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# THE VOXAIR

**The 17 Wing Community news source since 1952**



The long cold spell on the prairies has made for some interesting phenomena, like these parhelia, better known as sun dogs. Parhelia, parhelion singular, comes from the Greek meaning beside the sun. Sundogs form when there are hexagonal ice crystals in high, cirrus clouds. Thanks to Rick Carleton of the IPSC for the information.  
Photo: Cpl Justin Ancelin, 17 Wing Imaging.

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# Government Announces Additional Funding for MFRCs at Winnipeg MFRC



The Parliamentary Secretary to the Minister of Veterans Affairs, Sherry Romanado, addresses guests during the government announcement for additional funding to the Military Family Resource Centres on January 24, 2018 at the Winnipeg MFRC. Photo: Cpl Justin Ancelin, 17 Wing Imaging

by Bill McLeod, Voxair Manager

Sherry Romanado, Parliamentary Secretary to the Minister of Veteran's Affairs and Associate Minister of National Defence, announced \$6 million per year in new funding for Military Family Resource Centres across Canada at an event at the Winnipeg MFRC on Jan 24.

The additional funding is part of the Comprehensive Military Family Plan outlined in the Strong, Secure, Engaged defence policy.

The funding will benefit MFRCs across Canada. The Winnipeg MFRC requested and received \$145,000 for

this year for 15 initiatives they put forward. In following years, the Winnipeg MFRC will receive \$218,000 per year.

"Providing support to military families is a priority for this government," said Sherry Romanado. "Last summer I met with families in Winnipeg and listened to what is important to them. Today, I am pleased to announce that additional resources are being put forward to support our families. As a military family member myself, I appreciate how important this help can be."

Some of the new initiatives put forward by the Winnipeg MFRC which are funded include:

- Expanding the drop in service for parents accessing services at the MFRC;
- Extending the children's programming for 2-4 year olds to 5 afternoons per week, using the South side Youth Centre facility;
- Opening the South side Youth Centre 5 evenings per week instead of 3 with homework assistance as part of the program;
- New games and equipment for both Youth Centres;
- Hiring a new relocation assistant to help families with moves;
- Equipment to support volunteers on the deployment program;
- Hiring an additional part-time social worker with an emphasis on better support to families of the fallen and families of ill and injured members;
- Developing new seminars and workshops for families and couples; and
- New Wi-Fi for the MFRC which will lead to creation of an electronic resource library and new opportunities for programs.

"The community needs assessment done in 2016, pointed clearly to mental health support, childcare accessibility, children and youth support, as well as opportunities for spouses," said Joel Roy, Executive Direc-

tor of the Winnipeg MFRC. "This new funding goes a long way in helping us answer those needs."

In 2016, members were requested to identify areas that could be improved with a Community Needs Assessment. In 2017, MFRCs were given the results of the assessment and were asked to request funding to meet those needs.

"I was honestly astounded a few months ago when I was advised that the funding we requested for programs and services under the Strong Secure and Engaged policy announcements were already being approved," said Joel Roy.

"Combined with the tremendous support we get from the community here, this new fund will continue in the coming years to enable us to make a very positive impact on the families that serve our country," he added.



17 Wing Deputy Commander, Lieutenant-Colonel Genevieve Lehoux (L) and former 17 Wing Commander & Executive Director for the Winnipeg Military Family Resource Center, Mr. Joel Roy (R) speak with the Member of Parliament for Charleswood-St. James-Assiniboia-Headingley, Dr. Doug Eyolfson. Photo: Cpl Justin Ancelin, 17 Wing Imaging

## 17 Wing Working Together to Reunite Families for the Holidays

by Sgt Nicole Fagan, 17 MSS Air Movements Section and LCol Brian Quick, CO 17 MSS

So what does it take to get military members and their families home for the holidays? Once again this year, members of 17 Mission Support Squadron, 402 Squadron, and 17 Operations Support Squadron devoted countless hours during the holiday season to reunite military members and their families as part

of the 2017/2018 Special Christmas/New Year's Leave Travel Programme. A combined total of 2,288 passengers transited through 17 Wing Winnipeg, made possible through the collaborative efforts and coordination of many such as the Wing Operations Centre, SNIC,



Military families board a CC-150 Polaris at the start of the Christmas season at 17 Wing, Winnipeg. Photo: Submitted

Refuelling, Air Movements, 402 Servicing, the Commissioners, and even an Air Canada employee (who drives the cargo loader for the CC150 Polaris).

Upon flight arrival, members of 402 Sqn marshalled the aircraft into position followed by the Refuelling Section providing at times up to 28,000 L of fuel. Air Movements staff loaded and offloaded over 68,000 pounds of baggage and processed 1,645 passengers. This was also the successful initial trial for the new Commissionaire WOC Duty Officers who worked specific shifts to support each flight.

Battling classic Winnipeg winter weather with temperatures dipping into the mid -40s, plus some flights arriving in the middle of the night, these motivated and dedicated members came to work smiling and

determined to make Christmas successful for all travelers. Every member had a job to do and contributed to mission success. 17 Wing has already been credited for excellent service and turnaround time.

In addition to the various sections that regularly cooperate to ensure success, 17 Mission Support Squadron also provides its Air Movements Section with additional volunteers to assist with passenger check in, baggage handling, and passenger movement during the Christmas flights. These volunteers often come in during their leave to ensure the flights are a success. MCpl Mike Kirk from the RCME Section said that "if it was me on one of those flights, I would appreciate it if someone was helping to make things go smoother and quicker". MCpl Johnson, also from RCME, echoed this sentiment. When asked why he volunteered to help out he said "I wasn't going anywhere and thought that it would help the Traffic Techs to get passengers on their way home at Christmas to their families and make their job a little easier". This was the sentiment from all the volunteers. Both the 17 MSS CO and DCO enjoyed the challenges faced by those who routinely handle the aircraft when they found themselves on the ramp at 0300 hours in -35 degree weather. A very cold LCol Brian Quick said, "I have tremendous respect for everyone who does this on a regular basis. It looks like a fun job in July, but this is a real challenge in the winter."

The Wing Commander, Col Andy Cook, commented that 8 Wing Trenton staff has been singing the praises of the Winnipeg portion of the Special Christmas/New Year's Leave Travel Programme. Col Cook said, "I am not surprised considering the great team we have here in Winnipeg and how well the units cooperate to get the job done. Well done to everyone involved in making this programme a success!"

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# Mental Health Team Leader Wants to Reduce the Stigma of Seeking Help



**Captain Josette Leblanc, Mental Health Team Leader at 23 Health Services, wants to ensure that help is available without stigma.**  
Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Captain Josette Leblanc, a clinician and Mental Health Team Leader at 23 Health Services Centre, says that she wants to be out of the office.

"I want to look at the idea of reducing the stigma of mental health," said Capt Leblanc, who has a Bachelor of Social Work from the Université du Québec à Chicoutimi and a Masters of Social Work degree from the University of Ottawa.

Doing presentations and being more visible is a way for her to be a more effective and proactive professional.

Capt Leblanc, a 10 year veteran of the Canadian Armed Forces, is a native of the Gaspé region in eastern Quebec. She was posted here from Canadian Forces Base Bagotville on August 17, 2017. Together with her husband, Lieutenant Pierre-Luc Paquet, 1 Canadian Air Division, they have an eight year old daughter.

Before joining the CAF, she was a military spouse working for Youth Protection in Quebec as a social worker. She learned to speak and write in English through the CAF's intensive language training program and has previously worked in the Mental Health Department at CFB Petawawa.

"It's okay to seek help," Capt Leblanc said. "If you

break a leg, you'll go see a doctor about it. If you have a mental health issue, it's okay to seek help from a mental health professional."

The CAF publication, The Road to Mental Readiness, outlines the colour coded Mental Health/Performance Continuum Model: Green for Healthy, Yellow for Reacting, Orange for Injured, and Red for Ill.

For example, when normal mood fluctuations occur, a healthy person remains calm and takes things in stride. He/she has a good sense of humour, performs well and is in control mentally, has normal sleep patterns with few sleep difficulties and is physically and socially active with no/limited alcohol use/gambling. Meanwhile, an ill person has angry outbursts/aggression/excessive anxiety/panic attacks, depression/suicidal thoughts. He/she displays over subordination, can't perform duties or control behaviour or concentrate. That individual also can't fall asleep or stay asleep, or is sleeping too little. He/she has physical illness and constant fatigue, alcohol or gambling addiction and/or other addictions.

