



The Voxair




Meet the New 17 Wing Commander

Colonel David Proteau spoke to the Voxair about his overall message for 17 Wing members going forward with their mandated missions during the pandemic.
Photo: Bill McLeod, Voxair Manager.



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17 Wing Commander Looking Forward to Coming Challenges

By Martin Zeilig, Voxair Photojournalist

Colonel David Proteau assumed command of 17 Wing at a small COVID-19 restricted ceremony at the Officer's Mess on July 30, 2020. He assumed Command from Col Eric Charron, who is now posted to NDHQ in Ottawa.

He wants his first message to the 17 Wing members to be clear:

"COVID will undoubtedly be our biggest challenge as I look forward to my time in Command of this great Wing. My first and foremost priority is to find new ways of conducting business and meet our respective mandates in a safe manner while capitalizing on opportunities and learn from these initiatives moving forward - Crisis is a gateway for innovation."

"It's important that 17 Wing members feel safe in their work environment, feel empowered to innovate and maintain a healthy work-home life balance. As we adjust to "the new normal", we need to weigh the COVID risks against our own mental health needs and allow our Wing membership outlets for stress relief and physical activity to ensure the maintenance of high morale."

"Regardless of your rank or position, Reg Force, Reservist, Civilian or contractor, you all have ideas that we need to listen to. I challenge you all to bring these ideas forward as we all strive to make improvements for the betterment of this Wing, putting us in the best place possible when we emerge from this Global crisis."

Colonel Proteau was born in Forestville, Quebec and joined the Canadian Forces in 1987. He studied at the College Militaire Royal de St- Jean (CMR), earning a Bachelor of Science degree. In 1992, Col Proteau attended the Canadian Forces Air Navigator School (CFANS) in Winnipeg where he earned his Air Navigator wings before being posted to Comox, BC where he flew on the CP-140 Aurora, first as an Acoustic Sensor Operator (ASO) then as a Tactical Navigator (TacNav).

Col Proteau was posted back to CFANS in 1998 where he instructed Officer Development and Tactics. He was posted to 17 Wing in 2001 and worked as Executive Assistant to the Wing Commander for a period of two year before being transferred to 405 Squadron in Greenwood, Nova Scotia in the spring of 2003 to start his second operational tour flying on the CP-140 Aurora.

Col Proteau said that his time in the Wing Executive as EA to Col Doug McLennan, a former 17 Wing Comd, showed him what leadership was and that he still considers Col McLennan a mentor even now.

From 2003 to 2005, he worked as Lead Navigator

on crew and participated in many anti-submarine exercises and operational missions. After his promotion to Major in June 2005, he was posted to the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) as Commandant. Following his first command appointment, he returned to CFANS (now amalgamated with 402 Sqn) as flight commander and subsequently deployed to Kandahar Airfield, Afghanistan, where he worked as the Deputy J5 Plans for a period of seven months.

Upon his return from Afghanistan, he attended the Canadian Forces College where he earned a Master's Degree in Defence Studies, graduating in the summer of 2011. He was promoted to Lieutenant Colonel in June 2011 and moved back to Winnipeg to work at 1 Canadian Air Division as the A3 UAV for 1 year, followed by an appointment as the Deputy Director Fleet Readiness until his appointment as the Commanding Officer of 404 Sqn in summer 2013.

Following that Command appointment, he was given the unique opportunity to represent Canada in a diplomatic capacity as the Assistant Air Attaché at the Canadian Embassy in Washington DC. He was promoted to his current rank in July 2016 and took over as the Deputy Commander of the National Cadet and Canadian Junior Rangers Support Group in Ottawa. He was posted back to Winnipeg in summer 2017 where he held the position of CAOC Director for 3 years. On 30 July 2020, Colonel Proteau was bestowed the great privilege to assume Command of Canadian Forces Base Winnipeg / 17 Wing Winnipeg.

He is married to Lindsay Proteau and they have two children, Amélia and Benjamin. Col Proteau is very happy to be in Winnipeg where he has strong ties to the community.

"For me, to command in what I consider to be my hometown is an honour," he said. "I have spent as much time in Winnipeg as I did in my hometown." He was only 17 years old when he joined the military and left his home in Forestville, Quebec, and has spent 17 of his 33 years in the military living in Winnipeg, doing seven different jobs.

Col Proteau noted the challenges for commanders during this time.



17 Wing Commander Colonel David Proteau assumed command of 17 Wing on July 30, 2020. Photo by Cpl Daryl Hepner, 17 OSS Imaging.

"Wing Commanders normally visit their assigned units on a fairly regular basis, doing walk-arounds, holding town halls, hearing from the membership of 17 Wing, and figuring out what the problems are by hearing it directly from the coalface."

"Usually you get that personal feedback. When you have a town hall, for example, you speak with folks and you provide a message, provide an idea, or, 'Hey, this issue is coming down the line and we plan on doing this about it' and then you see people's reactions- whether the idea is good, not good, or requires more analysis," he said.

"Those opportunities are now taken away from us in the command positions," he added. "You can do town halls on Facebook, you can do Zoom meetings, but you don't have that immediate personal body language feedback. So the message I have for the Wing leadership is that we have to find new ways of listening to the concerns of our membership as well as for all members and their peers, without having the opportunity to observe it."

THE VOXAIR

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Manager's Message

We're back. We will be finishing off the year with a reduced staff and reduced publishing schedule but it's good to be back.

Our mission for the last part of this year and the upcoming year is to produce the best content about and for 17 Wing that we possibly can.

Due to restructuring we will have people filling new and different roles, so we are asking that our readers and advertisers have some patience as we sort things out.

We also want to let our advertisers know that the Voxair will still be reaching the same unique demographic that is the Canadian Armed Forces members and families, the only difference is now our publication will have an approximately 30 day longevity.



2020 Publishing Schedule

Issue Number	Issue Date	Content Deadline
1	15 January	8 January
2	29 January	22 January
3	12 February	5 February
4	26 February	19 February
5	11 March	5 March
6	30 September	23 September
7	28 October	21 October
8	25 November	18 November
9	18 December	9 December

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17 Wing Winnipeg Supports Pride Week

By Bill McLeod, Voxair Manager

On September 11, 17 Wing Commander Colonel David Proteau and Warrant Officer David Grenon, vocalist for the RCAF Band and co-chair of the newly formed Defence Advisory Group named the Defence Team Pride Network, raised the Rainbow Flag on the Stevenson Parade Square.

Due to COVID restrictions, the personnel attending were capped at 25 members and included members from around the Wing and 2 Canadian Air Division headquarters.

