essentially a practice of pairing people up for the purpose of staying safe. You kept an eye on your buddy and your buddy kept an eye on you. If one of you needed help the other would assist in getting help.

In many close work environments you will likely find similar practices. This is particularly true in militaries, including the Canadian Armed Forces, where people work closely together to accomplish what one person cannot, and really should not, do alone (e.g.

conduct a training mission, repair an aircraft, perform a patrol in a hostile environment). There is at least one other person that "has your back", or in other parlances, "has your six".

And while it is only natural to look out for each other during a military operation or exercise, the practice of getting to know our people and looking out for our teammates in a variety of other situations and locations (e.g. office spaces, workshops, clinics, classrooms) often requires a more conscious, less instinctual, effort.

Doing more with less people in any organization can result in our missing signs of distress in the people we are working with. That, is where Sentinels play a vital role.

The Sentinels Program is a peer-support program led and overseen by Canadian Armed Forces chaplains that was first introduced to the Canadian Army in 2007 by the 2nd Canadian Division in Valcartier, Québec. Adapted to international operations in 2010, the program was endorsed seven years later by the Chaplain General of the Canadian Armed Forces and included as part of the CAF and VAC (Veterans Affairs Canada) Joint Suicide Prevention Strategy.

Sentinels are trained volunteer CAF members and Department of National Defence (DND) employees who support their peers within their units, particularly in times of distress. Central to the role of the Sentinels are the following activities:

- Observing people within a unit to determine if anyone is showing signs of distress.
- Confirming that a person is under some form of stress and that support is needed to prevent things from getting worse.
- Taking action to support a person in distress (e.g. listening, being present, supporting).
- Referring a distressed person to the appropriate resources including chaplain, social worker, support group, etc.

To become a Sentinel it is necessary for an individual to attend a training course offered through Chaplain Services. This training is focused on developing skills, providing relevant communication and intervention tools, and recognizing different signs of distress. Additional training and development may include workshops or discussion groups that touch upon various topics related to challenges CAF and DND members may face that could impact their physical, mental, emotional and spiritual health.

If you are interested in becoming a Sentinel for your unit or section please make your interest known through your chain of command. If you have any further questions about the Sentinel Program here at Canadian Forces Base Winnipeg, please contact 17 Wing Chaplain Services at 17WingChaplains@forces.gc.ca.

The next Sentinel training session is scheduled for Wednesday, March 13 from 9:00 to 3:00 p.m. at the 17 Wing Community Chapel (Annex).

Sports Trivia

Game 7, Overtime, and Extra Time by Stephen Stone

Sports have often been the inspiration of a lot of movies, whether in the cinema or on television.

These questions are about sports movies. You may have seen some, heard about some, or read about some.

Try and guess the sport in each movie

1. The Junction Boys.
2. He Got Game.
3. Invincible.
4. The Program.
5. Summer Catch.
6. One on One.
7. Bend It Like Beckham.
8. Murderball.
9. The Set-up.
10. This Sporting Life.
11. Seabiscuit.
12. The Loneliness of The Long Distance Runner .
13. Breaking Away.
14. Diggstown.
15. The Wrestler.
16. Bring it On.
17. Fast Girls.
18. Whip It.
19. The Hustler.
20. The Cincinnati Kid.

Sports Trivia Answers on page 14

Can Mary Jane Help You Train?

by Dr. Darrell Menard OMM MD, Dip Sport Med

Canada has legalized cannabis use and there are many questions concerning the potential impact this will have on the operational readiness of the CAF. One major concern is the potential for negative health effects such as lung damage, mental health problems, and addiction. Another important concern is what effect cannabis use could have on fitness training and physical performance.

Companies will soon offer a wide variety of cannabis products and how they affect people will vary depending on a number of variables, including the different plant strains used, the potency of the product, the amount used, how it is consumed, and if it is used in combination with medications, other drugs, and alcohol. The effects of using “street” cannabis will be even more unpredictable, given the lack of control on what they contain and their potency. Regardless of the source, cannabis is a complex drug and the way people react to using it will be highly individual. This will make it very difficult to predict how any individual in the CAF will respond to using cannabis as part of their fitness program.

Remarkably little research has been done on how cannabis use affects exercise and physical performance. In 2017, the Journal of Science and Medicine in Sport published a systematic review that found only 15 scientific articles on the effects of cannabis on exercise and some of these studies were of questionable quality. While the World Anti-Doping Agency has banned the use of cannabis during competition, this ban exists more to protect athletes from the harmful effects of cannabis use than it does because of performance enhancement concerns. The Canadian Centre for Excellence in Sport has stated there isn’t enough scientific evidence to consider cannabis a meaningful performance enhancer. Keeping in mind the limited scientific information that exists on this topic, let’s look at its effects on fitness.

To date, scientists have found cannabis offers very few exercise advantages. All these advantages are small and may not be realized by most people. Cannabis has been shown to reduce pain and has been used by some athletes to push harder when they train. This is a dangerous training strategy because it increases the risk of injury from over training. It also makes it possible for some people to keep training while they are injured, increasing the risk of making their injury worse. Cannabis may enhance work out recovery because of its anti-inflammatory and sleep enhancing properties. Many people do not experience this benefit because cannabis actually disrupts their sleep. Some people feel energized and motivated after using cannabis - putting them in a better state of mind to train. Most people experience the opposite effect. Some people find the euphoria caused by using cannabis makes exercising a more enjoyable experience. Most people find the negative side effects of cannabis use make exercising an unpleasant experience. Cannabis reduces performance anxiety in some people. This potential benefit has very little application in the fitness training of CAF personnel.

While there is minimal evidence that cannabis use will improve your fitness training program, there is a larger body of evidence indicating that cannabis is a physical performance reducer. The disadvantages of exercising with cannabis include:

1. There is no evidence cannabis improves strength;
2. Cannabis has been shown to reduce performance during maximal exercise testing;
3. All pregnant women, regardless of their physical activity level, should avoid cannabis because THC crosses the placenta and can affect the developing fetus;
4. Cannabis use significantly increases heart rate and causes a small increase in blood pressure. These two changes may increase the risk of heart attack and stroke during exercise – especially for people with heart disease;
5. Feeling stoned – dizziness, anxiety, disorientation, sedation, paranoia, hallucinations, and fatigue can occur with cannabis use and reduce or eliminate the desire to train and will inhibit physical performance;
6. Cannabis may reduce motivation, coordination, concentration, memory, position sense, balance, motor skills, and reaction time. This reduces physical performance and increases the risk of injury, especially when doing high speed or complex activities such as hockey, weightlifting, and cycling. Cannabis use may also lead to poor decision making and risk taking behaviours which increase the potential for injury;
7. Cannabis gives some people the “munchies” which isn’t helpful if they are trying to lose weight;
8. CAF personnel competing at the national, international, or CISM level need to know that the World Anti-Doping Agency considers cannabis a prohibited substance (during competition).

