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# UPCOMING EVENTS ÉVÉNEMENTS À VENIR

**Snowshoe Rentals** - Contact 204-833-2500 ext 5139

**Cross Country Ski Rentals** - Contact 204-833-2500 ext 5871

**Lunch 'N' Learn** - 24 Feb 2022

Exercise your brain and your body. Each month Health Promotion invites you to join us. Spend an hour with us spinning and engaging in a discussion on a variety of topics. To register, contact james.dylan@cfmws.com.

**Sit Less, Move More** - 24 Feb 2022

We will discuss the benefits of physical activity on your health and how you can keep moving even in the winter. For further information or to register please contact Dylan James at james.dylan@cfmws.com.

**Calling All Ex-Cadets** - 27 Feb 2022

The Manitoba Branch of the Royal Military College of Canada Alumni Association will be holding a Virtual Ice-Breaker Event on 27 February 2022. ALL members of the RMC Alumni Association and all ex-cadets from any of the Military Colleges, including ex-UTPNM cadets, are most welcome to attend.

The purpose of the Ice-Breaker is to allow those attending to get to know each other, to re-connect with old classmates, to share ideas and experiences, to network with those members who are still in the Canadian Forces and those who have moved on or retired, and for plain old camaraderie.

To facilitate maximum participation, it is requested that anyone who is in-

terested in attending the Ice-Breaker, or any other Association function, call Eldren Thuen at (204) 951-9539. Eldren will provide all the necessary details.

Please consider joining us for what should be a great event.

**Top Fuel for Top Performance** - 1 & 2 Mar 2022

Top Fuel for Top Performance (TFTP) will provide participants with current information on fueling the body for optimal performance. This interactive workshop encourages participants to assess their current eating habits and help to make changes to support their goals. For further information or to register please contact Dylan James at james.dylan@cfmws.com.

**WINTER FEST**

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**ACTIVITIES FOR ALL AGES!**

**POSTPONED UNTIL SPRING**

## NEW! Conflict and Complaint Extended Hours Toll Free Line

Enhancing responsiveness and accessibility of Conflict and Complaint Management Services (CCMS) is a priority for the Canadian Armed Forces as it strives to better serve members and invest in the culture change movement. To this end, the Integrated Conflict and Complaint Management (ICCM) program has established a toll free line (1-833-328-3351) that will operate in both official languages coast to coast, 5 days a week between the hours of 7:00 a.m. and 7:00 p.m. EST. This extended service will increase accessibility to CCMS subject matter experts in real time who have the proficiency to guide and support Defence Team members concerning all matters of workplace

conflict and complaint.

CCMS locations are staffed by agents who are specially trained to help members unpack their concerns, identify issues appropriately, and select the best option to address them. Conflict Management Practitioners are available to both leaders and personnel to help manage their workplace conflicts through a spectrum of informal options including training, consultation, coaching, facilitation, mediation, and group processes.

Although there are 17 CCMS offices located across Canada, access can at times be difficult for members due to the constraints of working hours, geographic location, and/or the challenges of deployed

status. By extending the contactable hours of CCMS agents via its toll free number, this important initiative will aid in providing an agile and highly effective support to the Defence Team.

Additional details related to CCMS services are available on the ICCM web page.

\*Please note, this is not a crisis line. If you are in an emergency, call 911. If your call is not an emergency, but you require immediate assistance, dial 1-800-268-7708 to reach the Member Assistance Program or Employee Assistance Program.

# New Leadership for Regional Cadet Support Unit (Northwest)

by Captain Richard Novak, Public Affairs Officer, Regional Cadet Support Unit (Northwest)



Lieutenant-Colonel Kevin Diduck (left), and Lieutenant-Colonel Denis Letellier (right) at the Change of Command ceremony of Regional Cadet Support Unit (Northwest) at 17 Wing Winnipeg on January 18, 2022 Photo Credit: Captain Morgan Arnott, Regional Cadet Support Unit (Northwest)

Lieutenant-Colonel Kevin Diduck assumed the duties of Commanding Officer of Regional Cadet Support Unit (Northwest) from Lieutenant-Colonel Denis Letellier at 17 Wing Winnipeg on 18 January 2022.

The change of command ceremony was presided over virtually by Brigadier-General Jamie Speiser-Blanchet, Commander of the Cadets and Junior Canadian Rangers.

Lieutenant-Colonel Diduck is excited to give back to his home and community by ensuring Regional Cadet Support Unit (Northwest) continues to provide one of Canada's most important youth programs to our next generation of leaders and citizens.

As a fighter pilot on the CF-188 Hornet and staff officer, originally from Yorkton, Sask., Lieutenant-Colonel Diduck has previously been posted to Winnipeg and has been on operations to Bosnia, Romania, Lithuania, Kuwait, and South Sudan.

Following 34 years of distinguished and dedicated service, including 54 months as the Commanding Officer of

Regional Cadet Support Unit (Northwest), Lieutenant-Colonel Letellier will retire from the CAF. Recruited into the Canadian Armed Forces at Quebec City, and trained in Air Weapons Control, Lieutenant-Colonel Letellier's service took him and his family across Canada and to McChord Air Force Base in Washington, USA.

During the change of command ceremony, Brigadier-General Speiser-Blanchet noted how Lieutenant-Colonel Letellier had "a very positive impact" on the Regional Cadet Support Unit, was always focused on the experience of the cadets, and his care and concern for subordinates. She also noted how he had enthusiastically adopted group selfies with cadets during visits and even purchased a selfie-stick for that purpose.

Regional Cadet Support Unit (Northwest), founded in 2015, supports the Cadet Program in Manitoba, Saskatchewan, Alberta, the Yukon, Northwest Territories, and Nunavut. This represents around 10 000 cadets and 1400 staff members in 217 Cadet Corps and Squadrons.

## Nouveau! Prolongement de la ligne sans frais des conflits et plaintes

L'amélioration de l'accessibilité et des temps de réponse est une priorité pour l'Équipe de la Défense afin de servir efficacement nos membres tout en investissant au mouvement de changement de culture. À cet égard, la GICP vient d'implémenter une ligne de service téléphonique sans frais (1-833-328-3351). Cette ligne d'assistance sera disponible dans l'ensemble du pays, cinq jours par semaine, de 7h00 à 19h00 heure normale de l'est et offrira des services dans les deux langues officielles. L'objectif est

d'accroître l'accessibilité aux spécialistes des SGCP afin de guider et supporter l'ensemble de l'Équipe de la Défense dans la résolution des conflits et des plaintes.

Les centres SGCP sont dotés d'agents spécialement formés pour aider les membres à débattre leurs préoccupations, d'identifier les problèmes de manière appropriée, et à choisir la meilleure option afin de les régler. Des praticiens en gestion de conflits sont à la disposition des dirigeants et du personnel afin de gérer les conflits en utilisant de diverses ap-

proches informelles incluant : la formation, la consultation, le coaching, la facilitation, la médiation, et les processus de groupe.

Même s'il y a 17 centres de SGCP au travers le Canada, l'accès peut parfois être restreint pour certains dus à des contraintes d'horaire de travail, à la location géographique et/ou des défis liés à un déploiement opérationnel. L'expansion des heures de service des centres SGCP est une initiative importante visant à augmenter la capacité, l'agilité et les

temps de réponse pour l'équipe de la défense.

Des détails additionnelles sur les services offerts par les centres SGCP sont disponibles sur la page Web de GICP.

\*Veuillez noter qu'il ne s'agit pas d'une ligne de crise. Si vous êtes en situation d'urgence, composez le 911. Si votre appel n'est pas une urgence, mais que vous avez besoin d'une assistance immédiate, composez le 1-800-268-7708 pour joindre le Programme d'aide aux membres des FC ou le Programme d'aide aux employés.