"We're making this celebration of Pride Week by raising this flag and leaving it up through the upcoming weekend," Col Proteau said. "The flag symbolizes our solidarity with our fellow Canadians and team members who identify as LGBTQ+. It symbolizes that we, in the Defence Team, welcome diversity in this organization and celebrate people's freedom to be their true self and embrace their gender identity and sexual orientation."

"Additionally, I want to take this opportunity to announce the Defence Team Pride Network here on 17 Wing and our first military co-chair is WO David Grenon, supported by Lieutenant-Colonel Ash as the champion," Col Proteau added.

17 Wing Chief Warrant Officer Claude Faucher talked about the history of the Pride Flag.

"I hope that our fellow Canadians and people from the Canadian military who identify with this community will know that here at 17 Wing and the CAF, we support and value you. We want you to know and understand this," WCWO Faucher said.

WO Grenon then spoke about his personal history, about how difficult it was for him to become his true self after growing up in small town to a Catholic family and



17 Wing Commander Colonel David Proteau and Warrant Officer David Grenon display the Pride Flag prior to raising it on 17 Wing on Sept 11, 2020. Photo by Bill McLeod, Voxair Manager.

spending 14 years married to woman who supported and understood him when he decided to come out to her.

"I truly believe the CAF is making a lot of progress," WO Grenon said. "Actions are being taken to move forward with many minority groups, including LGBTQ+ members. I think it's clearly being communicated now that we are moving away from tolerance and more towards acceptance and inclusivity, to one day achieve the real goal; equality with diversity."

Prior to raising the flag, WO Grenon invited anyone who identified as two-spirited and LGBTQ+ to "bring their voices and advocate for their community, help at the local and national level shaping and adapting policies" to join the Defence Team Pride Network. He said that anyone who had any questions could contact him and he will try to answer them.

GCWCC Kicks Off With Toonie Walk Despite Cold Weather and COVID

By Martin Zeilig, Voxair Photojournalist

There were fewer participants in this year's kickoff event, the Toonie Walk, for the 2020 Government of Canada Workplace Charitable Campaign (GCWCC), but their enthusiasm more than compensated for the reduced numbers of people.

Due to the health and safety protocols in place because of the COVID-19 pandemic, the event, which occurred on a cool and overcast September 18, was modified from previous years' Toonie Walk/Run.

For example, all walkers had to wear masks, stay at least two metres apart, and no more than 22 people could walk together at any one time during the staggered starts or waves that took place at 30 minute intervals.

About 300 military and civilian personnel took part in the three kilometre walk around the base. The event began and ended behind building 90 (Sports and Recreation Centre).

17 Wing Commander Colonel David Proteau, Lieutenant-Colonel Mark Fugulin, Deputy Wing Commander and the Chair of the GCWCC 2020, and Wing Chief Warrant Officer Claude Faucher were amongst those out for the walk. Leona Bond, Fitness Coordinator at 17 Wing, was the OPI for the Toonie Walk. An ensemble from the RCAF Band provided some light musical entertainment for the participants.

"The Government of Canada Workplace Charitable Campaign (GCWCC) engages federal public service employees and retirees in a combined effort to raise funds and donate time for those in need," says the Government of Canada website. "It is the largest and most generous workplace campaign in Canada and takes place annually between September and December. In 2018, employ-



17 Wing Members participate during the Annual Toonie Walk on September 18, 2020 at 17 Wing Winnipeg, MB. Photo By: MCpl Justin Ancelin, 17 OSS Imaging, Winnipeg

ees and retirees donated \$29.8 million.

"Of that total, \$14.6 million was raised in the National Capital Region and \$15.2 million was raised in the regions. Through the GCWCC, federal public servants and retirees as well as current and former members of the Canadian Armed Forces and the RCMP can support HealthPartners, United Way Centraide or any other registered Canadian charities."

This year's campaign, which kicked off on September 9, will be almost entirely virtual in accordance with public health guidelines and recognizing that many members of the Defence Team are working remotely, says the Department of National Defence website.

"The campaign slogan acknowledges our new reality of being apart but together at heart to assist the members of our communities. This year's campaign focus is Wellness," the online material says.

"As the last months have shown, it is extremely im-

portant to maintain wellness, whether physical or mental, while in this new reality. There are many charities that assist Canadians in maintaining wellness and the NDWCC will showcase several as part of the campaign."

"This year was really different because of the pandemic," LCol Fugulin said moments after finishing the walk.

"We had to reduce our events. We can't have the same events as in previous years."

He also mentioned that 17 Wing has joined the United Way "Walk This Way" initiative, which began on September 18.

Walk This Way is a virtual event to unite the community we live in, says information on the University of Manitoba website-- which also is a participant in the initiative.

"By doing so you'll join Winnipeggers from all across the city working to reach the United Way Winnipeg's goal of collectively walking 5,000 kilometres," notes the website. "When that goal is reached, the event sponsors will donate \$100,000."

"It was really important for us to participate in any way we can to help out with this United Way activity," LCol Fugulin stressed.

Ms. Bond said people were encouraged to participate virtually this year.

"They can walk, run, rollerblade or whatever they like," she added. "They log their kilometres completed. Everybody walking here today will have their kilometres logged and are contributing to that total too."

She also expressed appreciation to all of the fitness staff and Health Promotion for helping out as route marshals, as well as for the assistance provided by Matthew Hamilton, Community Recreation Coordinator; Chris Merrithew, the 17 Wing Fitness, Sports and Recreation Manager; Dawn Redahl, 17 Wing Sports Coordinator; and Christina Bailey, Senior Manager PSP.

RCAF Veteran Still Volunteers at Minnesota Veterans Home at 100

By Martin Zeilig, Voxair Photojournalist

When asked what it is like being 100 years old, Carolyn Mowery has a quick answer.

"I'm trying to figure it out," Ms Mowery said during a telephone call from her home in Minneapolis, Minnesota, on September 16. "I'll tell you one thing. I'm glad it doesn't happen more than once in a lifetime. What I like are the people who come out of the background. They remembered-- old friends, new friends, all kinds of friends."

Born and raised in Winnipeg, Ms Mowery, a citizen of both Canada and the U.S., moved to Minneapolis in 1962. She served in the Royal Canadian Air Force during the Second World War and celebrated her 100th birthday on August 28, 2020.

"The dedicated volunteer at the Minnesota Veterans Home - Minneapolis has been unable to donate her time supporting chaplain services, a role she has played since 2005, because of coronavirus restrictions," says a Press Release from the Minnesota Department of Veterans Affairs. "In March, the home, along with long-term facilities across the state, implemented visitor restrictions that have prevented hundreds of volunteers from supporting the staff and helping some 300 veterans at the Minneapolis facility."