The bottom line: research shows cannabis is at best a minimal performance enhancer and for most people it will likely be a performance reducer. Considering this, I recommend you “pass on using grass,” because of its potential to cause harmful health effects, negatively impact your fitness training and increase your risk of injury. As far as using cannabis to light a fire under your butt, if you aren’t a regular exerciser, it is unlikely using this substance will make it any easier to tie up your running shoes and head out for a workout. Train smart and remember, exercise is medicine.

Dr. Menard is the Surgeon General’s specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening The Forces team, he works on injury prevention and promoting active living

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CFSSAT Honours & Awards



17 Wing Commander, Colonel Eric Charron, left, presents Captain Nicolas Brathwaite with the Canadian Forces Decoration at 17 Wing, Winnipeg on January 21st, 2018. All photos: AVR Tanner Mousseau-Seaward



Colonel Eric Charron presents Sergeant Doug McCallum and his family with the Commander Canadian Special Operations Forces Command Commendation.



Sergeant Kevin Macaulay received the AMT instructor of the year 2018 award



Sergeant Manuel Seguin received The Thousand Hours award

Effects of Great War Still Felt Today

By Martin Zeilig, Voxair Photojournalist

A century after the end of the First World War, Canadians still grapple with its legacy, according to the award-winning Canadian War Museum historian Dr Tim Cook.

The author of eight books, including, most recently, **The Secret Lives of Soldiers: How Canadians Survived the Great War** (Allen Lane), Dr Cook was in Winnipeg last week as the featured speaker at University of Manitoba's 2019 Political Studies Student Conference: **WW1 & Versailles 1919: The Making of the Modern World (Dis) Order** (January 23-24). Dr Cook is a member of the Order of Canada and an Adjunct Research Professor at Carleton University.

He also gave The Paul Buteux Lecture, **The Effect of WW 1 on Canada**, at McNally Robinson Booksellers (Grant Park) on January 23

Dr Cook consented to an interview with The Voxair afterwards.

The Voxair: What is the main thing you want Canadians to know about the legacy of the First WW?

Tim Cook: I think it's a conflicted legacy-- a legacy of pride and sorrow. It's a legacy of Canada stepping forward and being forever changed. It's a legacy of the country coming apart at the seams from the extremity of war. So, it's not one legacy, but multiple legacies. One hundred years later, we still care about this war in many ways and for many reasons. But, a part of it is the many legacies of war.

TV: For example?

TC: There was the creation of new heroes, new art movements. There was the dark legacy of internment. The dark legacy of conscription. All of this. Part of this comes out of my research. You remember my book on **Vimy: Battle and Legend** (Toronto: Penguin Canada 2017 Winner of the 2018 J.W. Dafoe award for literary non-fiction). Look at the legacy of Vimy, which has been simplified over time, because it's an important symbol but, it's a complex story. Vimy is about the battle but also the monument and all that we have ascribed to it.

The First World War was like that. This was our war of independence. The flip side to that is that it was the war that almost destroyed us. Those are some of the reasons we still care.

No one went to war in August 1914 to step out of Britain's shadow, for the government to enact income tax or to enfranchise women or to push for an emerging Canadian identity. Yet these things occurred during the First World War. To examine the legacy of Canada's war is to untangle its many contradictions with its unity

and division with its intense feelings of patriotism and loss, epic changing events and thematic arcs of continuity. One thing I'm certain of in studying the war for 25 years, and all wars, is that the war that's expected is rarely the one we get.

TV: What about the Treaty of Versailles?

TC: The world is disrupted by this war. The world is forever changed. Four empires were destroyed. New countries arose. There was the rise of Communism, Bolshevism at the time. It's staggering. The legacy of the Middle East and Ireland. It saw the United States cement itself as the pre-eminent world power. The legacies of this war are incredible.

I think, though, we have to tell our stories.

If we don't tell these stories no one else will. Don't expect the British or the Americans to tell Canadian stories. That's what drives me.

About 9000 enemy aliens were locked up and interned in two dozen camps across the country. About 3500 were German. 700 were Turks. 6000 were Ukrainians. They were all forced to engage in back breaking manual labour. That, in turn, left deep scars within those communities. Interestingly, not apparently, in the German community. But certainly in the Ukrainian community which sought a formal apology-which was received in 2005.

There was much anger across the country. That spilled over into the postwar years. There were various strikes and actions by the government to put down strikes. The 1919 Winnipeg General Strike pitted veterans against veterans. Vets were on both sides. Men, who stood shoulder to shoulder only six months earlier, were now fighting each other in the streets of Winnipeg.

There were other legacies of anger that emerged from the war. The political legacy on farmers, especially in the west, who felt they had been betrayed by the traditional parties is one that is still with us.

The dead were sanctified after the war but it was more difficult to deal with the living. There were 66,000 dead but there were 173, 000 wounded Canadian soldiers. Thirty-eight thousand of them suffered battlefield wounds. About half of them were serious requiring significant medical attention after the war. The physical wounds required massive state intervention to create a series of hospitals, more than forty across the country. Trauma treatment centres. There were needs for prosthetic limbs. There were two glass eye factories, one of which was here in Winnipeg.

The CNIB (Canadian National Institute for the Blind) was founded in 1918 to deal with several hundred blinded soldiers.

The veterans, themselves, were a living legacy of the war. We had veterans before about 8000 from the South African war. Now, we had 550,000 veterans. One in three adult males had served during the war. They came back and helped to build up the country. Returned to their lives. Some

became leaders in business, universities and all manner of professions. Two became Prime Ministers: Lester Pearson and John Diefenbaker. Most of them returned to their communities. They returned to their farms and their families. They got on as best they could with building the country. They banded together in those harsh post war years, first in the Great War Veterans' Association and a handful of other units and associations; and, then in 1926 The Royal Canadian Legion. That is a powerful legacy.

TV: What are you working on now?

TC: Now, I'm doing a book on Canada's memory of the Second World War. Our incredible contributions to the Battle of the Atlantic, Bomber Command and in fighting around the world. I want people to know about this. I want to know and explore the intellectual history of that. It's going to be a complex book, but I hope to write it in a way that's accessible.

TV: Could you share a tidbit or two?

TC: New scholarship from Germany shows that Bomber Command played a crucial role in damaging the German war machine.

("Bomber Command did not win the Second World War independently - but the war could not have been won without their efforts," says the Bomber Command Memorial website. "The RAF's attacks forced Germany to divert invaluable men, guns, aircraft and equipment to defend its airspace, effectively opening a second front long before D-Day.")

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French Services Supported with New Coordinator at MFRC



Brinda au tableau. Es-tu francophone? Elle est là pour aider. Photo: Martin Zeilig, Voxair Photojournalist

By Martin Zeilig, Voxair Photojournalist

Brinda Chengadu, Coordinator Second Language Program, French Services, and the bilingual receptionist at the Military Family Resource Centre, considers the classroom where she teaches more than just a place for formal language instruction.

She calls it a hub-- a place, where she says, clients can share and celebrate different aspects of their lives.

"We need to come together and be supportive," Chengadu, who was hired for the job at the end of last August, said during an interview in the small but cheery main floor classroom just off the MFRC reception desk.