"It feels great to help make a difference in a person's life," said Capt Leblanc. "I'm a generous person. I want people to feel they have a place in this world. I want them to feel like they're contributing to society. I'm having a great career in the CAF."

When she first arrived here last August, Capt Leblanc said she was impressed with the size of the mental health care team in Winnipeg: an addictions counsellor, a mental health nurse, two part time social workers and two full time civilian social workers, plus herself, as well as Captain Emanuelle Dompierre, the Mental Health Chaplain.

There are also two part time civilian psychiatrists, as well as a mental health administrative assistant.

"For me, it's all about credibility," said Capt Leblanc. "We are here to provide services. We need to look at ways to better provide care for our members. It's not rare to see frustration with the Chain of Command. We need to educate them that the earlier they seek help, the better it is. Don't wait."

"Members are coming in, and they've been struggling with mental health issues for so long that it's built up. Then, they say 'I can't function anymore' in any sphere of their life. It could be depression, anxiety, or panic attacks."

She points out that depression is the most commonly diagnosed mental health condition, not Post Traumatic Stress Disorder (PTSD).

"Now, we're more educated about it and other conditions," Capt Leblanc. "We have the programs, like The Road to Mental Readiness. They can help a member return to full operational readiness."

They just need to come in early to see the professionals at 23 Health Services Centre, she emphasized.

## Sports Trivia

### Winter Olympics Trivia

by Stephen Stone and Tom Thomson

1. When and where were the first Winter Olympics held?
2. How many sports were in competition at the first Winter Olympics?
3. What were they?
4. Who won the first Winter Olympics gold medal?
5. Two winter sports were in competition at the 1920 Summer Olympics in Antwerp, Belgium. What were they?
6. What remarkable situation did figure skater Gillis Grafstrom of Sweden and the Canadian ice hockey team find themselves in at the first Winter Olympics?
7. The Military Patrol event was in competition as an official sport at the 1924 Games, then as a demonstration event at the Winter Olympics in 1928, 1936 and 1948. It was subsequently eliminated and then replaced by what event?
8. Who was the first Olympic champion in biathlon?
9. Who organized the opening and closing ceremonies for the 1960 Winter Olympics?
10. Who won Canada's first individual gold medal at a Winter Olympics?
11. Who won Canada's first gold medal in skiing at a Winter Olympics?
12. Canada won one other gold medal in 1960. Who was it?
13. Which host nations have failed to win gold in the Winter Olympics?
14. Who won Canada's first gold medal in bobsleigh?
15. This native son swept the men's alpine ski events in 1968 in Grenoble, France.
16. Which member of the Canadian senate is a gold medal-winning Winter Olympian?
17. What was Canada's poorest medal performance in Winter Olympic competition?
18. Who are the only women to have won gold medals in figure skating in 3 successive Winter Olympics?
19. Who is the only Winter Olympic gold medal winner from Timmins, Ontario?
20. This Canadian speed skater won silver in 500 metres in 1976 in Innsbruck.

**Sports Trivia Answers on page 14**

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# CAF Member Determined and Optimistic After Catastrophic Injury



PO 2 Rick Wassing and his wife Tracy, in the barrier-free transitional housing at the 17 Wing north site RHUs. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Petty Officer Second Class Rick Wassing won't soon, if ever, forget the day that changed his life forever.

He and his wife, Tracy, were at home on their 38 acre farm, just east of Winnipeg.

"Tracy had gone out to do some chores, and I was working in the shop-- putting our ducks away for the winter," PO 2 Wassing said, while with Tracy in the 2500 square foot Barrier Free Transitional Accommodation, their current temporary home at 17 Wing. "I stepped on some ice, but didn't see it because it was covered with snow. My feet flew out beneath me, and I landed on the ground. When I tried to move, I couldn't feel anything from the neck down."

In that instant he had become a paraplegic.

Today, PO 2 Wassing, a native of Fort McMurray, Alberta, who's been in the Canadian Armed Forces for almost 31 years and had been working at the Recruiting Centre downtown for the past few years, is confined to a motorized wheelchair. He also has a Health Care Aid who works for a private company assist him twice a day, Monday to Friday.

Rick Carleton, Services Coordinator, Integrated Personnel Support Centre Winnipeg, recently submitted a grant request to Soldier On for PO 2 Wassing requesting "a limited mobility shooting mount, trigger mechanism and a limited mobility fishing mount" on his wheelchair.

Soldier On is Canadian Armed Forces program committed to supporting veterans and serving members to adapt and overcome permanent physical or mental health injuries through physical activity and sport.

"I realized that my life would never be the same," Carleton wrote, using PO 2 Wassing's words, in the grant request. "Prior to this, I was an avid outdoorsman who enjoyed hunting, target shooting, horseback riding and fishing. Whether it's loss of limb function or mobility, any handicap can be offset by adaptive equipment and adapted techniques. My current paraplegic state limits my ability to freely enjoy many of these favourite past times, however thanks to technology, anyone with a handicap is able to continue to enjoy many of these interests if they so desire. I've accepted these challenges, and by supporting this request it will allow me to continue to enjoy these simple yet meaningful pleasures in my life in a dignified and respectful manner. It will not only enhance my quality of life but it will also give me a feeling of self-worth, independence and accomplishment."

After his fall, PO 2 Wassing said he "yelled for Tracy to call for our neighbour, Chris, who was here in under a minute. Chris lay behind me in the snow holding my head to stabilize it."

"I was in shock," said Tracy Wassing, who also dialled 911 at the same time. "I heard him hit the ground with a thump. I was in the barn next door feeding the horses."

The ambulance eventually came from nearby Oakbank and took PO 2 Wassing to Concordia Hospital in Winnipeg. When, the doctors there realized it was a spinal injury, he was transferred to the Health Science Centre, the largest health care centre in Manitoba.

Two days later, he was operated on by Dr. Michael Johnson, Department of Surgery, Section of Orthopedics and Neurosurgery, and the Director of Spine Research at the University of Manitoba, Winnipeg Spine Research Laboratory (WSRL) located in the Rehabilitation Hospital.

"The operation was to clean up the injury, and also he fused my spine," PO 2 Wassing said. "I was almost

11 months at HSC in various units."

He spent the most time in the Rehabilitation Unit, he added.

"I was in shock when I couldn't move after the fall," PO 2 Wassing noted. "It was rough being in the hospital for that long. But, what made it liveable was the phenomenal staff. They were very caring to both of us, very supportive."

The CAF covered 120 day of hotel stays for Tracy (of which she used only some of those stays, she said) as well as all his medical expenses, he said.

"If it wasn't for the CAF, I don't know where we'd be," said Tracy Wassing.

Once PO 2 Wassing was discharged from the hospital, they moved into their current residence. The Barrier Free Transitional Housing was officially opened in June 2013 on the 17 Wing north site residential housing units. The unit is intended to accommodate seriously injured CAF members who are receiving regular specialized treatment and the three bedroom bungalow is the first BFTA to be built in the region.

Meanwhile, their farm house is being renovated and remade into a barrier free home, a process that will take at least a year to complete, said the 6'2" PO 2 Wassing, mentioning that prior to his accident he was a robust 240 pounds, and is now down to 170 pounds.

"Right now, I'm still going through rehab twice a week at the Health Sciences Centre," he observed, noting that he also used to work part time at Cabela's here, as well as owning, along with Tracy, a hunter education/firearm safety company, Ranger Firearms Co. "I can move my arms and legs. My appetite is really good, and I'm sleeping well. Some sensation is returning to various parts of my body. One of the things they do in physio is have me standing. The physiotherapists are outstanding."

Tracy Wassing also has high praise for the support offered by 23 CAF Care Health Services, including Dr. Terry McCormack-- the primary physician, and Julieta Hernandez, their nurse case manager, among others.

"I can go into the corner and moan and wail," said PO 2 Wassing, noting, too, that he's waiting for the delivery of an adapted Ford Transit van to get around. "But what good does that do? I just get up and do the best I can."

He's optimistic that he might even be able to walk again one day.