An earlier interview conducted by MDVA employee Erin Betlock reveals much of Ms Mowery's story.

Carolyn Mowery became the 158th woman from Manitoba to join the RCAF, says Betlock's article.

She traveled to London for six months in 1945 and as Canadian prisoners of war were released from POW camps, she helped process them from hospitals in London to go to medical facilities back home in Ottawa.

"The RCAF came to the University of Manitoba, where I was a student and I joined the RCAFWD or the Royal Canadian Air Force Women's Division," said Ms Mowery. The WD was later dropped.

"I began my active service in January 1941 and was discharged in November 1945. I first served as an Airwoman 2nd Class and was stationed at an Elementary Flying Training School where the students were pilot-trainees. Among other duties, I served on Medical Emergency Teams. My chief duty was hand-holding, bandaging, and cleaning up crash sites. As this was a training school, the pilots were novices and in addition to skirmishes there were also crashes every day. I graduated to visiting in hospital the pilots who were injured. I had no previous experience. During my years of active service, I was stationed at about 15 different posts all around Canada.

"As the years progressed, with constant education, training, and promotions in the field, my assignment had a very special interest: planning for our Prisoners of War returning from Europe (mostly from Germany). I travelled to London for a six-month period in 1945. As Canadian soldiers were released from POW camps, I helped process them from hospitals in London to go to medical facilities in Ottawa, Canada for whatever follow up was needed.

"Most of the young ladies in the RCAF were just out of school and most of the pilots were older and more mature. I remember fondly how they looked after the young female recruits as if they were their younger sisters and



Carolyn Mowery served with the RCAF during the Second World War and as a reservist after the war. She has dual citizenship and has been volunteering at the Minnesota Veterans Home in Minneapolis with chaplain services since 2005. She turned 100 years old in August 2020. Photo: Submitted.

wanted to make sure they were protected and didn't get into any trouble."

"I was discharged in November 1945. After my discharge, I returned to the University of Manitoba but remained in the Active Reserve Units during my studies. I graduated with a degree in biochemistry and eventually studied Psychology. For my graduate work, I moved to the University of Chicago, where I met my husband, John, a licensed clinical psychologist. He had served in the USAF, Pacific Theater, as a pilot throughout WWII."

Ms Mowery remained in the reserves after the war. She saw service again in 1950 to respond to major flooding in Winnipeg and the Red River Valley. A state of emergency was declared, and the Canadian Army and Red Cross were brought in. Over the course of the flood, 100,000 residents, one third of Winnipeg, were evacuated from their homes.

"After I graduated, John and I were married, lived and worked for several years in Indianapolis, Toronto, and finally Minneapolis. After many happy years together, John suffered a fatal heart attack on April 12, 2005. And then the Minnesota Veterans Home - Minneapolis came into the picture! Chaplain Neil Hering invited me to join the Chaplaincy Unit as a volunteer and I did

in July 2005."

Ms Mowery said she won't stop giving back to the veteran community until she's reunited with her husband.

Ms Mowery, whose maiden name is Rubel, still has relatives in Winnipeg.


"Everybody's still there," she said.

She also reflected on working as a volunteer at the Minnesota Veterans Home.

"I talked to people like a psychologist does," Ms. Mowery, who received congratulatory letters on her century of life from President Donald Trump and Prime Minister Justin Trudeau, said. "It was listening. I have letters from them. They miss me. They were all in the service."



Carolyn served as a Pilot Officer, Flying Officer, and when discharged was a Flight Lieutenant. She helped process Canadian POWs released at the end of the Second World War. Photo: Submitted.



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GCWCC Gearing Up for Different Kind of Year

By Martin Zeilig, Voxair Photojournalist

Chairperson of the Government of Canada Workplace Charitable Campaign 2020, Deputy Wing Commander Lieutenant-Colonel Mark Fugulin, says that things will be different in these COVID-19 pandemic times than they were during previous campaigns.

For example, the annual TEME breakfast held in the garage at Building 129 is cancelled.

"We're going to do a tire change," LCol Fugulin said during an interview in his office at Wing HQ on September 24. "There is a proposal to do a car wash option instead of the TEME breakfast that will hopefully be done in parallel with the tire change at the Transport Section of TEME."

There are also plans, not yet finalized, to do an equipment pull at 17 Wing, he noted. A Hercules C-130 aircraft pull at the base had been done in past years but that was discontinued a few years ago. The civilian Herc

pull at Red River College has also been cancelled this year.

"The Herc takes a lot of people to pull," LCol Fugulin said. "We think that's too many for the restrictions of the pandemic to be gathering at one place at one time. It takes 25 people. We're looking at the feasibility of having a Dash 8 gonzo pull, or a heavy equipment pull, or individual events. If we come up with a plan respecting all the COVID measures, we're looking at the end of October. We're still working on the plan for that."

He stressed that this year's campaign will be mostly virtual.

A lot of emphasis will be placed on the pledging and also the Manitoba 150 Challenge-- if a pledge of up to \$150.00 is made, a private donor will match your donation as part of Manitoba 150, LCol Fugulin explained.

"That's a very big way we can help the community," he said. "There are a lot of demands and needs in the community because of the pandemic. Casual Fridays are continuing. We are asking units to revise their traditional events to transform them into the COVID environment, such as the Jail and Bail."

"Everybody is enthusiastic to contribute and make this a successful event within the larger campaign."

LCol Fugulin also said that it's a privilege for him to lead this year's GCWCC for DND/CFB Winnipeg.

"By tying it in with the United Way and our other partners, it's a great way to learn about them and the needs in the community," he observed. "The good thing is that the city and province pitch in so that the offices and salaries of all the people managing the campaign are covered by grants. So, all the donations go directly to those in need and the organizations that support them."



Winnipeg CFHA Recognized as Stars

By Martin Zeilig, Voxair Photojournalist

Mireil Kehler, Acting Manager of the Canadian Forces Housing Agency in Winnipeg, says that winning a national award for the work she and her colleagues do is icing on the cake.

It's an acknowledgement of the important work they do on a daily basis, which is rewarding enough.

Kehler's crew were awarded a Stars of CFHA Award. "It is my sincere pleasure to announce that the HSC Winnipeg (Housing Services Centre) has been selected to receive the Star HSC award for 2019," says a letter sent to Kehler by David Thompson, Chief Executive Officer, CFHA, at DND Headquarters in Ottawa.