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# Aircraft Restorations

by Gord Crossley, 17 Wing Heritage



The Kiowa helicopter returning to its pedestal. Photo Credit: Gord Crossley, 17 Wing Heritage

CH-136 Kiowa number 136248. This helicopter was removed from its pedestal and repainted in the shop of Western Industrial Services with an authentic two-colour camouflage scheme, circa 1993. The original markings of 430e Escadron Tactique d'Hélicoptères, Valcartier PQ, were restored. This particular aircraft was acquired by the Canadian Armed Forces in June 1972, having served in the US Army as OH-58A-BF number 71-20913. Numbered 136248 in Canadian Service, it flew until March 1993 in the light observation and army co-operation roles. Kiowas served in Canada and with 4 Canadian Mechanized Brigade Group in Germany. The helicopter was returned to its pedestal on 15 November 2021.

de Havilland Canada (Grumman) C2-2F Tracker number 1551. This carrier-based anti-submarine aircraft was repainted in situ on Air Force Way by Western Industrial Services between October 2021 and January 2022. The Tracker was adopted by the Royal Canadian Navy in 1957 and served aboard the aircraft carrier HMCS Bonaventure and from shore stations until 1989. This particular aircraft was used as an instructional air-

frame in Borden and transferred to Winnipeg for display in 1993. It was restored in the markings of Naval Squadron VS-880 and carries the black and gold colours of that unit on the tail. A brass plaque on the nose gear shows the original dedication as follows. CWO Scott was Base/Wing Chief from June 1990 to June 1994

DEDICATED TO CHIEF WARRANT OFFICER RJ SCOTT MMM CD WING CHIEF WARRANT OFFICER

BY ALL THE MEN AND WOMEN WHO FLEW AND MAINTAINED THIS AIRCRAFT CP 121 TRACKER

29 APRIL 1993

Beechcraft Mk 3N Expeditor, number 1528. The Expeditor had been used in the RCAF as a transport during the Second World War, and many were bought in the early 1950s to serve as navigation trainers and short range transports. From 1952 until 1970 this aircraft served in Rockcliffe, Uplands, Moose Jaw, and Portage la Prairie. It was displayed for many years on the Stevenson Parade Square next to the B-25 Mitchell and Dakota aircraft. It was removed due to storm damage and has had the interior restored by volunteers of the 17 Wing "Ghost Squad-



The Tracker under wraps after application of decals. Photo Credit: Gord Crossley, 17 Wing Heritage

ron" working at building 32. The fuselage has been stripped and repainted and is ready for the application of 1965-era decals when weather permits. After that is complete, it will be moved back to its position on the parade square in summer 2022.

All the costs for restoration are covered by Non Public Funds grants from the

Directorate of History and Heritage, and by the work of volunteers. If sufficient funds can be granted in 2022, the plan is to re-paint the B-25 Mitchell CF-100 Car-nuck and CF-101 Voodoo display aircraft. Other display aircraft will be refreshed by having new decals applied to replace ones faded by the sun and weather.



The Beech Expeditor fuselage at Building 32 after cleaning and painting. Photo Credit: Gord Crossley, 17 Wing Heritage

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# CANEX IS Getting Greener



There will be approximately 3.5 million fewer plastic shopping bags going into landfills across Canada this year thanks to CANEX.

CANEX, Canada's Military Store, is making the switch to reusable shopping bags as of January 17.

This aligns with the federal government's plan to eliminate plastic waste in an effort to reduce greenhouse gas emissions.

"This decision is part of our commitment to continue to make CANEX - Canada's Military Store, a preferred and sustainable destination for members and families of the CAF community," says Frank Rocchetti, Senior Vice-President, CANEX.

Many municipalities and stores have already eliminated single use plastic

bags.

This is the latest step by CANEX in its ongoing green effort.

When the COVID-19 pandemic began, CANEX eliminated printed flyers, and single use posters in stores.

Several CANEX outlets eliminated plastic bags back in November 2021 in a pilot project.

CANEX made 2-million in-person transactions last year. Each one averaged almost three single use plastic shopping bags. That saves approximately 21-thousand kilograms of plastic ending up in landfills across Canada.

CANEX stores will be selling reusable shopping bags to members. These will include Soldier On and Support Our Troops bags. Fifteen percent from each bag sold goes directly to those charities.

## CANEX pose un geste pour l'environnement

Grâce à CANEX, environ 3,5 millions de sacs en plastique ne se retrouveront pas dans les dépotoirs du pays cette année.

CANEX, le magasin militaire du Canada, n'utilisera que des sacs réutilisables à compter du 17 janvier.

Cette initiative s'inscrit dans le plan du gouvernement fédéral, qui vise à éliminer les déchets de plastique pour réduire les émissions de gaz à effet de serre.

« Cette décision fait partie de notre engagement à continuer de faire de CANEX, le magasin militaire du Canada, une destination privilégiée et respectueuse de l'environnement pour les membres de la communauté des Forces armées canadiennes et leurs familles », affirme Frank Rocchetti, vice-président supérieur de CANEX.

Un grand nombre de municipalités et de magasins ont déjà cessé d'utiliser les sacs en plastique à usage unique.

Il s'agit de la plus récente mesure

prise par CANEX dans le cadre de ses efforts continus pour l'environnement.

Au début de la pandémie de COVID-19, il a cessé d'utiliser les dépliants papier et retiré les affiches à usage unique de ses magasins.

De plus, plusieurs points de vente CANEX ont cessé d'utiliser les sacs en plastique en novembre 2021 dans le cadre d'un projet pilote.

CANEX a effectué 2 millions de transactions en personne l'an dernier. Chacune d'entre elles nécessitait en moyenne près de trois sacs en plastique à usage unique. Cette initiative permettra d'éviter d'envoyer environ 21 000 kg de plastique dans les dépotoirs du pays.

Les magasins CANEX pourront vendre des sacs réutilisables à leurs membres. Cela inclut les sacs des organismes Sans limites et Appuyons nos troupes, qui reçoivent 15 % des profits de chaque sac vendu.



## March is Nutrition Month: Ingredients for a Healthy Tomorrow

This year we are exploring the key "ingredients" needed to change our food systems for a healthier tomorrow. These ingredients take the form of actions that can improve our health in addition to systemic changes that can be made, not just for today, but for the future.

Health Promotion is offering a variety of challenges and webinars. We hope that you find something that sparks your interest and that you will join us throughout the month to learn and discover more about the ingredients for a healthier tomorrow.

By participating in the various programs your name will be entered into a draw for a chance to win a prize.

### Activities

#### Challenge Monday

Each Monday through the month of March, Health Promotion will post on social media a weekly challenge for members to complete. Complete the challenge and let us know how it went to be entered into a prize draw for 1 of 4 gift cards.

#### March 7-11: Zero Plastic Beverage Waste

Can you go one week without any plastic beverage container waste? Let's all try

to reduce the amount of plastic that we use. The planet will thank you.

#### March 14-18: Plant-Forward Eating

Plant-forward is a style of eating that puts the focus on minimally processed plant-based foods without eliminating animal food products. It uses animal products as a flavour enhancer rather than the center of the dish. Moving to a plant-forward diet is good for you and good for the planet. Share your favourite plant-forward recipe with us.

#### March 21-25: Sharing Gratitude - Local Food Bank Collection

Food security is a growing issue in Canada. If you are able, show your gratitude for your food security by donating to the local food bank. Health Promotion will have collection boxes in various places on the base to facilitate your donation.

#### March 28-31: Nutrition Month Quiz

It's the end of our Nutrition Month campaign, have you been paying attention to our social media posts and events? Test your knowledge, try our Nutrition Month quiz.

#### Virtual Lunch and Learns

Join us weekly throughout March for virtual Nutrition Lunch & Learns. All

participants who attend lunch and learns will be entered into a draw for a plant-forward cookbook. These events start at noon (CST).

The Lunch and Learns will be held via Zoom. Use this link to register:

<https://cfmws.zoom.us/j/90At8wnmUGyd2FMwzs0M3dl>

#### March 3 Overnight Oats & Yogurt Parfaits

Are you looking for a quick breakfast idea that is both easy and nutritious. Join HP as we demonstrate how to create these meals. We will share recipes as we make these quick breakfasts.

**March 10 Mason Jar Salads** - In keeping with this week's challenge, plant-forward eating, we will be demonstrating how you can step up your lunch by creating mason jar salads. All the components of the salad in a jar that you can prep the night before and easily bring to work.

**March 17 Fueling your Body for Performance** - Like a high-performance vehicle, the fuel (food) that you use will impact your performance. During this webinar, we will look at how you can improve your performance by looking at the food choices that you make.