# New Space Studies Head Brings Wealth of Experience

by Martin Zeilig, Voxair Photojournalist

Major Kelly Freitag observes that he first became interested in space science while training for his pilot's licence as an Air Cadet in his hometown of Alameda, Saskatchewan.

Maj Freitag, who has been a member of the Canadian Armed Forces for the past 31 years, is now head of the Space Studies program at the Canadian Forces School of Aerospace Studies.

After obtaining a Bachelor of Science Degree in computer science from the University of Saskatchewan, Maj Freitag joined the RCAF and trained to become a pilot.

"I flew Labrador helicopters out of Summerside, PEI, and 413 Squadron at CFB Greenwood (Nova Scotia)," he said during an interview at CFSAS. "I went to CFB Trenton and flew helicopters there too for two years, 1993-1994. I had a neck injury, and, thus, was grounded. That gave me an opportunity to work at Canadian Mission Control Central at Trenton."

Maj Freitag explains that CMCC uses satellites to monitor distress beacons from aircraft and vessels.

"I was an operator," he said. "Back then, the beacons weren't as advanced. We analyzed signals-- anybody's vessel or aircraft reported in Canadian territory, or any Canadian vessel around the world. In 2009, we switched to digital beacons."

While at CMCC, Maj Freitag created some statistical databases and helped develop Canadian specific

techniques for analyzing signals.

In 1999, after a three month flight refresher course at 3 Canadian Forces Flight Training School in Portage la Prairie, he became a Hercules C-130 pilot and flew Search and Rescue again at 424 Squadron CFB Trenton. That was three tours in a row at Trenton, he remarked.

From 2005-2008, he flew Hercs for 435 Search and Rescue Squadron based out of 16 Hangar at 17 Wing. During that time span, Maj Freitag received his current promotion, as well as being a Flight Commander.

"I flew many rescue missions, including into the high Arctic where two SAR techs parachuted onto an ice flow to rescue a polar bear hunter-guide," he said. "He was drifting in a boat just north of Inuvik."

After 2008, Maj Freitag returned to CMCC in Trenton where he was the Officer in Charge.

"It was the same work as before, but this time as a boss," Maj Freitag said. "I worked on the next generation of digital beacon and Meosar (Mid Earth Orbit Search and Rescue) satellites."

He also pointed out that Canada is one of the founding members of COSPAS SARSAT, a satellite system that monitors vessels in distress, he explained, noting that partners include Russia, the USA, France, and other countries.

"I'm really excited about this new technology because it will allow us to track aircraft," Maj Freitag continued.



Major Kelly Freitag, the head of Space Studies at CFSAS, has a background in using and developing satellite systems. Photo: Martin Zeilig, Voxair Photojournalist



# Time to Start Training for the 10th Annual RCAF Run



Runners on the flight line at 17 Wing Winnipeg during the 2015 Royal Canadian Air Force Run. This year's run, the 10th Annual, takes place May 27, 2018. Photo: Bill McLeod, Voxair Manager

## by Martin Zeilig, Voxair Photojournalist

It's not too soon to begin training for the 10th Annual RCAF Run on Sunday, May 27, even if you're a novice runner, says Antoni Kieloch, Fitness & Sport Instructor, Personnel Support Programs (PSP).

Just make sure you have a proper plan for it.

The RCAF Run takes place every spring at 17 Wing Winnipeg. The run is a day of fun and exercise that raises money for a pair of causes -- Support our Troops and Soldier On-- that help Canadian Armed Forces members, Veterans, and their families.

Participants can choose to compete in the half marathon, 10 kilometre and five kilometre timed races. There's also 3 K family run and walk. The events are Athletics Canada sanctioned road races alongside an active runway.

Kieloch describes a beginner runner as one who has either never run a competitive race or has only done one or two such races in the past, and, thus, "hasn't done serious training" for a race before. Meanwhile, an intermediate runner is someone who runs on a regular basis and has done multiple races.

"Advanced runners are competitive at running, and have a large training history behind them," said Kieloch during an interview in the Fitness & Sport Instructors' office in Building 90, the Recreation and Fitness Centre. "They are competitive at the local level or higher or actively trying to become competitive at those levels."

Meanwhile, the website Active, which is geared for running enthusiasts, notes that running is often the first choice of new fitness enthusiasts because of the low start-up costs, the fact that you can do it just about anywhere and there are no long term dues or fees associated with running.

"Buy some shorts and a T-shirt and a good pair of running shoes, and you're good to go," says the online information.

"Because of the low cost and ease of access, many new runners aren't prepared mentally or physically for the new demands they're about to put on their bodies through. All good things come in time and running definitely follows that rule.

"But beginners, do not despair. So long as you have patience and can celebrate small successes, running will get easier and soon become your new favourite activity."

Kieloch advises new runners to train on a consistent basis.

For example, he said try running once or twice a week.

"Start slow, and build your tolerance over time, the volume of running you do," Kieloch commented. "If you're training for the five kilometre race at this time of year, you should start running consistently (twice a week for no more than two kilometres in total). You need to figure out what your body can tolerate. Some might be able to run the total distance straight in one day. Others may need to do some interval work, walk and run."

He emphasized the importance of making progress in "a sustainable" way.

"It depends on a person's fitness rather than on age," Kieloch said. "If you're training to perform well in a run, you should eat to fuel the performance with adequate protein and carbohydrates. It's also important to stay adequately hydrated for any type of training."

In fact, two of the main suggestions on the Active website, under 10 Tips for Beginning Runners, are called Pay Attention to fuel and Get hydrated: "It's a good rule of thumb to eat 200 to 400 grams of mostly complex carbs and a little protein about 1.5 hours prior to your run. Post-run refuelling is important too.

"Being well hydrated is just as important as being well fuelled. Be sure to drink about 20 ounces of water prior to running."

Kieloch also maintains that all runners will benefit from resistance training.

"Focus on your postural muscles (backside of your body)," he said. "When you're running, you're constantly moving forward, the sagittal plane. By working those muscles, it will help improve your posture and help bring balance to your body."

Kieloch stressed, as well, the importance of developing "eccentric strength" in your lower extremities, especially your hamstring and related muscle groups (calf muscles) and being able to extend your joints under control.

"If you're interested in running and don't know a lot about it, then reach out to those who do know a lot about it; and join a running group," he said, mentioning, in particular, the 17 Wing Triathlon Club-- whose contact person is Bonne McKissoch at 204-229-9447.

"Come see us for PSP program specific concerns."

For all levels of runners, make sure you have a good "taper"-- two weeks before your competitive run only do 40 to 60 percent of the volume you were running previously, added Kieloch.

"It will allow adequate rest and recovery while still maintaining all the adaptations you made during training for the race," he said.

Lorraine Walton, Manager, Running Room Canada Inc., Kenaston Village Mall, said "As a sponsor of the RCAF run we look forward to working with the committee on another successful event."

She also included some details about the training programs her store is offering to runners, including programs from Learn to Run, 5K, 10K, ½ marathon, Full marathon and Run to Quit.

The clinics are between 10 to 18 weeks duration.

"Clinics are led by a coach with the assistance of group leaders," Walton writes, noting the clinics start with a 30 minute talk on such topics as proper form/technique, shoe selection, injury prevention, nutrition and more. "All practice runs are outdoors."

Participants also are encouraged to come out for the FREE Run Club-- Wednesdays 6 pm, Saturdays 9 am and Sunday 8:30 am, she said, noting that guest speakers offer expertise on various topics, while the cost for the clinics are \$79.99 (Learn To Run, 5K and 10K) \$89.99 (1/2 marathon, Full Marathon)-- which includes a FREE technical tee shirt.

For more information, see the website: [www.runningroom.com/training](http://www.runningroom.com/training)

This is the first in a series of related stories The Voxair will run leading up to the RCAF Run.

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## 2 CAD Major Selected as Op REASSURANCE Gender Advisor

by OCdt Kylie Penney

While attending Staff College last year, Major MacLean took several classes on Gender-based analysis, and did an independent research paper on gender integration in the Canadian Armed Forces. That is why, when nominations were being sought for a deployment to Latvia as the Gender Advisor on Operation REASSURANCE Roto 8, she quickly submitted her name. She was selected as the perfect fit for this unique role.