Her husband, who works at 1 Canadian Air Division, is Major J-P Carrière.

Joel Roy, Executive Director, MFRC, praises Chengadu for taking the MFRC French language services to a new level.

"She's a pure bundle of energy who's building on the work of her predecessor," he added. "I like where she's taking us now. People would do well to look at what she's offering. She's a great addition to the MFRC."

French services at the MFRC include a Wednesday morning Café français where Francophones and Francophiles meet once a week for coffee and conversation. It alternates between the MFRC, the Southside Youth Centre and École Roméo-Dallaire.

Chengadu also provides actual Second Language Training: Beginner/Intermediate English conversation class on Monday morning; beginner French conversation class on Tuesday evening; higher intermediate/Advanced French lunch and chat on Thursday; Higher intermediate/Advanced French grammar and conversation on Thursday evenings. They use Rosetta Stone -- Online Language Trainings-- a complete interactive online program, notes a handout provided by Chengadu.

"We want to get our members, the spouses, the families that come into Winnipeg, and that don't speak English or intermediate English to get together and to converse," said Chengadu. "We also cook in English and go out into the community and visit (different sites) and read instructions in English. This is a good way to learn English in a fun way."

She was born and raised on Mauritius, an Indian Ocean island nation not far from Madagascar. After graduating from high school, Chengadu, who spoke a dialect of Creole in Mauritius, worked in a laboratory for four years.

"Then, I learned French because it's a cultural language, and then English because it's an official language," Chengadu said.

She moved to Victoria, BC in 1992 where she had to upgrade her English.

Upon graduating from the University of Victoria with a Bachelor of Arts Degree, Chengadu received a scholarship to do a Master's Degree in French and French Literature at the university.

"I was also working in a nursing home as a nurse's aide," she said. "So, I had two lives, as a student and working to finance my studies. I worked with the elderly community. When I had my Masters it was time to move to Ottawa. I taught a bit at university and the Alliance Française. Then, when we moved, it was time to work. I worked in the private sector. My job was to teach public servants French as a Second Language."

What motivates her to come to work in the morning is knowing that she's going to make a difference, to help somebody, Chengadu emphasized.

"I'm going to listen and understand to best help the client whether that person is a mom, a military member, a parent of a military family member or a child, how best we can serve people," she said.

She "loves" living in Winnipeg.

"Just like the licence plates say, it's Friendly Manitoba," Chengadu acknowledges. "I agree with that. There's lots to do in Winnipeg. We like nature. So, there's lots to discover."

Wear your pride on your sleeve . . . Affichez votre fierté sur vos manches

from RCAF Public Affairs

The rules governing Royal Canadian Air Force personnel wearing badges or insignia on their operational uniforms are about to change.

An upcoming amendment to the Canadian Air Division Orders (CADO) on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms (ECUs)/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

This change in the CADO is intended to enhance squadron and tactical unit morale and esprit de corps. The spirit of the RCAF unit is centred on the members and how well they work together. Part of this spirit comes from the symbols they wear: the badges and crests of the unit.

The CADO amendment will allow badges, especially a unit's heraldic badge, to be embroidered in full colour as well as low visibility green.

All other badges can be embroidered in full colour, which will be up to the unit as part of their design process. Yes, a unit can design their own patch!

So, what other kinds of patches can there be?

Units can now create and wear badges to mark a special anniversary or participation in an exercise or operation. Courses could have their own patch as well.

In addition, personnel at wings, squadrons and tactical units will soon be able to wear blue t-shirts with an embroidered logo at the neck—or, on Fridays, their own squadron coloured T-shirt!

Lieutenant-General Al Meininger, Commander RCAF, and Chief Warrant Officer Denis Gaudreault, RCAF Command CWO, "recognize the fundamental importance of our squadrons and tactical units within the RCAF. As such, this forthcoming direction will serve to enhance esprit de corps and identity." RCAF aviators are encouraged to "take the opportunity to embrace and contribute to this next chapter of our traditions".

Each new patch design must be endorsed by the chain of command and approved by 1 or 2 Canadian Air Division or the RCAF Aerospace Warfare Centre as applicable. Some items will be available through the Canadian Forces Supply System, while others will be available through unit kit shops or through CANEX.

This change could mean that some badges currently in use may become obsolete.

For example, the multi-colour (low-visibility green and colour mix) heraldic badge will be phased out over the coming year, to be replaced with the full-colour heraldic badge and/or the low-visibility green heraldic badge.

The new badges appear on page 8 in full colour.

du Affaires publiques de l'ARC

Les règles qui régissent le port d'insignes sur les uniformes opérationnels du personnel de l'Aviation royale canadienne changeront bientôt.

Les Ordonnances de la Division aérienne du Canada (ODAC) touchant la tenue opérationnelle feront bientôt l'objet de modifications de manière à permettre aux aviateurs qui portent une combinaison de vol, un uniforme de combat amélioré ou un uniforme à camouflage canadien d'y ajouter des insignes fixés à l'aide de bandes adhésives de type Velcro.

Ce changement vise à rehausser le moral et l'esprit de corps dans les escadrons et les unités tactiques. L'esprit des unités de l'ARC repose sur les membres de leur personnel et sur la capacité de ces derniers à travailler en équipe. Cet esprit tire en partie ses origines des symboles que portent les militaires, à savoir les insignes et les drapeaux de leur unité.

La modification des ODAC permettra de faire broder des insignes, particulièrement l'insigne héraldique de l'unité, en pleine couleur ou en vert à « faible visibilité ».

Tous les autres insignes pourront être brodés en pleine couleur, ce qui sera laissé à la discrétion des différentes unités dans le cadre du processus de conception. Vous avez bien lu : les unités pourront concevoir leur propre insigne!

Quels autres types d'insignes pourra-t-on utiliser?

Les unités peuvent désormais créer et porter des insignes afin de souligner un anniversaire important ou la participation à un exercice ou à une opération. Même les cours pourront faire l'objet d'un insigne.

De plus, les membres du personnel des escadres, des escadrons et des unités tactiques pourront bientôt porter un t-shirt bleu présentant un logo brodé sur l'encolure ou, les vendredis, un t-shirt aux couleurs de leur escadron.

Le lieutenant-général Al Meininger, commandant de l'ARC, et l'adjudant-chef Denis Gaudreault, adjudant-chef du commandement de l'ARC, « sont conscients de l'importance fondamentale que revêtent les escadrons et les unités tactiques de l'ARC. C'est pourquoi ils estiment que cette directive permettra de rehausser l'esprit de corps et le sentiment d'appartenance ». Les aviateurs sont invités à « profiter de l'occasion d'adopter cette nouvelle tradition et à y contribuer ».

La conception d'un nouvel insigne devra toutefois recevoir l'approbation de la chaîne de commandement et de la 1re ou 2e Division aérienne du Canada ou du Centre de guerre aérospatiale des Forces canadiennes de l'ARC, le cas échéant. Certains objets seront offerts par l'intermédiaire du Système d'approvisionnement des Forces canadiennes, alors que d'autres seront distribués par les magasins de fourniture des unités et le CANEX.