**March 24 Intuitive Eating** - In this session we will discuss ways that promotes a healthy attitude toward food and body image by tuning into your body's natural hunger signals

#### Virtual Nutrition Tour

March 23 @ 2:00pm CST

Join us for an interactive session with a registered dietician from Save On Foods to show you how to tackle food labels, how to make healthy food choices and how to meet special dietary requirements. This tour will be on Microsoft Teams. Please contact Dylan James @ [james.dylan@cfmws.com](mailto:james.dylan@cfmws.com) for registration details.

#### Gardening Webinar

1900 hrs

Date to be confirmed.

Once again, we have invited a Manitoba Master Gardener to educate us on gardening on the prairies. This year's focus is gardening in small spaces and how to grow our own food successfully. Did we mention that there would be prizes for attending this event? Use this link to register: <https://cfmws.zoom.us/j/90At8wnmUGyd2FMwzs0M3dl>

# Veteran's Postcard Campaign Aims to Foster Remembrance Year-Round

by Jason G. Antonio



Retired veteran John Thomson has started a blog to share his thoughts about his experience in the military. He is encouraging other veterans and active military personnel to share their stories through his blog. Photo courtesy unbloused.com

Master Warrant Officer (retired) John Thomson served for 20 years with the Royal Canadian Medical Services and started a blog last February to share his experiences and those of other veterans and current military personnel.

While many people make fitness their New Year's resolution, a retired soldier wants residents to make supporting veterans a regular goal for 2022 — specifically, by sending postcards to active and retired personnel.

Master Warrant Officer (retired) John Thomson served for 20 years with the Royal Canadian Medical Services as a medical technician and a physician assistant. He deployed three times to Afghanistan and once to Sri Lanka with the Disaster Assistance Response Team (DART), while he also served as a paratrooper and submariner.

Thomson retired in February 2021 and, after moving to Moose Jaw, started a blog called "Unbloused" to share his stories and those of fellow veterans. In less than a year, the blog has acquired about 400 followers.

"I was looking for some way to contribute ... to the veteran community, and I thought sharing stories would be a good way," he said.

Unbloused is a military term where combat pants are unrestricted at the ankle, while it's also an expression of freedom and non-conformity, Thomson explained. He chose that term so blog contributors could share their stories

openly. This would ensure that readers, fellow veterans and civilians better appreciated their experiences.

Thomson's goal is to support non-profit groups that work with serving and retired military personnel while ensuring those stories are not lost, as many have with the disappearance of Second World War and Korean vets.

"Because once they're gone, if you don't pass that story on, it's lost forever," he added.

Convincing modern soldiers to share their stories and see them as important is challenging because military life is unique and is not something civilians understand, Thomson said.

"Just because your story may not compare to significant conflicts of the past doesn't mean that it's not important," he added.

Veterans interested in sharing their stories can submit them via [www.unbloused.com](http://www.unbloused.com), by snail mail or over the phone.

Through the blog project, Thomson has started a fundraiser called Operation Postcard. The goal is for Canadians to engage with veterans and serving members by sending them handwritten thank you notes and asking them to share a story about their service.

Each pen pal kit consists of five postcards, one pen, one sticker, one set of instructions and one entry into a prize draw. The kits are \$40 each, and since Thomson has assembled 100 kits, the

fundraiser could generate \$4,000. All money raised will be split between CAN-PRAXIS — an equine-assisted therapy provider for veterans and first responders — and the Saskatchewan First Nations Veterans Association.

So far, the project has raised \$250.

"The big thing is to increase the awareness of what life is like in the service ...," said Thomson. "I think it's getting harder for Canadians to connect with the military because those stories — of conflict (and) life in uniform — are not part of our society as much as they were when that (older) generation was around in larger numbers.

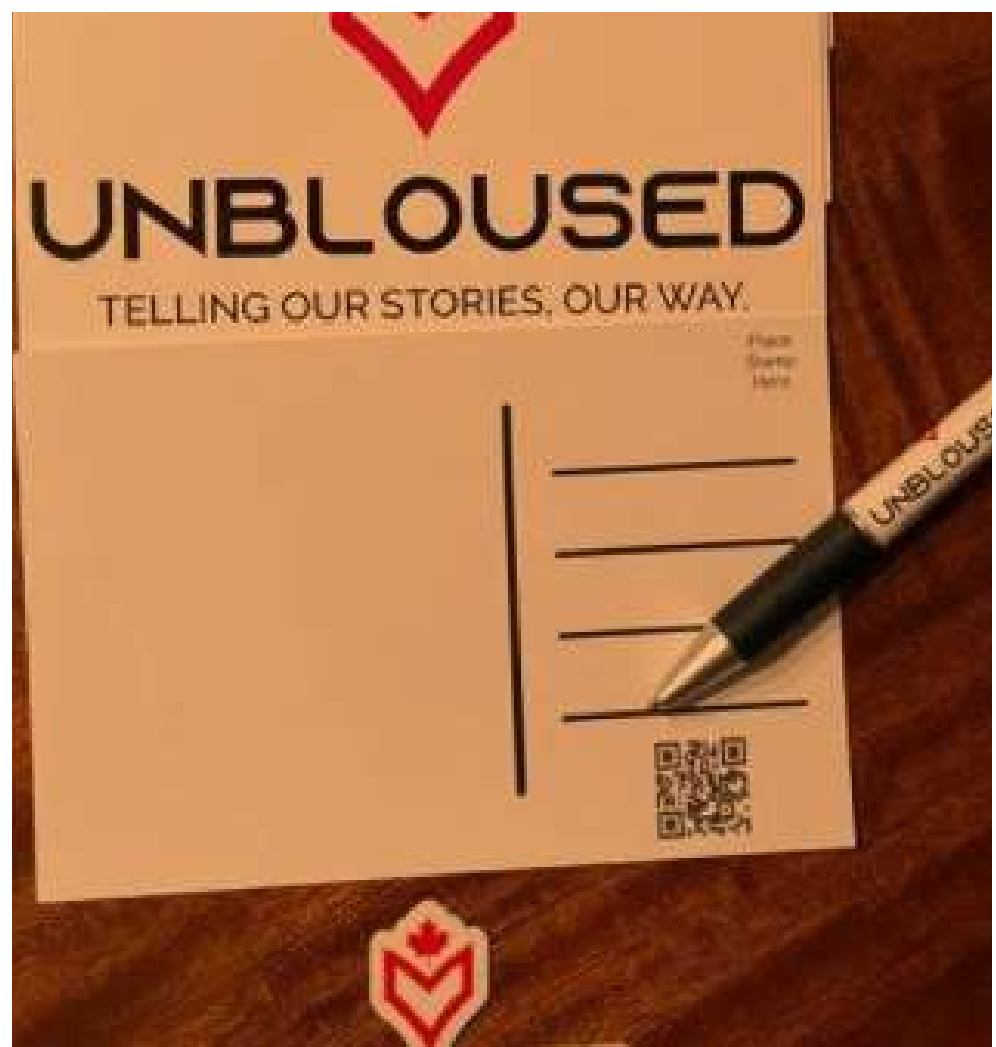
"You see that in the decrease of poppies being worn."

The idea for postcards arose when Thomson was in Afghanistan and regularly sent letters to his parents. He appreciated receiving letters — and still does — since they made his deployments more enjoyable.

"I think there's value in having that tangible piece of paper that someone took the time to write and send, versus an email note because we get bombarded by (many) social media messages these days," he said.

Thomson agreed that sending postcards would help the public remember veterans more than once a year. He thought that if more Canadians participated in organizations that helped veterans or supported veteran-owned businesses, Remembrance Day would have more meaning.

"(Those actions are) an act of remembrance," he added, "and it doesn't have to be just one time a year."



A sample of a postcard that residents are encouraged to send to veterans and military personnel to buoy their spirits and encourage them to share their stories. Photo courtesy unbloused.com

# 'I Just Wanted To Help People'

by Canadian Ranger Corporal Lindsay Chung, 4th Canadian Ranger Patrol Group



**MB Coy – Order of Canada – John Morrisseau PPCLI: John Morrisseau, who was appointed to the Order of Canada in December 2021, enlisted with 2nd Battalion, Princess Patricia's Canadian Light Infantry in 1958 at the age of 18 and served for six years.**

Canadian Ranger John Morrisseau of the Grand Rapids Canadian Ranger Patrol in Manitoba has led a life of service, as a member of the Canadian Armed Forces (CAF), as a politician and as an advocate for Métis people. He has done so much in his 82 years that when he learned late last year that he had been appointed to the Order of Canada, he couldn't – and still can't – pinpoint why he was nominated.

