



THE VOXAIR

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435 Squadron Thanked by Rescued Family



Sergeant Steve Delage, 435 Squadron Search and Rescue technician (SAR), greets Dody Jorah, Scott Qiyuk, and Micah Qiyuk upon their arrival to 435 Squadron on 25 Jan. At midnight, 18 August 2016, 435 Sqn deployed a CC130 Hercules on a SAR callout to Chesterfield Inlet, near Qamani'tuaq, Nunavut, where Dody Jorah's boat was stranded during a fierce storm. The aircrew deployed communications, clothing, and rations to the stranded boat and circled the area to indicate the location to the rescue boat. All members of the stranded boat made it safely back to Qamani'tuag, NU. Full story on Page 2. Photo: Sgt Daren Kraus

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435 Sqn Thanked by Rescued Family



On Wednesday, 25 January 2017, Dody Jorah, Scott Qiyuk, and Micah Qiyuk pose for a group photo with members of 435 Squadron in front of CC130 Hercules aircraft. At midnight, 18 August 2016, 435 Sqn deployed a CC130 Hercules on a SAR callout to Chesterfield Inlet, near Qamani'tuag, Nunavut, where Dody Jorah's boat was stranded during a fierce storm. The aircrew deployed communications, clothing, and rations to the stranded boat and circled the area to indicate the location to the rescue boat. All members of the stranded boat made it safely back to Qamani'tuag, NU. Photo: Sgt Daren Kraus

by Martin Zeilig, Voxair Photojournalist

Dody Jorah was overcome with emotion when Sergeant Steve Delage, a Search and Rescue Technician, 435 Squadron, greeted her at the security desk of 16 Hangar on January 25.

Dody, a native of Baker Lake, Nunavut, 1600 kilometres north of Winnipeg, threw her arms around Sgt Delage and burst into tears of joy and relief as she hugged him tightly.

One could see the emotion welling up in Sgt Delage too.

She, along with her two sons and her father, were located by a 435 Squadron C-130 Hercules after being stranded for 18 hours on August 18, 2016 on the choppy waters of Baker Lake near Chesterfield Inlet. The motor of their 22 foot aluminum boat had stopped working. The family had been out on a narwhal hunt.

The Voxair reported on the rescue mission shortly after it occurred (435 Sqn Locates Overdue Boaters – Voxair Issue 15: August 31, 2016).

Jorah, her husband Scott Qiyuk, and their daughter Micah, 13, had flown into Winnipeg specifically to meet with their rescuers at 435 Squadron.

"That was a rough night," said Sgt Delage as Dody hugged him tightly. "We were really glad to see you."

Jorah recalled how she shouted with relief after the Herc first circled overhead early that morning: "They're here. They didn't forget us."

She also observed that her oldest son took a couple of empty jerry cans and started waving at the plane, which was circling at 500 feet above them.

After the initial introductions, Sgt Delage and the other members with him from 435 Sqn escorted the family to the SAR Tech shop where they were introduced to other SAR aircrew and given a tour of the facility. This included a tour inside the actual Herc that the crew had flown on their rescue mission.

Dody and Scott also presented a gift to Sgt Delage and his comrades; a black and white Inuit print showing an Inuk man doing a traditional dance while beating a large hand drum as an Inuk woman is dancing behind him in front of a caribou tent.

Dody noted that their boat only had three life preservers. She also had her sons tie the jerry cans around their waists in case the boat should capsize.

"Once boat was found, an attempt to communicate with them failed with the first message dropper which was an emergency two-way radio," said the mission report provided by Sgt Delage.

A second attempt was done with a Motorola XTS 5000r and communication was established immediately according to the report.

"Both attempts were with message dropper systems attached to 600 ft pump ropes," it said. "The person who communicated back from the boat in distress expressed that they were tired and wet. Also mentioned that they had only 2 life vest for the 4 POB. Knowing that a rescue boat was on its way but with no specific ETA, a cargo net with a pump rope was dropped to them to ensure that they can warm up while waiting and for the long transit back to shore."

"This is a good lesson," said Sergeant Kaulin Damron, Acting SAR Tech Leader, during the informal gathering in the SAR Tech shop.

Damron was referring to the need for boats to have satellite phones (which Qiyuk family did have on their boat that day) in case of emergencies, as well as water proof bags for gear, and a flashlight or lighter of some sort.

"If we know in advance, it will help us," Sgt Damron added.

Dody Jorah called her rescuers human angels.

"My idea was to come here and meet them," she said.

Sgt Delage said the SAR Techs rarely meet the people they rescue after the mission.

"It was great to be able to actively close the loop," he commented, noting that he felt a lot of empathy when Dody embraced him.

Besides Sgt Delage, who was team leader, the other members on that flight were AC: Major Anthony Meikle; FO: Capt Mike Pape; Flight engineer: Sgt Peter Jackson; Load Master: Sgt Colm Canavan; Team Member: MCpl Reagan Kruger; Team Member: MCpl Alfred Barr

#TBT 1959: Dance Dance Revolution

* Reprinted from the very first Voxair - Issue 5, Volume 8, May, 1959

ANNIVERSARY DANCE BIG SUCCESS

About four hundred couples attended the RCAF 35th anniversary ball at the Station Drill Hall last April 1st. The ball was a festive affair, featuring a many-sided entertainment schedule — CBC-TV's popular "Saddle Songs" group — The Sons of the Saddle, who provided modern and old-time music. Cpl. Roy Deveau's versatile Hi Hat group contributed Modern and Latin tempos, and a pantomiming pair—Berks and Arlene Baker—almost literally brought the drill-hall roof down with their frenzied antics synchronized with various popular recordings. The menu featured Southern fried chicken.

An energetic group of workers laboured mightily for two days before the dance to decorate the drill hall for the occasion. Thousands of streamers were strung across the roof and the facelifting was a success. Boy Scouts and Girl Guides assisted at the busy hat-check counters. All present agreed that the festivities were worthy of the occasion.



The Sons of the Saddle at the drill hall.

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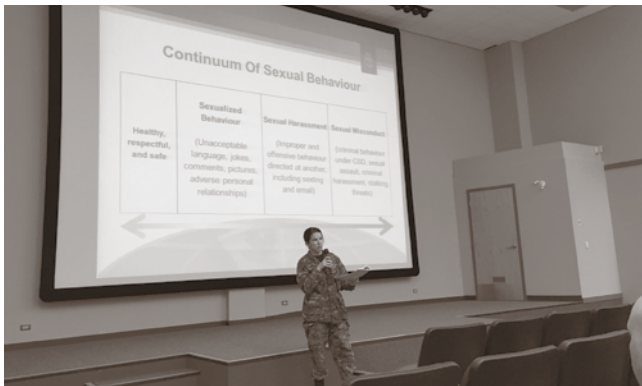
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Operation HONOUR Briefings for all DND Members



LCol Geneviève Lehoux delivers mandatory seminar on inappropriate sexual behaviour to member. Photo: Martin Zeilig, Voxair Photojournal

by Martin Zeilig, Voxair Photojournalist

“Harmful and inappropriate sexual behaviour is a term coined by the CAF to cover a range of behaviours that occur within a sexual context, all of which are not only unacceptable within our institution and in direct conflict with the DND/CAF Code of Value and Ethics, but may also be in contravention of existing policy and law,” said Lieutenant Colonel Geneviève Lehoux, 17 Wing Deputy Commander, at a presentation on Operation HONOUR, before about 150 military and civilian personnel from the DWComd Branch, PSP/NPF and MFRC, at the Netherlands Theatre on January 24.

The mandated Bystander Training is for all RCAF members and DND employees. Each unit will conduct training in the next few weeks.

Operation HONOUR is the Canadian Armed Forces’ (CAF) mission to eliminate harmful and inappropriate sexual behaviour in the Canadian military, according to the Department of National Defence/CAF website.