Ce changement pourrait entraîner l'abandon de certains insignes actuellement en usage. À titre d'exemple, l'insigne héraldique multicolore (vert à « faible visibilité » et mélange de couleurs) sera progressivement retiré au cours de la prochaine année pour faire place à l'insigne héraldique pleine couleur et vert à « faible visibilité ».

Les nouveaux badges apparaissent en couleur à la page 8.



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Around The Wing

Wear your pride on your sleeve . . . / Affichez votre fierté sur vos manches (continued from page 7 / Suite de la page 7)



Left: An example of a unit heraldic badge embroidered in low visibility green (the 1 Canadian Air Division badge, left) and full colour (the 425 Squadron badge, right). An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

Gauche: Voici deux exemples d'insignes héraldiques d'une unité : l'un brodé en vert à « faible visibilité » (insigne de la

1^{re} Division aérienne du Canada, à gauche) et l'autre en pleine couleur (insigne du 425^e Escadron, à droite). Les Ordonnances de la Division aérienne du Canada touchant la tenue opérationnelle feront bientôt l'objet de modifications de manière à permettre aux aviateurs qui portent une combinaison de vol, un uniforme de combat amélioré ou un uniforme à camouflage canadien d'y ajouter des insignes fixés à l'aide de bandes adhésives de type Velcro

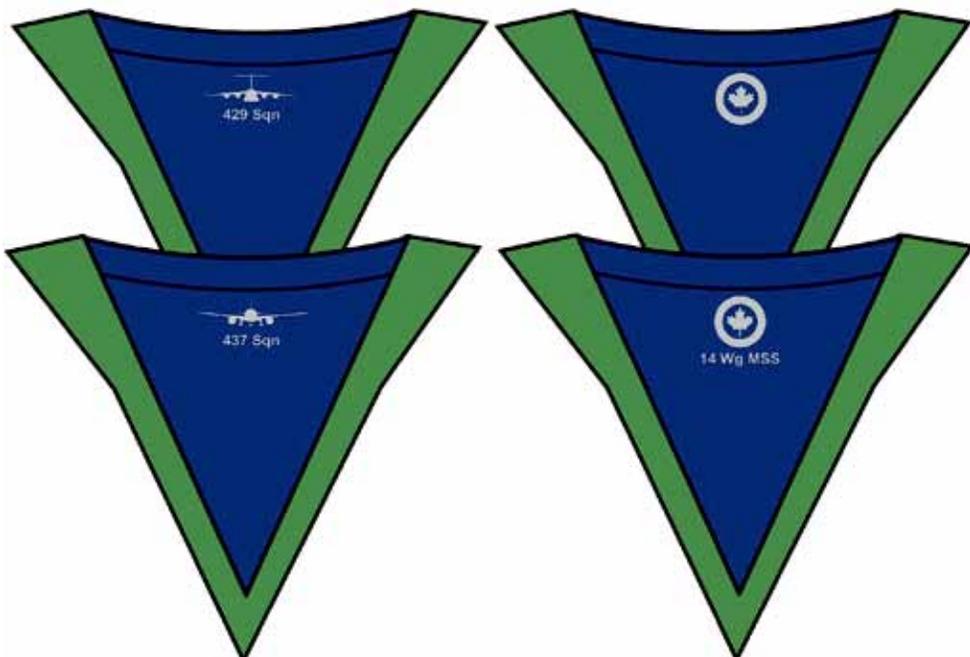
Right: Samples of aircraft or employment designator patches in low visibility green. An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

Droit: Voici des exemples d'insignes indicateurs d'aéronefs ou de groupes professionnels verts à « faible visibilité ». Les Ordonnances de la Division aérienne du Canada touchant la tenue opérationnelle feront bientôt l'objet de modifications de manière à permettre aux aviateurs qui portent une combinaison de vol, un uniforme de combat amélioré ou un uniforme à camouflage canadien d'y ajouter des insignes fixés à l'aide de bandes adhésives de type Velcro.



Left: Samples of aircraft or employment designator patches in full colour. An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

Gauche: Voici des exemples d'insignes indicateurs d'aéronefs ou de groupes professionnels pleine couleur. Les Ordonnances de la Division aérienne du Canada touchant la tenue opérationnelle feront bientôt l'objet de modifications de manière à permettre aux aviateurs qui portent une combinaison de vol, un uniforme de combat amélioré ou un uniforme à dessin de camouflage canadien d'y ajouter des insignes fixés à l'aide de bandes adhésives de type Velcro.



Samples of unit identifiers embroidered on the necks of T-shirts. Personnel at wings, squadrons and tactical units will soon be able to wear blue t-shirts with an embroidered logo at the neck—or, on Fridays, their own squadron coloured T-shirt.

Voici des exemples d'éléments distinctifs d'unités brodés sur l'encolure de t-shirts. Les membres du personnel des escadres, des escadrons et des unités tactiques pourront bientôt porter un t-shirt bleu présentant un logo brodé sur l'encolure ou, les vendredis, un t-shirt aux couleurs de leur escadron. All photos: RCAF. Toutes les photos: ARC



Cold weather arrived on the prairies last week, resulting in the appearance of the sundog phenomenon again. A 402 'City of Winnipeg' CT-142 is prepared for a training flight on the tarmac at 17 Wing Winnipeg on January 25, 2019. Photo: Cpl Daryl Hepner.



Bill McLeod, Voxair Manager, is presented a Canadian flag, a Certificate of Service, a Service pin, and a letter from the Prime Minister for completing 30 years service in the CAF. (L-R) Acting 17 Wing Commander LCol Brian Quick, Amelia, Bill McLeod, Devon, Jean McLeod, and Carmyn Pepler. Photo: Broose Tulloch, Voxair Layout

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Winnipeg Canadian Forces Recruiting Staff Spread Holiday Cheer Helping Local Charity



Three recruiting staff loading a recruiting vehicle with hampers to deliver. Photo: Supplied

by Capt Mallory Whitmell, CFRC P&N Det Winnipeg

Friday, December 14th, members of Canadian Forces Recruiting Centre Prairies & The North, Det Winnipeg made their way to the Christmas Cheer Board to lend a hand. The Det members provided volunteer hamper delivery services, moving hampers to 32 families in Winnipeg's North End.

The Winnipeg recruiting team was proud to take part in this program to help those in need during the holiday season and foster the Canadian Armed Forces relationship with the local community. It was a privilege to experience firsthand the meaningful difference this charity makes for Winnipeg citizens.

Christmas Cheer Board hampers are filled with canned goods, packaged food, a turkey or chicken to feed the family, and a gift for every child under the age of 14.

Starting out to serve the families of soldiers who died during the Great War, for the past 99 years the Christmas Cheer Board has orchestrated the composition and delivery of hampers to Winnipeg's less fortunate during the holiday season. This season, hampers are being delivered to nearly 18,000 low income families.