CR Morrisseau is one of 135 appointees to the Order of Canada announced December 29, 2021, by Governor General Mary Simon. One of our country's highest civilian honours, the Order of Canada recognizes outstanding achievement, dedication to the community and service to the nation.

In the official announcement, CR Morrisseau was recognized "for his leadership as a politician and activist, and for his commitment to and advocacy of the Métis Nation throughout Canada."

CR Morrisseau found out about the Order of Canada in early December when he received a phone call from the Governor General's office.

"I was happy, and I was surprised, and I felt really like I didn't know what I did to deserve it," he said. "I was scratching my head and saying, you know, I've lived my life, but I didn't know if it was something that I did that was special, if it was something that I did over a period of my time. I didn't even know and still today don't know who the nominators were. If I had to say one thing I did [for this honour], I don't know. I guess the nominators maybe saw it in a different way what I've done, but that's kind of like my life. I just wanted to help people, and I do thank them."

Born in St. Rose du Lac, Man., in 1939, CR Morrisseau left home at a young age and had little formal education. CR Morrisseau went to Indigenous Day School in

Crane River, Man. Similar to residential schools, the purpose of the day schools was to assimilate Indigenous children and erase Indigenous language and culture.

After running away from school when he was young, he got his first job as a farm hand when he was just shy of 12 years old. Two uncles who served in the Second World War had a big impact on him, his Uncle John, after whom he is named, and his Uncle Jim, who was imprisoned in Hong Kong.

CR Morrisseau's Uncle John took him under his wing when he returned from the war, and CR Morrisseau says he learned a lot from his uncle as they went trapping and hunting together.

"One of the things he said to me is when you get 18 years old, he said, 'you go, you join the Army, put that uniform on, stand up and be proud you are a Canadian,'" he said. "So I went to work and then I ended up in Thompson, Manitoba, working construction, and I was turning 18 and thinking of what my uncle had told me I had to do, so I came south, and I went to Fort Osborne Barracks, and I enlisted and did my six years. I did what I was told to do, and I am happy I did that. It was a thing I was told I had to do by my uncle, and I think he was right. He stood up for our country, and I believe that's right. He was a good man."

When he enlisted in 1958 at the age of 18, CR Morrisseau chose 2nd Battalion Princess Patricia's Canadian Light Infantry (PPCLI) because he wanted to go overseas, and he was told 2 PPCLI was expected to be the next unit to deploy to Germany. While he didn't end up deploying overseas, CR Morrisseau instructed Basic Training to five platoons while with 2 PPCLI.

"I wanted to go and I guess maybe follow a bit in the tracks of my uncle," he said. "After I was there for a while, we

sort of lost that idea of going to Germany because we ended up northern defence."

After leaving the CAF, CR Morrisseau worked as a truck driver and started to become politically active. CR Morrisseau is one of the organizers of and former president of the Manitoba Métis Federation (MMF), former Assistant Deputy Minister and Deputy Minister for the Government of Manitoba and former Mayor of Grand Rapids. He was the Director of Public Participation for the Royal Commission on Aboriginal Peoples in Ottawa and organized hearings across Canada, and he was the only Métis person on the Advisory for the Royal Commission on Aboriginal Peoples.

CR Morrisseau says there were a couple of things that motivated him to become politically active, including reading books about the Red River Resistance and the Manitoba Act of 1870 and how the Government of Canada had set aside 1.4 million acres of land for the Métis people of Red River.

"I read that book, and when I came home and I was working, I would go home, the irony of the whole thing is that my family, the Morrisseau family, they lived on the Red River at St. Francois Xavier," he said. "They moved when Manitoba joined Confederation, but because of the things that had happened with [Louis] Riel and eventually hanging him and there were all kinds of bad things that were happening, and my family ran away; they left their land in St. Francois Xavier, and some of them moved westward, but my grandfather moved north to a little place called St. Rose du Lac and from there, he moved to Crane River, where I was raised. All of this time, in order to survive, they had a few milk cows, horses, they fished and trapped and lived off the land, but in order for them to be there, they had to pay for the leases on that land. My grandfather, my dad's dad, paid leases from the time my dad was a little boy, I'm talking 100 years. So when

I came back from the Armed Forces, I thought it's time for us to re-organize, it's time for us to stand up to the government; we're not going to be shot in the street or whatever, the law of the land is different now and you can stand up and make your case and so on. We had a group of 14 people who were all sort of the same, but the idea of it was to organize Métis people and to try to get the land back, 1.4 million acres, or at least be compensated for it."

The MMF incorporated in 1967, and CR Morrisseau continued working with the MMF in different areas. He took over the leadership of the organization in 1976 and served five years as president.

"My main focus was on the land that was taken from us because we grew up landless people, and, by the way, we are still landless today," he said. "There was just so much work to do, so what I did was I placed the first Statement of Claim for Métis land claims in the Court of Queen's Bench here in May of 1981, but prior to that, we had to do all this research and all this stuff in order for us to make that Statement of Claim."

CR Morrisseau joined the Canadian Rangers in 2013 as part of the 4th Canadian Ranger Patrol Group expansion into Grand Rapids.

CR Morrisseau says he enjoys the camaraderie of being a Canadian Ranger, and he gets excited about young people wanting to join and the opportunities for young people to put on the uniform, be proud and feel good.

"Our young people in the communities in the north don't have that kind of thing about them; you see them walking sometimes with their head down and they don't feel good, but boy you give them a uniform, get them dressed and you watch them strut, that's part of it, to me, that's what the Rangers do so well in helping our young people really understand who they are, and you know, you don't know where they are going to go from there," he said.



**MB Coy – Order of Canada – John Morrisseau in reds: Canadian Ranger John Morrisseau, who was appointed to the Order of Canada in December 2021, has served with the Grand Rapids Canadian Ranger Patrol in Manitoba since 2013.**



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# STAR Program in Building 90

by Martin Zeilig, Voxair Photojournalist



Matt Hamilton, Manager, Community Recreation. Photo credit: Martin Zeilig, Voxair Photojournalist

Last December, Matthew Hamilton, Acting Manager of Recreation in Building 90 (Fitness and Recreation Centre), and his colleagues sent out information to military members about a new recreation program for children of military personnel.

“The response was excellent,” Hamilton said during an interview in his office on February 4. There are 19 children involved in the program which runs for two hours every Saturday.

The program is known as Strength Through Active Recreation (STAR), says

the Canadian Forces Morale and Welfare Services (CFMWS) website.

“It’s building strength through active recreation,” says the online material, noting that the children can range in age from 4 —12 years old.

“It is a new resilience-based program for children of military families and its free. It builds self-esteem and leadership skills and allows children to grow and thrive: physically, emotionally and mentally.

Everyone needs skills and supportive people in their lives to help cushion them from problems they may encounter. Introducing even a few positive elements into their lives can shift the balance and help many children and youth flourish. Meaningful participation in the home, school and community contributes to the resilience of children: it increases their sense of connection while decreasing their sense of isolation.”

STAR participant 11-year-old Indiana, a grade five student at a local school, says the program is a good way to make new friends.

“It’s helped me by giving me more confidence,” she said during a FaceTime interview.

“The best part of the program is that I get to make new friends, and see old friends. I like the instructors, too.”

Indiana’s mother, Alex Hinkey, confirms that her daughter “loves” the program.

She looks forward to every single Saturday.

“One of her best friends is also in the program. She looks forward to seeing him

and his siblings. She has nothing but good things to say about the program and the activities. She loves the staff. Her self confidence has skyrocketed, and helped with her ability to do things on her own.”

The staff is very excited about having the 19 children involved in STAR,” Hamilton said.

“There’s not a lot of recreation happening in our building right now, so to have those children come through our building on a Saturday for two hours is something we’re really excited about,” he added.