As the Gender Advisor, Maj MacLean will work at the North American Treaty Organisation (NATO) Headquarters for the Canadian Task Force Commander, overseeing and responding to all gender-related training and issues for the Canadians within the mission. She will ensure that the Gender Focal Point Representatives, whose roles are secondary to their primary duties, are being well-advised, well-trained and are passing the relevant information to the troops.

Before commencing her new position, she will embark on a two-week pre-requisite Gender Advisor course at the Nordic Centre for Gender in Military Operations, in Sweden, the leading International Centre on gender in military operations.

"I am looking forward to the training in Sweden the most, because I find it an interesting topic and think it is really positive that we are moving in that direction as a Force of our own," said Maj MacLean. "The opportunity to get this kind of training from the subject matter experts with such a diverse group of participants from all over the world will be fascinating."

This deployment will be the second for Maj MacLean in her career thus far. She deployed to Kuwait on OP IMPACT from December 2015 to July 2016 as the Senior Duty Officer for the Operations Cell, but expects this deployment and role to be an entirely different experience.

"Last time was more about managing mission specific operations on a tactical level, whereas this position will involve working with the Commander on broader issues and operational planning at the strategic level. I think being a female Air Operations Major in the Aerospace Control occupation, with some background in Gender studies, will allow me to bring a different perspective and unique approach to the role."

Despite the fact that she will really miss her cats and dog while she is away, she is really excited to take on the new challenge.

"It's going to be a great experience. It will be very enlightening to get different perspectives and approaches to managing gender in the military. I am excited to gain extra expertise in gender-based analysis and to be able to expand on this fascinating subject."

Maj MacLean is also excited about experiencing the cultural and historical aspect of living in Europe and hopes to tour some other European countries on her leave.



Major Rhea MacLean, here receiving her Kuwait Medal in 2016, will become the Gender Advisor to Op REASSURANCE later this year. Photo: Submitted.

## Voxair #TBT 1956: Hurry, Hurry Hard!

\* Reprinted from the Voxair - Issue 6, Volume 5, May 4<sup>th</sup>, 1956

### THE WORLD'S NORTHERNMOST CURLING CLUB

*Located at the RCAF's northern base at Resolute Bay, 900 miles from the North Pole, the rink was built by airmen from two old Nissen huts. With a curling season of about nine months, the airmen at Resolute will still be curling when the rest of us are busy with our summer sports.*

*by Cpl. Darrell Eagles*

WHEN most Canadian sportsmen are settling into a balmy summer of baseball and swimming, the RCAF boys at Resolute Bay, N.W.T., will still be sweeping away on the world's northernmost curling rink, about 2,200 miles north of Montreal. Boasting the longest curling season anywhere on natural ice, the stane and besom enthusiasts will be able to curl nine months of the year at this Arctic weather station, just 900 miles from the Pole.



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... the standard curling costume usually consists of a heavily-lined parka, wind pants and flying boots ...



# Olympic bobsleigh and skeleton sleds to carry RCAF-inspired design

## From Bobsleigh Canada Skeleton

The worlds of sport, art and military aviation will come together on Canada's bobsleigh and skeleton sleds as they soar down the track at the 2018 Olympic Winter Games in PyeongChang.

Motivated by a longstanding relationship between Bobsleigh Canada Skeleton and the Canadian Armed Forces, the unique Olympic sled designs were inspired by the paint scheme on the Royal Canadian Air Force's CF-18 Demo Hornet – created for Canada 150 celebrations.

"The synergies between a CF-18 jet and a bobsleigh or skeleton sled are many – speed, power, precision, performance and pure athletic ability – all while working to achieve our respective missions for Canada," said Chris Le Bihan, high-performance director, Bobsleigh Canada Skeleton. "From the detail and craft in the designs of their equipment to the incredible skill and performance of the pilots and athletes who are required to perform under immense pressure while representing their country, this partnership just fits."

A fourth-year graphics student at Toronto's George Brown College brought the relationship together

through the unique design of Canada's 2018 Olympic sleds. Originally from Saskatoon, Josh Dornan's goal was to pay homage to the Royal Canadian Air Force for helping prepare the nation's top bobsleigh and skeleton athletes for their #missionformedals in 2018.

Inspired by the CF-18 Hornet, which stirs images of a sleek Canadian flag screaming through our skies, Mr. Dornan's work evokes the same impact on ice for Canada's top bobsleigh and skeleton athletes – a design that reflects the tremendous power of the sleds, and national pride.

"I am delighted the Royal Canadian Air Force, our personnel and our stunning Canada 150 Demo Hornet are serving as an inspiration to Bobsleigh Canada Skeleton and our Olympic athletes," said Lieutenant-General Mike Hood, commander of the Royal Canadian Air Force. "We all proudly wear the Canadian flag and the RCAF will be cheering on our Canadian bobsleigh and skeleton teams with one strong voice during next month's Olympic Winter Games."

A traditional maple leaf holds each of the sleds to Canada's heritage. The elements include a radiant red with touches of white and black that demonstrates power and speed down the track, and makes a statement that the entire country is bonded behind the athletes' #missionformedals. Orange leaves also show a modern vision of Canadian sport while simultaneously paying tribute to the Canada 150 logos on the CF-18.

Canada's women, two- and four-man bobsleighs will have a unique touch of their own. Influenced by the wings of the CF-18, the sides are busy and eye catching, while the sled's nose respects Canada's tradition. The tail of the sled demonstrates another soft connection to the jet, Bobsleigh Canada Skeleton's World Cup sleds this year, and its relationship with the Royal Canadian Air Force with a small image of the jet made from the Canada 150 shards.

In a direct nod to everyone in the Royal Canadian Air Force and aviation fans across Canada, the inclusion of a false canopy, which is seen on CF-18 jets around the world, on the bottom of the bobsleighs, separates the design from all other sled designs and solidifies the connection between the aircraft and the sleds.

"I have a huge passion for Olympic sport, design and aviation. To have the opportunity to combine these three passions is a dream come true," said Mr. Dornan who, along with Jim Belliveau, former 410 Tactical Fighter Squadron graphic designer, arrived at the Olympic team announcement by helicopter with four, first-time Olympians to unveil the sleds. The Canada 150 jet was Mr. Belliveau's final project as a public servant, working for the Royal Canadian Air Force.

"I have tremendous respect for Canada's high-performance athletes and all of the men and women who serve and protect our country, so I am honoured to bring these great Canadians together in my work," added Mr. Dornan. "I know I will have to catch my breath a bit when I watch that first sled going down the track at the Olympics, but I hope the design gives our athletes a little piece of Canada with them on the start line, and extra motivation knowing the country is behind them in their pursuit of the podium."

In an effort to prepare its athletes mentally for international competition, Bobsleigh Canada Skeleton has leveraged opportunities with the Canadian Armed Forces throughout the quadrennial – from a two-day, overnight military training operation to sharing opportunities to experience flying planes and riding in bobsleighs to be a part of the World Cup and Olympic team announcements, the two groups have been side-by-side on the track to 2018.

"The Royal Canadian Air Force has a rich and proud history flying the Canadian flag and completing successful missions while protecting Canadians around the world," said Chris Le Bihan, who added Bobsleigh Canada Skeleton also prides itself on a tradition of excellence at the Olympic Winter Games dating back to 1964.

"In my mind, there is no better group to help our athletes prepare for our own mission. Canada's Armed Forces have pushed our athletes to the limits mentally and physically, while providing them experiences to draw on daily. As a result, we have made history on our track to PyeongChang by qualifying a maximum number of sleds for all races," he continued.

"We realize only one step of the mission is complete, and now the real work begins. We also know the success or failure of our mission relies on the strength of our team. Drawing on words from our friends at the Royal Canadian Air Force, we will be physical and fierce, dedicated and loyal and, most importantly, great teammates united by the goal of making our team unstoppable and our country proud."

Canada will send six skeleton and 18 bobsleigh athletes to PyeongChang. Immediately following the team announcement, Canada's bobsleigh athletes took Royal Canadian Air Force personnel for bobsleigh rides at Winsport's Canada Olympic Park.