The Christmas Cheer Board relies on donations of food, gifts and especially cash funds as the charity buys about 50 percent of the toys and 50 percent of the food that goes into the hampers. The charity also relies heavily on roughly 4,000 volunteers each year, including volunteer drivers to deliver the hampers.

While the Christmas Cheer Board is always in need of volunteer drivers, it has seen a significant drop in donations over the past few years. The 2017 operation concluded with a \$46,000 deficit and the 2018 operation is "not even close" to meeting its fundraising goal of \$850,000, according to Kai Madsen, Executive Director. The Christmas Cheer Board has already spent the money to buy all the items filling the hampers. The charity is hopeful that Winnipeggers will remember to give this season.

Rejoin the RCAF team!

from Major Jim Hutcheson, Directorate of Air Personnel

Are you a former member of the Royal Canadian Air Force, or do you know someone who is?

The Air Force Team is actively seeking to attract former members who can make an immediate contribution to Canada's air and space capabilities based on their previous RCAF training and experience.

Re-enrollees are also invaluable in the training and mentoring of the next generation of RCAF aviators. Furthermore, the fresh knowledge and perspectives gained from their subsequent non-military employment can also greatly enhance Air Force operations.

While maintaining and modernizing existing capabilities, the RCAF is also expanding into new roles, including remotely piloted aircraft and the domain of space operations. The skills, leadership, maturity and experience of those with previous RCAF service can make a dramatic contribution to this effort.

The RCAF has a specific team that is dedicated to facilitating the re-enrollment of former Air Force members. The Air Force Intake and Liaison Team (AFILT), based in Ottawa, works closely with Canadian Forces Recruiting Group and Career Managers to streamline the re-entry process. In addition, they can provide individualized support and guidance to each re-enrollee's file, ensuring that the process is as smooth and timely as possible.

There are many reasons why former members may consider rejoining the RCAF Team as a Regular or Reserve member.

You may consider job security and stability, better pay and benefits, a team-oriented working environment, making a meaningful contribution to Canada and the world, improved individual and family support programs, the excitement of operations and working with leading-edge aerospace equipment, the lifetime security of an increased pension, the flexibility of full or part-time work...

You may recognize some of these reasons, or have reasons of your own. If rejoining the RCAF Team sounds interesting to you, or may sound interesting to someone you know, check out the RCAF re-enrollment website (<http://www.rcaf-arc.forces.gc.ca/en/re-enrollment.page>) or contact the Air Force Intake and Liaison Team:

- Officers
 - o Email: AFILT-EALFA@forces.gc.ca
 - o Phone: 1-877-877-2741
- Non-commissioned members
 - o Email: AFILT-EALFA@forces.gc.ca
 - o Phone: 1-866-355-8195

College Corner



Today's modern world is reliant on access to the electromagnetic spectrum. To illustrate this point, consider turning off your cell phone and disconnecting your wireless router, then ask yourself a question that needs an immediate answer or send a message to a friend. Now, imagine in a military setting that you don't have radar to detect enemy aircraft coming to attack your position or radios to communicate with your troops. How could you adequately defend your position? These examples demonstrate how dependent military operations and day-to-day business rely on the electromagnetic spectrum.

The spectrum is radiated energy ranging from radio waves on one end to x-rays and gamma rays on the other. Most use falls in the microwave and infrared region, which includes communications, radar, and weapons guidance. Electronic warfare is military action to exploit the electromagnetic spectrum, which include actions to search for, locate and identify emitters; attack of enemy personnel and equipment using electromagnetic energy; and protect friendly personnel and equipment from an enemy's electronic attack or natural phenomenon.

Electronic warfare is a vital part of any military operation, and success in future conflicts will require unfettered friendly access to the electromagnetic spectrum. The Canadian Forces require personnel trained in electronic warfare, and to that end, RCAF Barker College offers two courses to train personnel in electronic warfare and prepare them for its operational use. The Basic Electronic Warfare course is offered via distance learning and is geared towards familiarization with basic principles. The other course is Advanced Operational Electronic Warfare, which teaches advanced theory and military application of electronic warfare. Both courses will give personnel the knowledge necessary to use electronic warfare and be successful in modern operations.

RCAF Barker College News

Rejoignez-vous à l'équipe de l'ARC!

du Major Jim Hutcheson, l'organisation du directeur du personnel de la Force aérienne

Are you a former member of the Royal Canadian Air Force, or do you know someone who is?

The Air Force Team is actively seeking to attract former members who can make an immediate contribution to Canada's air and space capabilities based on their previous RCAF training and experience.

Re-enrollees are also invaluable in the training and mentoring of the next generation of RCAF aviators. Furthermore, the fresh knowledge and perspectives gained from their subsequent non-military employment can also greatly enhance Air Force operations.

While maintaining and modernizing existing capabilities, the RCAF is also expanding into new roles, including remotely piloted aircraft and the domain of space operations. The skills, leadership, maturity and experience of those with previous RCAF service can make a dramatic contribution to this effort.

The RCAF has a specific team that is dedicated to facilitating the re-enrollment of former Air Force members. The Air Force Intake and Liaison Team (AFILT), based in Ottawa, works closely with Canadian Forces Recruiting Group and Career Managers to streamline the re-entry process. In addition, they can provide individualized support and guidance to each re-enrollee's file, ensuring that the process is as smooth and timely as possible.

There are many reasons why former members may consider rejoining the RCAF Team as a Regular or Reserve member.

You may consider job security and stability, better pay and benefits, a team-oriented working environment, making a meaningful contribution to Canada and the world, improved individual and family support programs, the excitement of operations and working with leading-edge aerospace equipment, the lifetime security of an increased pension, the flexibility of full or part-time work...

You may recognize some of these reasons, or have reasons of your own. If rejoining the RCAF Team sounds interesting to you, or may sound interesting to someone you know, check out the RCAF re-enrollment website (<http://www.rcaf-arc.forces.gc.ca/en/re-enrollment.page>) or contact the Air Force Intake and Liaison Team:

- Officers
 - o Email: AFILT-EALFA@forces.gc.ca
 - o Phone: 1-877-877-2741
- Non-commissioned members
 - o Email: AFILT-EALFA@forces.gc.ca
 - o Phone: 1-866-355-8195

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CENTRE D'INFORMATION

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CALENDRIER
COMMUNAUTAIRE30 janvier au 20 février • **Rétrospective Melville**

• Alliance française du Manitoba

31 janvier • **Nuit des idées** • Alliance Française du Manitoba1 et 8 février • **Karaoke** • CCFM1 et 8 février • **Ligue d'improvisation du Manitoba** • CCFM2 février • **Journée Amenez votre enfant à la****bibliothèque** • Bibliothèque de Saint-Boniface5 février • **Cercle de conversation française**

• Bibliothèque de Saint-Boniface

5 février • **Mardi jazz** • CCFM5 et 12 février • **Cercle de conversation française**

• Bibliothèque de Saint-Boniface

7 février • **Soirée chansonnier**

• Université de Saint-Boniface

9 février • **Allons en raquettes** • Forth Whyte Alive9 février • **Bonsai** • Bibliothèque de Saint-Boniface9 février • **Sortie de ski et de planche à neige**