“The program works not only their physical skills but also on their self esteem and resiliency. We have different games to help learn a little bit about themselves, and how they connect with the world. For example, there’s a calendar activity to help them connect with some of the things they celebrate throughout the year with some of things others in the group celebrate.”

“Instructors for STAR are comprised of summer camp instructors and some regular staff at Com Rec,” Hamilton said.

“Our staff is having an absolute blast teaching this program,” he emphasized.

“They’re really enjoying delivering the program, lots of fun each week. The children show up each week and are enjoying it. Overall, everyone has been very happy.”

As Ben Ouellette, Vice President PSP Operations, says on the CFMWS website: “We are empowering children to lead healthier, happier lives by helping them learn how to handle life’s curve balls.”

## Mars est le mois de la nutrition: Ingrédients pour des lendemains plus sains

Cette année, nous explorons les “ingrédients” clés nécessaires pour changer nos systèmes alimentaires pour un avenir plus sain. Ces ingrédients prennent la forme d’actions qui peuvent améliorer notre santé en plus des changements systémiques qui peuvent être effectués, non seulement pour aujourd’hui, mais aussi pour l’avenir. La promotion de la santé propose une variété de défis et de webinaires. Nous espérons que vous trouverez quelque chose qui suscitera votre intérêt et que vous nous rejoindrez tout au long du mois pour en apprendre davantage sur les ingrédients d’un avenir plus sain.

En participant aux différents programmes, votre nom sera inscrit à un tirage au sort pour avoir une chance de gagner un prix.

### Activités

#### Défi du lundi

Chaque lundi du mois de mars, la Promotion de la santé publiera sur les médias sociaux un défi hebdomadaire à relever par les membres. Relevez le défi et faites-nous savoir comment vous l’avez relevé pour participer au tirage au sort d’une des quatre cartes-cadeaux.

*7 au 11 mars: Zéro déchet de boisson en plastique*

Pouvez-vous passer une semaine sans aucun déchet de boisson en plastique ? Essayons tous de réduire la quantité de plastique que nous utilisons. La planète vous remerciera.

*14 - 18 mars: Manger en privilégiant les plantes*

Le “Plant Forward” est un style d’alimentation qui met l’accent sur les aliments d’origine végétale peu transformés, sans éliminer les produits d’origine animale. Les produits d’origine animale sont utilisés pour rehausser le goût des aliments plutôt que d’être au centre du plat. Adopter un régime à base de plantes est bon pour vous et pour la planète. Partagez avec nous votre recette préférée.

*21 - 25 mars: Partager la gratitude* - Collecte auprès des banques alimentaires locales

La sécurité alimentaire est un problème croissant au Canada. Si vous le pouvez, montrez votre gratitude pour votre sécurité alimentaire en faisant un don à la banque alimentaire locale. La Promotion de la santé disposera de boîtes de collecte à divers endroits sur la base pour faciliter votre don.

*28 - 31 mars: Quiz du Mois de la nutrition*

C’est la fin de notre campagne du Mois de la nutrition. Avez-vous porté attention à nos messages et événements sur les médias sociaux ? Testez vos connaissances en répondant à notre quiz sur le mois de la nutrition.

Déjeuners-conférences virtuels

Rejoignez-nous chaque semaine pendant le mois de mars pour des déjeuners-conférences virtuels sur la nutrition.

Tous les participants qui assisteront aux déjeuners-conférences participeront au tirage au sort d’un livre de cuisine favorable aux plantes. Ces événements commencent à midi (CST).

Les déjeuners-conférences auront lieu via Zoom. Utilisez ce lien pour vous inscrire : <https://cfmws.zoom.us/j/8tdeCurzIqG9OAt8wnmUGyd-2FMwzs0M3dl>

*3 mars: Parfaits à l’avoine et au yaourt* - Vous cherchez une idée de petit-déjeuner rapide, à la fois facile et nutritif. Rejoignez-vous à HP qui vous montrera comment créer ces repas. Nous partagerons des recettes tout en préparant ces petits déjeuners rapides.

*10 mars: Salades en pot de maçonnerie* - Dans le cadre du défi de cette semaine, manger en privilégiant les plantes, nous vous montrerons comment améliorer votre déjeuner en créant des salades en pot de maçonnerie. Tous les composants de la salade dans un bocal que vous pouvez préparer la veille et apporter facilement au travail.

*17 mars: alimenter votre corps pour la performance* - Comme un véhicule performant, le carburant (nourriture) que vous utilisez aura un impact sur votre performance. Au cours de ce webinaire, nous verrons comment vous pouvez améliorer vos performances en examinant les choix alimentaires que vous faites.

*24 mars: Manger intuitivement* - Dans

cette session, nous discuterons des moyens de promouvoir une attitude saine envers la nourriture et l’image corporelle en écoutant les signaux de faim naturels de votre corps.

*Visite virtuelle sur la nutrition*

23 mars à 14 h 00 CST

Rejoignez-vous à nous pour une session interactive avec une diététicienne de Save On Foods qui vous montrera comment interpréter les étiquettes des aliments, comment faire des choix alimentaires sains et comment répondre à des exigences diététiques particulières. Cette visite se fera sur Microsoft Teams. Veuillez contacter Dylan James @ james.dylan@cfmws.com pour les détails d’inscription.

*Webinaire sur le jardinage*

19 h 00 CST

Date à confirmer.

Une fois de plus, nous avons invité un maître jardinier du Manitoba à nous renseigner sur le jardinage dans les Prairies. Cette année, l’accent sera mis sur le jardinage dans les petits espaces et sur la façon de cultiver nos propres aliments avec succès. Avons-nous mentionné qu’il y aurait des prix pour la participation à cet événement ? Utilisez ce lien pour vous inscrire : <https://cfmws.zoom.us/j/8tdeCurzIqG9OAt8wnmUGyd-2FMwzs0M3dl>

# Joseph and the Amazing Technicolor Dreamcoat

by Martin Zeilig, Voxair Photojournalist



Paul Henderson as Pharaoh

Over the past 20 years, two productions of selections from “Joseph and the Amazing Technicolor Dreamcoat” were produced by Musical Theatre For Change (MTFC) at the Centennial Concert Hall with choirs of 300-500 children, which raised over \$50,000 for charity each time.

Now, MTFC will reprise the production, which is, notes Wikipedia, a sung-through musical comedy with lyrics by Tim Rice and music by Andrew Lloyd

Webber, based on the character of Joseph from the Bible’s Book of Genesis.

“It seemed fitting to do this show again and help to ease the burden of the healthcare system,” Janna Larsen, producer/director of MTFC, writes in an on-line brochure.

“Our project this year was initiated by performers looking for a performance opportunity and I thought, amidst pandemic, cancer continues on... so why shouldn’t



Sheri Wasilewski, Kristina Corbett and T.J. Chubaty

we? This production features selections from Joseph.”

So, on March 16, a performance of Joseph will be held at the Centennial Concert Hall in benefit of Cancer Care Manitoba.

Montanna Coad, a part-time sales associate at Canex as well as an Education and Theatre student at the University of Winnipeg, is one of six narrators in the production.

“The narrator keeps everything going to connect the story,” Ms. Coad, who has worked with Ms. Larsen in the past on those earlier productions of Joseph, said during a telephone interview with The Voxair.

“I love working with Janna. This is really cool because I got to do this show 20 years ago as one of the children in the choir. To do a show again with her for Cancer Care is pretty fantastic.”

She calls Ms. Larsen an incredible choir and theatre director.

“It’s great to reconnect with her,” said Ms. Coad, whose father, Master Warrant Officer Fred Coad (a 42 year member of the CAF) works at 1 Canadian Air Division.

“The rest of the cast is fantastic. We’ve got some incredibly talented young kids. These are all extremely talented people. They love doing theatre, and want to make sure that, despite the fact that we’re still in a pandemic, we can support people who are less fortunate than we are.”

She also pointed that the Hair Force One Barber Shop located on the main floor of the Canex is helping fundraise for the production.

“A couple of people reached out during COVID and asked, ‘Can we do something? Are you doing something? Hey, why don’t we put together a show?’” said Ms. Larsen, who holds a B.Mus., B.Ed., PBDE Counselling/Arts Therapy, PBDE Resource/ Special Education, Orff Level

III Certificate and M.Ed.

