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THE VOXAIR

The Winnipeg Military Community News Source Since 1952

WELCOME TO 2019

A 17 Wing snowblower cleans the ramp on January 7, 2018. The weather in Winnipeg so far hasn't been too bad but we are now in the dead of winter and it could get worse. Please remember to check thevoxair.ca if conditions deteriorate during storm season. Photo: Bill McLeod, Voxair Manager



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ABOVE: Manitoba Moose vs Laval Rockets Military appreciation hockey game ceremonial puck drop at the Bell MTS Centre, Winnipeg on January 12th, 2019. (Left to right) Laval Rockets Byron Froese, SARTECH Sgt Robert Featherstone, 1 CAD CO MGen Christian Drouin, BGen (Ret) Eldren Thuen, National Cadet and Junior Rangers Support group Commander, BGen David Cochrane, SARTECH MCpl Louis Lebrecque, Manitoba Moose Peter Stoykewych. Photo: Cpl Bryce Cooper, 17 Wing Imaging

LEFT: 435 Transport and Rescue Squadron Search and Rescue Technician, Master Corporal Louis Lebrecque rappels to the ice during the Manitoba Moose vs Laval Rockets Military appreciation hockey game at the Bell MTS Centre. Photo by: Cpl Bryce Cooper, 17 Wing Imaging

Thompson Honoured by Thompson

by Martin Zeilig, Voxair Photojournalist



MCpl Brent Thompson representing Indigenous veterans at Vimy Memorial for the 100th Anniversary. Photo: Supplied

17 Wing member Master Corporal Brent Thompson has been honoured by his hometown of Thompson, Manitoba, and the honour extends to the entire Canadian Armed Forces.

MCpl Thompson, who works in Planning at Transport, Electrical and Mechanical Engineering at Build-

ing 129, was recently presented with a certificate of appreciation from City of Thompson for his "service to Veteran's Affairs Canada and the Canadian Armed Forces."

Mayor Colleen Smook presented a certificate of appreciation for MCpl Thompson to his sister Julyda Katchmar during the December 10 council meeting, noted an article by reporter Kyle Darbyson in the Thompson Citizen (City pays tribute to Indigenous soldier December 12, 2018).

"This presentation came roughly a month after a Remembrance Day ceremony that marked 100 years since the signing of the armistice that ended the First World War," said the article.

During the Council Meeting Councillor Jeff Fountain mentioned some of MCpl Thompson's overseas deployments and biographical information. He also mentioned some of MCpl Thompson's interests outside the CAF.

"Brent was born and raised in Thompson and returns just about every summer to visit family, take in some fishing and eat some moose meat," said Councillor Fountain. "Mr. Thompson is a proud judo black belt and has won many judo titles throughout Canada."

"Recently, Thompson had the honour of carrying the Canadian Armed Forces Eagle Staff at Mons and Vimy during the 100th anniversary of Armistice Day in France. The Eagle Staff is a travelling symbol of unity amongst Indigenous service people," said Fountain.

Mayor Colleen Smook called him a good representative for "all those who have served in our community and elsewhere, for their sacrifice in protecting our nation."

"The Eagle Staff is a symbol representing Indigenous People in the CAF—the ones who served, the ones who are serving, and the ones who will serve," said MCpl Thompson in a recent interview with the Voxair.

MCpl Thompson said that the Aboriginal Advisor to the Commander of the Army approached him to carry the Eagle Staff at Vimy and for the 100th anniversary of the Battle of Passchendaele (July to November 1917), for control of the ridges south and east of the Belgian city of Ypres in West Flanders and again for the 100th anniversary of the Armistice (November 11, 1918).

"I didn't hesitate to say 'yes,'" he remarked. "You're representing all those

soldiers, past and current, who are Aboriginal and the sacrifices they made. I carry the Eagle Staff in a good way. It's a huge honour and responsibility."

MCpl Thompson also said it was "a true honour" to be thought of in such a way by his hometown—which he "tries to visit" at least once a year.

"It's a certificate I'll share with all of the CAF members because we all work together in achieving a common goal," he emphasized, mentioning that he was surprised by the award from the City of Thompson because members of the CAF don't have such expectations for what they do.

"Eagle Staffs have been part of our First Nations culture for thousands of years," says the Department of National Defence/CAF (Government of Canada) website. "It is a marker of empowerment, pride and honour of Aboriginal heritage and reminds us that Canada will never forget the legacy of its First Peoples."

THE VOXAIR

OFFICE HOURS

Monday to Friday
0800 -1500 hrs

CONTACT

Ad Sales/Main Office
(204) 833-2500 ext 4120

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976
voxair@mymts.net
+VOXAIR@PersSvcs@Winnipeg

VOXAIR STAFF

LCol Brian Quick
Dep Wing Commander
(204) 833-2500 ext 5281

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Broose Tulloch
Layout/Ad Design

Misra Yakut
Accounting

Traci Wright
Proofreading

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Maureen Walls
Sales Coordinator
(204) 895-8191

Printed By
Derksen Printers
204-326-3421

Bill McLeod
Voxair Manager
(204) 833-2500 ext 4120

Capt McCulloch-Drake
Wing Public
Affairs Officer

Visit Us Online: thevoxair.ca

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Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
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DND/CAF EAGLE STAFF

The Department of National Defence and Canadian Armed Forces (DND/CAF) Eagle Staff is the travelling symbol of unity among Aboriginal women and men in the defence community. It is a marker of empowerment, pride and honour of Aboriginal heritage and reminds us that Canada will never forget the legacy of its First Peoples. The Staff represents Aboriginal traditions and reinforces the values of inclusivity and respect for all members of the defence family, both past and present.

An Eagle carving graces the top of the Staff, flying towards the Creator to offer the prayers of all those assembled

Canadian, provincial and territorial flags, symbolizing those who share this land with us

The Heart of Ethics, a natural heart-shaped marking on the Staff symbolizing the seven grandfather teachings of love, respect, honesty, wisdom, truth, humility and courage

A blackened "Veteran's Hand" to honour all those who came before us

13 eagle feathers representing each calendar moon and First Peoples of every province and territory

A Métis sash, First Nations ash bow and Inuit narwhal tusk, symbolizing "Many Peoples, One Nation"

Veterans and Warriors are specially chosen as Eagle Staff Carriers based on qualities of honesty, bravery, humility, wisdom, integrity and respect for First Peoples' traditions

Moose Show Their Appreciation for Cadets and Military

by Martin Zeilig, Voxair Photojournalist

Although the Laval Rockets won 6-5 against the Manitoba Moose during a shootout on Saturday, January 12 at Bell MTS Place, the home team still came out as big winners, especially to members of the Canadian Armed Forces and Cadets in attendance at the Manitoba Moose Military Appreciation Night.

A thrilling video about the CAF played on the jumbotron prior to the game, while two orange flight suited Search and Rescue Technicians, Master Corporal Louis Labrecque and Sergeant Rob Featherstone rappelled down from the rafters to centre ice just prior to the ceremonial puck drop by Brigadier-General (Ret'd) Eldren Thuen, President of the Hubbell Awards, BGen Dave Cochrane, Commander National Cadet and Junior Ranger Support Group, and Major-General Christian Drouin, Commander 1 Canadian Air Division.

The Moose wore speciality jerseys during their pre-game skate to honour the Canadian Armed Forces. Those jerseys were auctioned off during the game and online to support the Hubbell Awards.

The Hubbell Awards Inc is a small charity whose mission is to provide scholarships to cadets currently enrolled in a Manitoba unit who will continue their education at a civilian technical institute, college or university, noted Eldren Thuen, Honorary Colonel 402 "City of Winnipeg" Squadron, and President of the Hubbell Awards Incorporated during a pre-game interview.