• Union Nationale Française

12 février • **Mardi jazz** • CCFM

Exposition:

10 janvier au 2 février 2019 • **Visages et paysages
du Grand Nord canadien**

• La Maison des artistes visuels francophone

10 janvier au 23 mars 2019 • **Le Musée de l'histoire
à venir** • La Maison des artistes visuels francophone16 janvier au 6 février 2019 • **Ainsi...** • CCFMPour plus d'informations et pour voir le calendrier au
complet, visitez le <http://www.sfm.mb.ca/calendrier>'Til I am Myself Again:
Taking Mental Health One
Moment, One Day at a Timeby Captain
Bettina McCulloch-Drake

On August 5, 2004, I heard a knock on my rented townhome door in Nepean (now Ottawa), Ontario. Curious, almost dangerously so, I answered the door where I came face-

to-face with one of the Canadian Armed Forces (CAF) Chaplains from HMCS (Her Majesty's Canadian Ship) CARLETON, my naval reserve unit at the time (It would not take long, unfortunately, to find out that my then-brother-in-law, a naval reservist like myself and my first husband, was gone. The smiling, talented man I knew who had, at one time, spoken about opening up his own restaurant, had taken his life, at the age of thirty-one, in one of the most horrific ways you might be able to imagine). I still shudder at the thought of what he must have looked like to his best friend who found his body in his family home in southern Ontario.

As we gathered together to remember how he was in life, the inevitable questions and reflections passed through the lips of the family, friends and colleagues who knew him. Why did he do it? What was it that pushed him to this extreme? Why could he not confide in even his best friend, with whom he shared so much before? Why did we not realize how much pain he was in? What signs did we miss?

The fact is that some people are good at hiding their private pain. Suicide, whether it was a "fait-accompli" or an attempt, would touch my life three times more since that day. The last time, it was I who was thinking that it would be better to leave this world.

I am not writing this to indulge in a "self-pity party" or to look for sympathy. I am writing this to tell you that there is hope. You may hit rock bottom, you may find yourself fighting internally with ugly versions of yourself, or you may even think that you are completely alone. But, you are not alone. Even if you think you have eroded any chance at coming back to a better version of yourself, you can count on at least one person who "gives a damn."

One of these people is your local chaplain (fondly referred to by some as "padre", although we do have a number of CAF chaplains who are women).

But, I will get back to that, perhaps, at another time.

First, let me make something perfectly clear. I did not deploy to a war zone. I did not see death countless times over. I did not come across a situation where I felt powerless to do something even though that situation was so against my values. I certainly do not want to cheapen the courage, nor the crash of emotions, faced by those who have deployed, who have faced stressful work environments, or who have put their lives in danger to save others.

What I can do, however, is tell an abridged version of my story to help you understand that mental health affects everyone. And perhaps, just maybe, more of you will be willing to reach out for help. Maybe more of you will share your own story.

To understand a little of how I came to be admitted to a mental ward in a local hospital in Manitoba for six weeks in the summer of 2018 requires a brief flashback montage, if you will.

I am who I am because of the breadth of life experiences I have had since I came into this world. I am also who I am because, short of my becoming 19, I joined the

Canadian Armed Forces and fell in love with the entire way of life that is uniformed military service.

I could tell you that I am the type to straddle the fine line between introversion and extroversion. Imagine that. A public affairs officer who prefers to be in the background. Lovely. But, I digress.

I could also tell you, that like so many other children and teenagers I have had my share of bullies and people trying to impose "false" social labels on me. That is certainly true, but I eventually came into my own and developed healthy relationships with people who I still call friend. At the time I did not need hundreds of Facebook friends. (What was Facebook in the 1980s, anyway?) Rather, I had small circles of close friends.

But, there is another side. I am competitive and hate to fail at anything, although there are certainly times where I am very good at failing. Yet, if there is one thing I have learned as a member of the Canadian Armed Forces: you take responsibility for your mistakes, you learn from your mistakes, and you carry on. It's not always easy, but what really is?

Yet, underneath the certainty, there also lies someone who is a harsh self-critic. Why can't I do everything, be everything, and still be able to have both a career and a stable, loving, family?

Yep. You guessed it. I put an inordinate amount of pressure upon myself. I brooded about the past, worried too much about the future, and had a hard time, at times, being present.

But, depression can have a strange way of creeping into the recesses of our psyche. It feeds on our doubts. It feeds on our trying to keep up, sometimes desperately, with a life that seems to thrive on speed. Time is now seen as an enemy: there is only so much of it. There is a drive to make every minute count that we forget that sometimes slowing down will let us focus on what is really important.

Depression also feeds on loss. The most common thread I heard among my fellow patients on that mental ward was: loss. Some lost the health they once enjoyed. Some lost one or more members of their family or close friends. Some lost their careers, their way of life.

As for myself, I had to face my own losses. The loss of my mother, my life-long confidante, in December 2010. The unexpected loss of a baby in 2014. The loss of control I felt as I struggled with post-partum depression in 2017. Being at a loss as my husband and I dealt with a sick infant who eventually turned out to have a few different allergies. And, finally, feeling at a loss when I was placed on sick leave as I waited to find out what this or that drug would do to help me with the roller coaster I felt myself on.

Even though I was not alone, in the strictest sense, I felt alone. No words from my loved ones, my supportive co-workers, my social worker at my base's health centre, or my friends, seemed to alleviate the anger, the sadness, and the shame I felt as days passed to weeks. I felt alone, even as my children tried to get my attention, as I struggled to find the energy to spend time with them. Various stimuli would set me off in a spiral of sadness, followed by self-loathing, followed by hopelessness. I saw myself, in every way, a failure.

Simply put, I could not see past this self-feeding storm of self-persecution. I broke down.

If it were not for my husband taking me to where I could be cared for properly, I may have not been here today to tell you that there is always hope. In dark times your path may not always be apparent, but it is there. You just need to take one moment, one day at a time and reach out your hand. There will be bad days, but there will be good ones too.

Don't wait to get help. Don't wait to have that conversation as part of Bell Let's Talk Day on January 30. Take that step today. Love yourself just enough to let others help you. As for me: I am ready to listen.

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*Open Mat practice sessions Sun 13 Jan to 24 Mar 1100-1300 in B33 Mini Gym throughout the session
 *Pratique libre le dimanche, du 13 janvier au 24 mars, de 11 h à 13 h (mini gym du bâtiment 33) pendant la durée du cours

Membership \$70 Non-membership \$85 / Membres 70 \$ Non-membres 85 \$

For more information please contact Ashley Clement at Ashley.clement@forces.gc.ca or ext. 7013
 Pour plus de renseignements, veuillez écrire à Ashley Clement à Ashley.clement@forces.gc.ca ou lui téléphoner au poste 7013.