Please see page 8 for illustration

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# Around The Wing



Bill McLeod, Voxair Manager, makes a donation to the Military Police Fund for Blind Children, after the Winnipeg women's hockey team, the Rondelles, beat the Cold Lake women's team 10-0. The friendly wager between Jeff Gaye, the Cold Lake Courier News Editor, and McLeod was considered a draw because neither team actually won the tournament. Please see the Courier News article "No cheering in the press box" for more information at <http://couriernews.ca/2018/01/23/no-cheering-in-the-press-box/>  
Photo: Sgt James Foster



The 17 Wing Rondelles' goalie, pick up Pte Krista Eaton from CFB Shilo, blocks a shot during the Prairie Regionals at Cold Lake last week. The Rondelles finished 4th overall but managed to beat the Cold Lake team 10-0. Photo: Jeff Gaye, Cold Lake Courier News Editor.

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# Around The Wing



The Olympic bobsleigh and skeleton teams have chosen a design based on the Canada 150 design of last year's demonstration CF-18. Photo: Submitted



The puck breaks loose in front of the Winnipeg net during the game against Cold Lake at the Prairie Regionals in Cold Lake last week. Photo: Jeff Gaye, Cold Lake Courier News Editor

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LCol Brian Quick, CO 17 MSS, came to work on his birthday to be greeted with a birthday prank – a 5 feet tall pile of snow in his parking space. "I am used to working in an office environment where people get creative by wrapping everything in your cubicle with tinfoil" LCol Quick said. "Obviously working with people with access to heavy equipment introduces a whole new element of mischief!" The Voxair is happy to report that the snow mysteriously disappeared later in the day. Photo: XXX



Major David Dea and WO Jason Moore (L and R), of JPSU Prairie Region, present a JPSU Commander's Commendation to Laurie Jackson. Laurie was nominated for her great compassion and caring support to Canadian Armed Forces members and their families. Photo: Bill McLeod, Voxair Manager

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# 17 Wing Hosts 8th Annual 3D Archery Tournament



An archer takes aim at a target at the 17 Wing 3D Indoor Archery Tournament held on Jan 28 at Building 21. Photo: Supplied.

by Martin Zeilig, Voxair Photojournalist

Thunk. Thunk. Thunk.

That was the sound of arrows hitting their life size animal shaped targets, which are made of self-healing foam, at the 8th Annual 17 Wing 3-D Indoor Archery Tournament on Sunday, January 28 in Building 21.

The event attracted some 42 participants, men and women, boys and girls, from ages 10 into their seventh decade of life, noted Ron Cooney, a retired member of the Canadian Armed Forces, who's President of the 17 Wing Archery Club-- the tourney's host organization.

The competition, which consisted of two rounds of 20 targets each set up at various distances from the firing line, was sanctioned by the Archers and Bow Hunters Association of Manitoba-- the provincial governing body, he added.

Thus, the scores competitors attained qualified them for ranking on the provincial team, explained Cooney, noting that the 17 Wing Club can host the annual tournament because they're associated with the ABHA.

"We've got competitors from all over Manitoba, northwestern Ontario, with a good percentage from Winnipeg," he said, pointing out that some of the participants were bow hunters too.

"We're just here to practise because I'm going to the Canadian (Archery) Nationals in Ottawa later this year," said Juliana Indian, 16, a grade 11 student at Rainy River High School in northwestern Ontario, who drove in for the tournament with her parents, Jaysen and Violet Indian, from Morson, Ontario, 320 kilometres southeast of Winnipeg.

Ms Indian, who finished fourth in archery for Team Ontario at the 2017 North American Indigenous Games in Toronto last July, said she first got into archery after watching the 3-D animated Disney movie, Brave, several years ago.

"I watched a lot of movies with strong female characters," commented the young woman, adding that Brave was the spark that drew her to archery at age 12.

She said that archery allows her to meet new people, travel and obtain tips on improving. She also mentioned that her coach is Allan Gunther from Heartland Archery in Winnipeg.

"I practise as much as I can," she said. "I'm just doing this for fun, and to try and inspire people."

Jaysen Indian said his daughter will be competing in the "cadet category" at the Canadian Target Championships in Truro, Nova Scotia, in August.

"Last year, she finished seventh in her age group at the Canada Cup in Maple Ridge, BC," he added, noting that their two other younger daughters have taken up archery too. "It keeps us busy. I do a lot of travelling."

Susan Glenn, another competitor, remarked that she and her husband, Garry Glenn, 72, have been involved with competitive archery for the past 27 years.

"We were both on the Manitoba Provincial team, and travelled all over Canada to various competitions," said this resident of Portage la Prairie, 85 kilometres west of Winnipeg. "We both do bow hunting for deer. I got into it because of my husband. It's a thing we do together now. I'm really enjoying it. You get to meet some fantastic people. It's more of a fun thing."

Kevin Courtney and his son, Jacob, 10, drove in from Teulon, Manitoba, 60 kilometres north of Winnipeg in the Interlake region to participate in the tourney.

"It's challenging," admitted Jacob, a slight grade five student, who was using a Bear Apprentice 3 compound bow, while his dad had a Viper Nano compound bow-- both of which were purchased from Heartland Archery.

Kevin said they were just competing to have fun this year.

"I shot competitive last year for myself," he added. "Our whole family, my wife and youngest daughter, age four, and my middle son, also shoot archery. We didn't really plan to get into it. But, my wife had a coupon for



Violet Indian, Juliana Indian, and Jaysen Indian at the 17 Wing 3D Archery Tournament on Jan 28. Juliana will be competing at the Canadian Target Championships in Truro, NS, this August. Photo: Supplied.

Heartland Archery, and we went on a date there. We turned into shooters. So, we got Jacob his first bow and lessons for fifth birthday. He liked it so much that we decided to do it as a family."



Archers on the firing line at the 8th Annual 17 Wing 3D Tournament. Photo: Supplied.

## 17 WING FIRE CHIEF'S CORNER



### What to Do in the Event of an Electrical Fire

Fires are dangerous any time, and can be highly visible with lots of smoke and flame, or very small and difficult to detect. The smallest spark can lead to great tragedy, and we must stay vigilant to the signs of fire, and know what actions to take in the event of a fire. First and foremost, quickly get everyone outside and assembled at a pre-arranged meeting place; designate one person to call 911 from a neighbour's home or cell phone. Once outside, never go back into a burning building. Evacuate the house quickly but calmly.

One type of fire that is especially dangerous is an electrical fire. What most of us take for granted, is a result of "lessons learned" from what can go wrong when electrical systems are improperly installed. The electrical codes for today's construction have evolved over the decades from these "lessons learned".

Since electrical power was first introduced into construction, there have been hazards associated with it. Besides the obvious electrical shock hazards, fires caused by electrical faults are especially dangerous as wiring is hidden within walls of most homes and buildings. If a wire were to overheat as a result of a short or overloading, a fire could result and could burn within a wall unnoticed and quickly spread throughout a building.

At the first sign of a hot, burning, smoking, crackling, or buzzing electrical outlet, switch, or light fixture, quickly trip the breaker that governs that circuit. If you don't know which breaker to turn off, shut off the main circuit breaker located on the electrical panel. Call 911 or contact your local fire service immediately.

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# Logistics Branch Celebrates 50th Anniversary Supporting the Mission



17 Wing Mission Support Squadron Headquarters Chief Warrant Officer, CWO Cheyne Todd, 1 Canadian Air Division A1 Director, Colonel David Barton, and 17 MSS HQ Commanding Officer, Lieutenant Colonel Brian Quick cut the cake during the 50th anniversary celebration of the Logistics Branch on February 1st, 2018 at 17 Wing. All photos: Cpl Bryce Cooper

by Martin Zeilig, Voxair Photojournalist

As Commanding Officer 17 Mission Support Squadron, Lieutenant-Colonel Brian Quick has a critical job at 17 Wing Winnipeg.

"We own all things mission support," he said. "From the Cleaners, to the personnel files, vehicles, fire hall, weapons repair, the box lunches, and so much more. 17 MSS is a combination of military and civilian professionals dedicated to enabling mission success."

LCol Quick's comment was made at the 50th Anniversary Celebration of the Logistics Branch on February 1 at the Junior Ranks Mess. Some 200 military and civilian personnel were in attendance at the event, which included a sports morning, coffee break, luncheon, and the cutting of a special white frosted cake, that was decorated with the Branch badge, to mark the anniversary. Several CAF members from CFB Shilo were also present to share in this special occasion, as were BGen Cochrane, Col Cook, CWO Jette, and CWO Rossignol.