"The Stars of CFHA Awards Program recognizes and rewards deserving front line Housing Services Centre employees for their outstanding customer service. Selections for the Stars of CFHA Awards were made based on nominations from CFHA occupants who expressed their appreciation of employees who have gone above and beyond the call of duty by providing customer service excellence."

"It is service like yours that help make our military residential communities a wonderful place to live."

Lieutenant-Colonel Brian Quick, A7 Director, 1 Canadian Air Division HQ, says CFHA Winnipeg is the best office he's ever worked with during his career because of their team approach and customer focus.

"As an RHU occupant myself, I find CFHA Winnipeg to be very approachable and reasonable," he wrote in an email. "I do not bother them with the small stuff, but when there is an issue that needs attention, I find them responsive and we always find a solution."

For example, a recent repair was going to create dust

and a disturbance in his home, so CFHA Winnipeg purposefully scheduled that work to be completed prior to his mother-in-law's visit, LCol Quick said.

"That created more work for CFHA, but I appreciate this level of concern and understanding for my family."

The Stars of CFHA Award is well deserved, he added. "We will receive a trophy and each employee received a boutique gift of their choice," Kehler said, during an interview in the CFHA office at the Westwin Community Centre earlier this year. "We're very proud to say we provide excellent customer service to the military members and their families."

CFHA provides support to DND by offering residential accommodation solutions to CAF members through the military housing program and they manage almost 12,000 housing units across Canada. Here in Winnipeg, they manage and maintain about 500 houses on the north site and south site and row housing.

"We have about 140 moves occurring throughout the year from April until September, and throughout the rest of the year as well," she added.

"We hire the contractors to do the work. We have a small call centre to take calls from the occupants. We have the customer service reps and the technical services team, which are the inspectors who follow up on the contractors to make sure they're doing the job and check in on the occupants if there's a problem."

Kehler also remarked that the nominations for their Stars of CFHA Award expressed how her team was able to help a family during a difficult time just before Christmas. The member appreciated the effort put in by the HSC for his family and nominated the HSC for the award. **Please see photo on page 8.**

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Around The Wing



The first CC-295 aircraft to be delivered to the RCAF, departs 17 Wing Winnipeg after a short stopover, on its way to its final destination, Comox, BC, on Sept 17, 2020 at 17 Wing Winnipeg. Specifically designed to perform search and rescue missions across Canada, the aircraft is equipped with integrated sensors that will allow crews to locate persons or objects from more than 40 kilometers away, even in low-light conditions. The fleet of 16 aircraft will be replacing the CC-115 Buffalo and CC-130H Hercules fleets in their search and rescue role at four locations across Canada, and represents a value of \$2.4 billion. Photo By: Cpl Darryl Hepner, 17 Wing Imaging, Winnipeg



17 MSS members show their support of Orange Shirt Day on Sept 25 at the Building 129 Canteen. Photo by Bill McLeod, Voxair Manager.

17 MSS Hosts Orange Shirt Day

By Bill McLeod, Voxair Manager

17 Mission Support Squadron hosted an Orange Shirt Day on Sept 25. Orange Shirt Day is designed to start a conversation about the damage done by the residential schools to indigenous families and culture and the ongoing legacy of that damage.

At lunchtime, a small presentation was given by Master Corporal Brent Thompson in the Building 129 Canteen.

"The date was chosen (Sept 30) because it is the time of year that children were taken from their homes to residential schools," said MCpl Thompson. "It is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year and an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope."

Following the overview by MCpl Thompson, Lieutenant-Colonel Amanda Aldous, Commanding Officer of 17 MSS, also spoke to the group about her own experience in learning that the last residential school didn't close in Canada until the mid-1990s.

According to statistics, over 90 percent of residential school survivors suffered severe abuse

and there was a 40-60 percent mortality rate for children at the schools. One hundred and fifty thousand children were separated from their families with RCMP officers enforcing the separations.

"It was nice to have the Padre here as a step toward reconciliation," said MCpl Thompson after the group photo.



MCpl Brent Thompson, military co-chair of the Defence Aboriginal Advisory Group in Winnipeg, gave a presentation on the meaning of Orange Shirt Day and some background of what happened at those schools.



Andre Martel won the Men's Championship at the 2020 CFB Winnipeg Golf Club. The championships took place 12-13 September. Twenty-three members participated in three divisions.



Gary Lacey won the Men's Senior Championship at the 2020 CFB Winnipeg Golf Club.



Penny Stillwell won the Ladie's Senior Championship at the 2020 CFB Winnipeg Golf Club.

Around The Wing



17 Wing Commander Colonel Proteau presents the Stars Award to the staff of the Winnipeg Canadian Forces Housing Agency on Aug 11, 2020. Left to right: Simone Tellier, Brent Hay, Caitlyn Crant, Colleen Ridley, Karen Hansen, Mireil Kehler, Brad Derksen, Marin Roca, Col Proteau, Alana Mahaney, CWO Faucher, Maj Gamble (missing Julie Leroux and Marc Labossiere) Photo by Bill McLeod, Voxair Manager



Chief Warrant Officer Andrew Knightley received a second clasp for his Canadian Forces' Decoration (CD2) in front of students and staff at the Canadian Forces School of Meteorology (CFS Met) on August 18, 2020. Photo by CFS Met



17 Wing Honorary Colonel Stuart Murray says he was blessed and supported by many people to be able to receive the Order of Manitoba. Please see our story published on Aug 10 on the Voxair Facebook page. Photo By: Martin Zeilig, Voxair Photojournalist

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Coffee Break Draw Gives Experience of a Lifetime

By Martin Zeilig, Voxair Photojournalist

Dylan James was still flying high 15 minutes after returning to St. Andrews Airport (some 20 minutes north of Winnipeg) from a 30 minute flight onboard a Harvard piston engine plane, the type of advanced trainer used to train pilots from around the world under the British Commonwealth Air Training Plan (BCATP) during the Second World War, notes online sources.

It was flown by Mike Toews and took place on June 24 under a bright late afternoon sun and big blue skies dotted with billowy white clouds.

The plane, which was built in 1952 by Canada Car in Thunder Bay, Ontario and is painted in camouflage colours, is owned by Winnipeg businessman/aviation enthusiast Ross Robinson, the former Honorary Colonel for 17 Wing.

Their circuitous flight path took them over Bird's Hill Provincial Park, Oak Bank, close to the City of Selkirk, and other nearby areas.

James's excitement was palpable as he described the experience to his parents, Jim and Nancy James and close friend/professional photographer, Dwayne Larson.

James, who is the Administrative Assistant at PSP Health Promotion, won the right for this thrilling once-in-a-lifetime experience after entering a contest at the Military Families Resource Centre coffee break open house earlier this year.