Managing Angry Moments (MAM)

Gérer les moments de colère

21 & 28 February 2019
 0830 - 1600 hrs
 21 et 28 février 2019
 08h30 à 16h00

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.
 Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

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 Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

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 0830 - 1600 hrs

4 et 5 février 2019
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RESPECT IN THE CAF WORKSHOP

RESPECT DANS LES FAC

11 February 2019 11 février 2019
 0800 - 1600 hrs 08h00 à 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.
 L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca
 Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

TRANSITION GROUP

GRUPE DE TRANSITION

Transition affects every member and their family.
 La transition concerne tous les militaires et leur famille.

All members and their families are invited to find out more about what the Canadian Armed Forces Transition Group is, the new tools and services available for all members, veterans, and their families, and how the transition process is changing. Following each information session, there will also be time for subject matter experts to answer your questions.

Info Session for All Ranks
 Date: 13 February 13 février
 Time: 10:00-12:00
 Place: Building 10/Théâtre

Info Session for All Ranks and Family
 Date: 14 February 14 février
 Time: 10:00-12:00
 Place: Building 10/Théâtre

GOOD FOOD BOX

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Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

Small Box: \$18
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Sunrise Yoga

Yoga au lever du soleil

Mondays and Fridays 0630-0715
 Lundi et vendredi de 6 h 30 à 7 h 15

An all-levels yoga class to start your day right. Sunrise Yoga will invigorate the body & create a peaceful focus to prepare you for the day's events ahead.
 Un cours de yoga pour tous les niveaux pour bien commencer la journée. Le yoga au lever du soleil vous ravivera le corps et vous calmera l'esprit afin de bien vous préparer en vue de vos activités quotidiennes.

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 GRATUIT pour les militaires et les employés du MDN

TRANSITION GROUP

GRUPE DE TRANSITION

La transition concerne tous les militaires et leur famille.
 Tous les militaires et leur famille sont invités à en apprendre davantage au sujet du Groupe de transition des Forces armées canadiennes, des nouveaux outils et services offerts à tous les militaires, les vétérans et leurs familles ainsi que de la façon dont le processus de transition évolue. Après chaque séance d'information, des experts en la matière pourront répondre à vos questions.

Séance d'information pour les militaires de tous grades
 Date: 13 février 13 février
 Heure: 10:00-12:00
 Lieu: Bâtiment 10/Théâtre

Séance d'information pour les militaires et les membres de leur famille
 Date: 14 février 14 février
 Heure: 10:00-12:00
 Lieu: Bâtiment 10/Théâtre



Connect with us:

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www.facebook.com/WinnipegMFRCYouth

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Cocktails à 17 h 30 ~ Dîner à 19 h

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Saturday

le samedi

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For ticket information / Pour obtenir des renseignements sur les billets : **204.833.2500** ext./poste **4500**

MFRC/CRFM ~ 102 Comet Street / 102, rue Comet ~ Monday to Friday 8:30am - 4:30pm / du lundi au vendredi, de 8 h 30 à 16 h 30

Sports Trivia Answers

1. Ten days in hell with coach Bear Bryant. His first year as coach of Texas A & M university varsity team: Football.
2. Denzel Washington portrays Jake Shuttlesworth, father of the top-ranked prospect in the country, Jesus Shuttlesworth, played by Ray Allen. Jake, in prison for killing his wife, is released on parole for a week by the state's governor to persuade his son to play for the governor's alma mater in exchange for a much reduced prison sentence: Basketball.
3. It is based on the true story of Vince Papale, who played for the Philadelphia Eagles with the help of his coach, Dick Vermeil: Football.
4. The film touches on a season of the fictional Division I FBS college football team, the ESU Timberwolves, as they deal with the pressure to make a bowl game, alcohol, anabolic steroid abuse, receipt of improper benefits, and overall college life.
5. A young man dreams of making the show: Baseball.
6. A scholarship athlete with an attitude is benched but comes back to win the game and tells his mean-spirited coach that he is moving on: Basketball.
7. Eighteen-year-old daughter of Punjabi Sikhs in London. She is infatuated with football but her parents have forbidden her to play because she is a girl. She joins a local women's team, which makes its way to the top of the league: Soccer.
8. A documentary about wheelchair rugby.
9. A 35-year-old has-been boxer about to take on an opponent at the fictional Paradise City Arena. His manager takes money for a "dive" from a mobster, but is so certain of Stoker's failure that he does not inform the boxer of the set-up: Boxing.
10. The story of Frank Machin, in Wakefield, a mining town in Yorkshire, whose romantic life is not as successful as his sporting life: Rugby.
11. A horse overcomes the odds and beats Triple Crown winner War Admiral in a match race: Thoroughbred racing.
12. A poor Nottingham teenager from a dismal home in a working class area, who has bleak prospects in life and few interests beyond petty crime, turns to long-distance running as a method of both an emotional and physical escape from his situation: Track and field.
13. A townie so obsessed with the Italian cycling team that he assumes an Italian accent and shaves his legs (to reduce wind resistance when he cycles).
14. Gabriel Caine, a con man, is released from prison in Winfield, Ga. and immediately gets to work on his next scam. Caine and his partner, Fitz, travel to a small town not far from the prison: Boxing.
15. An aging professional wrestler who, despite his failing health and waning fame, continues to wrestle in an attempt to cling to the success of his 1980s heyday. He also tries to mend his relationship with his estranged daughter and to find romance with a woman who works as a stripper: Wrestling.
16. High school cheer leading.
17. The story of two women as they become professional sprinters and join the British relay team for a World Championship event: Track and field.
18. A teenager from the fictional town of Bodeen, Texas, who joins a roller derby team.
19. A hustler tries to beat Minnesota Fats in a pool show down.
20. A young Depression-era poker player seeks to establish his reputation as the best. This quest leads him to challenge Lancey "The Man" Howard, an older player widely considered to be the best, culminating in a climactic final poker hand between the two.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): Be prepared to respond to a variety of possible outcomes to a situation. Organize. Diversify. Practice moderation. Be practical and proactive. New ways of doing things are required but take your time and test new methods and strategies before making a full commitment.

Taurus (April 20 – May 20): Disappointments and loss are a part of life. By reframing you may find that there are opportunities disguised as misfortune. Real or perceived limitations can be frustrating. Manage the stress by focusing on the positives. Feel gratitude for all that you have. Celebrate small steps forward.

Gemini (May 21 – June 21): Trust that if you are willing to open up, extend yourself to help others and maintain connections you'll meet more people who will enrich your life. Facing your fears builds confidence. Be daring. The kind words you offer and deeds you do are appreciated and reciprocated.

Cancer (June 22 – July 22): If you ask someone to share their feelings in the hope of understanding them better, be prepared to hear things that might upset you. Their sharing may not lead to a meeting of minds but more confusion for you. Happiness and success are measured in different ways by different people.

Leo (July 23 – August 22): Acting on impulse and taking risks makes you feel alive. So curbing your urges in consideration for other can feel limiting; narrowing options. But there are pluses to this. Balances and checks are a good thing. Dependable allies are a blessing. Sharing the journey can be more joyful.