Colonel Dave Barton, the A1 at 1 Canadian Air Division, also made a few remarks at the ceremony as the Senior Logistician in the area.

The CAF Logistics Branch was created on 1 February 1968.

"Since then, logisticians have been devoting themselves to providing the support necessary to conduct operations on Canadian soil and abroad for nearly half a century," says information provided by LCol Quick. "The Branch's services cover a broad range of support across all three elements including Transportation, Supply Chain Management, Financial Management and Human Resources Management where professional and

(Above, Below) Logistics personnel play Floor Hockey during the Logistics Branch 50th anniversary celebrations on February 1st, 2018 at 17 Wing, Winnipeg.



competent non-commissioned members serve in the following eight specialized occupations: Cook, Postal, Supply Technician, Ammunition Technician, Traffic Technician, Mobile Support Equipment Operator, Human Resources Administrator and Financial Services Administrator.

"The Logistics Branch is indispensable to command, operations at home and abroad, and troop morale. 17 Wing logisticians' main objectives are to enable 17 Wing's integral and lodger units' mission success at both the main and deployed operating bases.

"The Branch badge was approved by Her Majesty Queen Elizabeth II in 1972 and contains a wreath of maple leaves with two interlaced chain links which represents the strength of the support at the centre of the operational elements of the CAF by their unified logistical

discipline. At the bottom of the badge is the branch's motto in Latin 'Servitium Nulli Secundus' meaning 'Service Second to None,' to attest the quality of an incomparable service."

There are over 15,000 logisticians in the CAF covering the different trades and working all over the world in support of their fellow serving members. Col Barton noted.

"We end up working in the shadows, out of sight and out of mind," he said. "No other branch in the CAF can have a flag in as many places around the world. Now it's our time to shine, to commemorate, and to celebrate."

Col Barton, who was representing Colonel McLean, 1 CAD A4 Logistics at the ceremony, pointed out that there are 335 logisticians in the Winnipeg area, which includes 174 civilians.

He also mentioned that Logisticians are being encouraged to consider three main themes during this



Golden Anniversary year: Visibility, Connection and Cohesion.

"We are logisticians before anything else," Col Barton emphasized. "At the end of the day, we know we can count on each other in our world of CAF Logisticians."

"Today, take a moment to pause and reflect on what you do, and your impact on the CAF," LCol Quick said. "Military and civilian, all of us in the Log world do the grunt work to permit the CAF to do the business Canada needs its military to do. I have tremendous respect for the Logistics Branch and wish us all many more years of success."

Happy 50th Birthday!

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To inquire about snowshoe rentals please call the front desk of building 90 at extension 5139.

## Location de Raquettes au Bâtiment 90

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Pour obtenir plus d'informations vis à vis la location des raquettes, veuillez appeler le personnel de la réception du Bâtiment 90, au poste 5139.



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 Each box contains a variety of high-quality, fresh, nutritious fruits & veggies. Stock depends on which are in season or available at the best value.

**LES BOÎTES SONT PRÉPARÉES CHAQUE MOIS!**  
 Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

ORDERS CAN BE PLACED ONLINE AT [www.cafconnection.ca/winnipeg](http://www.cafconnection.ca/winnipeg)  
 (a one-time user request form must be filled out and returned before you can register)

PASSER SA COMMANDE PAR INTERNET À [www.connexionfac.ca/winnipeg](http://www.connexionfac.ca/winnipeg)  
 (il faut compléter et remettre le formulaire de demande de commande avant de passer la commande en ligne)

Online order payment by credit card only. Orders are also accepted at the Rec Centre (Bldg 90) front desk with payment by cash, cheque, credit & debit.

La carte de crédit est l'unique modalité de paiement acceptée par internet. On peut aussi passer sa commande au poste de surveillance du centre de loisirs (Bât 90) avec paiement par comptant, chèque, crédit ou débit.

JAN	FEB / FÉV	MAR / MARS	APR / AVR
ORDER BY / DATE LIMITE 19 JAN 2018	ORDER BY / DATE LIMITE 16 FÉV / FÉV 2018	ORDER BY / DATE LIMITE 16 MAR / MARS 2018	ORDER BY / DATE LIMITE 13 APR / AVR 2018
PICK UP / RAMASSER 24 JAN 2018	PICK UP / RAMASSER 21 FÉV / FÉV 2018	PICK UP / RAMASSER 21 MAR / MARS 2018	PICK UP / RAMASSER 18 APR / AVR 2018

Pick up between 1600 - 1730 hrs Ramasser entre 16 h à 17 h 30

Small Box \$18 Large Box \$28 Petite boîte 18 \$ Grande boîte 28 \$

ALL PROCEEDS GO BACK TO THE PARTICIPANTS. NO ORDERS ACCEPTED AFTER THE DEADLINE. PLEASE BRING YOUR OWN BAGS/BOXES TO CARRY YOUR PRODUCE HOME. AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE. VOS VOS PROPRES SACS / BOÎTES POUR TRANSPORTER LES PRODUITS CHEZ VOUS.

For more info / Pour plus de renseignements : Dawn.Redahl@forces.gc.ca • ext./poste 7013

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[www.facebook.com/WinnipegMFRC](http://www.facebook.com/WinnipegMFRC)

[www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

# Upcoming MFRC Programs and Events

## Activité pour Adultes en français – thématique Francophone

Le Festival des voyageurs est à nos portes et nous avons pensé qu'une soirée thématique, au Wobbly Prop, nous mettrait dans l'ambiance de ce grand événement annuel francophone ! Ajoutez-y des ailes de poulet et un chansonnier qui brassera la cabane et vous obtiendrez une soirée à ne pas manquer ! Prix de présence et tirages

Jeudi 8 février

De 16 h 30 à 19 h 00

Wobbly Prop

Admission gratuite. La nourriture et les boissons sont aux frais du participant.

Présenté en français (avec un peu d'anglais).

## Adult Activity in French - Festival du Voyageur party

We invite you to come to the Wobbly Prop to put you in the spirit of the Festival du Voyageur. We will have a chansonnier that will shake the house. It will be a great time, that is not to be missed.

Thursday, February 8

4:30 to 7:00 p.m.

Wobbly Prop

Free admission. Food and beverage are at the cost of the participant.

Presented in French and English.

Adult only. Kids Club is open from 4:30 to 7:30 p.m.

## Learn to...Dream Catchers

We will be learning to make a dream catcher. Plus we will hear about the history and the stories behind them.

Thursday, February 28

6:30 to 8:30 p.m.

\$10

Registration deadline: February 22

Space is limited.

## Craft drop-in

Are you a knitter, scrap booker, card maker? We will provide the space and the room and you can finish your blankets, cards, scarfs, paintings, etc.

Monday, February 12

1:30 to 3:00 p.m.

Free, Drop-in

## Op Deployment Family Dinner Date

If you have a loved one preparing to deploy, who is currently deployed or has recently returned from a deployment, toss your kitchen mitts and dish towels and allow us to prepare dinner for you and your family.

Wednesday, February 21

5:00 to 7:00 p.m.

\$5 per adult, \$3 per child (5-12), kids 4 & under are free. Max \$20 per family.

Registration deadline: February 19

Presented in French & English

## Op-Déploiement – Souper de famille

Si vous avez un proche qui se prépare pour un déploiement, qui est actuellement déployé ou qui est revenu récemment d'un déploiement, on vous invite à enlever vos gants de cuisine et votre linge à vaisselle et nous permettre de préparer le souper pour vous et votre famille.

Mercredi 21 février

De 17 h à 19 h

5 \$ par adulte, 3 \$ par enfant (5 - 12 ans), gratuit pour 4 ans et moins (max. 20 \$ par famille)

Date limite d'inscription : 19 février

Programme bilingue

## Aviation Museum Sleepover

958 Ferry Rd.

Join us for a fantastic evening adventure. The children will get a hands-on experience with science experiments and activities. There will be a flashlight tour of the museum and a movie before bed. The museum provides a light breakfast before pick up the next morning.