"I put my name on a slip of paper in one of the jars on the table," he said, noting that he got a call later that day saying that he'd won the flight.

At one point, James, who sat in the plane's rear cockpit during the flight, was even allowed to take control of the Harvard.

"We were up there and Mike said, 'Hey, you want to fly the plane?' I'm like what?" James said. "He was showing me when you move the stick. He put his hands up. I couldn't do it for that long because my heart was racing. It was insane. We were at zero gravity at one point.

It was insane. I thought 'Mum would be freaking out right now.'"

He also noted that they kept their Plexiglas tops partially open during the flight.

"This aircraft is very hands on to fly," said Toews, a commercial pilot who teaches aerobatics in Steinbach, Manitoba. "It demands a lot of attention, especially on the ground. The insignia, EVA, was the name of the previous owner's wife. But, on the other side it says AVE. If this were a squadron plane, the insignia would have been reversed from one side to the next."

He added that they were flying at about 2500 feet above sea level and between 80-150 knots depending on whether the nose was pointing up or down.

"I let Dylan take control at one point and he was a natural," Toews said. "He did very well. It's a very difficult airplane to explain things about because it's a noisy plane. You have to talk loud and slowly. I briefed him on the ground too. Be gentle and have fun. That's what he did."

James said the flight was unlike anything he's ever done to date.

"I'm very lucky to be part of an organization that



Dylan James, PSP Health Promotion Administrative Assistant, poses with pilot Mike Toews with the Harvard aircraft he won a flight in at a Winnipeg MFRC coffee break. Photo by Dwayne Larson.

gave me this opportunity," he continued. "I would recommend this to anyone. It's a really cool experience that not many people get to experience. I feel grateful. I took photographs and, I even Face Timed my brother and wife for a little bit. I'm thankful that my buddy Dwayne came out and took photographs."

DND Military Spouses and Partners To Have More Job Opportunities

Department of National Defence

The Department of National Defence is making it easier for military spouses and common-law partners to find secure and meaningful jobs. Today, the Military Spouse Employment Initiative will open up opportunities for them across the entire federal public service.

The average military family relocates three times more often than the average Canadian family. This means uprooting their lives, changing their routines, and encountering new challenges on a regular basis. As a result, it can be very challenging for partners of serving members to secure continuous and meaningful employment. To help address this challenge, in 2018, the Department of National Defence created the Military

Spousal Employment Initiative to identify job opportunities at the Department of National Defence. Today's announcement expands upon the initiative offering the entire Public Service access to a talented workforce.

"Our Defence Policy, Strong, Secure, Engaged, puts the care of members of the Canadian Armed Forces and their families at its core," said The Honourable Harjit S. Sajjan, Minister of National Defence. "Today, on Military Family Appreciation Day, we continue to build on our efforts to support the families who serve alongside those in uniform, and the Military Spousal Employment Initiative is an important step to the commitment. Military spouses and common-law partners will have more exposure helping them increase the likelihood of gaining meaningful employment, wherever they are posted in the country."

The initiative has already proven to ease some of the stress felt by many military families, including Justine Walker's. "I'm very grateful for my job, and I definitely wouldn't have it if it wasn't for the Military Spouse Employment Initiative," said Justine Walker, who works as a compensation assistant at National Defence. A military spouse, Justine says her full-time position gives her security, both now and in the future. "When we get posted again, I'll have options for transferring my job, finding a new job, or putting my job on hold while on a temporary posting. My employer is across Canada, and there are many opportunities to grow within the Department of National Defence community. I feel extremely secure in my career, and I'm proud to be contributing to my own pension and making a career for myself." Opening up the employment inventory to the entire federal public service will ensure there are more stories like Justine's.

"Military partners—mostly women—face a high degree of career instability as a result of the frequent relocations," said Jody Thomas, Deputy Minister of National Defence. "This initiative creates better options for military spouses to find good jobs and benefits

within the federal public service, and is exactly the kind of tangible support that helps improve the overall well-being of the military families who contribute so much to our country. Employing a Canadian military spouse is a wise strategic decision for any employer. Military life teaches our Canadian Armed Forces families to organize, adapt, manage, and work within a team, and any military spouse will arrive at their new job with those essential skills well-developed. By hiring a military spouse, employers are strengthening Canada and Canadian business lines."

Further, at the Department of National Defence, military partners can now be considered as a hiring option ahead of other candidates (with the exception of those with priority entitlements or preference) if they meet all of the essential qualifications for the job.

The inventory is open exclusively to spouses and common-law partners of serving Canadian Armed Forces members, who either live at the military member's place of duty or live separately for military reasons. The Canadian Armed Forces member must belong to the Regular Force or to the Reserve Force on Class C service or Class B reserve service of more than 180 consecutive days. Those who meet the above criteria are eligible to apply online to the inventory.

The Military Spousal Employment Initiative is a complement to a wide range of services available to military spouses through Canadian Forces Morale and Welfare Services and local Military Family Resource Centres. These services include the flagship Military Spousal Employment Network, launched in 2018. The Military Spousal Employment Network boasts over 3,200 military spouse participants and showcases national and virtual employers interested in hiring military spouses through an online platform and virtual and in-person. Last year, just over 25 percent of military spouses who participated were hired through the Military Spousal Employment Initiative.

PERSONAL CLASSIFIEDS

**Sign Nine Month Lease Now.
Don't Pay Rent Until Nov 01**

Current tenant has paid your Sep and Oct months rent and is relocating to Ontario. This 1 bdr apt is \$1165/month including 1 heated underground parking spot, utilities, heat, A/C. Lease ends May 31, 2021 with option to renew. 10th floor of Canterbury House. No pets/no smoking. Call/text 204-296-4314