Virgo (August 23 – September 22): You may feel like you have to defend your choices at this time but your dreams are your own. If you are secure in the value of your own choices there's no need to answer to anyone. Confide only in those who really care about you. Use your intuition to sense another's sincerity.

Libra (September 23 – October 23): If confronted, stand up for yourself and what you believe in. Taking action is the best way to deal with worries. Ask the tough questions so you can make informed decisions. You can accept people for who they are without condoning their behavior or agreeing with them.

Scorpio (October 24 – November 21): Your past successes have garnered admiration and respect resulting in new opportunities. Some of your methods that worked in the past may need tweaking now. Watch for small clues to show you what adjustments need to be made. Create a personal vision statement.

Sagittarius (November 22 – December 21): Your beliefs about how well you understand others will be tested. Detached logic doesn't work when feelings are involved. Show wisdom in your thoughts, words and actions even if others don't seem to do the same. Upheavals are inevitable. Being prepared helps.

Capricorn (December 22 – January 19): Situations arise as a result of something beyond your control. This has a huge impact on your assumptions, your beliefs about your future and yourself. When one door closes another opens. Trust that something better is right around the corner. Watch and wait patiently.

Aquarius (January 20 – February 18): Plan a trip. Explore new places and new interests. Enjoy this unexpected opportunity. Stay out a little later than usual. Engage in conversations that get you thinking outside the box. You'll feel re-energized, motivated and inspired when you return to your usual routine.

Pisces (February 19 – March 20): Do not compromise your personal or professional integrity due to another's negative attitude or comments. Resist the urge to isolate yourself to avoid confrontation. Be approachable and open to engaging in intelligent debate but maintain boundaries. Stand in your own truth.

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Chaplain's Corner

What makes us tick?



by Padre Capt Greg Girard, Det Dundurn

Last Fall I was listening to a lecturer on YouTube. Part way through he mentioned a book he had read that made him rethink Western Civilization, or if you like, the Developed World.

The book was written by Vishal Mangalwadi, a scholar and international lecturer from India. I had just finished reading another book on where our modern world came from called: How the Scots Invented the Modern World. But, while it is well worth reading, I always had this nagging question throughout it of why or what made the Scots so disproportionately influential? What made them go from perhaps the least, to the leading instrument in the West, and indeed, the world for about 300 years? The author seemed reluctant to go there.

It was not until I read Mangalwadi's book that an answer was presented to me. The author lived most of his life in India. He writes as an outsider; observing Western civilization and its development. For this reason the book intrigued me. Here is someone unprompted by the West's current culture of ruefulness, an educated man who travels the world, yet spends most of his life "helping the rural poor" of India, telling us how he sees the West in the midst of this world. I thought, for \$16.99 (US), I should hear what he has to say.

Most of us in the West know very little of other cultures. Going to an all-inclusive resort for 2 weeks in a foreign country does not count, neither does a vacation nor a military tour. One must not just visit, but investigate a culture from within and its historical development to begin to comprehend it. And, one must remember that many inhabitants of a culture often have an inaccurate understanding of why they are who they are. Until I read the book on the Scots, even though I lived in a Western nation, I had little idea of who "invented our modern world." That is true of people in other cultures too!

Mangalwadi's book is called, The Book That Made Your World, and is his 35th. I will tell you up front, if your presupposition for understanding Western civilization is rooted in remorsefulness you won't like the book. The author goes where you don't approve, and you should not buy it. But, if you are willing to admit that while the West has been the author of many ills (along with most of the rest of the world), it has also been the root of much good in the world, and you are wondering why, you might be interested in the answer Mangalwadi offers.

Since reading the book I have discovered that he is not alone among international scholars, some of whom are asking similar questions (What made the West so different?), including ones from Saudi Arabia, China, India, South Korea, Russia, America and Japan. Mangalwadi says that, "the stability and longevity of Western civilization are at risk," and that is not good for anyone. It must, "rediscover its soul."

Faith and Life

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COMMUNITY SERVICES:

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

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

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

CHAPLAINS

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

Padre Greg Girard
(Christian Reformed)
- Det. Dundurn
306-492-2135 ext 4299

TBD
ext 5272

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



**17 Wing Military
Community Chapel**
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Whytewold/
Wihuri Road)

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For chaplaincy services and related information, phone ext 6800 and follow the prompts.

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SUNDAY MASS: (Bilingual)
Spring/Summer Liturgy Timings: 9am
(Sunday after Easter - Thanksgiving Weekend)
Autumn/Winter Liturgy Timings: 4pm
(Sunday after Thanksgiving to Easter Sunday)

CHAPLAINS

Padre Hope Winfield
(Roman Catholic Pastoral
Associate)
- Wing Chaplain
ext 5417

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

TBD
- Mental Health Chaplain
ext 5086

COMMUNITY SERVICES:

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

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

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

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

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

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

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

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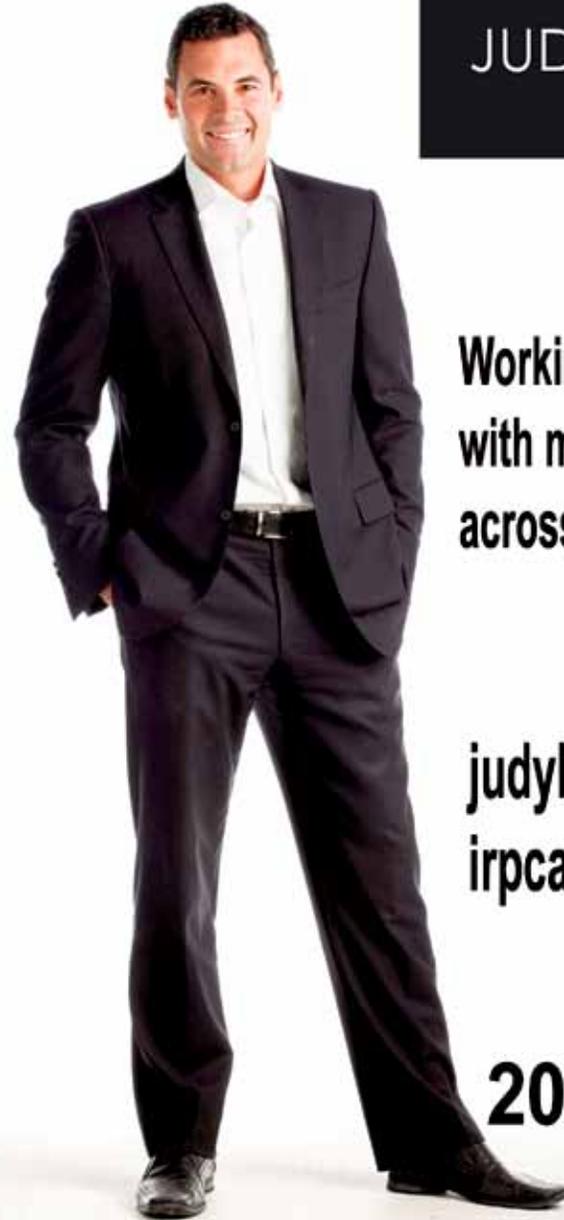
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