Friday, March 16 6:30 pm - Saturday, March 17 8:30 am

\$25 per participant

Registration deadline: March 2, 2018

## Coffee & conversation

This program is open to everyone and focused on exploring volunteer opportunities. It's a chance to meet with other volunteers and have input in the direction of the volunteer program.

Tuesday, February 13

1:30 to 3:00 p.m.

Free

Drop In

## Special Needs Discussion Group

This discussion group is open to those who are managing their own special needs, supporting someone else's or who is interested in learning more. We will be exploring and discussing a variety of special needs, through film screenings and book club discussion.

Thursday, March 1

Autism: The Musical: This documentary follows five children with autism as they work together to create and perform a live musical production.

6:00 to 9:00 p.m.

Free

Registration deadlines: February 26

Please contact Sherri Pierce at ext. 4056 to discuss childcare needs at least two weeks in advance.

Guest Speakers / Conférenciers invités  
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&  
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**2018 Yellow Ribbon Fundraising Gala**

**VICTORIA INN Hotel and Convention Centre**  
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Cocktails 6:00 pm - Dîner 7:00 pm  
Cocktails à 18 h - Dîner à 19 h

**Gala de charité des rubans jaunes 2018**

Saturday **FEBRUARY 17** le samedi **FÉVRIER**

\$100 per person\* or Table of 10 for \$900  
\$75 for personnel of 17 Wing and lodger units, and immediate family

\*100\$ par personne\* ou 900\$ pour une table de 10  
75 \$ pour le personnel de la 17<sup>e</sup> Escadre et unités hébergées, et famille immédiate.

TICKETS AVAILABLE UNTIL FEBRUARY 9, 2018  
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LES BILLETS SERONT EN VENTE JUSQU'AU 9 FÉVRIER 2018  
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MFRC/CRFM - 102 Comet Street / 102, rue Comet - Monday to Friday 8:30am - 4:30pm / du lundi au vendredi, de 8 h 30 à 16 h 30

**International Women's Day Celebration!**

**2018**

**Friday 9 March**  
5:30 pm - 10 pm  
DINNER AT 5:30 PM  
OFFICERS MESS - BLDG 76

Join us for a wonderful evening of self-care, painting, relaxation and fun!

Maxine Holmqvist will be talking about sleep and sleep wellness.

Risa Marchsac is back to conduct another fabulous paint nite!

Bring your girlfriends, sister, aunt, mother or neighbor for a fun filled night full of a sleep wellness talk, a paint nite where you can let your creative side go, food, friends and of course a take away bag filled with goodies!!

**COST: \$20**

**2018**

**Célébration de la Journée internationale de la femme!**

**vendredi 9 mars**  
de 17 h 30 à 22 h  
DÎNER À 17 H 30  
MESS DES OFFICIERS - BÂT. 76

Joignez-vous à nous pour une merveilleuse soirée d'autosoins, de peinture, de détente et de plaisir !

Maxine Holmqvist parlera du sommeil et le bien-être qu'il vous apporte.

Risa Marchsac est de retour pour une autre soirée de peinture.

Aprenez vos copines, sœurs, tantes, mère ou voisines pour une soirée informative et divertissante remplie de créativité, nourriture, amitié et n'oubliez pas le sac à surprise !

**COÛT : 20 \$**

**MFRC CRFM WINNIPEG**

REGISTER EARLY, SPACE IS LIMITED!  
REGISTRATION DEADLINE MARCH 9<sup>th</sup>

FOR DETAILS CONTACT THE MFRC AT 204-833-2500 EXT. 4500

INSCRIVEZ-VOUS DÈS AUJOURD'HUI, LES PLACES SONT LIMITÉES !  
DATE LIMITE D'INSCRIPTION : 9 MARS

CONTACTEZ LE CRFM POUR PLUS DE DÉTAILS AU 204-833-2500, POSTE 4500

**17 WING'S GOT TALENT**

**THINK YOU'VE GOT WHAT IT TAKES?**

**SUBMIT YOUR AUDITION TODAY!**  
Open to all members of the 17 Wing Community.

★ Auditions accepted until March 18, 2018 ★

Event will be held on **April 29, 2018** • 17 Wing • Bldg. 90 Theatre

Rules and details available at the MFRC, or online at [cafconnection.ca/Winnipeg](http://cafconnection.ca/Winnipeg)

**17<sup>e</sup> ESCADRE A DU TALENT**

**VOUS PENSEZ AVOIR CE QU'IL FAUT ?**

**SOUMETTEZ VOTRE AUDITION AUJOURD'HUI !**  
Ouvert à tous les membres de la communauté de la 17<sup>e</sup> Escadre

★ Date limite pour la soumission d'une audition : 18 mars 2018 ★

Événement le **29 avril 2018** • 17<sup>e</sup> Escadre • Bât. 90 - Théâtre

Détails et règles disponibles au CRFM ou en ligne à [connexionfac.ca/Winnipeg](http://connexionfac.ca/Winnipeg)



## Sports Trivia Answers

1. 1924 in Chamonix, France.
2. Five, divided into nine disciplines.
3. Bobsleigh, curling, ice hockey, Nordic skiing (divided into military patrol, cross-country skiing, Nordic combined and ski jumping) and skating (divided into figure skating and speed skating).
4. Charles Jewtraw of the USA won gold in 500-metre speed skating.
5. Ice hockey and figure skating.
6. Both were defending their Summer Olympic titles from 1920. Both were successful.
7. Biathlon which debuted in 1960 at Squaw Valley.
8. Klas Lestander of Sweden.
9. Walt Disney.
10. Barbara Ann Scott of Ottawa in women's figure skating in 1948 at St. Moritz.
11. Anne Heggtveit of Ottawa in the women's slalom in 1960.
12. Barbara Wagner and Robert Paul of Toronto won gold in pairs figure skating.
13. France - 1924, Switzerland - 1928, Yugoslavia - 1984, Canada - 1988.
14. Vic Emery, John Emery, Doug Anakin and Peter Kirby of Montreal in four-man in 1964 in Innsbruck, Austria. The most remarkable element in the Canadian win is that it was accomplished without government or commercial sponsorship. The team purchased its own equipment and paid its own way en route to the gold.
15. Jean Claude Killy.
16. Nancy Greene-Raine of Rossland, B.C. won gold in the giant slalom in 1968 in Grenoble. She also won silver in the slalom.
17. 1972 - Sapporo, Japan. Karen Magnussen of Vancouver won Canada's only medal, a silver, in figure skating.
18. Sonja Henie of Norway - 1928, 1932, 1936 in women's singles and Irina Rodnina of USSR - 1972, 1976, 1980 in pairs.
19. Kathy Kreiner won gold in giant slalom in 1976 in Innsbruck, Austria.
20. Cathy Priestner of Windsor, Ontario.



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FEB. 10 — VALENTINES DANCE

FEB. 16 & 17 — Woody & The Wild Ones

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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Focus on maintaining peace of mind. Streamline your schedule and cut down on commitments. Reach out to loved ones. Find common ground. Learn what you can do to move more gracefully through your days. Strive for empathy with others and to help them express their feelings.

**Taurus (April 20 – May 20):** Review your assumptions about yourself, where you planned to go in life and what you planned to do. The choices of the people around you influence you and effect you in ways you may not realize. You're not as independent as you thought. Pay attention to the big picture.

**Gemini (May 21 – June 21):** Do what needs to be done. Practicality serves you at this time. Stretch past what you've been taught was acceptable and guard against people harping at you to change to suit their agenda. Do things in your own way in your own time. Don't settle. Expect more from yourself and others.

**Cancer (June 22 – July 22):** Things naturally fall into place at this time. Enjoy this easier life phase. Your work brings results. Helping others feels good but receiving help is also a gift given to the person who wants to be helpful. Appreciate a kindness offered. Commit time to meditation and/or gentle exercise.

**Leo (July 23 – August 22):** Sometimes you give sometimes you receive. Taking care of someone else is necessary right now. Put your desire to lounge around on hold. It's your turn to help. An unresolved issue crops up again. Deal with it directly to avoid further frustrations in future. Initiate positive changes.

**Virgo (August 23 – September 22):** Take time to ponder intense thoughts, emotions and reactions. The root of a problem becomes evident. Be part of the solution. Maintaining the status quo might feel safer but if you opt into it, then you are creating further issues for yourself. Taking action empowers you.