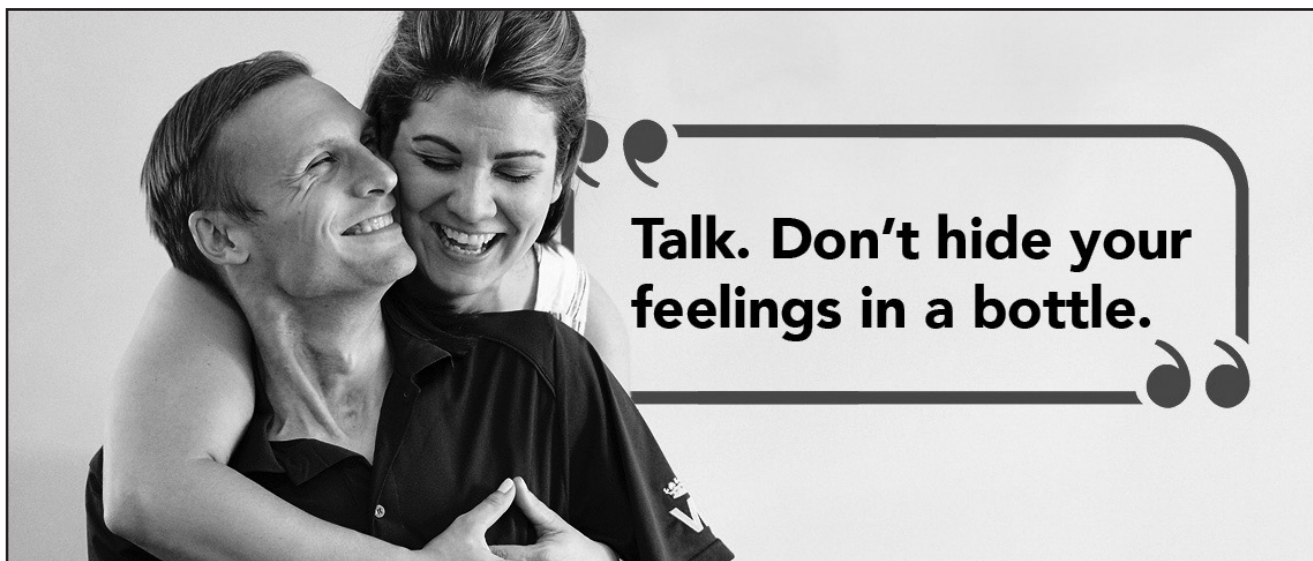
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cafconnection.ca/winnipeg



Thriving Relationships—Small Things Add Up



Submitted by Health Promotion

Every year, the Healthy Relationships campaign runs in October. This year it takes place over two weeks from Oct 19 to 30. But why do we even focus on relationships, you ask?

In general, being in a healthy relationship feels good. Healthy relationships can make us feel happy and mentally strong. When we find ourselves in an unhealthy one, the opposite is true. We can feel stressed out about every little thing and even be unhappy in our day-to-day lives.

When you consider that CAF members should always be in mental readiness mode, it makes a lot of sense to promote healthy relationships. Of course, spouses of CAF members need to be in strong mental readiness mode too. They deal with a variety of military lifestyle challenges on top of having to hold down the fort whenever their loved ones are away serving. Encouraging couples to strengthen their relationships is a smart move when it comes to everyone's well-being.

Yet over time, all relationships will evolve and change. Have you ever wondered what sets apart a healthy relationship from an unhealthy one?

According to relationship experts Drs. John and Julie Gottman, the primary reason why couples divorce is that they are unaware of their spouse's inner world. In the past, experts believed that major betrayals are what led to divorce. The Gottmans have spent the last four decades studying romantic relationships to find out what makes a marriage successful. They report that couples who remain together are more likely to be attentive to

their partner's needs and wants. This simple idea has revolutionized the study of love and romantic relationships. In fact, experts now believe that small acts and gestures are what can make or break a relationship.

There are easy ways to increase your awareness of your spouse's 'inner world'. How much do you know about your spouse's most embarrassing childhood moment? What does your significant other consider unfair in the world? Is there something that is hard for him or her to overcome this week? Knowing the answers to these questions allows you to connect with your partner on a much deeper level.

To help you find out more about your spouse's inner world, the Gottmans created an app called Card Decks. It has a series of card deck themes with questions you can ask each other. It's a fun way to help both of you develop a deeper understanding of each other's inner worlds. The app is free and is available on both Apple and Android platforms.

There are also other ways you can assess the health of your relationship. You can check out the Intimate Relationship Continuum and Chart on www.cafconnection.ca/healthyrelationships. How you answer the questions in the Chart will give you a good idea if your relationship is healthy, unhealthy or somewhere in between. Whether it falls in the green, yellow, orange or red zones, we provide you with other useful tip sheets to help you. Healthy relationships are achievable. Even if yours is less than optimal, there are often things you can do to improve it, but it does require work from both parties involved.

PSP WINNIPEG HEALTH PROMOTION

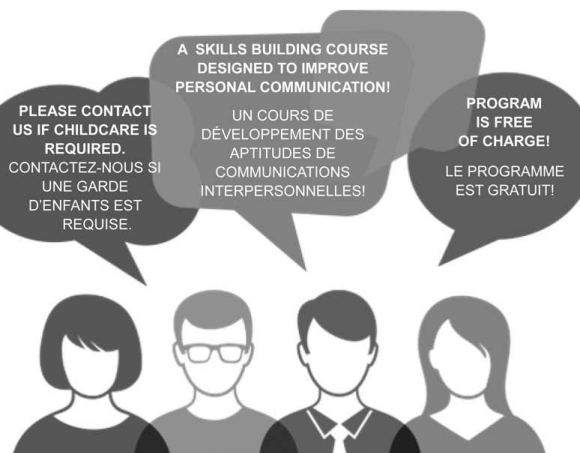
WE ARE BACK TO REGULAR HOURS!

Our office has opened back up.
Monday to Friday
0730hrs - 1600hrs
healthpromo@forces.gc.ca

INTER-COMM

21 & 22 October 2020
0830 - 1600 hrs

21 & 22 octobre 2020
08h30 à 16h00



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

MFRC/CRFM

STRENGTHENING THE ENERGISER LES FORCES

Mental Fitness & Suicide Awareness: Supervisor Training

Force Mentale et Sensibilisation au Suicide: Formation du Superviseur

It's one thing to look after your body. Just don't forget about your mind.

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.

9 Oct & 8 Dec 2020 0800 - 1600 hrs
9 oct et 8 dec 2020 08h00 à 16h00

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

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Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ENERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

National Défense nationale

Operation HONOUR

RESPECT IN THE CAF WORKSHOP RESPECT DANS LES FAC

24 Sept / 16 Oct / 26 Oct 2020 0800 — 1600hrs
24 sept / 16 oct / 26 oct 2020 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

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Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ENERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

Managing Angry Moments (MAM) Gérer les moments de colère



2 & 5 November 2020
0830 - 1600 hrs
2 & 5 novembre 2020
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.

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

STRENGTHENING THE ENERGISER LES FORCES



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

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

The Winnipeg MFRC is pleased to announce, that we are open to select in-person services Monday through Friday from 10:00 a.m. to 2:00 p.m.

The health and safety of our clients and our staff is of the utmost importance to us. When you come to visit the MFRC, you'll notice a few changes right away. There are Plexiglas barriers in place at our reception desk, social distancing markers at the entrance to the building, direction markers throughout the building along with one-way entrance and exit. We have also implemented additional cleaning procedures throughout the facility to help reduce the risk of transmission.