“I know it’s a crazy idea during COVID, but the mental health of our actors and the idea of paying it forward and giving it some focus on helping Cancer Care during this time is a good thing to do. The production is called “Dare to Dream,” she added.

“We’re using the music of Joseph because Joseph’s theme is any dream will do and in a pandemic, any dream will do to lead us forward, to inspire us.”

Ms. Larsen also noted that the cast consists of 28 individuals from various professions.

“We are frontline workers— dentists, a nurse, teachers, councillors, children in elementary and secondary schools,” Ms. Larsen said.

“We’re coming together for a cause. We’re daring to believe when it’s not that easy to do, especially when people are in isolation. We’re rehearsing at the CMU, the Mennonite University, in a large room with high ceilings. It’s a nice location.”

She also pointed out that they can only seat 250 people right now, so they’re not selling tickets.

“We’re doing this just by donation,” she said.

“If people donate one hundred dollars or more, they’ll receive an invitation to see it live,” Ms. Larsen added.

“We’re also live-streaming it at home, which you can watch live with a donation of 20 dollars,” she said.

“The Concert Hall is helping us to do this as cost efficiently as possible. They’re reaching out to the Winnipeg Symphony Orchestra to let us use their equipment and their technicians, so we can do a possible livestream.”

Dare to Dream is bringing a much needed a ray of theatrical sunshine and hope into our lives.

For further information, contact Janna Larsen at (204) 290-6222 or at janna.jmtc@shaw.ca



Paul Ong, Joseph

# Security Awareness Week

Security Awareness Week (SAW) is an annual event held during the second week of February in which departments are invited to promote good security practices and to share them government-wide.

Director General Defence Security (DGDS) is promoting a strong security culture at all levels within the Department of National Defence (DND) and the Canadian Armed Forces (CAF) by encouraging sound security practices whether working remotely, at the office or on operations. Security Awareness Week will be hosted virtually from 7 to 11 February 2022 with the theme "Rebuilding Your Security Culture: From Home to the Office".

It is an excellent opportunity to in-

crease security awareness and promote departmental security services for all DND employees and CAF members. Security awareness is a key element of the departmental security program under the Policy on Government Security and small daily actions can have a large impact on overall security. For example: lock your screen when you leave your desk; use your DWAN computer exclusively for work; do not plug a personal USB key or personal cellphone into your DWAN computer; do not tape your passwords under keyboard; and use social media carefully by not posting personal information (resume, social insurance number, banking information, etc.) or information on cur-

rent DND/CAF operations online.

The online SAW will include a variety of new activities and products to increase visibility by providing important information on the core National Defence Security Orders and Directives elements. These will include: videos interview/presentation on security issues from specialists; infographics; animation motion graphic video; short articles, etc. All of these products will also be available on the various DND/CAF media to include DT newsletter, Maple Leaf and Base/Wing newspapers/websites, all DND/CAF social media platforms, and DGDS intranet, etc.

To help promote security awareness at all levels, including the unit level, Unit

Security Supervisors (USS) and personnel who wish to promote security in their workplace may obtain products and information from the DGDS intranet Security Toolkit. To download products, visit the Security Awareness Toolkit page (link accessible only on the National Defence network).

You are an important part of keeping all members of our Defence Team secure through VIGILANCE!

The Security Awareness Training and Education Team,  
Director General Defence Security

# La Semaine de Sensibilisation à la Sécurité

La Semaine de sensibilisation à la sécurité (SSS) est un événement annuel qui se tient au cours de la deuxième semaine de février au cours duquel les ministères sont invités à promouvoir les bonnes pratiques de sécurité et à les partager à l'échelle du gouvernement.

Le Directeur général – Sécurité de la défense (DGSD) fait la promotion d'une solide culture de la sécurité à tous les niveaux au sein du ministère de la Défense nationale (MDN) et des Forces armées canadiennes (FAC) en lançant le thème « Reconstruire votre culture de sécurité : de la maison au bureau » pour la SSS de cette année, qui se déroule du 7 au 11 février 2022.

Il s'agit d'une excellente occasion d'accroître la sensibilisation des employés du MDN et des membres des FAC

et de promouvoir les services de sécurité ministériels. La sensibilisation à la sécurité est un élément clé du programme de sécurité du Ministère en vertu de la Politique sur la sécurité du gouvernement et de petites actions quotidiennes peuvent avoir une grande incidence sur la sécurité globale. Par exemple: verrouiller votre écran lorsque vous quittez votre bureau; utiliser votre ordinateur RÉD exclusivement pour le travail; ne branchez pas de clé USB personnelle ou de téléphone portable personnel sur votre ordinateur RÉD; ne collez pas vos mots de passe sous le clavier; et utilisez les médias sociaux avec prudence et ne publiez pas d'informations personnels (affectations, un numéro d'assurance sociale, des informations bancaires etc.) ou des informations en ligne sur les opérations en cours

du MDN et des FAC.

La SSS en ligne comprendra une variété de nouvelles activités et de nouveaux produits pour accroître la visibilité en fournissant des informations importantes sur les principaux éléments des Ordonnances et directives de sécurité de la Défense nationale. Celles-ci comprendront : des vidéos d'interview/présentation sur les questions de sécurité par des spécialistes; des infographies; des vidéos d'animation graphique; et des courts articles sur la sécurité, etc. Tous ces produits seront également disponibles sur les différents médias du MDN/FAC pour inclure, les nouvelles de l'Équipe de la Défense, feuille d'érable, journaux/sites internet des bases/escadres, les plateformes de médias sociaux du MDN/FAC, et le site intranet du DGSD, etc.

Pour aider à promouvoir la sensibilisation à la sécurité, les surveillants de la sécurité de l'unité (SSU) et les membres du personnel qui souhaitent promouvoir la sécurité en milieu de travail peuvent obtenir des produits et des renseignements de la boîte à outils intranet du DGSD. Pour télécharger des produits, visitez la page Boîte à outils pour la sensibilisation à la sécurité (lien accessible uniquement sur le réseau de la Défense nationale).

Vous jouez un rôle important dans la sécurité de tous les membres de notre Équipe de la Défense grâce à la VIGILANCE!

L'équipe de la sensibilisation, de la formation et de l'éducation,

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# The Pet Post

by Kelley Post, Riplee's Ranch



Kittens awaiting new homes at Winnipeg Pet Rescue 3062 Portage Ave. Photo credit: Kelley Post, Riplee's Ranch

## Picking a Pet

### Finding the PUURfect Mate

You are thinking about getting a pet, congratulations!

You are opening your world and your life to include another living being.

What are you hoping to get out of your pet? Is it loyalty and companionship such as you might get from a dog or a cat? Could it be those bright colors that you find in tropical fish or a bird?

Research shows that families with pets are generally healthier and happier. Children who grow up in homes where there are pets can care for another being and learn responsibility. Pets provide companionship for people of all ages and cause people to be less self-centred.

However, there can also be circumstances where it would be better not to have a certain kind of pet. There may be someone with allergies in the home, possibly to the cat fur or rabbit dander.

What kind of pet will you bring home?

**A dog, cat, bird, fish, reptile, rabbit, hamster, gerbil, guinea pig or something else?** It is very important that you plan properly before you decide what kind of pet will fit into your lifestyle. There are several different things to consider.

Where do you live? Who owns the place? Are pets allowed where I live? How much space is available for a new pet? Do I share my home with anyone else? How active am I? Can I afford to keep a pet? Who will look after the pet? Where will I get the pet?

Rescue animals need a second chance in life. If you have never looked for an animal before you may not realize how many animals are waiting in shelters or how many animals have been euthanized because they have been in the shelter too long.

### What kind of pet should I get?

#### Small Mammals

If you have decided that a small mammal such as a rabbit or a guinea pig is

best suited for your situation, there are several things to consider. If you have small children, a rabbit or a guinea pig would probably be better than a hamster as the hamsters are more likely to bite. Gerbils are friendly but they tend to escape from their cages. If you have other pets in the home such as a cat or dog, it is very important that these small mammals be kept in a place where they are safe.