**Libra (September 23 – October 23):** Reviewing details can be more constructive if you stay detached. Reframe the situation. Chaos can be freeing. This is your chance to rise above circumstances and say goodbye to limitations. Don't let your beliefs and assumptions hold you back. Be the best you can be.

**Scorpio (October 24 – November 21):** Endings are inevitable. It's time for a fresh start. You can't change what other people think and say or fix what is broken. Avoid negative, close-minded people. Find new friends. Explore new places. You're good with people when they are the right kind of people for you.

**Sagittarius (November 22 – December 21):** Sometimes when you try and fix things it only makes things worse. Give yourself a time out. Stop trying to exert your control. Let nature take its course. What others have and what they do is not your concern. Focus on living your own life and meeting your own desires.

**Capricorn (December 22 – January 19):** Making judgements based on the words of others leaves you at the mercy of their level of thought. The more you learn first-hand the greater your understanding. Fact check your assumptions. Life is full of uncontrollable variables, changing cycles and circumstances.

**Aquarius (January 20 – February 18):** Try and stay calm. Frustrating situations and bossy people seem to be everywhere. Mean spirited people are challenging. Stand your ground in a dignified way. Don't stoop to their level. Deal with issues promptly instead of procrastinating. You're in charge of your life.

**Pisces (February 19 – March 20):** You have options. Share your expertise. Teaching others energizes and excites you rekindling your interest in things you love doing. Keep learning. Improve your skills and expand on the services you offer. Moving forward and looking ahead, be open to new experiences.

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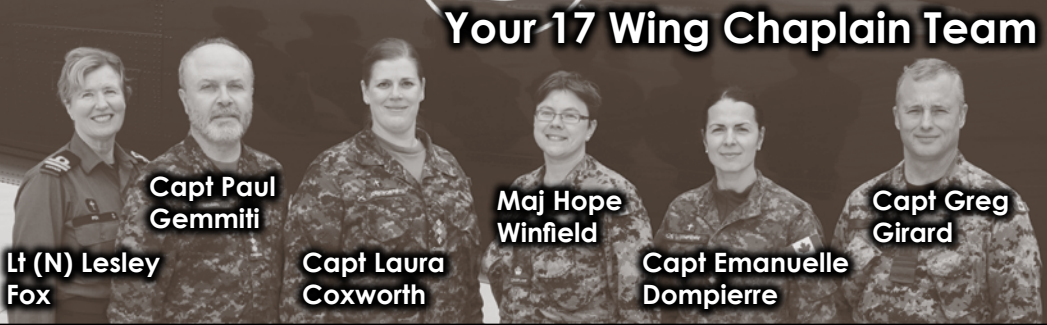
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# Chaplain’s Corner

## Surviving the Unhealthy Workplace

Wednesday, February 14 marks the beginning of the Lenten journey for Christians worldwide. Lent is a season of introspection, penitence, and a deep reflection into the brokenness of humanity and humanity’s dark side. It is modelled after Jesus’ 40 days in the wilderness where he fought the forces of evil that had come to destroy his ministry. Jesus overcame the evil that would rob humanity of all that God hopes and intends for us. When we speak of evil, we tend to speak of it in terms of “possession”. Our world does not like to think about evil much, except in terms of infantilizing it into frightening horror movies. We speak about people being insensitive or troubled or ignorant, but never evil. The reason the church speaks about people being “possessed” by evil is that there are some things out there that can get a grip on people that will overcome them to the point of obsession. If you think it is only addiction, you would be wrong. People can become possessed by jealousy, materialism, anger, lust, workaholism or careerism, greed, gluttony, judgment, pride, and any number of things. You could certainly add to the list other categories. I have seen evil exhibited in churches, in organizations, and in workplaces, and when it rears its ugly head, it can have all kinds of consequences. A workplace can be destroyed by one person who will pull a group into darkness. There are times when all of us can be possessed by something that will keep us from embracing all that God intends for us.

One of the tools I use in my ministry is the Ennea-

gram. It is a spirituality personality test that has its roots in the wisdom traditions of Christianity, Islam, Judaism, Taoism, Buddhism, and the ancient Greek philosophers. It identifies an individual in one of nine personality typologies that will look mostly at your “dark side” and your core motivations in life. I like it, because it explores what you look like as your healthy self, and what you begin to look like when evil takes hold, and you become unhealthy. If you are interested in an assessment, come see me, or you can access the test online as well.

Aside from our own self-awareness and self-knowledge and how each one of us can keep evil at bay in our own lives, the larger question is what to do with others you have to work with who are exhibiting some unhealthy patterns and who seek to destroy your workplace? In my faith tradition, Jesus responded to this kind of evil not with revenge, punishments, or being vindictive. No, he moved the people in his community towards a greater, more captivating vision than the one that was being espoused by the person possessed by something demonic. All you can do is hold to your integrity, offer people in your workplace a better way, and keep loving people even more powerfully. Where you see darkness in your workplace, be the light, and keep that lamp held high. Good will always triumph over evil. Love is more powerful than hate. In the words of St. Augustine, “Let the root of love be in you, nothing can spring from it but good.”

## Ash Wednesday

An Ecumenical Ash Wednesday Service will be held in the 17 Wing Chapel on Wed., Feb. 14 at 1215 p.m. All are welcome to attend as we celebrate the beginning of the Lenten season in the Christian tradition.

Le service du mercredi des Cendres œcuménique se déroulera le 14 février 2018, à 12 h 15, à la chapelle de la 17e Escadre.

Vous êtes tous les bienvenus à ce service qui souligne le début du carême chrétien.

## Faith *and* Life

PROTESTANT	JEWISH	CATHOLIC
<p>GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY</p> <p><b>SUNDAY SERVICE:</b> (English Only) 1100 hrs</p> <p><b>COMMUNITY SERVICES:</b></p> <p><b>Sunday School:</b> 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.</p> <p><b>Marriage:</b> Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. <i>Please contact the Chaplain before setting the date for the wedding or arranging family travel.</i></p> <p><b>Baptism:</b> The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. <i>Please contact the Chaplain before setting the date for the baptism or arranging family travel.</i></p> <p><b>Protestant Chapel Guild:</b> It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.</p>	<p><b>CHAPLAIN</b></p> <p><b>Padre Noteh Glogauer</b> ext 6914</p>  <p><b>17 Wing Military Community Chapel</b> 2235 Silver Ave (west off Whytefold/Wihuri Road)</p>	<p>ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY</p> <p><b>SUNDAY MASS:</b> (Bilingual) 1600 hrs</p> <p><b>CHAPLAINS</b></p> <p><b>Padre Hope Winfield</b> (Roman Catholic Pastoral Associate) - Wing Chaplain ext 5417</p> <p><b>Padre Paul Gemmiti</b> (Roman Catholic Priest) - Catholic Faith Community Coordinator ext 4885</p> <p><b>Padre Emanuelle Dompierre</b> (Roman Catholic Pastoral Associate) - Mental Health Chaplain ext 5086</p> <p><b>COMMUNITY SERVICES:</b></p> <p><b>Religious Education:</b> Classes can be available to children from Preschool to Grade 6.</p> <p><b>Sacrament of Reconciliation:</b> It is available by request and at special times of the year. Contact Padre Gemmiti.</p> <p><b>Baptism:</b> We recommend that you contact the chaplain’s office for an appointment six months in advance. <i>Please contact the Chaplain before setting the date for the Baptism or arranging family travel.</i></p> <p><b>Marriage:</b> 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. <i>Please contact the Chaplain before setting the date for the wedding or arranging family travel.</i></p>

<p><b>MAIN OFFICES</b> Administrative Assistant 204-833-2500 ext. 5087 Building 64, Lower Level, North End.</p>	<p><b>EMERGENCY DUTY CHAPLAIN</b> Contact MP Dispatch ext 2633.</p>	<p><b>INFO PHONE NUMBER</b> For chaplaincy services and related information, phone ext <b>6800</b> and follow the prompts.</p>	<p><b>WEBSITE</b> Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click ‘17 Wing’, then ‘Services’.</p>	<p><b>CARE &amp; SHARE BENEVOLENT FUND</b> Contact Wing Chaplain Office for further information.</p>
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