Physical distancing signage will be located in the front desk area, between the two front doors as well as distancing markers outside the building on the ramp if a line up is required. Visitors are required to follow social distancing by obeying floor markers.

Upon entering the building, you will be asked to use the hand sanitizer provided at our entrance and wear a mask. If you have forgotten your mask please call the front desk prior to entering and one can be provided to you.

In accordance with Manitoba Provincial Health Regulations, please do not enter our buildings if you:

- Have a fever, cough, sore throat, running nose, nausea, vomiting, diarrhea, headaches or shortness of breath.
- Have been in close contact, in the last 14 days, with someone who is being investigated or confirmed to be a case of COVID-19.
- Have travelled outside of Canada in the last 14 days or been in close contact with someone that has travelled outside of Canada in the last 14 days.

The following walk-in services are now available:

- APRV Form sign-offs
- Select Welcome Services including clear-ins
- Clear outs for deployment and release

The following appointment only services are also available:

- Limited access to local attraction passes for Fort Whyte Alive and Manitoba Museum
- Crisis support and referral
- Emergency Family Care Assistance
- Education and Employment Support
- Deployment Support
- Individual and family short-term counselling sessions
- Veteran Family Program Services

To maintain safety for both you and our staff, mask-wearing is required along with the completion of a health screen questionnaire before entering the building for these services.

For those not yet ready to venture out in-person, our services will continue to be provided over the phone, virtually by Zoom and by email. The MFRC is working to determine when and what in-person programs may be offered in the future. The start-up programs will vary depending on the service area and our ability to meet the current Provincial Health Guidance.

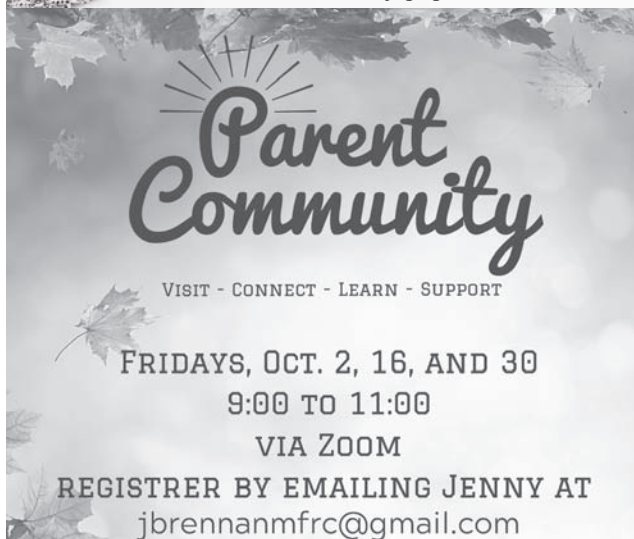
We look forward to seeing you soon!

To book an appointment or to find out more call 204-833-2500 ext. 4500 or email mfrc.crfm.winnipeg@gmail.com.



CAFÉ FRANCO VIRTUEL
SOIRÉE
THÈME DE LA
MASCARADE

le mercredi 7 octobre 19 h à 20 h
S'inscrire en envoyant un courriel à Brinda -
sitwinnipeg@gmail.com



Parent Community
VISIT - CONNECT - LEARN - SUPPORT

FRIDAYS, OCT. 2, 16, AND 30
9:00 TO 11:00
VIA ZOOM
REGISTRER BY EMAILING JENNY AT
jbrennanmfrc@gmail.com



PUT ON YOUR BLACK HAT

AND CRAFT WITH US!

IT'S A KIDS HALLOWEEN CRAFT PARTY ONLINE!

MONDAY OCTOBER 26 1800 - 1900
\$5 PER CRAFTER & FEE INCLUDES CRAFT SUPPLIES. THIS IS A BILINGUAL EVENT.
EMAIL CORRINE TO REGISTER
MFRCCCHILDRENPROGRAMS@OUTLOOK.COM



CARD MAKING!
WE WILL BE MAKING 6 HOLIDAY/WINTER CARDS. 3 DIFFERENT DESIGNS PLUS A 3D PROJECT!

October 17th from 10am - noon via Zoom
Registration deadline is October 9th

Participants will need to come to the centre on October 13 to stamp their images and pick up their kits (if not able, please talk to Jenny)

Register with Jenny at jbrennanmfrc@gmail.com

Cost is \$10

Le CRFM de Winnipeg est heureux d'annoncer qu'il sera ouvert à compter du 4 août 2020 pour certains services en personne, et ce, du lundi au vendredi de 10 h à 14 h.

La santé et la sécurité de nos clients et de notre personnel sont de la plus haute importance pour nous. Lorsque vous visiterez le CRFM, vous remarquerez immédiatement quelques changements. En effet, des écrans de protection en plexiglass ont été placés à la réception, des marqueurs de distanciation physique ont été placés au sol à l'intérieur et à l'extérieur de l'immeuble et des flèches indiquent la direction vers la porte de sortie. Nous avons également mis en place des procédures de nettoyage supplémentaires dans l'ensemble de l'immeuble pour aider à réduire le risque de transmission.

Des marqueurs de distanciation physique sont installés au sol dans la réception ainsi qu'entre les deux portes avant et à l'extérieur de l'immeuble au cas où une file d'attente se forme. Les visiteurs sont tenus de suivre le protocole de distanciation sociale en obéissant aux marqueurs placés sur le sol.

Nous vous demandons d'utiliser du désinfectant pour les mains, disponible à l'entrée du Centre, en entrant dans le bâtiment.

Conformément aux règlements provinciaux en matière de santé, veuillez ne pas entrer dans le bâtiment si vous avez les symptômes suivants :

- Fièvre, toux, maux de gorge, écoulement nasal, nausée, vomissements, diarrhée, maux de tête ou essoufflement ;
- Avez été en contact étroit, au cours des derniers 14 jours, avec une personne faisant l'objet d'une évaluation pour savoir si elle est atteinte de la COVID-19 ou qui est un cas confirmé de COVID-19 ;
- Avez voyagé à l'extérieur du Canada au cours des 14 derniers jours ou si vous avez été en contact étroit avec une personne qui a voyagé à l'extérieur du Canada au cours des 14 derniers jours.

Les services suivants sont maintenant offerts sans rendez-vous :

- Signature de formulaire en vue d'un déploiement
- Certains services d'accueil, y compris les formulaires de départs et d'arrivées.