#### Dogs

Dogs are one of the most popular types of pets. Did you know there are more than 350 types of breeds of dogs? Dogs come in many different sizes from small Chihuahuas and teacup poodles to bull mastiffs and great Danes. Small dogs are generally chosen as companion dogs and can be comfortable in a smaller space, while the larger breeds require more space and exercise.

#### Cats

There are many things to consider when picking a cat, such as age, personality, and the ability to fit into your lifestyle. Older kittens and tweens who have not had a lot of contact with people may be fearful or skittish. Having another cat or dog in the home generally makes them happier and not so lonely. Fun active cats love to be involved in everything that you are doing and be the centre of attention. Mature and mellow cats like a quieter environment and are usually well behaved and like to cuddle or curl up on your lap.

**All pets can be playful and curious. It is important to pet-proof your home.**

- String, thread, and dental floss needs to be put away as it can be swallowed by your pet and cause health issues.
- Small mammals, puppies and kittens sometimes like to chew electrical cords.
- Medications should be put away in drawers.
- Toilet lids need to be kept down to avoid a drowning pet or them being poisoned by chemical in cleaning solutions.
- Keep doors and windows shut.
- Don't spray aerosols near a pet's food or water bowls.

Choosing a pet or being chosen by a pet is a lifestyle changing event. We become responsible for another being. We enter these relationships not usually having a lot of expectations, but the rewards are plentiful. Well-informed pet owners understand the need to nutritionally care for their animals. It is no longer

appropriate to feed pet food that contains corn, animal bi-products or unknown ingredients. It is not acceptable to tether your dog outdoors for prolonged periods of time. Pet activist groups and bylaw officers will now enforce laws that protect animals from cruelty and abuse.

There are so many homeless animals roaming the streets. Abuse and cruelty to animals is still very much an ongoing problem. Shelters in every city and town are filled with animals who have a few simple things in common; they want to be safe, not hungry, have shelter and love someone and be loved in return. The need for reciprocated love is a cross species phenomena. Do you have room in your heart and your home for a new pet?



Kelley Post

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

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



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# THE VOXAIR Classifieds

## Buy & Sell

Guinness mini foosball barstool height glass table new.  
\$100  
Black with Guinness logo on playing surface  
Chrome base  
Comes with ice bucket built in.  
Great man cave addition  
Pix upon request  
Contact: Reichertjr@gmail.com

Brand new / unused Dewalt 7 1/4 " 20v XR Brushless Power Detect DCS574B circular saw. I recently purchased a couple of Dewalt kits: this saw is not needed, so it is for sale. Includes blade, wrench, & manual (as pictured). Highly rated: this is the best 20v circular saw Dewalt makes. Read reviews & specs:

<https://www.dewalt.ca/en-ca/products/power-tools/saws/circular-saws/20v-max-xr-brushless-714-in-circular-saw-with-power-detect-tool-technology/dcs574w1>

Almost impossible to find as bare tool (DCS574B); the cheapest known kit currently available:

<https://www.amazon.ca/DEWALT-Circular-Brushless-Technology-DCS574W1/dp/B086MBS1XZ>

Selling price is far cheaper than any DCS570B (non Power Detect) you will find on sale, or a matching DCS574B if you can find one. First \$180 cash takes it / no trades. First come, first served. Message me your cell # if you are interested, and I will call to answer any questions, & / or arrange viewing in a public place west side of Wpg. Thanks for looking !!!

Kijiji Ad ID 1605889669

2012 Kia rondo ex 2.4 4 cly no rust 65,000 kms 1 owner Saftied certified just completed heated seaters very clean inside and out no smoker or pets new brakes tires wipers battery tires rebuilt 7900 contact 204-941-3599

Kijiji Ad 1605889515

## For Rent

Primrose House is a beautiful, completely renovated 6 suite building located in North River Heights.

The building is just steps away from prestigious Wellington Crescent and all of the restaurants and shops along Academy Road.

This newly renovated 1bed, 1 bath suite is now available for rent. The entire suite has been renovated. Brand new kitchen, bathroom, flooring, appliances,

electrical, blinds etc.

Rent \$1200 per month plus \$40 parking.

Owned and Managed by Lount Corporation

[www.lountcorp.com](http://www.lountcorp.com)

Water and heat are included in the rent.

Please contact Ben at 204 453 9330 or [benlount@lountcorp.com](mailto:benlount@lountcorp.com) for further information.

Kijiji Ad ID 1604132652

We are taking applications for a Waiting list for Bachelor Suites (singles) and 1 Bedrooms (couples only).

For Seniors 55+ - Independent Living. Rent is Geared to Income.

Visit [www.bethania.ca](http://www.bethania.ca) for online application or call Building Manager at 204 888-5481. Kijiji Ad ID 1504068858

2 Bedroom 2 Bathroom units available now at 600 Setter Street!

1100 square feet of living space!! Rent discounted to \$1350.00 monthly for a limited time!!

FOR A LIMITED TIME, GET \$750.00 OFF YOUR FIRST FULL MONTH'S RENT

ASK US ABOUT OUR LAUNDRY PROMOTION!

\*Terms and condition apply. Parking not included in promotion. Offers are subject to change without notice and are limited to select suites. Please contact leasing agent below for full details.

We are excited to announce that 600 Setter Street is getting a face-lift! Enjoy our newly renovated units with updated cabinets, new paint & new plank flooring. Relax on your balcony to a spectacular view of downtown Winnipeg or West facing sunsets. 600 Setter Street is a high rise building located across from the Grace Hospital on a quiet end street. The building is walking distance to the Trans Canada Trail & there are weekly shuttles to Safeway & Sobeys!

Building Amenities Include:  
- newer appliances (fridge, stove, dishwasher, microwave)  
- 2 full bathrooms!!  
- AC unit  
- parking available for \$29.00/stall  
- water included in rent  
- Smart Card operate laundry facilities located on every floor  
- patio/balcony  
- newer hardwood, vinyl, carpet & tile flooring  
- on site resident manager

HYDRO EXTRA  
PET FRIENDLY - WITH 1/2 MONTH DEPOSIT

Please call for more information or to schedule a viewing! 204-296-2795

Kijiji Ad ID 1604163708

## Services

Experienced relaxation or deep tissue. Text (431)557-7223. Portage at Thompson. Fully vaccinated. Walk-ins available. RMT offering insurance receipt (please request in advance). We have Thai massage, cupping, hot stone and Guasha too.  
Kijiji Ad 1605889433

Classic eyelash extension \$79 Hybrid eyelash extension \$99 Voulum eyelash extension \$119 Eyebrow microblading \$299 ( reg @\$600) Full body wax \$179 and up Eye brow wax \$15 Lip wax \$10 Chin wax \$15 Pedi+Miami \$45 reg pedi +shellac \$60 acrylic nail\$55 gel nail\$65 We located at 1801 portage ave ,close to polo park and airport . We open 7 days a week. Please call (204)832-0378 to book an appointment . We will appreciate it!-  
Kijiji Ad 1605298371

## Shop Local

Below Zero Hand Knits

I'm a military spouse, and we are currently posted to Winnipeg, Manitoba. I am Mom to two wonderful adult sons, a senior Havanese doggy, Mia, and two energetic Yorkshire Terriers, Tito and Koko!

I work part time. After that...the needles are clicking. It's what I love.

I will return any shipping fees to customers who prefer to pick up from our home in the South Q's. Just leave me a note when making the purchase on Etsy.

<https://www.etsy.com/shop/BelowZeroHandKnits/>

Events by Jen is anxious to host our first annual Witches & Wizards Trade Show being held on Oct. 1-2, 2022, at the Red River Exhibition Place at 3977 Portage Avenue in Winnipeg. This event is open to Manitoba businesses large or small. Can be Halloween themed or come just as you are! My goal for this type of an event is to promote Fall/Autumn, the Halloween season and to kick off our start to Christmas shopping. When it comes to Halloween (any season really), I feel Manitoba has what it takes to successfully offer a fun weekend

event. October is the month we begin to fundraise for the Christmas Cheer Board with our craft sale events until our final sale the second weekend of December.