He said that Jeff Mager, Senior Director, Ticket Sales, Manitoba Moose, first approached him about holding a military themed game.

"They wanted to do something to support cadets and support youth, and working towards the scholarship fund would be a great idea," Mr. Thuen, who is also a Sales Associate at Coldwell Banker Preferred Real

Estate, said.

He credited Colonel Dave Proteau, who used to be based at 17 Wing, with having established a good working relationship with Mr. Mager many years ago before the return of the NHL's Winnipeg Jets, when the Moose "were the only game in town."

"Dave thought it would be a good idea to support Hubbell," Mr. Thuen said. "We're just tickled to be supported by the Moose. Any money we get goes to a good cause. It's all post-secondary education in any field--engineering to English to electrician and hairdressing. Anything that's going to make them a viable member of the workforce. Their continuation in cadets or the CAF is irrelevant. It's about what they've done as cadets, in the community and in school. We get 16-40 applicants per year for the scholarships. We don't get any bad applicants so, it's difficult to discern sometimes who gets the awards."

Warrant Officer 1st Class Nicholas Pasieczka, 18, a cadet for the past seven years with 191 West Winnipeg Rotary Squadron is a recent Hubbell Award Winner. He is a first year student in the Faculty of Engineering at the University of Manitoba.

"One of the amazing opportunities in cadets is post-secondary scholarships," Pasieczka said prior to the game while standing by the Hubbell Awards and Cadets display booth on the main concourse of Bell MTS Place. "It will go straight towards my university tuition, all my books, everything to help me out. I'm planning a career in the RCAF."

He called the Moose Military Appreciation night a game changer.

"It means a lot that they recognize us and that they're trying to promote cadets to everyone else," said tall, well spoken, bespectacled young man. "They know

us and think of us. This money going to the Hubbell Awards doesn't just go to us, but it gets put back into the community. The cadets chosen for the Hubbell Awards are amazing people. Some of my friends, who also won awards, are across the country. They're changing lives and changing the world. Tonight's game is making a difference in everyone's life."

Captain Judy Undiks, a Reservist with Cadets' Instructor Cadre, said having support from the Moose and True North makes the cadets feel very valued by the community.

"Citizenship is one of the biggest things with the cadet program," she stressed.

Both BGen Cochrane, Commander of National Cadets and Junior Canadian Rangers, and MGen Drouin praised the organizers of the military themed game.

"It was fantastic to see the support that the True North Foundation and the Manitoba Moose have for the military and cadets and the Hubbell Awards," BGen Cochrane said. "It's always wonderful to see the SAR Techs. I hold them in the highest regard with the tremendous work they do, and just seeing them come down and demonstrate to the public the rappelling capabilities they have in their orange flying suits. It's very encouraging and impressive."

MGen Drouin said it was "another class act" from Mr. Mark Chipman, the Executive Chairman of the Board of True North Sports and Entertainment and Winnipeg Jets Hockey Club.

"They were taking care of our military personnel, and showing what we can do with that amazing video at the start," he added. "It really shows the respect that the True North organization has for the military population here in Winnipeg and Manitoba. We thank them from the bottom of our hearts."

Mark Your Calendars for the 2019 RCAF Run

by 2Lt Becky Major, 17 Wing Public Affairs

It's that time of year again. A time to set new goals for a new year. Why not make fitness one of them? Many people decide to try a new sport, or start going to the gym more often. But the best way to start a new habit is to have a goal to work towards, and here's one for you: Participate in the 11th Annual Royal Canadian Air Force (RCAF) Run happening right here at 17 Wing Winnipeg on May 26th, 2019.

This event has something for everyone. New to running but want to try a race? We've got a 5km for you. Have a family and want to participate together? Join us for the 3km Family Fun Run/Walk. Or maybe you're an experienced runner and want a new challenge? Sign up for our 10km or half marathon. We even have a two-person relay half marathon for those people who want to try out this distance but may not be ready to run

the full 21.1km on their own. Plus, if you sign up for a two-person relay, you're guaranteed to have a training buddy!

The RCAF Run is a chance for us as members of the military community to increase our fitness while having fun, but this event is also an importance opportunity for us to showcase our home to the Winnipeg community.

Winnipeggers are curious to see what 17 Wing/CFB Winnipeg is all about. They want to know what the Hercules are doing flying overhead every day. They want to know what the unique nose of the Dash-8 is all about. They want to know what we do, and the RCAF Run is our chance to show them. There isn't another race in Canada where participants can run along a military flight line, past military helicopters and planes while being cheered on by military members.

The RCAF Run is a great event. Encourage your friends to sign up, or challenge your coworkers to a competition for the fastest 5km. Tell your neighbours about the event or mention it to your teammates at your next hockey practice. If you decide to participate and challenge yourself to something new, you can talk to your 17 Wing PSP staff to help you prepare. We'll see you on May 26th!

For more information about the 2019 RCAF Run visit us at:

Website: www.rcafrun.ca

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**2019 RCAF Run
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LCol Brian M. Quick
Chief of Staff for the 2019 RCAF Run

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Let's Talk About Mental Health



Candace Maxymowich and Deanne Bennett of Health Promotion pose with items advertising Bell Let's Talk Day. Photo: Bill McLeod, Voxair Manager

by **Martin Zeilig, Voxair Photojournalist**

A series of events for both military personnel and their families will be held at 17 Wing to mark the 2019 Bell Let's Talk Day on January 30.

And, Deanne Bennett, Health Promotion Specialist, wants you to join this important

conversation on mental health.

Already the "world's biggest conversation about mental health," Bell Let's Talk is set to pass a pair of major milestones on Bell Let's Talk Day 2019 – a billion total messages of support for mental health and \$100 million in total Bell funding, says the Bell Let's Talk

Day website.

"Canadians and people around the world have exchanged almost 900,000,000 messages across multiple platforms on the 8 annual Bell Let's Talk Days since the first was held in 2011," notes the online information. "With Bell donating 5 cents to Canadian mental health for each of these texts, mobile and long distance calls, and social media interactions at no extra cost to participants, Bell's total funding commitment has already surpassed \$93 million, including the company's original \$50 million anchor donation.

"It's been an incredible outpouring of support for those who struggle with mental illness over the last eight years, and we're now ready to break a billion total messages," said Mary Deacon, Chair of Bell Let's Talk. "I invite you to add your voice to the conversation on January 30 to get us there – and help drive Bell's total donations to Canadian mental health programs past \$100 million at no cost to you!"

Across all platforms, Bell Let's Talk Day 2018 saw a record 138,383,995 messages of support, driving new Bell donations of \$6,919,199.75, according to the website. Total Bell Let's Talk Day interactions to date are 867,449,649; Bell funding for mental health programs currently stands at \$93,423,628.80.

A number of related activities will be held at 17 Wing to mark the day.

"We're going to hold a Coffee Break at the Jr Ranks Mess," Bennett said. "Health Promotion will have a booth there. Mental Health has been invited to have a booth there, the Chaplains, Transitional Group, Fitness and Recreation, MFRC and SISIP. The booths are to highlight prevention and support."

There also will be kiosks at 1 Canadian Air Division with some activities and information about mental health, de-stigmatizing, and related issues, she added, noting there will be a kiosk at the Mess too.

In the evening a family centred event will be held in Building 90 with the animated movie *Inside Out* being screened in the theatre from 5-7 pm with a light dinner of pizza and water being offered.

"That's just to illustrate the idea of emotions for families to start a conversation, and also have some kiosks with information available for people," Bennett said. "I think it's really important to get the conversation going to make it as widespread as possible.

"A lot of people are affected by mental health. They may not be affected personally, but just like anything else it affects everybody – not just the person affected directly but those living with them on a daily basis. Everybody."

Bell Let's Talk Day is important for awareness and support, she added.

"It helps everybody," Bennett emphasized.

Let's Talk Day is Changing the Conversation

by **Martin Zeilig, Voxair Photojournalist**

A recent survey found that:

- 57% of Canadians believe that the stigma associated with mental illness has been reduced compared to five years ago.
- 81% are more aware of mental health issues compared to five years ago.
- 70% believe attitudes about mental health issues have changed for the better compared to five years ago.

Over the years, mental health organizations across Canada have done tremendous work to end the stigma around mental illness and encourage people to get the help they need. Like physical health, mental health is

something we all have.

Many of us know the statistic that 1 in 5 Canadians has a mental health issue every year but that's not the whole story. Every one of us, all 5 in 5, have mental health, whether or not you have a mental health "issue." The fact is that someone could be diagnosed with a mental illness and have great mental health, while someone without a mental illness may be struggling with theirs. Anybody can have poor mental health, and anybody can have great mental health.

Mental health is a state of being. Your self-esteem, your level of stress, and even your distress. How you feel about yourself and other people are all part of your mental health and mental health is key to your overall

health.

We all have mental health and we should all be talking about it!

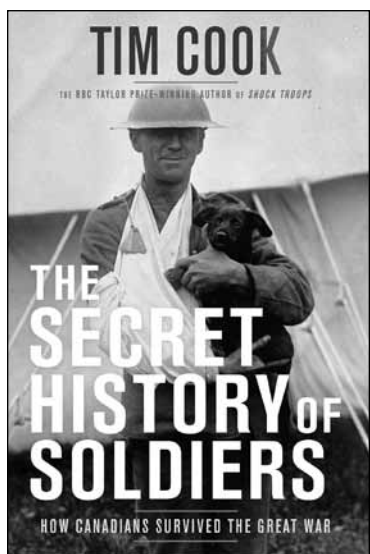
In Winnipeg each year, approximately 12,000 people visit emergency departments or the Crisis Response Centre with mental health concerns.

In order to address key health care priorities over the long term, the federal government offered to make targeted investments of \$11.5 billion over the next 10 years in mental health, home care, pharmaceuticals and innovation.

Sources: newsletter (January 2019) of Robert-Falcon Quéllette MP (Winnipeg Centre)

Canadian Mental Health Association website

Book Review - The Secret History of Soldiers: How Canadians Survived the Great War



The Secret History of Soldiers: How Canadians Survived the Great War by Tim Cook (Allen Lane 472 pg. \$35.00)

Review by **Martin Zeilig, Voxair Photojournalist**

A black and white photo in *The History of Soldiers* shows a troop of Canadian soldiers marching off the battlefield in the First World War.

It reveals so much about the hell of war. Yet, there was so much more.

"They leave behind the strain of battle and some of their comrades, lost to shellfire or snipers, but they know that they will soon return to the wasteland. Soldiers created their culture to survive (emphasis added)," says the caption.

This is a detailed and engrossing, with numerous telling anecdotes from and about the soldiers themselves, of how Canadians endured the butchery of the War to End All Wars.

Tim Cook is the Great War historian at the Canadian War Museum. His ten books have won numerous awards, including the 2008 J.W. Dafoe Prize for *At the Sharp End*, including the 2009 Charles Taylor Prize for Literary Non-Fiction for *Shock Troops*, and the 2018

J.W. Dafoe prize for *Vimy*, says the author's bio.

"He is also a two-time winner of the C.P. Stacey prize for most distinguished book in Canadian military history," says the information. "In 2013, he received the Pierre Berton Award for popularizing Canadian history. He is a member of the Order of Canada."

The soldiers' culture forged in the trenches and behind the lines along the Western Front was as important to winning the war as weapons, leadership, and tactics, writes Cook.

"And, it came from the soldiers themselves," he says. "It was not imposed by the generals at the top of the army hierarchy. In fact, the culture often subversively pushed back against authority. Vaudeville skits, cheeky stand-up comedy routines, and risqué songs and jokes combined with superstitions, slang, and graffiti reveal the soldiers' desire to forge their own ways of enduring."

The book explores the secret society of Canadian soldiers in the Great War.

"With about one in thirteen Canadians at the time serving in uniform, and about one in three adult males, this new wartime culture was a substantial and important addition to what it meant to be a Canadian male," Cook says. "It has rarely been studied or presented, and yet this secret culture offers an important window into the lives of soldiers and how they coped with the strain of combat and the hard living on the Western Front."

About 425,000 Canadians were shipped overseas, serving in Britain or Europe from 1914 to 1919, "with the rest either training or engaged in military duties in Canada or other spots in the British Empire. Most of the soldiers who went overseas would eventually fight as part of Canada's primary fighting formation, the

Canadian Corps, which by 1916 was four infantry divisions strong and consisted of around 100,000 soldiers."

It was, as Cook observes, the Canadian corps that unified and galvanized the disparate men who fought for Canada and the Empire on the battlefield and who represented the nation on the world stage.

The camaraderie among the mates, the relief behind the lines, the gallows humour, the importance of souvenirs, trench art, theatre, and songs that the soldiers created during the war "mattered to them long after they put away their uniforms," Cook explains.

"The Soldiers of the Western Front were a tribe unto themselves. They bore witness to events that we can scarcely comprehend, and they created a culture to protect themselves from the savagery. Their culture was alive with contradictions. This is not surprising if we remember that the trench culture was embraced... by men from all parts of Canada, all classes, and almost all religions. This culture was a tool of survival and identity, and it bound together this diverse force."

As the author reveals throughout this impressive work of remembrance, the Canadian soldiers' songs, slang, jokes, and newspapers reinforced the idea of "Canadianness" that was forged in the war.

"Never before had there been anything to bring together Canadians like the cauldron of war, and that terrible conflict forged a new Canadian nationalism," Cook writes.

This generation has passed from our world, but their actions, and accomplishments, "their service and sacrifice" will forever live on in our history.

Thanks in large measure to books such as this one.

Dr Cook will be speaking at McNally Robinson book-sellers in the Grant Park Mall on Jan 23 at 7:00 pm.

Seamless Canada initiative progresses with provinces and territories during the Ottawa symposium



Members of Seamless Canada pose for a group photo at the Chateau Laurier in Ottawa, Ontario on 5 December, 2018. Photo: Pte Tori Lake Canadian Forces Support Unit (Ottawa) Imaging Services

by **Richard E. Gower, Military Strategic Communications-Personnel and Legal Services**

Canadian Armed Forces members and their families are now one step closer to experiencing a “Seamless Canada”, when they relocate across the country during the course of their careers.

Department of National Defence (DND) and Canadian Armed Forces (CAF) representatives met for two days in Ottawa on December 5-6, 2018 with counterparts from all 13 provinces and territories to advance the Seamless Canada initiative, first initiated this past summer.

National Defence launched Seamless Canada on June 27 to improve the coordination of relocation services across the country, when CAF members and their families move to a different province or territory. The Ottawa symposium focussed on finding ways to streamline and enhance services across governments on issues specific to CAF members and their families.

CAF members are required to relocate across Canada throughout their careers. A Canadian Forces Ombudsman report released in 2013 found that relocation is a major cause of stress and strain for military families, who can expect to move three times more frequently than the average civilian over the course of a member’s career in the CAF. Specific stressors include access to healthcare, employment, child care and education, which all come under provincial and territorial jurisdictions.

General Jonathan H. Vance, Chief of the Defence Staff and Ms. Jody Thomas, Deputy Minister of National Defence, set the tone for the December meetings with their opening remarks.

“Improving services across Canada for Canadian Armed Forces members and their families is a must,” General Vance said. “Moving is a challenging experience even in the best conditions, and I am committed

to helping make things easier and less stressful when they relocate across the country.” Ms. Thomas added, “With military families moving frequently in service of their country, relocation is absolutely one of the most difficult parts of military life.”

The Ottawa roundtable discussions centred on health care, spousal employment, and education and childcare. The participants also worked on shaping the governance of the Seamless Canada framework and deciding on a strategic, long-term path to improving how military families can better transition between the provinces and territories.

A number of military spouses, both male and female, have also featured prominently in shaping the Seamless Canada dialogue. They spoke to the assemblies in June and again in Ottawa this month about their personal experiences with relocation and how it has affected their families over the years.

Seamless Canada builds on steps already taken by provincial ministries in Alberta, Ontario, and New Brunswick that enhance services for military families. Several other provinces have also worked hand in hand with Military Family Resource Centres (MFRCs) in the past to streamline some services in those jurisdictions. Following the Toronto meeting in June, New Brunswick reiterated its support for Seamless Canada and announced a joint pilot project to help military families, according to a news release issued by the province.

The Ontario government has announced that it will set up a new “hotline” in support of military families, to help them navigate provincial government services when they are transferred to Ontario bases.

The Honourable Harjit S. Sajjan, Minister of National Defence, also emphasized his support for the Seamless Canada initiative during the two-day Ottawa symposium.

“The wellbeing of the women and men of our Canadian Armed Forces and their families is my priority. Relocations can be a difficult experience for members and their families, and we are committed to resolving issues and easing that burden. We thank the provinces and the territories for working collaboratively to find solutions that will improve the lives of Canada’s military families.”

The Seamless Canada working group has agreed to continue meeting regularly to improve services across provinces and territories to help ease the burden placed upon CAF members and their families when they relocate.

Seamless Canada supports Canada’s Defence Policy, Strong, Secure, Engaged (SSE) by helping the CAF retain the talented people it recruits, while ensuring their wellbeing and looking after the best interests of their families. For additional information on how military members will be supported under Canada’s defence policy initiatives from when they join, throughout their careers, and after they become veterans, go to: Chapter One of Strong, Secure, Engaged (SSE).

Sports Trivia

Game 7, Overtime, and Extra Time
by Stephen Stone

1. Which team won the first winner-takes-all game seven in the World Series?
2. How many innings did it take for the Washington Senators to win their only World Series?
3. Which Senator committed eight errors in the World Series loss to the Pittsburgh Pirates in 1925?
4. In game seven of the 1955 World Series, who was the winning Brooklyn Dodger pitcher who beat the New York Yankees 2-0?
5. Which Milwaukee Braves pitcher won three games against the Yankees in the 1957 World Series?
6. Who hit a game- and World Series-winning walk-off home run in the bottom of the ninth in game seven of the 1960 World Series?
7. Who is the only NHL goaltender to have allowed two Stanley Cup-winning overtime goals?
8. Which are the only two NHL clubs to win the Stanley Cup in overtime only to lose it the same way the following year?
9. Which team is the only one to win the Stanley Cup in overtime in game seven twice?
10. Only two defencemen have scored the Stanley Cup-winning goal in overtime. Who are they?
11. Which NHL team has won the most Stanley Cups in overtime? This is a gimme for true hockey fans.
12. In the NBA, only two final series went to overtime in game 7. Which team won both and which teams lost?
13. Which team won the first overtime Grey Cup game?
14. Which two teams competed in the first, and so far only, double-OT Grey Cup game?
15. Which two teams competed in the only overtime Super Bowl game?
16. In the FIFA World Cup, how many final matches went into extra time (in other words – overtime)?
17. How many FIFA World Cup final matches were decided on penalty kicks after extra time?
18. Who scored the gold medal goal for Canada in the first Olympic overtime gold medal game in men’s ice hockey?
19. Who scored the gold medal goal for Canada in the first Olympic gold medal game in women’s ice hockey?
20. Which team won the longest overtime game in Stanley Cup history to date?

Sports Trivia Answers on page 14

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Barker College Member Competed at the First Battle of the Innovators

On 31 May 2018, the first Defence Team Innovation Challenge (DTIC) was launched. DTIC invited Canadian Armed Forces (CAF) members and Department of National Defence (DND) employees to propose and develop an innovation that would impact the work environment and shape the future of the DND and CAF. Out of 172 proposals, 10 were selected to move on to the final challenge: The Battle of the Innovators hosted in Ottawa on 30 November 2018. The winner would receive up to \$1 Million to fund their proposal.

Major David Dunwoody from the RCAF Barker College was one of the 10 finalists. Maj Dunwoody proposed the Knowledge Management System 2.0 (KMS 2.0) to connect those with questions to people with the knowledge to answer them. KMS 2.0 would exist on the DWAN allowing people to learn from the experience of others. The heart of the KMS 2.0 was an Answer Garden that would store and grow answers to commonly asked questions. Advanced data analytics would extract key terms and phrases from questions and knowledges to quickly connect questions with knowledge and enhance the user experience.

The winning project was the Renewable Autonomous and Modular Energy System for Operations from the Canadian Army 2nd Division. Maj Dunwoody was thrilled to make it to the top 10 and to have the opportunity to compete. He hopes that his ideas can one day be implemented into future projects to support the DND and CAF.

RCAF Barker College News

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Our Military Community Newspaper, 17 Wing Winnipeg

2019 Publishing Schedule

Issue Number	Issue Date	Content Deadline
1	16 January	9 January
2	30 January	23 January
3	13 February	6 February
4	27 February	20 February
5	13 March	6 March
6	27 March	20 March
7	10 April	3 April
8	1 May	24 April
9	15 May	8 May
10	29 May	22 May
11	12 June	5 June
12	26 June	19 June
13	10 July	3 July
14	28 August	21 August
15	11 September	4 September
16	25 September	18 September
17	9 October	2 October
18	23 October	16 October
19	6 November	31 October
20	20 November	13 November
21	4 December	27 November
22	18 December	11 December

Contact information:

Bill McLeod, Voxair Manager: 833-2500 ext 4120

Production: 833-2500 ext 6976

Journalist: 833-2500 ext 6976

Accounting: 833-2500 ext 4121

Advertising: tmwalls@mymts.net

Around The Wing



Canadian Forces School of Aerospace and Technology Commandant, Major Lianne Anderson (Left) presents Master Corporal Holly Young (Right) with the Canadian Forces Decoration at 17 Wing on January 9th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



Bert Sheremet, a veteran at the Deer Lodge Centre, thanks 17 Wing Commander Colonel Eric Charron during the meet and greet when 17 Wing members dropped off gifts for veterans as part of the Adopt a Veteran program on Dec 19. Photo: Bill McLeod, Voxair Manager



Celine Woo and Frank Emond cut the cake celebrating Frank's 50 years of service to Canada and CAF members on January 11. Frank joined the CAF on Jan 9, 1969, and continues to serve military members as the Winnipeg IPSC Manager. Photo: Bill McLeod, Voxair Manager



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10th RCAF Run Set to Kick-off

Leutenant Hubert Ann Dostyha, Mission Support Squadron "Advisor" and Warrent Officer Dave Hudson, 435 Squadron display 2018 RCAF Run race shirts. "Enough what's new this year in our or late on page 4." Photo: Sgt Darren Kraus

CASARA HOLDS TRI-ZONE 2018 IN MANITOBA Page 2	WING IS CHALLENGED TO WALK ACROSS CANADA Page 4	CANADIAN RANGERS SHARE KNOWLEDGE WITH CAF Page 5	CFS MET GRADUATES COURSE AND RECOGNIZES MEMBER Page 6	17 WING COMMUTER CHALLENGE TEAM NEEDS MEMBERS Page 12	LEAVING OFTEN MEANS YOU'RE GOING TO A BETTER PLACE Page 15
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WCWO/Public Service Slo-Pitch Tournament and BBQ a Hit

Wing Chief Warrent Officer (WCWO) Jerome Rossignol bats the opening pitch to start the WCWO Public Service Slo-Pitch Tournament and BBQ on June 15, 2018 at 17 Wing. Please see more photos on page 8. Full stories will follow in our next issue. Photo: Cpl Brian Lindgren

CANADIAN MILITARY CHAPLAINCY RABBI VISITS WING Page 3	17 WING CELEBRATES VOLUNTEERS Page 5	DET DUNDURN TRAINS TEAM TO COMPETE IN RCAF RUN Page 6	435 SQUADRON HOSTS LIEUTENANT GOVERNOR OF MANITOBA Page 7	SPORTS SUMMER DAY CAMPS WILL KEEP YOUR KIDS ACTIVE Page 12	MFRC ANNUAL GENERAL MEETING JUNE 26 Page 13
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17 Wing Says Farewell to Colonel Cook

Outgoing 17 Wing Commander, Colonel Andy Cook leaves the parade in the pilot's seat of a CC-130 Hercules during the 17 Wing Change of Command Ceremony held at 17 Wing on June 28, 2018. See our story on the Change of Command on pg 2 and our last interview with Col Cook on pg 5. Photo: MCpl Paul Shopko

NEW RCAF COMMANDER MESSAGE Page 2	WINNIPEG JPSU GETS NEW COMMANDING OFFICER Page 4	JUNO AWARD WINNING ARTIST PLAYS FOR 17 WING MEMBERS Page 6	NEW WING COMMANDER LEADS THE WAY IN BLIND DRUG TESTING Page 9	GARDEN BOXES A GOOD ALTERNATIVE FOR YOUR GREEN THUMB Page 11	AMAZING ADVENTURE RETURNS TO THE MFRC IN AUGUST Page 13
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Play Ball!

Master Corporal Sebastian Simard DesRochers, 17 Wing Winnipeg #3, slides into first base while Sergeant Cora Carnevale, CFB Winnipeg #15, attempts to tag him out during the game against CFB Wainwright. 17 Wing Winnipeg hosted the Canada West Men's and Women's Slo-Pitch Championships, Building 90 diamonds, 17 Wing Winnipeg, 24-28 July 2018. Photo: Sgt Darren Kraus. For more about the regional championships please see page 2.

Meet the New Wing Commander Page 2	Conflict And Complaint Management Opens Page 4	Veteran Pilots Reunite With Starfighter in St. Andrews Page 5	Students Get Real-World Experience Page 7	435 Squadron Welcomes New Commander Page 13	Survey on Sexual Misconduct Coming Page 14
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Families Welcomed at Fall Fair

Deanne Bennett, 17 Wing Personnel Support Programs Health Promotion Specialist, quizzes Isabelle about her knowledge of 17 Wing PSP programs at the 17 Wing Fall Fair on Saturday, September 8. For our article and more photos please see page 7. Photo by Candace Maxymowich, Health Promotion Administrative Assistant.

New 2 CAD Commander Ready to Take On Leadership Role Page 2	New Canadians Take Oath at 1 CAD/CANR Headquarters Page 4	17 MSS TEME: Keeping the Wing Moving Forward Page 6	Around the Wing: Photos from the Toonie Walk/Run, 402 Sqn at Air Show Page 8	After the War: Surviving PTSD and Changing Mental Health Culture Page 10	Chaplain's Corner: The Most Potent Prayer Page 15
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Jets Show Appreciation to Military

Manitoba military members and the Winnipeg Jets gather at centre ice for traditional photo of the game on Oct 18, 2018. Photo: Brooke Tuloch, Voxair Layout

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Winnipeg Mom Named Silver Cross Mother

Ms. Anka Cerenini, the National Silver Cross Mother, talks to a group of military and civilian 17 Wing members at the Winnipeg Military Family Resource Centre on the day she named the Silver Cross Mother on Nov 1, 2018. Her son, Thomas Welch, committed suicide following and attributed his service in Afghanistan in 2004. For more about Ms. Cerenini and her son please see our story on page 2. Photo by Bill McLeod, Voxair Manager.

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MERRY CHRISTMAS

The Winnipeg Christmas Band performs during the 17 Wing Christmas Dinner at the Victoria Inn. Photo: Bill McLeod, Voxair Manager.

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Seeking a Sense of Community and Peace Amongst the Noise



by Captain Bettina McCulloch-Drake

When I was a lot younger than I am now, I lived with my family in a small Ontario community.

Whether it was typical for a small rural town in the Ottawa Valley, I cannot recall, but what I do remember was the sense of belonging: the sense that, despite our differences, we did have some things in common that brought us together in good times and bad.

One of those things we had in common was the small United Church where we gathered to sing, pray and connect with others. Although I have since fallen out of favour with praying, I am still able to take pleasure in listening to, and exploring, a wide variety of music. More recently, I have searched for, and have since found, music that I can use to calm my mind, to re-centre myself when I feel off-balance, and to find a degree of peace amongst the noise associated with modern day living.

The journey of how I came to seek this music is a story for another time in the not so distant future. What matters right now is the fact that music, in its purest sense, connects us all.

In the Canadian Armed Forces, music carries with it, years of history: connecting us with those who came before and those who will serve in the future. While the strains of "Heart of Oak" and the naval hymn ("Eternal Father, Strong to Save") remind me of my prideful days as a member of the Royal Canadian Navy, the

now familiar notes of the "RCAF March Past" and the "Airman's Prayer" link me to my present as a Royal Canadian Air Force officer. Similarly, songs that we use in our ceremonies including "O'Canada", "God Save The Queen", "The Last Post", "The Lament", and "The Reveille" (or Rouse), serve as bridges across the entire breadth of our organization, and beyond. As long as those notes fill our ears, our minds, and, perhaps, even our souls, we are united: united in celebration or united in remembrance.

Which now brings me back, full circle, to the idea that music can allow us to connect as a community while allowing us to find some sense of peace amongst the chaos that our lives can often become.

Now imagine this: you are in a room filled with the warm glow of candle light. Drifting on the air you hear a repetitive chant, a sort of mantra, if you will, that takes you away, for even a brief time, from the worries, the anger, the frustration, the sadness and all those other stresses you might be holding onto. Your voice joins the voices of others and now you are no longer alone. Other people are there with you in that sea of light, sound, and sometimes, yes, silence. The silence is as important as the music. It gives us room to contemplate or room to ground ourselves to where we physically are. To be present.

This is part of the experience called Taizé Prayer. While its past and present is rooted in Christianity, Taizé Prayer, seeks to bring people together so that they may come to understand the viewpoint of others and, in the words of writer-theologian Olivier Clément, feel "welcomed as they are without being judged." You do not need to be a member of a church or a particular denomination to participate in a Taizé Prayer session. All you need is to be open to exploring your own spirituality while accepting the viewpoints of others.

Come and discover Taizé Prayer for yourself. 17 Wing Chaplain Services will be offering Taizé Prayer sessions once a month between January and June. For complete information and details please visit the Chapels & Chaplains pages at CAF Connections - caf-connection.ca/Winnipeg/Home.aspx or connexionfac.ca/Winnipeg-fr/Accueil.aspx.

Improving Training and Education Through the RCAF Learning Support Centre



by LCdr/Capc James Cantafio, Staff Officer Training Development, 2 CAD

2 Canadian Air Division (2 CAD) is committed to ensuring that the Royal Canadian Air Force (RCAF) remains an agile learning organization that facilitates continuous improvement in training, education, and learning support services through the RCAF Learning Support Centre (LSC).

Co-located with Military Personnel Command (MPC) LSC in Borden, the RCAF LSC is located in building P153 on the second floor of the former base high school. The RCAF LSC serves to provide integrated individual training and education consultancy, support, and learning development services to support all RCAF Training Establishments (TE) and Operational Training Units (OTUs). The RCAF LSC is co-located with the MPC LSC to leverage resources, best practices, and lessons learned. Currently, six local contracted personnel, including computer programmers, multimedia designers, and instructional designers contribute to designing and developing training, education, and learning support solutions for the RCAF.

Training development staff from 2 CAD from Winnipeg routinely visit the LSC in Borden to ensure

oversight of the products and services being offered through the RCAF LSC. Captain Steve Bowen from 2 CAD has been involved with the RCAF LSC since its

inception and loves what he sees. As Captain Bowen observes, "every day that I work in this position makes me more aware of how intelligent and innovative our Air Force members really are. I am impressed with the quality of training products and services the RCAF has produced to date."

Since April 2018, the RCAF LSC continues to add value by augmenting training design and development for the RCAF. A number of RCAF related projects have been initiated and produced, such as Three Dimensional (3-D) animated training, interactive online courses, and virtual reality training aides. The LSC is operating as a "proof of concept". Currently, the RCAF LSC includes one development team of 6 personnel with plans to increase capacity to reflect the increased demand for LSC products and services. As Captain Bowen states, "this permits us to design an effective support organization by learning what our customers need and want."

For more information on the RCAF LSC, including how to initiate a request for training, education, or learning support products and services, please email the RCAF LSC at 2CADLSC@forces.gc.ca.



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WEDNESDAY, JANUARY 30, 2019
MERCREDI 30 JANVIER 2019

1700 - 1900 hrs
17h00 à 19h00

Bldg 90 Theatre
Bâtiment 90 - Théâtre

Light dinner provided.
La nourriture est fournie.

PSP HEALTH PROMOTION / SERVICE DE PROMOTION DE LA SANTÉ DES PSP (204) 833-2500 LOCAL/POSTE 4150 HEALTHPROMO@FORCES.GC.CA

2019 Free! Family MOVIE NIGHTS

BLDG 90 THEATRE
SUNDAY, JANUARY 20
Doors Open - 1530 hrs • Show Time - 1600 hrs

Disney Christopher Robin

More FREE family movies to come!

POPCORN & SLUSHIES AVAILABLE FOR PURCHASE • \$1 EA.

INTER-COMM

4 & 5 February 2019 **4 et 5 février 2019**
0830 - 1600 hrs **08h30 à 16h00**

A SKILLS BUILDING COURSE DESIGNED TO IMPROVE PERSONAL COMMUNICATION!
UN COURS DE DÉVELOPPEMENT DES APTITUDES DE COMMUNICATIONS

PLEASE CONTACT US IF CHILDCARE IS REQUIRED. CONTACTEZ-NOUS SI UNE GARDE D'ENFANTS EST REQUISE.
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For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

Managing Angry Moments (MAM)

Gérer les moments de colère

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

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

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

Mental Fitness & Suicide Awareness: Supervisor Training

Force Mentale et Sensibilisation au Suicide: Formation du Superviseur

It's one thing to look after your body. Just don't forget about your mind.
C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.

21 January 2019 **0800 - 1600 hrs**
21 janvier 2019 **08h00 à 16h00**

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

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

Alcohol, Other Drugs, Gambling and Gaming Awareness Training

Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique

24 & 25 January 2019 **24 et 25 janvier 2019**
0800 - 1600 hrs & 0800 - 1200 hrs **08h00 à 16h00 et 08h00 à 12h00**

Recognize and respond to early warning signs and develop effective interview skills. This training is course coded and is required for all military in a supervisory role. DAOD 5019-7
Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces. Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

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

National Défense nationale **Operation HONOUR**

RESPECT IN THE CAF WORKSHOP

RESPECT DANS LES FAC

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

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

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

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

Top Fuel for Top Performance

Bouffe-santé pour un rendement assure

8 & 15 March 2019 **8 et 15 mars 2019**
0830 - 1600 hrs **08h30 à 16h00**

- Evaluate your eating patterns
- Learn to read food labels to make better choices
- Plan and prepare for training and competition
- Learn how to adjust your eating to lose weight or bulk up

- Évaluez vos habitudes alimentaires
- Apprenez à lire les étiquettes des produits
- Sachez vous préparer en vue d'un entraînement ou d'une compétition
- Apprenez à modifier votre alimentation et vos exercices pour perdre du poids ou augmenter votre masse musculaire

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



Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at:

www.cafconnection.ca/Winnipeg

or follow us on Facebook and Twitter:

@WinnipegMFRC

CHILDREN & YOUTH PROGRAMS :

OCCASIONAL CHILD CARE

Casual child care for 6 months - 12 yrs. Call 204-831-1248 to register or ask for more information including cost and extended hours. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

KIDS CLUB

Drop in care for children 18 months to 5 years. \$2 per child per session without PSP membership. Free with one! Please send a snack and diapering supplies if required. Westwin Children's Centre, 642 Wihuri Rd. Tues. & Thurs. 1630 - 1915, Sat. 0900 - 1130.

CREATIVE TOTS

Facilitated play group at our South Side Centre. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Mon. Thurs. & Fri 1300 - 1500, Tues. 0900 - 1100. Free. Drop-in.

FRENCH SING-A-LONG

No French experience needed. For kids 2 - 7 yrs. This month we will visit with Mrs. Claus and have hot chocolate and cookies. Thursdays 0900 - 1000 starting January 10, Free. Register by: January 4

DEPLOYMENT ACTIVITY

Is your child having trouble dealing with a family member's absence during a deployment? Sessions will help children to understand their feelings, the changes, and possible stressors that occur before, during and after a deployment. In a safe, comfortable environment, children learn positive skills and age-appropriate stress management strategies to help them with their deployment situation. Activities are geared for 12 and under. Wed. 1700 - 1900, Jan 30 FREE. Register by Jan 25

YOUTH PROGRAMS :

GEMS: A KID'S GROUP ABOUT SEPARATION AND DIVORCE

South Winnipeg Family Information Centre 800 Point Road, Lower Level. It can be really confusing for kids when their parents have chosen to separate or divorce. Gems gives them the chance to meet with other kids who are going through the same things. This program is presented in partnership with South Winnipeg Family Information Centre and will be held at their location in Fort Garry. This mixed group (military and civilian participants) will be facilitated by MFRC social work staff. Open to students in grades 4 and 5. Parents must have been separated a minimum of 6 months prior to group starting. Meeting with facilitators required prior to registration. Contact Sarah, MFRC Social Work student at sw.student.mfrc@gmail.com for program and registration information before January 30. ***Space is limited

YOUTH DROP-IN CENTRES (6-12 YRS)

Our two youth centres are the hub of our programming for 6 - 12 year olds. There is a \$20 annual membership fee and a registration/health form needs to be completed at a youth centre or the mfrc office. As our program adapts to youth needs, the most current information regarding activities and other opportunities for youth are available via facebook @winnipegmfrcyouth. **hours of operation are subject to change based on attendance. Centres are closed on holidays.

North Side - 102 Comet St

Monday & Wednesday: 1700 - 2000, Friday: 1700 - 2100, Tuesday/Thursday: CLOSED (see Kids Club/Active Kidz)

South Side - 347 Doncaster St.

Monday to Friday 1630 - 2000

KIDS IN THE KITCHEN

Kids in the kitchen is a hands-on cooking class for youth aged 6 to 12. Come out and have some fun learning to prepare and cook healthy dishes and learn some basic culinary skills! Tuesdays 1700 - 1900 February 5, 12 and 19 \$25 for all three sessions. Register by January 29. Must fill out a permission slip.

PARENT & FAMILY PROGRAMS :

A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays, 0930 - 1130. Free. Drop-in.

A PARENT GROUP

Join us for parenting discussions and networking. Wed., Jan.23 0930 - 1130. Free. Drop-in.

UN-HIBERNATION AT THE CANADIAN MUSEUM FOR HUMAN RIGHTS

If this is your first winter in Winnipeg, come out of hibernation and join other Newcomers as we explore things to do in Winnipeg in the winter. We will meet at the Canadian Museum for Human Rights Sunday 1000 January 20 Information will be emailed to newcomer families by the Newcomer Coordinator.

DEPLOYMENT DINNER DATE

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, allow us to organize dinner for you and your family. Meal themes will be announced in the Keeping in Touch email and on the MFRC Facebook (@WinnipegMFRC)page closer to the date of the dinner. Tuesdays 1700 - 1900 January 29 February 26 March 26 April 30 \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by: January 25, February 22, March 22, April 26

CUDDLE UP AND READ

Westwin Children's Centre 642 Wihuri Rd We are kicking off "I Love to Read" month with a bang! Join us for a cozy evening of hot chocolate and amazing books. Special guest readers too! Friday 1800 - 1930 February 1 Free. Register by January 28, 2019 *Parents must stay with their children.

ADULT PROGRAMS

CAFÉ FRANÇAIS

Join us Wednesday mornings for a coffee and chat in French. This is a perfect opportunity to practice your French. Wednesdays 930 - 1130 First and Second Wednesday at MFRC Fourth Wednesday École Roméo Dallaire Free. Drop-in.

CRAFT DROP IN AFTERNOON

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft tables so you have room to work! Wednesday 1330-1500 January 16 February 20 March 20 April 17 Free. Drop-in.

EMPLOYMENT & EDUCATION SUPPORT GROUP

This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment while offering training, presentations, workshops and visits to local employers and education providers. Tuesdays 0930 - 1130 January 22 - April 23 Free. Drop-in.

MATURE WOMEN'S GROUP

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mondays 1900 - 2100 January 28 February 25 March 25 April 29 Free. Drop-in.

SPECIAL NEEDS CONVERSATION GROUP

Meet with others in our community to discuss challenges and rewards of managing special needs, as well as networking and sharing information about services and resources. Thursday 1900 - 2100 January 31 February 28 March 21 1800 - 2000 April 25 Free. Register by: January 24 February 21 March 14 April 18

CRAFT DROP IN AT NIGHT

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft tables so you have room to work! Mondays 1830 - 2000 January 21 March 18 April 15 Free. Drop-in.

LEARN TO... CUPCAKES

Join us at the MFRC as we learn how to decorate cupcakes. We will learn about different frostings, and piping techniques. Monday February 4 1830 - 2030 \$10 Register by January 30.

UNITS SNOW SCULPTING COMPETITION

Sculpting starts Monday, February 4 and must be completed by Thursday, February 7, 0930. Judging and prizes at MFRC Community Coffee Thursday February 7, 1000 Units must register their teams no later than January 25 Monday February 4 to Thursday, February 7, 0930 Free. Units must register their teams no later than January 25 by calling the MFRC or emailing Brinda.Chengadu@forces.gc.ca

Living Life to the Full Want to know how to feel better, right now? This enjoyable, interactive course introduces principles of the Five Areas Cognitive Behavioural Therapy (CBT) model and will help you understand your feelings and what to do about them. In four enjoyable 3 hour sessions - one per week - this course helps people to make a difference to their lives. Each session is expertly moderated and includes a booklet. Participants are taught how to deal with their feelings when fed up, worried, or hopeless, and learn skills that help them tackle life's problems. Tuesdays 1300 - 1600 February 5, 12, 19, 26 Free. Register by January 25.

SPECIAL EVENTS

COMMUNITY COFFEE BREAK

Visit with community members, pick up resources, register for programs and meet with staff. We have door prizes, occasional special guests and announcements. Thursdays 1000 - 1100 February 7 March 7 April 4 Free Drop in

YELLOW RIBBON GALA

Victoria Inn Hotel and Convention Centre 1808 Wellington Ave. The annual fundraising gala is a chance to relax with friends, enjoy world class entertainment by JetStream and even bid on the silent auction and buy tickets for the players choice raffle. An event not to be missed! Saturday February 16 1730 cocktails 17 Wing and Lodger unit personnel and immediate family: \$75. Civilian: \$100 or Table of 10 is \$900. Tickets available until February 6.

ACROSS GENERATIONS; SHARED EXPERIENCES OF SUPPORTING A FAMILY MEMBER WITH PTSD

Join us for a viewing of Military Mothers from the documentary Soldiers' Children followed by a moderated, intergenerational panel discussion. Saturday 1300 - 1500 February 23 Free. Register by February 19.

Call 204-833-2500 ext 4500 to register for programs or for more information

Sports Trivia Answers

1. The Pittsburgh Pirates beat the Detroit Tigers 8-0 in 1909. It was Ty Cobb's last World Series appearance and the third consecutive year Detroit lost the Fall Classic.
2. It took 12 innings in 1924. Washington beat the New York Giants. Muddy Ruel, reputed to be the slowest man in baseball scored from second base on a bad-hop grounder past third base. Walter Johnson was the winning pitcher.
3. Roger Peckinpaugh, the American League MVP, made eight errors, which was one factor in the Pirates victory.
4. Johnny Podres.
5. Lou Burdette beat Don Larsen (of 1956 WS perfect game fame) 5-0 in game seven for his third win.
6. Second baseman Bill Mazeroski hit the homer, off a Ralph Terry 1-0 offering, breaking a 9-9 tie. It was the only time a winner-take-all World Series game ended with a walk-off home run. Joe Carter's three-run come-from-behind homer off Mitch Williams to win the Series was in game six in 1993.
7. Gerry McNeil, Montreal Canadiens: 1951 and 1954.
8. Montreal Canadiens: beating the Boston Bruins in game five in 1953 and losing in game seven to the Chicago Black Hawks in 1954; and the Dallas Stars beating the Buffalo Sabres in triple overtime in game six in 1999 and losing to the New Jersey Devils in double overtime in game six in 2000.
9. The Detroit Red Wings defeated the New York Rangers in double OT in 1950, and beat the Canadiens in overtime in 1954.
10. Bobby Orr with the Boston Bruins in game four versus the St. Louis Blues in 1970, and Uwe Krupp of the Colorado Avalanche in triple overtime in game four versus the Florida Panthers in 1996.
11. Montreal Canadiens, 4: 1944, 1953, 1966, and 1977.
12. Boston Celtics: 1957, a double-OT win over the St. Louis Hawks; 1962, an OT win over the Los Angeles Lakers.
13. The Winnipeg Blue Bombers defeated the Hamilton Tiger-Cats 28-27 in 1961.
14. The Edmonton Eskimos defeated the Montreal Alouettes 38-35 in 2005.
15. The New England Patriots defeated the Atlanta Falcons 34-28 in Super Bowl LI. The win was controversial because the rules at the time stated that in overtime, the game ends if the team with first possession scores a TD on its first possession. Atlanta did not get a chance to play the ball in OT despite being the statistical superior team in that game.
16. Three: June 10, 1934, Italy defeated Czechoslovakia 2-1; July 30, 1966 England defeated West Germany 4-2; and June 25, 1978 Argentina defeated the Netherlands 3-1.
17. Two: July 17, 1994, Brazil defeated Italy 3-2 after a scoreless extra time match; and July 9, 2006, Italy defeated France 5-2 after a 1-1 extra time match.
18. Sidney Crosby at 7:40 of the first overtime period in 2010.
19. Marie-Phillip Poulin at 8:10 of the first overtime in 2014.
20. The Detroit Red wings defeated the Montreal Maroons 1-0 in the sixth overtime in 1936.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Focus on where life is at right now. Regrets are a waste of energy. Achieve a sense of hope, joy and peace by appreciating all that you have. How you think about what is happening has a huge impact on your experience. Your best course of action is evident when you stay centered.

Taurus (April 20 – May 20): Your choices determine your reality. Stop looking for explanations for unwanted outcomes and just deal with them. Note where you put your energy. Do you give the majority of time and attention to constructive pursuits? Use distractions for brief respite periods. Avoid excesses.

Gemini (May 21 – June 21): Getting organized and creating plans helps you feel more settled. Having a secure home base allows you to consider new ventures. Appreciate those who accept and support you. Maintaining connections combats a sense of isolation. Reach out. Initiate or organize regular "meet ups."

Cancer (June 22 – July 22): Appreciate your strengths but accept help when required. Honor your needs as well as helping others. How things appear in the dramas they create can be misleading. Letting them deal with their own responsibilities is educational. Learning how to deal with hardships is part of life.

Leo (July 23 – August 22): Things aren't always going to go your way no matter how hard you work on getting what you want. If you've given in to temptation, take responsibility for the physical and financial fallout. Dream big. Use your vibrant energy and enthusiasm to make miracles happen. Avoid short cuts.

Virgo (August 23 – September 22): What you think influences what you see and how you feel. There is joy all around you. There are also responsibilities and tasks you must deal with. Work and play in equal measure. Doing work that satisfies you is like a double win. Maintain routines that promote wellness.

Libra (September 23 – October 23): When you help others you benefit psychologically. And you gain experience. Share what you have (knowledge, skills, expertise). You're a teacher and a student at all times in life's journey. Be flexible in your planning and things will work out better. Be a catalyst for change.

Scorpio (October 24 – November 21): Take care of yourself so that you can take care of others. Looking at a new investment. What work must be done in order to improve on what you've already accomplished? Add new skills to the mix. Purchase new tools and supplies. Make new connections. Do what you love.

Sagittarius (November 22 – December 21): It's time to relax and enjoy the fruits of your labor. You'll still have to be mindful of what is happening around you so make sure you stay connected. But get away so you don't feel you have to always be available and alert. Patience; the future always gets here in time.

Capricorn (December 22 – January 19): Waiting for the perfect time you risk missing out on so much. Appreciate loved ones. Deal with challenges and issues as they arise. This year, you'll have more clarity about your priorities, a greater sense of purpose, creativity and enthusiasm. Embrace inevitable changes.

Aquarius (January 20 – February 18): It may not be easy, but cut your losses now or you'll pay a higher price later. You can assess a situation better if you think ahead and ask yourself if this is what you want to see as your past, in a few years. Make amends, to yourself and others. Where you have influence - use it.

Pisces (February 19 – March 20): A focus on your physical health will help you feel more stable and energized. Expect radical shifts in your circumstances. Assess and plan the next year with the focus on doing what's best for you. Be pro-active. Clear away mental and physical clutter. Think positive.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

HAPPY NEW YEAR!

FROM THE STAFF AT THE VOXAIR


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MEAT DRAWS

Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

LIVE BANDS

Jan. 18 & 19 - The Otherside

Jan. 25 & 26 - Geoff Erickson & The Rockets

Feb. 1 & 2 - The Blackwater Band

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Friday 8pm-1am June-August

Every Saturday 7-11 pm

MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm



Chaplain's Corner

The Big Question... Where are YOU?

by Rabbi Captain Noteh Glogauer

I am often approached with the most fundamental of theological questions regarding creation. Where did the world begin? Where will the world end? When searching for meaning and individual purpose, it is fundamental to understand the two ends of the spectrum; the start and end to it all. With this insight, it would be easier then to fit ourselves somewhere in between. I think these questions often come from our search for our purpose; not where did the world begin, but what is my purpose in it?

As we all have just returned refreshed from our holy days and have begun a new work cycle, indeed a new year, perhaps it is a good time to tackle the "Big Question" and reflect on our individual purpose in life. We sometimes forget to ask what are we doing on this world and where do we fit into the great picture of creation.

After Adam and Eve ate the forbidden fruit from the Garden of Eden, they were gripped with shame. They covered themselves with fig leaves and hid from the wrath of God. God, about to interrogate them, appears as if searching the Garden for them as if they would be fugitives from justice. Then seemingly in mock frustration, God asks a question quite unbecoming of the Omnipotent, "Where are you?"

What seems like a simple question, on the surface is quite puzzling. What type of a game was the Almighty playing with Adam and Eve? God knew perfectly well exactly where they were, precisely what they had done, and why they were hiding. So why then the question, "Where are you?"

Perhaps there is a great lesson for us to learn from this. Even after we commit what we may think is the greatest sin and we wish that we could disappear, it is easy to lose self-confidence and self-worth. The message we need to take from the above incident is that God does not lose confidence in us. In fact, with all the



minutiae involved with creating the universe, God is involved personally in our lives and asks about each and every one of us. God wants to know where we are. God also wants Us to know where we are...

With the challenges today in the 21st century, we are fixated on discerning, "Where is God?" or "who is

God?" With atrocities being perpetuated in our modern world, the many injustices, world hunger, human trafficking, it is easy to ask, "Where is God?" It is easier to look back in history, not even into the distant past and ask, "Where was God?"

However, we are so caught up in the search for the unknown and the unseen that we often forget to search for ourselves. It is possible that God's first question of humankind is an unrelenting probe that resonates from time immemorial, "Where are you?"

God created each person with a purpose. Every person has a mission in life to fulfill. And, as the years go by, God renews that charge with a personal call and asks "Where are you? What have you done with your life? What are you doing to fulfill your special mission?" In kindness, God calls out to us asking "Where are you?" God sends us different signs in our lives for us to see, hear, or experience and take to heart. We need to take the time to recognize the different signs that God sends us and think about where we are for even a moment. Are we moving closer or further away?

Maybe we ought to change the questions we are asking and spend some quality time in self reflection: "Where am I?" We could benefit from analyzing, in kindness, our personal standing in every aspect of our lives. Just as God is asking because God is our parent and loves us unconditionally, we too must judge ourselves in such a way that we can move forward and not get stuck in shame or guilt or despair. After all, if God wants to know where we are shouldn't we want to know too?

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 hrs

COMMUNITY SERVICES:

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

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

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

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

CHAPLAINS

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

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

TBD
ext 5272

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



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

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

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

COMMUNITY SERVICES:

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

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

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

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

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

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

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

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

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Contact Wing Chaplain Office for further information.

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