Les services suivants sont disponibles sur rendez-vous seulement :

Pour assurer votre sécurité et celle de notre personnel, vous devez porter un masque et remplir un questionnaire d'évaluation de la santé avant d'entrer dans l'immeuble et d'avoir accès aux services suivants :

- Soutien et référencement en cas de crise
- Services de garde en cas d'urgence
- Soutien à l'éducation et à l'emploi
- Soutien au déploiement
- Soutien pour les familles ayant des besoins spéciaux
- Séance de soutien à court terme individuelle et familiale
- Services pour les familles des vétérans
- Accès limité aux laissez-passer

Pour ceux qui ne sont pas encore prêts à s'aventurer en personne, nos services continueront d'être offerts par téléphone, de façon virtuelle via Zoom et par courriel. Le CRFM s'affaire afin de déterminer quand et quels programmes pourront être offerts en personne dans un futur proche. Le lancement des programmes variera selon le secteur de service et notre capacité à respecter les directives provinciales actuelles en matière de santé.

Nous avons hâte de vous voir !

Pour prendre rendez-vous ou pour de plus amples renseignements, composez le 204-833-2500, poste 4500, envoyez un courriel à mfrc.crfm.winnipeg@gmail.com ou envoyez-nous un message privé à www.facebook.com/WinnipegMFRC



“Lightning Bolt Hits Rainbow”

By Padre (Major) Kevin Olive

I am not sure if you’ve seen the meme about that rainbow, but I know there are plenty of others out there making the rounds on the social media circuit. The first social comment about a rainbow comes from the book of Genesis, where after the great flood, it is recorded that the rainbow was a sign of God’s blessing – as in, no more floods. (Sorry, the origins have nothing to do with a leprechaun and a pot of gold!) It seems lately that the only light we seem to be seeing at the end of the tunnel is another train coming!

It has been interesting from a faith perspective what people have been saying about Covid-19. Some see the Virus as the manifestation of Evil, while some have seen it as a judgment on the planet relating to greed and exploitation of the earth. Covid-19 has meant loss in relationships - compounded by the inability to see dying loved ones in person, to attend funerals, or to hold someone for the very last time before they passed away. For many it has been spiritually draining.

Don't Confuse Faith with Optimism

I want to pivot here and talk about using faith or spirituality in order to become resilient. People who have expressed a strong relationship with their faith more often than not are only resilient when they allow their faith to be a support of inner strength when they face reality. One can always believe for positive outcomes, and we know from research that positivity does help a person in recovery, whereas denial does not.

In the series, “Emotional Intelligence: Resilience”, (Harvard Business Review) we learn that one of the three key characterises to becoming resilient is to maintain a staunch acceptance of reality. Having faith (in

God for example) does not mean that I believe that no harm will come to me. It should mean, that even though harm may come to me, I know that in the end things will be okay. Faith cannot be blind optimism. That is dangerous.

The late Vice Admiral and Fighter Pilot Jim Stockdale was shot down over North Vietnam in 1965 and was

Christmas would come, and Christmas would go. Then they’d say, ‘We’re going to be out by Easter.’ And Easter would come, and Easter would go. And then Thanksgiving, and then it would be Christmas again. And they died of a broken heart. This is a very important lesson. You must never confuse faith that you will prevail in the end—which you can never afford to lose—with the dis-



imprisoned and tortured regularly up until his release in 1973. When interviewed, he was asked what group of people did not make it out alive out of the prison camp:

“Oh, that’s easy. The optimists. Oh, they were the ones who said, ‘We’re going to be out by Christmas,’ and

cipline to confront the most brutal facts of your current reality, whatever they might be.”

Faith *and* Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

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

COMMUNITY SERVICES:

Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

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

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

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


CHAPLAINS

Padre Kevin Olive
(Pentecostal)
- Wing Chaplain
ext 5417

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

Padre Joshua Falk
(Nazarene)
ext 6914

Padre Greg Girard
(Reformed Church in America)
- Det. Dundurn
306-492-2135 ext 4299


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

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

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

CHAPLAINS

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

Padre Antin Sloboda
(Ukrainian Catholic
Pastoral Associate)
ext 5087

TBD
- Mental Health Chaplain
ext 5086

COMMUNITY SERVICES:

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

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

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

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

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

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

INFO PHONE NUMBER
For chaplaincy services and related information, phone ext **6800** and follow the prompts.

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

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.



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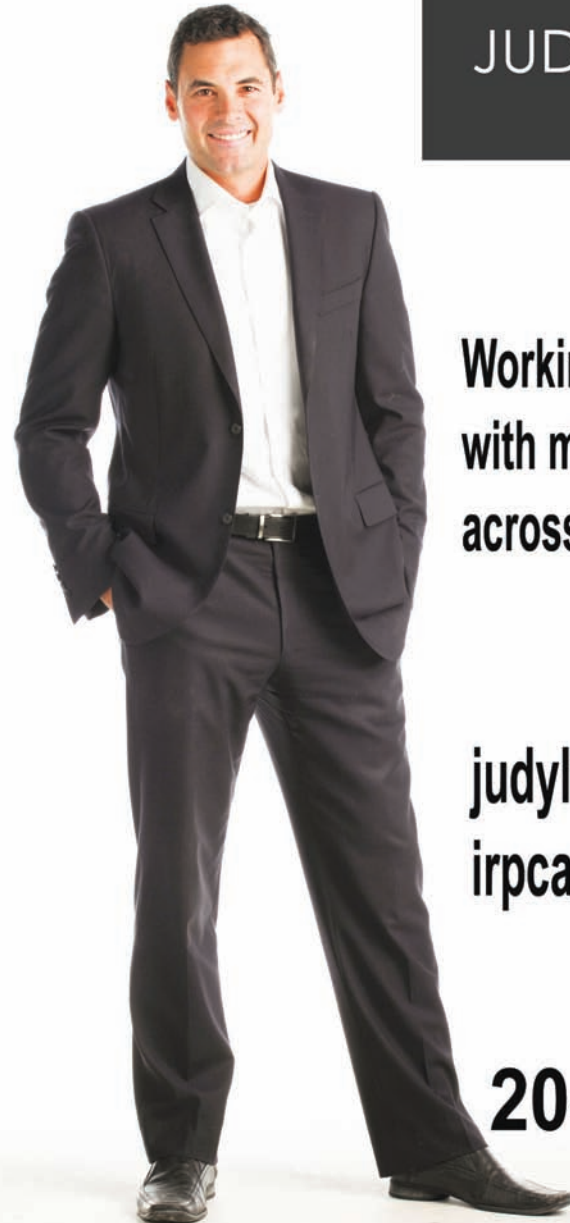
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