“I thought it was excellent training,” said Tracy Klasen, a civilian cleaning staff member, of the presentation. She was at the meeting with fellow cleaner Karen Woodard and Carol Donegan, Wing Cleaning Supervisor.

During her presentation, LCol Lehoux referred to the survey, Sexual Misconduct in the Canadian Armed Forces 2016, released by Statistics Canada in November last year.

“About 960 Regular Force members of the Canadian Armed Forces, or about 1.7%, reported being victims of sexual assault during the previous 12 months either in the military workplace or in situations involving military members, Department of National Defence employees or contractors,” reads the survey. “Sexual assault

includes unwanted sexual touching, sexual attacks and sexual activity to which the victim is unable to consent.

“Female Regular Force members were four times more likely than males to report being sexually assaulted in the past 12 months (4.8% compared with 1.2%). In total, this represented approximately 380 women and 570 men.”

“Among those serving in the Primary Reserve, which predominantly consists of part-time members, 2.6% reported that they were victims of sexual assault in the past 12 months. Female Primary Reserve members (8.2%) were more likely than their male (1.4%) counterparts to report having been victims of sexual assault in the past 12 months.”

“Sexualized behaviours in the workplace erode morale and operational effectiveness,” said LCol Lehoux. “Consequently, there is a need for everyone to be vigilant in watching for these behaviours and diligent in correcting them immediately.”

In order to combat sexualized behaviour, the CAF has established the Sexual Misconduct Response Centre (SMRC), the first-ever dedicated independent support centre for CAF members, LCol Lehoux said. The SMRC has been established to provide victims the option of reaching out for information or support without automatically triggering formal reporting, and the subsequent investigative and judicial processes that may follow.

All CAF members must report any violation of the law, rules, regulations, orders, and instructions that govern personal conduct, according to the Code of Service Discipline. This includes bystanders and includes any and all allegations of sexual misconduct.

From LCol Lehoux’s presentation: If someone you know in the CAF has been sexually assaulted, you should offer to help them access the type of support that they are comfortable with. Support options include:

- the Sexual Misconduct Response Centre
- a local chaplain
- health care provider
- the CAF Members Assistant Program
- CAF Mental Health Services
- the chain of command
- military or civilian policing authorities
- or other community resources.

“Avoid being judgmental, keep from second-guessing and resist placing any blame on him or her,” said LCol Lehoux. “Simply listen, show interest in what they are saying, and ask what you can do to help.”

Sports Trivia

NHL All-Star Game

by Tom Thomson and Stephen Stone

1. The first All-Star game in ice hockey predates the NHL. It was played on January 2, 1908, before 3,500 fans at the Montreal Arena. It was a benefit game for whom?
2. The NHL held its first ever All-Star game on February 14, 1934. The game was played at Maple Leaf Gardens in Toronto. It was a benefit for which player?
3. On November 3, 1937, at the Montreal Forum, the game saw two All-Star teams play. The first was a team of stars from the Canadiens and the Montreal Maroons, the second was made up of stars from the other teams in the league. The game was a benefit for this player who had died on March 8.
4. This player drowned in Lake Huron in August, 1939. To benefit his family, the Canadiens and Maroons organized a game between the Canadiens and a team of NHL All-Stars. The game was held on October 29, 1939, at the Montreal Forum and raised \$15,000 (equivalent to \$247,013 in 2017). Who was the player?
5. Where and when was the first official All-Star game held?
6. When did the defending Stanley Cup champion win its first All-Star game?
7. Which Toronto Star columnist suggested the game should be played at mid-season and the fans should choose the starting lineup?
8. When was the All-Star games moved to mid-season?
9. Which expansion team was the first to host an All-Star game?
10. Who has played in the most All-Star games?
11. Who has scored the most points in All-Star competition?
12. Who has the most penalty minutes in All-Star competition?
13. Who has the record for assists in an All-Star game?
14. Which goaltender played in the most All-Star games?
15. Which goaltender has had the most goals scored against him in All-Star competition?
16. Who scored the quickest goal from the start of an All-Star game?
17. Which players scored the fastest two goals for one team from the start of an All-Star game?
18. Which player scored the fastest two goals in an All-Star game?
19. Who scored the most goals in one period in an All-Star game?
20. Who has the most assists in one period in an All-Star game?

Sports Trivia Answers on page 14

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U of M Panel Says Canada's Military Helped Shape Country



Canada as a Military Actor panel:(left to right) BGen Chad Manske, Ms. Rebecca Jensen, Dr. Andrea Charron, and Dr. Jim Ferguson. Photo: Bill Featherstone

by Martin Zeilig, Voxair Photojournalist

The United States is Canada's most important ally and defence partner, says Brigadier General Chad Manske, Deputy Commander, Canadian North America Aerospace Defense Region, and Deputy Combined/Joint Force Air Component.

"Being a reliable partner in defending North America requires that the Canadian Armed Forces conduct joint continental operations; participate in training exercises with U.S. forces; and remain interoperable with the U.S. Military," Brig Gen Manske said.

His remarks were made at a panel, Canada As A Military Actor, at the 2017 John Wesley Dafoe Political Studies Students Conference-- Canada at 150: Canada in the World (January 25-27) before about 75 people in the Great Hall of University College at the University of Manitoba on the afternoon January 26.

Brig Gen Manske's fellow panellists were Dr. Andrea Charron, Deputy-Director of Defence and Security Studies at the U of M, and Director of the Centre for Security, Intelligence and Defence Studies at Carleton University, and Ms. Rebecca Jensen, a doctoral candidate at the University of Calgary's Centre for Military and Strategic Studies. Dr. James Fergusson, Director of the Centre for Defence and Security Studies, and a Professor in the Department of Political Studies at the U of M, was the moderator.

"The depth and breadth of the Canada-U.S. defence partnership provides both countries with greater security than could be achieved individually," Brig Gen Manske said. "At any given time, there are approximately 750 CAF members serving in the U.S. with approximately 300 at NORAD (North American Aerospace Defence Command)."

He pointed out that NORAD was established in 1958 to monitor and defend North American airspace with a maritime warning mission added in 2006.

Dr. Charron provided a historical perspective of Canada's military.

She quoted Prime Minister Sir Wilfrid Laurier, the seventh Prime Minister of Canada (July 1896-October 1911): "When Britain is at war, Canada is at war. There is no distinction."

Dr. Charron quoted from Brigadier General A.E. Ross about the Battle of Vimy Ridge: "In those few minutes I witnessed the birth of a nation." This year marks 100 years since the battle.

"Canada's military was born of citizen soldiers who felt a sense of military duty," Dr. Charron said. "In the past, most Canadians had a connection to the military."

She listed some of the Great War's effects on Canada: income tax, daylight savings, women's voting rights, increased manufacturing capacity, a seat at the League of Nations separate from the UK, 1931 Statute of Westminster, French-English tensions, class tensions, and an increase in a feeling of national identity.

In the Second World War our participation included, among other things, the Battle of the Atlantic and the air wars over Europe, including the Battle of Britain, the British Commonwealth Air Training Plan, and, of course, thousands of ground troops fighting with our allies in Europe said Charron.

Prof Charron listed the contributions from that war: war brides to and from Canada; CBC's radio news service was launched; the pact with the U.S. And the Permanent Joint Board on Defence; and a total mobilization effort at home which included agricultural production, uranium mining, and POW and internment camps.

She also listed the effects the Cold War and Post-Cold War/Post 9/11 had (and continues to have) on Canada: like the creation of NATO and NORAD, the idea of Canada as a peacekeeper, and the U.S. being our great-

est ally and trading partner.

"The military and Canada's engagement in wars contributed to the birth of Canada," said Dr Charron. "It shaped our foreign policy and determined the allies we have today. Canadian direct involvement in the military is at its lowest level. Given the lack of connection today, what does that mean for the future of the military and Canada?"

She also said some "sacred cows"-- certain "non-negotiable" issues-- have developed that are rarely questioned: "We're not even close to the promise of 68,000 regular forces and 27,000 reserves; Unwavering support of the U.S. Military and U.S. Military ambitions, or might the U.S. Kick us out of alliances/exercises?; a multipurpose combat force instead of niche specialization?; no base closures-- but consolidation of buildings meaning reserves have fewer training locations; made in Canada procurement, no base closures and military as an economic driver; No conscription ever?"

"Right now, in the absence of a major shift in Canada's trade and foreign relations, stability and security on many fronts will be best served by significantly boosting the military budget," said Ms Rebecca Jensen from the University of Calgary Centre for Military and Strategic Studies.

"Regardless of who is in the White House, anything that could damage the relationship with our closest ally, trading partner, and, it must be remembered, very good friend, must be viewed with great caution," she said. "This is an alliance we can't afford to jeopardize, but it's also not one we want to jeopardize, so I somewhat reluctantly consider my alternative to be irresponsible, despite seeing appeal in it."

Brig Gen Manske, the highest ranking U.S. military officer in Canada, also observed that Canada and the U.S. have 5525 miles of shared border, and each is the "largest economic trading partner of the other with \$2 billion daily." There are 400 thousand border crossings daily, he added.

"Canada is the top export destination for 35 US states with nine million jobs tied to trade with Canada," BGen Manske emphasized.

Health Promotion Demonstrates How to Reduce Morale

by Martin Zeilig, Voxair Photojournalist

Jackie Kurceba, manager of CFB Winnipeg Golf Club, had nothing but kudos for the Let's Talk seminar she and eight other people, including a reporter from The Voxair, had just taken part in on January 27 in the second floor conference room of the Canex Building.

"Health Promotion does it again," said Kurceba. "They sponsored a great course."

The two hour seminar, which was organized by PSP Health Promotion, was free for military members, DND employees and their adult family members and was ironically also billed as "How to Reduce Morale Further-How You and Your People Can Stay Miserable."

"Bell Let's Talk is a day to open up dialogue on mental illness," said Diane Brine, Health Promotion Specialist, PSP, who was assisted in running the informal but well-structured forum by Kathy Dmytrisin Manager, Health Promotion, PSP. "It encourages people to talk freely about struggles they may be having with mental health or of others who may be struggling. It is hoped that we can reduce or better yet, eliminate the stigma around mental illness."

In September 2010, Bell Let's Talk began a new conversation about Canada's mental health, notes the BLT website.

"At that time, most people were not talking about mental illness," says the information on their website. "But the numbers spoke volumes about the urgent need for action. Millions of Canadians, including leading personalities engaged in an open discussion about mental illness, offering new ideas and hope for those

who struggle, with numbers growing every year. Bell's total donation to mental health programs now stands at \$79,919,178.55 and we are well on our way to donating at least \$100 million through 2020."

Dedicated to moving mental health forward in Canada, Bell Let's Talk promotes awareness and action with a strategy built on 4 key pillars: Fighting the stigma, improving access to care, supporting world-class research, and leading by example in workplace mental health.

"Mental health is the leading cause of workplace disability in Canada and represents 15% of Canada's burden of disease," says the Bell website. "Bell is committed to leading by example in our own workplace by adopting the voluntary Standard for Psychological Health and Safety in the Workplace, and is encouraging greater corporate engagement across Canada."

Participants at the seminar were broken into two discussion groups. Brine and Dmytrisin did role playing in which each would respond to a particular circumstance that could impact on morale and relationships within a work environment. Afterwards, participants offered solutions to, and discussed in detail, the elements/questions that had been posed by the role playing.

A handout was headlined, Assertive Communication: Becoming an Active Listener. It listed the five key elements of active listening: Pay attention, show that you are listening, provide feedback, delay judgement, and respond appropriately.

"I thought it was all very productive," said Major Hope Winfield, Wing Chaplain. "I like the scenarios, particularly about self-care. It was very well presented. I

think it's good that people took time out to attend. It's so important that we look at our mental health, and open the door for people to discuss (concerns about the issue). This was a wonderful workshop."

Kurceba commended the organizers for providing a safe and friendly environment in which to learn and participate.

"This is the second Health Promotion course I've taken in the past two months," she said. "I would thoroughly recommend signing up for a course in the near future because they're really beneficial."

"This workshop builds on all of our programs," offered Brine. "It does not matter if you are talking about nutritional wellness, social wellness, addiction-free live and injury prevention, the basis is communication. Communication, the clarity or lack of clarity, has an impact on how an organization does business. To have a strong, operationally ready, healthy force we all need to communicate appropriately."

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Archers Shoot 3D at Wing Tournament

by Martin Zeilig, Voxair Photojournalist

Austin Taylor said he has no regrets about giving up our national winter sport to focus on archery.

A grade 11 student, Taylor was a contestant in the Indoor 3D Archery Tournament in Building 21 on January 29. He said that he took up archery four years ago.

"It's different from other sports," said Taylor, a former goalie in hockey, who was at the tournament with



Competitors by the blind at the 17 3D Archery Tournament. Photo: Martin Zeilig, Voxair Photojournalist

his parents, Kelly and Sandy Taylor. "You have to control your adrenaline."

Some 40 people, youth and adults, participated in the event, said Ron Cooney, President of the 17 Wing Archery Club, the tourney's organizing body.



Stella Braun about to launch her arrow. Photo: Martin Zeilig, Voxair Photojournalist

"This tournament is provincially sanctioned," he added.

Various game animals like a white-tailed deer, black

bear, leopard, Mule deer, an elk, an antelope, a coyote, a wolf, even an alligator (among other critters), were set up at various distances in the gym.

The archers moved from station to station in a semi-circle at one end of the gym, where they shot at the artificial animal targets at various distances ranging from 50 yards to 30 yards away.

It started as a way for bow hunters to practice on lifelike targets in places similar to where they hunt says information on an archery website.

The targets used for 3D tournaments have scoring rings on the areas of the animal bodies where the vital organs would be. That is, archers try to shoot the targets in the heart-lung areas, just like bow hunters would do on real animals.

A bullseye is worth 10 points; while anything within the vitals was eight points. Other nearby sites on the animal are worth five points, except for hoofs and antlers, Cooney said.

He was using a compound bow-- a modern bow that uses a levering system, usually of cables and pulleys, to bend the limbs.

Taylor's father mentioned that the family will be heading off to Phoenix, Arizona, in April where Austin, a member of the Manitoba Provincial Archery Team, will be participating in an outdoor tournament to help him increase his chances at making Canada's National Archery Team so he can take part in the 2017 World Archery Youth Championships in Rosario, Argentina, October 2-8.

"Austin is an amazing athlete," said Kelly Taylor, an award winning journalist/editor at the Winnipeg Free Press, who noted that he took up archery too because his son "was doing it."

A few of the archers, such as long-time bowman Gerald Laroche, were using longbows, rather than compound bows.

"I've been shooting for seven years," said Mr. Laroche, who was using a Montana Long Bow. "My first year was with a compound bow. I've wanted to shoot a traditional bow since I was a kid."

He noted that he goes grouse hunting with a bow, as well as using a rifle sometimes.

"I just started big game hunting with a long bow," offered Laroche, who noted that he's won a number of indoor and outdoor 3D tournaments over the years.

He said the concentration required for archery is

very Zen-like.

"It's one of those sports where your whole mind and body is involved," said Laroche, 57, a Masters category archer, who was wearing a self-made deep green leather arm guard engraved with a wolf's head, with a matching self-made leather cylindrical back quiver.

"You could be stressed out during the day, and you just stare at that small spot on the target. As you start pulling back (on the taught bow string), you start breathing with the movement. Then, you're at your anchor



3D targets set for the competition in bldg 21. Photo: Martin Zeilig, Voxair Photojournalist

point, and you release the arrow and watch it fly and hit the target. You feel good about it."

There was a little bit of everything during the day, commented Cooney, a retired RCAF officer.

"We had long-time competitive shooters, and people shooting for the first time in a 3D tournament," he said, as the last of the competitors filled out their score cards before filing out of the gym. "We had all age groups and equipment types. That to me is the beauty of archery. There's something for everybody."

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1 CAD Honours Their Members with Awards



Deputy Commander of 1 CAD, BGen David Lowthian, presents MWO Ian Lalonde the General Campaign Star, on Feb 2, 2017, in Bldg 25, 17 Wing Winnipeg, MB. All Photos: Cpl Darryl Hepner, 17 Wing Imaging, Winnipeg



Maj Ian Decarlo received the General Service Medal (GSM).



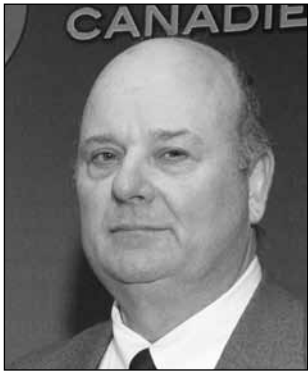
Maj Greg Perry received the GSM.



WO Richard Sparrow received the GGSM



MWO Malande received the Operational Service Medal.



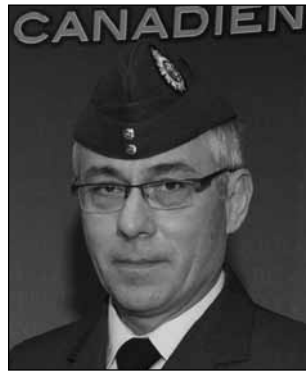
Mr. Dave Fouts received the third clasp to the Canadian Forces Decoration.



Maj Brian Orton received the second clasp to the Canadian Forces Decoration.



MWO Robert McSorley received the first clasp to the Canadian Forces Decoration.



WO Richard Sparrow received the first clasp to the Canadian Forces Decoration.



LCol Chris Morrison received the first clasp to the Canadian Forces Decoration.



Capt Colleen Kelly-Wardle received the first clasp to the Canadian Forces Decoration.



Sgt Carol Woo received the first clasp to the Canadian Forces Decoration.



Capt Manivone Morrison received the Canadian Forces Decoration.



Capt Andrew Peddle received the Canadian Forces Decoration.



Capt Danny Vanderbyl received the Canadian Forces Decoration.



Capt Trevor Vail received the Canadian Forces Decoration.



CWO Denis Rutherford received the Chief Warrant Officer Scroll.



LCol Guy Parisien received The Commander Canadian Joint Operations Command Commendation.



Capt Kristin Gehlert received The Commander Canadian Joint Operations Command Commendation.




CWO Edmund Holland received The 1 CAD Commander's Commendation.




MWO Michael Jarvie received The 1 CAD Commander's Commendation.

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Multiple Agencies Defend Canada's Cyber Security

by Martin Zeilig, Voxair Photojournalist

The annual Government of Canada Security Awareness week takes place from February 6th to 10th this year. Here is an overview of the different organizations and places you can go for help if you feel you've been compromised.

"Many organizations across the Government have a role to play with respect to cyber security in Canada. Public Safety Canada engages and works with these departments on a number of cyber security operational and policy issues," states an article, Cyber Security in the Canadian Federal Government, on the Public Safety Canada website.

Public Safety Canada (PS) is mandated to keep Canadians safe from a range of risks such as natural disasters, crime and terrorism. The department houses the Government Operations Centre as the hub of the National Emergency Response System (NERS).

There are some basic procedures that people can follow to maintain cyber security in their workplace (and home), says the Honourable Ralph Goodale, Minister of Public Safety and Emergency Preparedness, in an online video presentation to promote Cyber Security Awareness Month (October 2016):

1. Keep your computer and devices up to date. Install system updates as soon as they're available.
2. Change your passwords regularly and use a combination of letters, numbers and special characters that only you will know and remember.
3. Go with your gut: Never click onto an email or links that look odd or suspicious.
4. Protect yourself with security software. Use anti-virus software and activate a firewall to stop viruses and hackers.

Eight million Canadians fell victim to cybercrime in 2015, according to the government website.

"It's getting more powerful and organized every year," says the online information. "It thrives on your personal information."

The Department of National Defence (DND) is responsible for the provision of defence intelligence to inform the Government of Canada threat and risk assessment process, says the DND website. DND contributes to Government situational awareness during the monitoring and analysis, mitigation, and response phases of the Government of Canada Information Technology Incident Management Plan by providing cyber security information from military allied sources, monitoring and reporting on technological IT threats, and providing options analysis for potential military response.

A three year Defence Intranet Renewal project is underway to "consolidate content from across the organization into one integrated intranet for the DND and Canadian Armed Forces, notes the DND website.

"We are working to reduce the number of pages, and bring all level-one (L1) organizations and Environmental Command sites under one intranet umbrella," says the website. "What this means is an intranet that will enable our work, help keep us all up-to-date with the most relevant information, in a way that's easy for everyone to use and navigate."

There are other agencies too that are central to maintaining cyber security for Canadians.

From the Government of Canada website:

The Canadian Cyber Incident Response Centre (CCIRC) escalates cyber incidents of national significance to the Government Operations Centre which then helps coordinate a national response.

Public Safety Canada (PS) is mandated to keep Canadians safe from a range of risks such as natural disasters, crime and terrorism. The department houses the Government Operations Centre as the hub of the National Emergency Response System (NERS). The Canadian Cyber Incident Response Centre (CCIRC) escalates cyber incidents of national significance to the Government Operations Centre which then helps coordinate a national response.

The Royal Canadian Mounted Police (RCMP) leads the criminal investigative response to suspected criminal cyber incidents, such as the unauthorized use of a computer and mischief in relation to data. It leads the investigative response to suspected criminal national security cyber incidents and assists domestic and international partners with advice and guidance on cyber-crime threats.

The Communications Security Establishment Canada (CSEC) is the Government of Canada's cryptologic agency responsible for the collection of cyber foreign intelligence and Canada's interface with the international cryptologic community. It undertakes classified research and development for cyber security. CSEC monitors and defends Government of Canada networks by detecting, discovering and responding to sophisticated cyber threats to the Government, and provides mitigation and recovery advice and guidance to Government departments to help them recover from cyber incidents.

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BeneFit - PSP and Canex Collaboration

The BeneFit Program Creating a healthier food environment for the CAF Community

Background on this program

- This program represents a collaboration between PSP and CANEX.
- Based on a model used at CFLRS, it has been in development since early 2016.

Objectives of the program

- The objective of this program is to better align HP messaging with CANEX's food offering.
- This will be done by better identifying and promoting healthier food options both on CANEX store shelves and eventually in vending machines (look for the vending machine launch in Mar 2017).

How do foods obtain the BeneFit designation?

- A team of HP Dietitians developed a "nutritional calculator" specifically for the needs of the CAF Community.
- This program takes into account fats, cholesterol, sodium, sugars, fibre and proteins for each of 27 different food categories.
- Based on nutrient content, food items either lose or gain points and the final total number of points is what determines whether the food meets the threshold for its category.

Important messages from HP

- When seeking to improve the morale and welfare of the CAF, it is important to align the environment with the messaging.
- Moderation and variety remain the cornerstones of a healthy diet – more info available in our WWLP and TFTP workshops.
- Whether fueling up after a workout or looking for a snack for the kids, look for the **BeneFit** logo!

BeneFit
Healthier Choice

The Science

The HP Team researched and tested hundreds of food products to develop the "BeneFit Calculator"

Acclaim

In addition to winning the inaugural PSP Innovation Award for 2016, this calculator has garnered interest from government partners and from private industry.

More info

HP offers **Weight Wellness Lifestyle Programs** and **Top Fuel for Top Performance workshops** for anyone interesting in learning more about healthy eating.



Le programme Alimentation La promotion d'un environnement alimentaire sain pour la communauté militaire

Contexte du programme

- Ce programme représente une collaboration entre les PSP et CANEX.
- Inspiré d'un modèle utilisé à l'ELRFC, il est en développement depuis le début 2016.

Objectifs du programme

- L'objectif de ce programme est de mieux arrimer les messages de la PS avec l'offre alimentaire CANEX.
- Le programme facilitera l'identification et la promotion des options alimentaires « santé » autant en magasin CANEX que dans les machines distributrices (surveillez le lancement dans les distributrices en mars 2017).

Comment est-ce que les aliments obtiennent la désignation Alimentation?

- Une équipe de diététistes de la PS a développé une calculatrice nutritionnelle en prenant en compte les besoins particuliers de la communauté militaire.
- Ce programme considère les gras, le cholestérol, le sodium, les sucres, les fibres et les protéines pour 27 catégories d'aliments.
- Selon leur contenu nutritionnel, les aliments accumulent ou perdent des points – c'est le total de points à la fin qui détermine si l'aliment atteint la note de passage de sa catégorie.

Messages importants de la PS

- Lorsqu'on cherche à améliorer le bien-être et le moral des FAC, il est important d'assurer une cohérence entre l'environnement et le message.
- La modération et la variété demeurent les pierres angulaires d'une alimentation saine. Plus d'infos dans nos ateliers SVPS et BSRA.
- Que ce soit pour vous ravitailler après un entraînement ou lorsque vous voulez une collation pour les enfants, cherchez le logo **Alimentation!**

Alimentation
Choix santé

Les fondements

L'équipe de la PS a recherché et analysé des centaines d'aliments afin de développer la calculatrice Alimentation

Reconnaissance

En plus d'avoir obtenu le prix inaugural de l'innovation des PSP pour 2016, cette calculatrice a suscité de l'intérêt de la part de nos partenaires gouvernementaux et de l'industrie privée.

Plus d'infos

Votre bureau de la PS offre le **Programme Style de Vie Poids-Santé** et des ateliers **Bouffe Santé pour un Rendement Assuré** pour ceux qui souhaitent s'outiller davantage en lien avec l'alimentation saine.



Around The Wing



Ryan Hart, Executive Director of the Players Cup, presents a cheque to Joel Roy, Executive Director of the MFRC on February 2.
Photo: Bill McLeod, Voxair Manager



MFRC Executive Director Joel Roy accepts a donation from the US Winnipeg Military Spouses Group represented by (L-R) Jan McKenna, Christina Barnes Amanda Allgeier, and Marcel Barthel on February 2.
Photo: Bill McLeod, Voxair Manager



MFRC Executive Director Joel Roy accepts a donation from the Charleswood Legion Branch # 100 represented by (R-L) Branch President Phil Otis, VP Peter Curry, and Alf Tait on February 2. Photo: Bill McLeod, Voxair Manager



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Around The Wing



The 17 Wing Canex held a Grand Opening for their new Tim Hortons Express outlet. 17 Wing can now get their Tim's right across from the main gate. (L-R) Acting Wing CWO Douglas Clark, Mick Weston, Associate Vice President Corporate Services Commercial Division (Canex), 17 Wing Commander Col Andy Cook, and 17 Wing Canex Manager Rhonda Porteous. Photo: Bill McLeod, Voxair Manager



MWO Kent Turriff of the A6 Section of 1 CAD enjoyed a sunny but cold afternoon playing a round of frisbee golf on Feb 3 at the Base Golf Course with his section. Photo: Bill McLeod, Voxair Manager.



Happy birthday Celine Woo. Health Promotion turned her cleaning cart into a birthday float. Photo: Martin Zeilig, Voxair Photojournalist

402 Sqn Leads in Livery Change

by Cpl Becky Major

One of 402 Squadron's CT-142 Dash-8 aircraft is the first at 17 Wing to undergo the RCAF's new livery change. The change in paint scheme comes as part of the



ACS Techs from 402 Sqn show off their new livery: Cpl Chris Norman, Cpl Shaun Zidar, MCpl Chris Murphy and Avr Guillaume Parrot. Not included in the photo are Avr Samuel Rivest and Cpl Dean Anania. Photo: Cpl Becky Major

recognition of the Canadian military's heritage, which saw the return of the title Royal Canadian Air Force. The transition also saw alterations in members' uniforms and the return of the rank of private to "aviator".

The most important livery change added the letters "RCAF" and "ARC" to either side of the roundel on the fuselage of the aircraft. Additionally, the signature block on the lower fuselage displaying a Canadian flag and the words "Canadian Forces/Forces canadiennes" has been removed.

Aircraft 805, the first to receive the paint job, went in for a supplementary inspection at the end of October 2016 which saw the beginning of the change of graphics. The entire process was taken care of in house by the Aircraft Structures (ACS) Technicians at 402 Squadron. MCpl Chris Murphy who was part of the team involved in the change explained how the process works. "We take the image with measurements and feed that information into our graphics software. From there the software does the required calculations to cut out a stencil from vinyl material and we use that stencil to paint the image onto the aircraft."

A major paint job like this does not happen very often so being able to complete all aspects of the project within the squadron has created some great opportunities. "We have lots of apprentices who are learning the ACS trade and this project has been great exposure for them," explained Captain Brad Livingstone, Deputy Weapons System Manager and OPI for the 402 Sqn Livery project.

"The painting tasks that the ACS Techs see are mostly touch ups so to have a livery change of this magnitude is a great training experience."

According to the RCAF directive, individual units have five years to complete the new livery but 402 Sqn isn't wasting any time. The next aircraft to receive the new paint job is already scheduled for a supplementary inspection at the end of February, with all aircraft scheduled to be complete by September 2017.

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Major-General Tammy Harris: First woman to hold post of deputy commander of the RCAF



Major-General Tammy Harris will become the Royal Canadian Air Force's deputy commander – the first woman to hold a position of this level in the Navy, the Army or the Air Force. Photo: DND

by RCAF Public Affairs

Major-General Tammy L. Harris has added another "first" to her substantial list of achievements as a woman in the Canadian Armed Forces.

Later this year, Major-General Harris will become the deputy commander of the Royal Canadian Air Force – the first woman to hold such a post in the Navy, Army or Air Force.

"As a general officer in the Air Force it's certainly an extraordinary opportunity and [it's] a privilege and honour that the Chief of the Defence Staff has given me," she said in a recent interview. "As a female leader it's recognition of the changes that were made in policy back in the early 1980s, as my cohort was coming through."

Being a "first" isn't new to Major-General Harris. In 2007, she became the first woman to command an RCAF wing: 9 Wing Gander in Newfoundland and Labrador. And in 2012 she became the first woman to command

a major Canadian Armed Forces base: Canadian Forces Base Borden, Ontario. Along with responsibility for Canada's largest training base came command of Canadian Forces Support Training Group at Borden.

But on a personal level, being a trail-blazing "first" isn't overly important to Major-General Harris. She says that the importance of her achievement lies in what it means for women who will follow in her footsteps.

"Among my cohort of nine female general officers – that's a high water mark – the firsts are only important because someday there will be sixths and sevenths and eighths," she said. "And that's what's more important to me."

"There are some incredible young female leaders coming up through the ranks who are vying for the [Chief of the Defence Staff's] chair," she predicted.

Major-General Harris will take over the post of deputy commander of the Air Force from Major-General Al Meinzing, who has held the position since May 2015. The deputy commander's responsibilities include providing direct support to the commander of the RCAF, along with leading the RCAF headquarters staff.

"Definitely one of my priorities will be to continue the great work that Major-General Meinzing has done," she said.

She noted that she is looking forward to working with the commander of the Air Force to advance and implement his vision as well as meeting with the airmen and airwomen of the Royal Canadian Air Force and getting to know them and their families. One of her top priorities will continue to be Operation Honour, the Canadian Armed Forces' mission to eliminate harmful and inappropriate sexual behaviour in the Canadian military. She encourages anyone who has been a target of such behaviour to come forward.

"If you can breathe, you have a voice, and if you have a voice I'm listening."

Major-General Harris grew up in Kings County, Nova Scotia, and credits her rural upbringing, strong family ties and the women in her family with giving her a firm base for success.

"My aunts and my mum would say you are limited by your imagination. If you can imagine it, you can make it happen. You make things happen through hard work, gaining respect, earning credibility, laughing a lot and staying true to yourself," she said.

She was her class valedictorian when she graduated from Acadia University in Wolfville, Nova Scotia, in 1987. She immediately joined the Canadian Armed Forces as an air traffic controller. Once she'd completed

her basic air traffic control course in 1989, she was posted to Lahr, Germany, where she became the tower chief controller.

In 1993, Major-General Harris was posted to Sault Ste. Marie, Ontario, where she opened a recruiting centre and later became deputy commanding officer of Northern Ontario recruiting. In 1996, she attended a year-long French course in Shearwater, Nova Scotia, and was subsequently posted to 12 Wing Shearwater as the chief controller of the tower. Major-General Harris was actively involved in Operation Persistence, the Canadian Armed Forces' response to the fatal crash of Swiss Air flight 111 near Peggy's Cove, Nova Scotia, in September 1998.

Promoted to the rank of major in 2000, Major-General Harris was posted to 15 Wing Moose Jaw, Saskatchewan, for the start of the NATO Flying Training in Canada (NFTC) program; she was appointed wing air traffic controller officer and later assumed the wing operations officer position.

In 2003, she became commandant of the Air Command Academy at 16 Wing Borden and, the following year, attended the Canadian Forces Staff Course in Toronto. She was then promoted to lieutenant-colonel and assigned to the Canadian Defence Academy (CDA) as the senior advisor to CDA's commander. In the fall of 2006 she returned to the Canadian Forces College in Toronto to attend the advanced military studies program. In 2007, she took command of 9 Wing Gander, Newfoundland and Labrador, followed by a deployment to Afghanistan as the commanding officer of the Canadian Element Roto 8 for the commander of the Kandahar Airfield and the chief J5 planner for NATO at the air base, beginning in June 2009.

Shortly after returning to Canada in 2010, Major-General Harris was promoted to colonel and became a special advisor to the Vice Chief of the Defence Staff.

In 2012, Major-General Harris was appointed commander of Canadian Forces Base Borden and commander of the Canadian Forces Support Training Group – the first woman to hold this post. In July 2013, she was promoted to brigadier-general and appointed to the Privy Council Office as a senior military advisor.

In September 2015 she was named the chief of staff to the Chief of Defence Staff. Major-General Harris was promoted to her current rank and became champion for gender perspectives in May 2016.



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Manitoba Hydro is Home to Canadian Rangers



During the Hudson Bay Quest, this tent was Brady Palsson's home north of Churchill for six days during a blizzard, where he encountered a complete whiteout and a wind chill of -50 degrees Celsius. Photo courtesy CR Brady Palsson.

by Michelle Whetter, Manitoba Hydro

"This article is repurposed with permission of the author. It was written as a result of a presentation that Canadian Ranger (CR) MCpl Brady Palsson gave to the corporate leaders of Manitoba Hydro on his experience as a Canadian Ranger and working for Manitoba Hydro. It was originally published in the "The Hydrogram" a periodic Newsletter of Manitoba Hydro. I consider it very fitting in explaining the value of a Canadian Ranger to any business, large or small." Capt Wade Jones, OC MB CR Coy.

Many of us wouldn't even want to imagine sleeping in a tent north of Churchill in March for six days over the course of a blizzard while experiencing a wind chill of -50 degrees Celsius. But Brady Palsson (Generation Maintenance Engineering) was happy for the experience.

"The wind blew for 36 hours, with wind gusts up to 110 kilometres per hour" said Brady. "There are no trees on the tundra. The snow moved like sand but hardened like concrete."

At the time, Brady was on an assignment in his role as a Canadian Ranger. It was an assignment where he ended up helping to find a dog sled team and rescue their musher who was suffering from hypothermia during the Hudson's Bay Quest dog sled race.

Canadian Rangers are part of the Canadian Armed Forces (CAF) Supplementary Reserve. They are the military's eyes and ears in isolated northern areas of Canada. And they are trained to survive in cold weather

conditions.

"We regularly assist the CAF by helping to train military personnel in cold weather survival," said Brady.

Apart from conducting surveillance of remote areas of Canada, a Ranger's other duties include responding to emergencies or needs including search and rescue operations, fires, floods, and can even include bear and wildlife protection for the CAF.

"The Rangers are an integral support for the 350-kilometre Hudson's Bay Quest dog sled race," said Brady. "They create stops, watch for health of dog teams, and offer support for the racers in extreme conditions. In this particular race we received a distress call from a musher via satellite SPOT device."

After figuring out his location, Brady and a fellow Ranger set out.

"We found him wrapped in his tent fly," said Brady. "We began basic first aid as he was in the middle stages of hypothermia and needed immediate care."

They strapped the musher to the other Ranger who returned to camp on snowmobile.

"Unfortunately I don't drive dog teams," said Brady, who made sure the Ranger heading back to camp, could return with someone who could.

"I stayed with the dog team and had a rifle and a shotgun ready for Polar bear defence."

Working for Manitoba Hydro, Brady moved to Gillam in 2005. While there, he joined the CAF Primary Reserves as a Canadian Ranger because of his love of the outdoors.

"There are 30 to 40 Canadian Rangers in Gillam and many in Grand Rapids," said Brady. "Most of them are employed at Manitoba Hydro."

And that is recognized as a good thing for the corporation – so much so that leaves of absence including opportunity for paid time away associated with military training is covered in Manitoba Hydro policy. Kelvin Shepherd (President & CEO) is proud to be on the Canadian Armed Forces Liaison Council which works to build relationships between Canadian Armed Forces Reserve personnel, which include Canadian Rangers, and corporations.

"I'm thankful that Manitoba Hydro recognizes the value of employees who have been trained by the Canadian Armed Forces," said Brady. "We learn so many skills which translate to our jobs at Hydro. We are taught teamwork, respect, effective communication, and leadership skills. We are trained to break down projects to accomplish tasks successfully and how to work safely. We learn to perform in extremely stressful situations and how to respond to an emergency. It's a fantastic personal development opportunity."



The Canadian Rangers are an integral support for the 350-kilometre Hudson's Bay Quest dog sled race. It was at this race Brady Palsson (Generation Maintenance Engineering) completed a successful search and rescue mission by saving the life of a musher and his dog team. Photo courtesy CR Brady Palsson.

"We support Brady and we're proud of the work he's been doing as a Ranger," said Joel Wortley (Division Manager, Engineering Services Manitoba Hydro). "It's a win-win with benefit to the community, benefit to our staff building their skill set, and in turn that benefits Manitoba Hydro."

Along with all that he has learned, Brady has also had some unforgettable experiences.

"We were undertaking a 600 mile round trip patrol mission from Gillam to Churchill down the Hudson Bay with snowmobiles on ungroomed trail," said Brady. "One night we were at Port Nelson. It was -35 without the wind chill, and the Northern lights were dancing overhead. They could be seen clearly as there was no other light pollution around and you could hear the sea ice clinking together as the tide moved. It was awesome sight and memorable."

"I love my job but I also love the change of pace that gets me outdoors. I return to work invigorated and thinking clearly," said Brady.

Normally Canadian Rangers must live in northern or remote areas of the province to be a Canadian Ranger, however when Brady moved to Winnipeg for his job at Manitoba Hydro he was asked to help train the Junior Canadian Rangers (JCRs). This program teaches 12 to 18-year-olds from remote communities' three main training focuses, Ranger Skills, Life Skills and Traditional Skills. Winnipeg is the only urban JCR Patrol in all of Canada.

CAFconnection.ca: New Site - New Connection

Making it Easier for CAF Personnel and Families to Stay Connected and Informed

CAFconnection.ca is a new website that brings the contents of the FamilyForce and CF Community Gateway websites under one URL, connecting CAF members and families to their local Military Family Resource Centres (MFRCs) and PSP organizations through one single site. It improves and modernizes the way military members and their families' access information and resources about their local Canadian Armed Forces morale and welfare services.

"CAFconnection was developed with continuous extensive input from a working group, including former CAF members and military spouses, MFS and PSP staff and content administrators," said Commodore Sean Cantalon, Director General Morale & Welfare Services. Information from PSP and MFS/MFRCs is combined and complementary. "There are currently more than 200 local PSP and MFS/MFRC content administrators and editors who input information directly onto the site. It is an excellent example of good collaboration and teamwork that will ultimately benefit our serving members and their families."

Without having to know who provides which services and where to find the information, families who used to go to CF Community Gateway to access local recreation schedules, mess hours and registration for programs, and then had to go to FamilyForce to find their local MFRC programming, can now go to a single destination. The site is aesthetically pleasing to navigate, full of images of Canadian Armed Forces members and their families, with lots of room to highlight news and events. It uses a platform that lends itself to mobile technology, allowing for additional development of the site with new functionality and options. The site automatically adjusts to whatever size screen you are looking at, including smart phones, tablets, laptops and PCs.

Web content is organized in two ways – by large audience groups (i.e. For Military Personnel, For Veterans & Families, For Parents & Caregivers, For Families of the Fallen) and by programming areas (i.e. Deployment, Child Care, Health Care, Housing, Recreation). In some cases, people know specifically what they are looking for so they may navigate by program area and in other cases, users want to know the suite of services and programs available to them so they might self-identify as part of a group and search for information

that way.

CAFconnection.ca is now live and constantly evolving as more useful and relevant content is regularly uploaded on the site for users. MFS and PSP look forward to hearing what users have to say and making the site the very best to benefit military personnel and their families.

To provide your thoughts on the new site, drop us a line at cafconnection@gmail.com



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

Mental Fitness & Suicide Awareness: Supervisor Training
This course is course coded!
7 March 2017
0800 – 1600 hrs

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

Force Mentale et Sensibilisation au Suicide – Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
7 mars 2017

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



Sensibilisation à la santé mentale et au suicide

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TUESDAYS & THURSDAYS : LES MARDIS ET JEUDIS

February 21, 23, 28 & March 2 : **21, 23, 28 février et 2 mars**

9 am - 12 pm : 9 h - 12 h

Childcare is available for children ages 18 months to 5 years old • Le service de garde est offert pour les enfants de 18 mois à 5 ans

FOR INFORMATION OR TO REGISTER CALL : POUR INFORMATIONS OU POUR VOUS INSCRIRE

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REGISTRATION DEADLINE: FEBRUARY 14, 2017 • DATE LIMITE D'INSCRIPTION : 14 FÉVRIER 2017





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Upcoming MFRC Programs and Events

CREATING THERAPEUTIC ENVIRONMENTS FOR CHILDREN AND FAMILIES AFFECTED BY TRAUMA

Presenter: Leah Gudbjartson-Beaupre
BRS, MSW, RSW—NMT Phase II Certified

Saturday, March 18, 2016
0830-1630 hrs
Location: TBA
LUNCH PROVIDED
CHILDCARE PROVIDED
COST: \$25 per Family

This workshop aims is designed to assist parents learn information and strategies to provide an environment for their children that focuses on repairing the impact of trauma and to recover from difficult times. Parents will learn about trauma and its impacts using the principles of the Neurosequential Model of Therapeutics and the Green, Yellow, Red Approach. This workshop is will help build on their skills to provide children with opportunities that promote recovery, growth, resilience and repair.

Morning Agenda (Parents Only)

Introduction to Neurosequential Model of Therapeutics
How to Use the Green, Yellow, Red Approach
Reteach, regrow and rewire the brain through experience—getting kids unstuck from old behaviors and maladaptive coping strategies
Use Green Strategies to promote regulation
Problem Solving with Children: using the 3 R's—Regulate, Relate and Reason
Promoting Resiliency
Identify helpful and unhelpful strategies and avoid the yelling trap

Afternoon Session (Parents and Children)

Introduction of Green, Yellow, Red Approach to Children
Parents will have an opportunity to practice using strategies and activities with their children in the afternoon session, under the supportive guidance of Leah! Leah Gudbjartson-Beaupre is a clinical social worker in private practice, consultant, and trainer at Lifa Vel Counselling and Consulting. She has a Bachelor of Recreation Studies (Therapeutic Recreation), and a Master Degree in Social Work. She has completed Phase 2 level training in Neurosequential Model of Therapeutics from the Child Trauma Academy, and Advanced Training in the Natural Lifemanship Model TF-EAP. She specialized in working with children and adults impacted by trauma, using a recovery and resiliency based approach.

Spaces are limited. Please register by 1 March 2017 by calling Laurie Jackson, Family Liaison Officer with the Winnipeg Military Family Resource Centre at ext 4478 or emailing lori.jackson2@forces.gc.ca

Happiness Project

Based on the International bestseller 'The Happiness Project'. Discuss and share ways to make our lives more fulfilling. Each group member will require a copy of the book to read and reflect. Books may be preordered for \$15.

Monday, February 27
1:30 to 3:30 p.m.
South Side Youth Centre, 347 Doncaster St.
\$15 for first time participants
Registration deadlines: February 16

Body Science

Kids who know about their bodies and how bodies work are safer kids. How, when and what to tell your kids

about bodies, sex and reproduction. Geared to parents with children ages 5-12
Thursday, February 23
6:00 to 8:30 p.m.
Free
Registration deadline: February 16
*Preregister for childcare up to 12 years old.

Learn to...DIY bath Bombs & Scrubs

Come out and learn to make your own relaxing bath bombs and scrubs. Snacks and refreshments also provided.
Monday, February 27
7:00 to 9:00 p.m.
\$5 per person
Registration deadline: February 21

CAF Reserve Event - Adrenaline Adventures

Reservists, bring your family members! We'll meet at Adrenaline Adventures, work up an appetite snow tubing and then enjoy a pizza dinner in the party room.
Friday, March 3
5:30 to 7:30 p.m.
600 Caron Rd., Headingley, MB
\$5 for 14 y.o. & under
\$8 for 15 years & older
Registration deadline: February 24

Visite à Adrenaline Adventures

Hey les réservistes, sortez en famille ! Rendez-vous à Adrenaline Adventures pour des glissades sur chambre à air et venez partager une pizza dans la salle de fête.
Vendredi 3 mars
17 h 30 - 19 h 30
600 Caron Rd, Headingley, MB
5 \$ - 14 ans et moins
8 \$ - 15 ans et plus
Date limite d'inscription : 24 février

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TUESDAYS & THURSDAYS February 21, 23, 28 & MARCH 2
LES MARDIS ET JEUDIS 21, 23, 28 février et 2 mars

9 am - 12 pm
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POUR INFORMATIONS OU POUR VOUS INSCRIRE 204-833-2500 ext/poste 4150

REGISTRATION DEADLINE: FEBRUARY 14, 2017
DATE LIMITE D'INSCRIPTION: 14 FÉVRIER 2017

Today's Trivia Answers

1. It was held in memory of Montreal Wanderers player Hod Stuart, who drowned three months after the Wanderers won the Stanley Cup in 1907.
2. Ace Bailey. During the event Bailey's #6 uniform was retired by the Leafs. It was the first number to be retired in the NHL.
3. Howie Morenz.
4. Babe Siebert.
5. Maple Leaf Gardens on October 13, 1947. The original format pitted the defending Stanley Cup champion against stars from the other five teams in a game played at the beginning of the season.
6. 1950 — Detroit won 7-1.
7. Red Burnett.
8. 1967.
9. St. Louis Blues — 1970.
10. Gordie Howe — 23.
11. Wayne Gretzky — 25 (13 goals, 12 assists).
12. Gordie Howe — 25.
13. Mats Naslund — 5 (1988).
14. Glenn Hall — 13.
15. Patrick Roy — 27.
16. Rick Nash — 12 seconds (2008).
17. Teemu Selanne at 00:53 and Jaromir Jagr at 02:15 (1988).
18. Owen Nolan — eight seconds (18:54 and 19:02 of the second period — 1997).
19. Wayne Gretzky — four (third period, 1983).
20. Adam Oates — four (first period, 1993).

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): Think logically and methodically before making any radical changes. Consider obligations and limitations. Treat others equally and honorably. Reflecting on your past behavior could spur you to make changes in the way you interact with others. Offer an apology if it is due.

Taurus (April 20 – May 20): If you initiate change don't be surprised if others aren't enthusiastic; especially if it looks like you are the only one who will benefit. Before you attempt to get approval, consider how others will be affected. Explain how your ideas are in the best interest of the majority.

Gemini (May 21 – June 21): Make a list of what needs to be done. As you finalize one thing, stroke it off the list so you can see your progress. Take responsibility whenever possible. Insist on prompt action from others. Settle the past. Plan for the future. It may take extra time and effort but take control. Go for it.

Cancer (June 22 – July 22): Work when your energy is high. Rest when you are tired. Life balance is key. Eat nutrition dense foods and exercise. Stay engaged by joining groups or getting out. If something needs to be done, get to it. Get challenging tasks out of the way first. Travel for fun and business.

Leo (July 23 – August 22): How you see yourself and your world will determine the depth and joy you experience. It's your choice. You have more freedom than you realize. Your thoughts are powerful. Commit to being your best and doing your best and you'll find it happening. Develop solid relationships.

Virgo (August 23 – September 22): Think big when considering options and possibilities. What do you enjoy doing? Spend time with family and friends with the focus on easy entertaining. The chores and challenges will be there to deal with later. Sharing the load teaches others how to become self-sufficient.

Libra (September 23 – October 23): Believe in yourself and trust in your ability to make good choices. There will always be things you can't control and things you're not aware of. Deal with them as they occur instead of wondering and worrying ahead of time. Plant "seeds" for future prosperity and joy.

Scorpio (October 24 – November 21): Living in denial doesn't change anything. Talk to people about things that bother you. Find creative ways to cope so that you don't feel that the pressures in life are adversely affecting you. Tackle tough stuff when your energy is "up." Practice mindfulness. Breathe.

Sagittarius (November 22 – December 21): If it seems like nothing is going as planned it's time to figure out why. Is this a fact or have you got inflated expectations? Be realistic about how much you have accomplished. Consider how you achieved success in the past, and what made you feel successful.

Capricorn (December 22 – January 19): Focusing on the past you may miss the present. Hindsight can be helpful if it highlights the adjustments you need to make to create a better future. Material success is good but experiences and relationships make you rich as well. What is your own definition of success?

Aquarius (January 20 – February 18): Other people's words and actions can be disheartening. Empathy and awareness are not always evident in others. Still, open your heart and soul to fuel your sense of hope. Get involved in a project where your talents can be of use to help others. Live life as fully as possible.

Pisces (February 19 – March 20): Strike a balance between your many interests and commitments. Channel your energy into what brings the greatest happiness. Be open to universal love to counteract the effects of negativity in others. Express all aspects of yourself; the sensible and creative. Ground yourself in nature.

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Chaplain's Corner

The Love that Moves the Sun and the Stars

by Padre Lesley Fox

An orthopaedic surgeon in Colorado discovered that many of his patients rolling in with injuries from ski country required less medication than others. Upon investigating, he discovered that those who needed less pain medication were brought in by one particular ski patrol that provided continuous reassurance, compassion, and companionship. In other words, love heals.

At most wedding ceremonies, we hear the familiar words from 1 Corinthians, Chapter 13: "faith, hope, and love abide, these three; and the greatest of these is love." We all know this to be true which is why we all seek love so desperately in our lives. It can be the simplest thing to find in our lives, and also the most complex to maintain. The complexity of love lies in our desire to control it. Sometimes, we want love to give us absolutely everything. I always tell my couples in pre-marital work that love is not so much about finding the right person, but it is about being the right person. In other words, love is a gift.

Many years ago, I held the funeral service for a lovely woman who passed away too quickly after her terminal diagnosis. It was a "flash to bang" time period between diagnosis and death. Her husband was devastated, but within the course of a year, he rediscovered love again, and I had the privilege of officiating at his second wedding. However, within months of his second wedding, his

second wife was also diagnosed with a terminal illness. This illness was a long haul of chemotherapy, radiation, and exhaustive treatments before this woman died some years later. I then officiated at her funeral service. At the time, many people in the community mentioned to the widower what an awful experience it was for him to have to go through two significant losses in such a short time period, and indicating in hushed tones that maybe, just maybe, it would have been easier on him had he not fallen in love again. His response was beautiful. He told everyone that in caring for his second wife while she was dying, he felt that he was caring for both his first and second wife, since time had brutally robbed him of the opportunity to provide compassionate support to his first wife. Ken, the widower, is buried in the Dominion City Cemetery in Manitoba in-between Madeline(his first wife) and Merle(his second wife). Theirs is one of the most beautiful love stories I have encountered in my ministry. In other words, love never divides, it always multiplies.

You will notice that the cover story of this Voxair edition is all about our SAR techs and the significant work that they do. Above all trades, they are likely one of the few who live their lives by the credo of sacrificial love. They never know what environment they will be facing, but more times than not, they are out there in our world, saving lives, and often putting their own lives at risk either via significant injury or worse. Sometimes,

people will return to say "thank you", but sometimes not. And yet, they continue in the work they do, because they know something that others of us have yet to learn. Nothing compares to the feeling of being the one who loves courageously. In other words, those who are bearers of love get glimpses of eternity.

I wish all of you a happy Valentine's Day this year. It matters not whether you have a partner on your arm, since each and every one of you is capable of compassionately loving one corner of your world. And, yes, our world needs you and your love, "and now faith, hope, and love abide, these three; but the greatest of these is love."

On Thursday, Feb. 9 at 1800 at the 17 Wing Chapel, Mr. Osaed Khan, President of the Manitoba Islamic Association, will be our guest speaker.

A time of meditation and candle lighting will also be offered as we remember the victims of this shooting, sharing our grief, and honouring our CAF commitment to diversity, inclusion, and tolerance of all. Introductory remarks by Col AMD Cook.
Any questions, pls contact Padre Fox at 5785.

Vigile pour les victimes du tournage au Centre Culturel Islamique de Québec:

Le jeudi 9 février à 18 heures, à la Chapelle de la 17e Escadre, Osaed Khan, président de l'Association islamique du Manitoba, sera notre conférencière invitée. Un temps pour la lumière des chandelles sera également offert que nous nous souvenons des victimes, en partageant notre chagrin, et en honorant notre FAC engagement de la diversité, l'inclusion et la tolérance de tous.

Si vous avez des questions, veuillez contactez Padre Lesley Fox à la poste 5785.

Faith and Life

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

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

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

Protestant Chapel Guild: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Lesley Fox
(United Church) - **Chapel Life Coordinator**
ext 5785

Padre Kevin Olive
(Pentecostal)
ext TBA

Padre Greg Girard
(Christian Reformed) **Det. Dundurn**
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17 Wing Community Chapel
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CHAPLAINS

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

Padre Paul Gemmiti
(Roman Catholic Priest)
- **Chapel Life Coordinator**
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- **Mental Health Chaplain**
ext 5086

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext TBA

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

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