In 2019, we raised over \$3,000 for the Cheer Board along with 5 boxes of food. This year, 2021, we raised just over \$800 and 6 boxes of food for the Cheer Board. If interested please email [EventsbyJen@Hotmail.com](mailto:EventsbyJen@Hotmail.com)

Kijiji Ad 1598972031

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Kijiji Ad 1601698444

Hi, I'm Chantel, an independent Consultant for Norwex. Nowex's mission is to improve quality of life by radically reducing the use of chemicals in personal care and cleaning products. I would love to help you! My cleaning routine is drastically quicker, no waste, and no chemicals, just water!

Contact by email: [chantelcheyne@gmail.com](mailto:chantelcheyne@gmail.com)

Visit online: [chantelcheyne.norwex.biz/](http://chantelcheyne.norwex.biz/)

Or call: 204-391-7193

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

Find me on Instagram: @Marie\_malcolm.label

Or email: [mariemalcolm.label@gmail.com](mailto:mariemalcolm.label@gmail.com)

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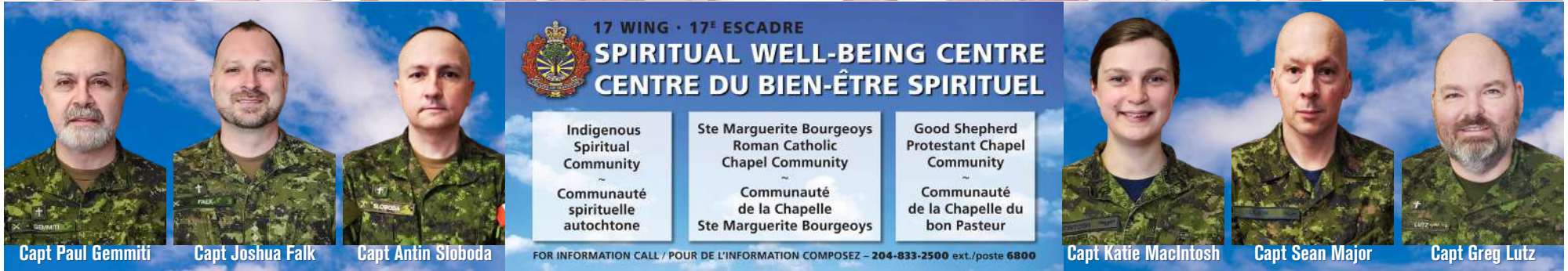
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Kijiji Ad 1605415608

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# May You Flourish

by Padre Katie MacIntosh

Back in January I was grateful for the opportunity to attend the Bell Let's Talk event hosted by the 17 Wing community on Zoom. It was encouraging to hear about the different services offered for the times when we feel ourselves needing some extra support.

I appreciated hearing responses from round table presenters when they were asked how they practice self-care. It is inspiring to hear how different people make space for self-care in their routine. Whether it be walking your dog, starting a new class, reading a book, having video chat dinner dates with family and friends, there are many ways in which we can practice self-care and look out for our well-being.

My love for house plants helps me to make space in my routine for self-care. I enjoy the peace I find in the quiet time spent caring for my plants. It helps ground me in the present moment. I love to watch new fresh leaves unfurl and baby succulents grow plump in the bright sun. But my plants also teach me something. They model for me how important it is for us to take care of ourselves in the right ways too.

Plants need to be in the right environment so that they can take root and grow. Some prefer dry, gritty soil, and others a more humid environment. We are constantly growing and changing, and what is happening around us contributes greatly to how we feel and react. We need to be in the right environment to grow, and we need to help create environments

where those around us can grow.

When plants aren't getting the care they need, it shows. Their leaves might turn brown or wilt. When we aren't getting the care and support we need, we might feel like we are wilting too. It is important to recognize within yourself when you need to reach out for extra support. We can also connect with our loved ones when they are struggling to encourage them in finding the support they need.

My plants all need different variables to flourish and thrive. Some need lots of sun and water, others prefer a cool, dry environment. We are the same way. We are all unique, and as such seek out support and nourishment for our souls in different ways. Different activities and endeavors will strike our sense of passion. The same self-care practice will not work for us all, so you must find something that respects your authenticity.

It is so important we care for ourselves. When we do, we can care for the people around us. We all have different needs, but we can share our stories to help inspire others in their own journey toward self-care and well-being. Self-care isn't selfish or self-indulgent. It's a matter of necessity. When you are feeling your best, you're able to give your best.

During these pandemic days of distancing and the cold dark days of winter, it is normal to be feeling low. There are many stressors around us demanding our attention and draining our energy. This makes it all the more important to

find ways to practice self-care and prioritize your well-being.

Life is full of many demanding pressures that are important, but you are important too. And you have a unique

beauty to offer the world. So look out for yourself, and don't be afraid to reach out if you ever need support. We're all in this life together.



My love for house plants helps me to make space in my routine for self-care. - Padre Katie MacIntosh

## Faith and Life

### 17 Wing Chaplain Team

**Capt Paul Gemmiti**  
A/W Chap Team Leader and FCC (RC)  
B64, Ground Floor, Rm 112  
Phone ext 4885

**Capt Katie MacIntosh**  
Unit Chaplain (BTL)  
B100, Rm 122D  
Phone ext 6914

**Capt Joshua Falk**  
Unit Chaplain and FCC (P)  
H16, 3rd Floor, Rm 3290  
Phone ext 5875

**Capt Sean Major**  
AR Flt Chaplain (BTL)  
B100, Rm 122C  
Phone ext 4994

**Capt Antin Sloboda**  
Unit Chaplain  
B129, Rm 174A  
Phone ext 5272

**Capt Greg Lutz**  
Detachment Base Chaplain  
Dundurn, Sask  
Phone 306-492-2135 ext 4299

#### MORE INFO

**Administrative Office**  
204-833-2500 ext 5087  
Building 64, Ground Floor, North End

**Information Phone Tree**  
For Chaplaincy services and related information, phone ext 6800 and follow the prompts

**Emergency Duty Chaplain**  
Contact via MP Dispatch ext 2633

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

**Care & Share Benevolent Fund**  
Contact your unit Chaplain for further information

**Sentinel Training**  
Contact your unit Chaplain for further information

✝ Good Shepherd Protestant Faith Community  
Sunday Service: 1300 hrs, or check with a Chaplain

✝ Ste Marguerite Bourgeoys Roman Catholic Faith Community  
Sunday Mass: 1500 hrs, or check with a Chaplain



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



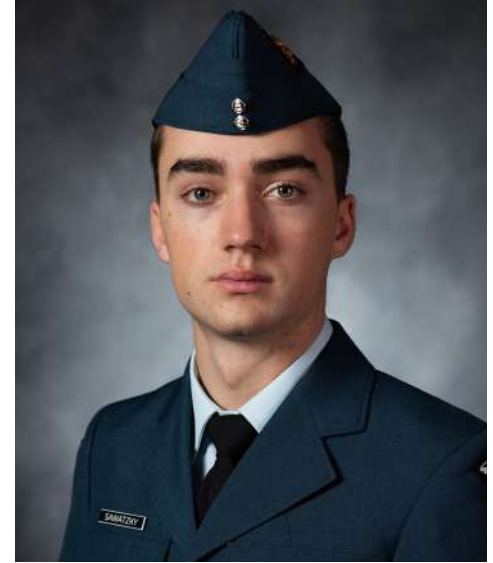
# Around The Wing Dans l'Escadre



(L-R) Chief Warrant Officer (CWO) Marlene Shillingford, 2 Canadian Air Division CWO, CWO Claude Faucher, 17 Wing CWO, Colonel David Proteau, Commander 17 Wing, Major-General Eric Kenny, Commander 1 Canadian Air Division | Canadian NORAD Region, and CWO Daniel Campbell, 1 Canadian Air Division | Canadian NORAD Region CWO, Raise the Bell Let's Talk Flag at 17 Wing Winnipeg, January 19, 2022. Photo by: MCpl Brian Lindgren, 1 CAD Public Affairs.



Avr Steuart, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg



Avr Sawatzky, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg



Avr Ross, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg



Avr Lindstram, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg



Cpl Purcell, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg



Cpl Coleman, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg



Cpl Coles, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg



Cpl Todd, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg



Avr Condie, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg



Avr Hopkins, 402 Squadron Airborne Electronic Sensor Operator Course BAQC 2103, at 17 Wing Winnipeg, 11 January, 2022 Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg