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# THE VOXAIR

The Winnipeg Military Community News Source Since 1952



## Second World War Vet Visits Wing

Richard Earl, Second World War Burma Veteran, poses by the nose of "Spirit of Ostra Brama" DC3 Dakota aircraft during his visit to 435 Squadron, 17 Wing Winnipeg, MB, on 29 January 2019. The DC-3 of the type the squadron originally flew is awaiting transport to Poland. For more information about Mr Earl's visit please see page 2. Photo: Sgt Daren Kraus

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# Once a Chinthe, Always a Chinthe



Richard Earl, Burma Veteran, is surprised by the turnout of 435 Squadron personnel during his visit to 16 hangar, 17 Wing Winnipeg, MB, on 29 January 2019. (L-R) Lieutenant-Colonel John Coffin, 435 Squadron Commanding Officer, Richard Earl, Burma Veteran, and Richard Henry, retired 435 Squadron Search and Rescue Technician. Photo: Sgt Daren Kraus

by 2Lt Becky Major, 17 Wing Public Affairs

When Richard Earl joined the Royal Canadian Air Force (RCAF) at age 18 in 1942, he never imagined he would end up as a radio operator for one of two brand new Canadian transport squadrons in India. Mr. Earl was placed in 435 Squadron working on the Dakota DC-3, or “Dak” as it is fondly remembered by its operators. Seventy-five years later, through a chance meeting, Mr. Earl had the opportunity to reunite with his former squadron at 17 Wing Winnipeg.



Richard Earl, Burma Veteran, speaks with Lieutenant-Colonel John Coffin, 435 Squadron Commanding Officer, and members of 435 Squadron explaining his experiences in Burma during World War II. Richard Earle visited 16 hangar, 17 Wing Winnipeg, MB, on 29 January 2019. Photo: Sgt Daren Kraus

Mr. Earl served through the end of the Second World War until 1946 before returning to his job in Canada at CN Rail. Since then, he had not attempted to reconnect with the military until a chance meeting with his new next door neighbour, Master Warrant Officer (MWO) (Ret'd) Richard Henry, a former Search and Rescue Technician with 435 Squadron. “We started talking in the back lane one day and Richard mentioned he had served in India,” explained MWO (Ret'd) Henry. “After a few minutes he said he served with 435 Squadron and I thought, this is a big deal.”

After connecting with a member of 435 Squadron, a tour was arranged for Mr. Earl to come and visit Hangar 16 and see the CC-130 Hercules the squadron now operates. Mr. Earl did not cancel his visit despite temperatures below minus forty, and the squadron did not disappoint. When Mr. Earl stepped off the elevator onto the third floor of the hangar, he was greeted by 435's Commanding Officer Lieutenant Colonel (LCol) Johnny Coffin, Chief Warrant Officer (CWO) Paul Nolan, and members of the squadron. It was an honour he was not expecting, and one he will not soon forget. LCol Coffin presented Mr. Earl with a squadron coin and welcomed him home, saying “Once a Chinthe, always a Chinthe!” The Chinthe, a lion-like figure from Burma, was adopted as the squadron's mascot during its time in India.

Mr. Earl spent the morning sharing some of his stories from Burma and reminding the squadron's members just how different times used to be. When asked what type of harness they wore while conducting airdrops in the back of the Dakota, Mr. Earl said, “The clothes on my back!” While this seems shocking to today's aviators, Mr. Earl and his fellow airmen did not think twice about it in 1944.

Mr. Earl was in awe after being shown

the CC-130 Hercules. “You could fit the body of the Dak in the back of this Herc no problem!” he laughed. Squadron members took him right into the cockpit and explained how the aircraft works.

Having trained as a wireless-air gunner in Canada, Mr. Earl used those skills while stationed in India. He relied heavily upon his lessons in Morse Code while working as a radio (or “wireless”) operator alongside two pilots and a navigator that made up the crew of the Dakota. To his surprise, Mr. Earl ended up on a crew with a pilot who lived on the same street as him back at home in Winnipeg, Earl Payne.

The tour was a thrilling morning for Mr. Earl, but 435 Sqn will be seeing even more of him this year. In April they will honour the squadron's 75th anniversary by hosting a banquet dinner at the Canadian Museum for Human Rights.



Captain Steven Huntley, 435 Squadron Air Combat Systems Officer, gives Richard Earl, Burma Veteran, a tour of CC130 Hercules aircraft cockpit during his visit to 435 Squadron, 17 Wing on 29 January 2019. Photo: Sgt Daren Kraus



PL60993-Dakota aircrew of the RCAF “Chinthe” Squadron, homeward bound, arrive at the dispersal for the last time. Soon they will be in the United Kingdom, and eventually, soon they hope, in Canada. Left to right they are: WO CJ McCorry, R100475, Transcona, Winnipeg; F/O ER Gordeon, J38092, 4675 Gladstone St, Vancouver; WO RJ Earl, R208598, 533 Sherburn St, Winnipeg; F/O Bruce Darling, J38095, 4594 West Seventh Ave, Vancouver; F/O Dave H Sharpe, J38127, of 1617 Camosun St, Victoria; WO Al Bietz, R194869, of Cardston, Alta, and F/L Joe Romanow, J25881, of 213 Ave H South, Saskatoon. Photographer unknown.

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# Logisticians in Winnipeg Celebrate 51st Birthday



(L-R) 17 WCWO Jerome Rossignol, 17 WComd Col Eric Charron, Col Barton, Col Luc Girouard, CWO Todd, Avr Melissa Persaud, CWO Marc Filiatraut, LCol Brian Quick, and LCol Ken Mills cut the cake at the birthday. Photo: Cpl Daryl Hepner

by Martin Zeilig, Voxair Photojournalist

About 100 military and civilian personnel were in attendance at the Junior Rank's Mess on February 1st to celebrate the 51st birthday of the Royal Canadian Logistics Service.

The party included a light buffet lunch and an ornate multilayered birthday cake prepared by Wing Food Services. Informal speeches were given by Lieutenant-Colonel Ken Mills, Commanding Officer 17 Mission Support Squadron; 17 Wing Commander Colonel Eric Charron; Major Amanda Aldous, the CO at 2 Canadian Air Division HQ; and, Col Luc Girouard, A4 Logistics, 1 Canadian Air Division.

A series of slides depicting Operation Faust – the Canadian Armed Forces logistical involvement in the humanitarian assistance for the people of The Netherlands toward the end of the Second World War -- played on a continuous loop on a back wall. The year 2020 will mark the 75th anniversary of Op Faust.

Maj Aldous also presented Challenge Coins to several RCLS members. The coin has the particular trade serialized on one side with the RCLS emblem engraved

on the obverse.

From 1968 to 2018 the organization was named the Logistics Branch, notes online information.

On October 16, 2018, on the occasion of its 50th anniversary, the logistics branch received its 'royal' designation from Queen Elizabeth II becoming the Royal Canadian Logistics Service.

"We have a proud history and it culminated with the royal designation," Col Girouard said. "That's something we should be very proud of.

It came with a lot of hard work and sacrifice across all environments and to have that finally recognized in such a way is great news."

He also pointed to the challenges the RCLS will have in the next few years with the MISL initiative-- an effort to modernize all logistics enterprise systems.

"So, the challenge we have today is that we have multiple systems that don't necessarily talk well with each other," he said to The Voxair afterwards. "This causes inefficiencies, redundancy and a misemployment of resources that we can't afford to have."

Funding has been put aside as well for a project team to eventually merge all these independent systems into one cohesive system, Col Girouard explained.

"This initiative will help us to do that. Right now it's more in a definition stage. We'll be the ones implementing this across the RCAF eventually."

Maj Aldous spoke about the RCLS Fund, which is funded through membership dues and CANEX revenues.

The RCLS Fund provides the means to recognize

members through Branch and Occupation Coins, Branch Medallions, and Branch Commendations; encouraging professional development and innovative thought through essay competitions open to all ranks, Regular Force and Reserves; celebrating Branch milestones and achievements and in deployed locations in partnership with CFLA; and, recognizing achievements of dependents of serving Regular and Reserve Force Members through education bursaries; among other things.

"The Logistics Fund is the gift you give yourself," Maj Aldous said. "Without that fund we wouldn't be able to do a lot of the events we do. I think for a lot of logisticians, who work in a niche specialty, it's great to have these events because the Winnipeg area is so big with 1 CAD and 2 CAD, and 17 Wing. There are so many different functions happening here.

"So, not only is the work we do to enable Air Operations important, but also to acknowledge ourselves as a service and try to build that identity."

Col Charron said it's important to honour the people in the Logistics Branch, who are involved in so many sub trades ranging from finance to human resources, to warehouse and supply, and much more.

"I couldn't help but latch onto the messages from Colonel Girouard and senior occupational representatives here about their desire for flexibility," he remarked afterwards.

"You're trained in a specific area but open your mind to the fact that we expect more of you. In terms of diversifying, I think this is a great message for that next generation knowing that they're going to do more than just a finite speciality. It's a success story."

Even though he's been in Logistics for over 18 years, LCol Mills said every day provides a new challenge and a new opportunity to get to know new people.

"They surprise me every day," he emphasized.

## U.S. Army Alaska marks anniversary of C-130 crash



A CC-130 Hercules from 435 Sqn rests near the airfield at Fort Wainwright. The aircraft crashed in poor conditions in 1989 during an exercise. There were nine fatalities in the crash. Photographer unknown.

from Public Affairs Office, Fort Wainwright, Alaska

Thirty years ago, on Jan 20, 1989, a Canadian C-130 aircraft crashed into a snowbank here and split in two during a landing in a thick, icy fog, killing nine Canadian soldiers heading to a major U.S.-Canadian military exercise.

U.S. Army Alaska, along with Canadian counterparts, marked the solemn anniversary at 9:45 a.m., Tuesday, Feb. 5, with a memorial ceremony designed to

ability of U.S. and Canadian forces to conduct winter operations. The \$15 million exercise involved 26,000 troops, 120 aircraft and 8,000 vehicles. At the time of the crash, a thick, icy fog blanketed the runway and the temperature registered around 60 degrees below zero.

The aircraft was the second of three Canadian planes scheduled to land at Fort Wainwright to participate in a force-on-force phase of the exercise with about 435 paratroopers. The first plane landed safely and the

open this year's Extreme Cold Weather Arctic Symposium and highlight the continuing importance of training in extreme cold weather and high altitude environments.

The aircraft was carrying eight crewmen and 10 special service paratroopers from Edmonton, Alberta, when it crashed just short of the runway at Fort Wainwright's Ladd Field that night.

The soldiers were on their way to Fort Wainwright to participate in Exercise Brim Frost 89. The exercise was designed to test the

third was diverted to Fairbanks International Airport after the crash.

Rescuers rushed to the crash site without hesitation and found survivors struggling to pull themselves from the wreckage on the frozen ground. Local emergency responders joined Fort Wainwright's responders in getting the injured to medical care. Bassett Army Community Hospital and Fairbanks Memorial Hospital jumped into action to treat the injured.

Local residents from Fairbanks and Fort Wainwright donated blood as soon as the request went out. They sent flowers and compassionate notes of condolence. They offered assistance if needed. French students from the University of Alaska Fairbanks offered translation services.

The commemoration ceremony will open the 2019 Extreme Cold Weather Arctic Symposium will assess abilities to sustain Soldiers operating in the Arctic, educate attendees on sustainment shortfalls and capability gaps in extreme cold weather operations, and explore viable sustainment solutions.

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# New 17 Wing Energy Manager Aiming to Reduce Energy Use



**Michael Cann, the new 17 Wing Energy Manager poses for a photo in Bldg 100. Photo: Martin Zeilig, Voxair Photojournalist**

by **Martin Zeilig, Voxair Photojournalist**

Michael Cann, the new Engineering Manager at 17 Wing, looks at the big picture when it comes to energy efficiency.

He uses a meaningful mantra-- one that's backed by science.

"If you bring buildings up to an energy efficient level then you can do a lot to mitigate climate change," he commented during an interview in his office in Building 100, Wing Construction and Engineering.

He points out that buildings use 70 percent of all the energy used in an urban environment, while transportation accounts for about 20 percent usage in such environments.

Cann has a degree in Environmental Studies from the University of Manitoba with a focus on Sustainable Building. He was hired here in early January and previously worked with Manitoba Hydro's Power Smart program "delivering incentives" for residential energy

use.

"My role is to help the base reach its mandate of reduced energy use by 40 percent by 2030," said Cann, noting that he's also Leadership in Energy and Environmental Design (LEED) accredited. LEED is one of the most popular green building certification programs used worldwide.

"One of the ways we're going to do this is through awareness and through managing the energy use of buildings across the base. It involves reviewing design documents. Every time we do a renovation, we're looking for marginal increases in energy efficiency."

The Department of National Defence/Canadian Armed Forces hired 26 energy managers across Canada to help facilitate these goals of reaching 40 percent reduction in energy use by 2030, he explained.

"It's definitely a mandate from the federal government," Cann continued. "But, DND has the largest footprint of any government department. That's why it's important to get energy managers in CAF buildings."

The background to all this officially mandated environmental action stems from a National Energy Management Plan.

"The Paris Agreement was signed by Canada in 2016, committing the country to mitigate greenhouse gas (GHG) emissions and combat climate change," says the report. "This commitment led to the creation of the Pan-Canadian Framework on Clean Growth and Climate Change, a plan to turn the Paris Agreement into actions. This document and others such as the Federal Sustainable Development Strategy (FSDS) and Greening Government Strategy (GGS) have clearly documented the Federal Government's intention to act on climate change, and created strategies for all Federal departments to reduce emissions.

"Canada's Defence Policy 2017 entitled 'Strong, Secure, Engaged' supports the FSDS commitment to greening. The Department of National Defence through a variety of initiatives. These include energy efficiency, transitioning to hybrid and electric vehicles, increasing

use of renewable energy and disposing of underused buildings. These initiatives have also led to the Defence Energy and Environment Strategy 2017 (DEES) targets and Green Building Directive. The new initiatives have been incorporated into the ADM (IE) Integrated Resource Plan (IRP) by prioritizing lower energy costs and right-sizing the infrastructure portfolio."

The Defence Policy "Strong, Secure, Engaged" and Defence Energy and Environment Strategy have committed DND to reduce emissions, and the Western Region is dedicated to the commitment, continues the report.

"The region will take action through the energy efficiency, awareness, alternative energy, and space use planning," it says. "In this way, the West will meet the FSDS target by reducing emissions by 67,000 t CO by 2030 and contribute fairly to the Federal emissions reduction targets."

Cann says energy efficiency at 17 Wing will begin with some water reductions initiatives because, as he explained, hot water is a big usage of energy.

"We're going to be installing faucet aerators and low flow shower heads to reduce hot water usage," he noted. "That's just something to get started. We're going to be looking at space use studies to make sure we use the buildings appropriately. We're also going to be looking at preventive maintenance; and, we also have a metering project going on right now which will give us an idea of which buildings use the most energy. Once that project is completed it will give us a finger on the pulse of how all the buildings on base are using energy."

Can also mentioned that every building is different. "I'm going to be happy working on this big project," he added. "I'm looking forward to working with my peers across Canada. Our base is in a good position. We've actually decreased our energy use through the work RP Ops has done throughout the base, and because our building footprint has decreased. So, we're in a good spot to meet our energy targets."

## Making Habitat for Humanity a Habit



**Combat Plans Division members from 1 CAD pose for a photo during their volunteer build day for Habitat for Humanity. Photo: Submitted**

by **MWO Glenn Gallant, Combat Plans, 1 CAD**

Late last fall, on Nov 6, 2018 members of Combat Plans Division from 1 Canadian Air Division organized another volunteer build day with Habitat for Humanity.

Leading our group was Sqn Ldr Cooke followed by Capt Aitchison, MWO Gallant, MWO Steele, WO Hodgson, 2Lt deRuiter, T/Sgt Barthel and Sgt Stasiuk. Build day truly exemplified the 'team effort'.

What they do: Founded in 1985, Habitat for Humanity Canada is a national, non-profit organization working toward a world where everyone has a decent and affordable place to call home.

All volunteers have to complete an online safety training and quiz, beforehand.

Build day: Our main focus was to complete framework for the entire foundation and footings in order to be ready for the cement trucks that were arriving at 2:00 p.m. that afternoon. A daunting task considering we arrived to an open pit. Directing us through our workday, though, were the two Sean's at the work site. These were the same two H4H supervisors we worked with last year and through their expert direction, we accomplished the task with a few minutes to spare.

November 6th was cold in Winnipeg. Anywhere from -4 to +4 C with occasional snow and sleet. But, this was an opportunity to conduct an event that would not only fuel our spirit but serve our community in a noticeable way.

Habitat for Humanity does not give away free homes – the families who partner with us pay an interest-free mortgage geared to their income...

In our small way, we feel we've helped a deserving family find a way to improve their lives.

Sqn Ldr Richard Cooke, the Senior British Airman at 1 CAD, said, "Habitat for Humanity is a great initiative that allows us to better the lives of local people. It's very satisfying to know that our support enabled this project to stay on track despite the challenging weather and, once again, I am both humbled by, and extremely proud of, the support the team provides to the local community."

For those who would like to know more, or volunteer

their time to this worthwhile cause, more information can be found at: <http://www.habitat.mb.ca/>

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# Sports Trivia

## '72 SUMMIT SERIES

by Stephen Stone

All these questions refer to the 1972 Summit Series between Canada and the Soviet Union Red Army

1. Who scored the last three game-winning goals in the 1972 Summit Series?
2. Which All-Star goalie was the back-up goaltender to Tony Esposito and Ken Dryden?
3. The father of Soviet hockey, Anatoli Tarasov, and Soviet coach Vsevolod Bobrov praised "The Hockey Handbook" as their inspirational text on hockey techniques. Who was the Canadian author of this text?
4. Who was the leading scorer in the Summit Series?
5. Who was the leading scorer for the Soviet Red Army?
6. Which 20-year-old was in net in all eight games for the Soviets?
7. On the Team Canada roster, even though he could not play because he was recovering from knee surgery, he attended every game in support. Who is this not-four-gotten player?
8. Who were the members of the only line to stay together for Team Canada in the Summit Series?
9. Which NHL team contributed the most players to the Team Canada roster?
10. Who scored the first goal of the 1972 Summit Series?
11. The referee who made a mockery of officiating in game six, as well as an exhibition game in Sweden, was picked by the Soviets to do game eight, causing Alan Eagleson to threaten a boycott and take the team home. Who was this nefarious official?
12. Which Team Canada player was given a two-minute minor, a misconduct and a game misconduct at the 4:10 mark of the first period of game eight?
13. Where did Team Canada win its only game played in Canada?
14. Team Canada lost two of four games played in Canada. Where?
15. According to video replay, which Team Canada player slashed Valeri Kharlamov in order to take the Soviet star out of the series?
16. How many roster players from Team Canada 1972 are in the Hockey Hall of Fame?
17. Who were the three roster players who quit the team before the first game in Moscow and went home?
18. Which member of Team Canada is currently a Canadian senator?
19. Who played for the Philadelphia Flyers, as well as for Team Canada, and later became the general manager of the Flyers?
20. Where were the four games in Moscow played?

Sports Trivia Answers on page 14

# 402 Sqn Officer Pays It Back



**Capt Jason Miller, a former Make a Wish recipient gives back by helping out with the Night of Wonders Gala. Photo: Bill McLeod, Voxair Manager**

by Martin Zeilig, Voxair Photojournalist

Captain Jason Miller, an Air Combat Systems Officer and instructor with 402 "City of Winnipeg" Squadron, confesses that he feels fortunate to be a member of the RCAF.

"I'm lucky, honestly," Capt Miller said during an interview last week. "I have to do some good."

Capt Miller, now 32, is a native of a small town in Saskatchewan. He was 15 years old he was diagnosed with cancer. He received a big entertainment unit as part of his wish. He still has some of the equipment.

Capt Miller and three other members of 402 Sqn will be helping with transporting all items for the Night of Wonders Gala Dinner on February 22.

Leila Dance, Development and Communications Specialist, Children's Wish Foundation of Canada, Manitoba & Nunavut Chapter (350 St. Mary Avenue), notes that she first met Capt Miller when he was volunteering at a third party event.

"He was a volunteer in the Kids Tent and was busy entertaining the children at the event," she said in an email. "He started talking to the parent of our Wish Ambassador for the event. He shared details about his illness and his wish with the family. Listening to him talk to the family and how compassionate he was for the situation they were in was heartwarming. His understanding of the situation being that he was in during his childhood was comforting to the family."

The story of Capt Miller's battle with cancer is empowering.

"In August 2000, I was a 15-year-old kid with a strange medical condition," he said. "I had no rashes or lesions, but my legs and feet were perpetually itchy and I couldn't stop scratching them. The sensation was non-stop and despite the pills, creams, and other treatments, it was not getting better. I visited the local doctor numerous times over the months previous and, at one point, I think he even believed that I was experiencing some sort of mental issue that was leading to the incessant scratching. Finally, after months of itching, night sweats, weight loss, and a developing cough, I was taken to another doctor in another town for a second opinion. As it turns out, this wasn't a moment too soon."

"The doctor looked me over, listened to my lungs, and took a chest x-ray. I vividly recall walking into the room with the nurse who had just placed my x-ray image up on the backlit wall for viewing and seeing the confused look on her face as she stared deeply into a disturbing image. Where you'd normally see my heart and lungs there was a large mass that was plainly obscuring the contents of my chest."

Without "the tools or the expertise available in rural Saskatchewan to properly diagnose the condition," he was ordered to Royal University Hospital (RUH) in Saskatoon.

"That same day, I'd later find out, an emergency room doctor at RUH met with my parents in tears and told them she believed I had cancer and would be required to stay for a biopsy and further treatment," Capt Miller continued.

"Within 72 hours the biopsy was completed and doctors had determined a way ahead for my new diagnosis of stage 4 Hodgkin's disease."

It was a particularly difficult time for the young man and his family.

"My mom still cries when she thinks back to it, but with a ton of support we all made it through," Capt Miller said.

There are two things that stand out in his mind through what was a very challenging time for all involved.

"The amount of community support that was offered to me and my family was immense," Capt Miller said. "I grew up in Eatonia, Saskatchewan, a small, rural town of 500 people and everyone from the teachers, to family friends, to community businesses and little-known acquaintances seemed to be behind us. Dad had multiple farmers help him through harvest so he could be with me."

Thousands of dollars were gathered and donated to help cover the cost of dozens of road trips and overnight stays in Saskatoon during treatment, he added.

"Families cooked for us," Capt Miller said. "Other survivors talked to me about their experience. The list goes on. I'm convinced that this experience is the largest factor in why I will always work as a public servant. Working for the community is my calling."

He also pointed out that Dr. Miller, the paediatric surgeon who conducted his biopsy, was a board member on the Saskatchewan chapter of the Children's Wish Foundation.

"With my parent's blessing, he put my name forward to the organization," Capt Miller said. "I was granted a wish during a challenging time and the effect it had has stuck with me ever since."

## Making Children's Dreams Come True

Children's Wish Foundation of Canada is the largest and only all-Canadian wish granting charity dedicated to granting wishes to Canadian children between the ages of 3 and 17 who are diagnosed with a life-threatening illness.

For more than 34 years, Children's Wish has worked tirelessly to grant heartfelt wishes to over 25,000 children and their families – that's three wishes each and every day, all year long!

Night of Wonders Gala fundraiser will be taking place on Friday, February 22, 2019 in the York Ballroom of the RBC Convention Centre.

Last year's event raised over \$130,000 and made 13 Wishes possible right here in Manitoba. From trips to Disney World, Florida to camping trailers to state of the art gaming systems – this event has made the Wishes of Manitoba children become a reality. This year we are raising the bar with the hopes of making 15 Wishes possible.

Source: Leila Dance, Development and Communications Specialist Children's Wish Foundation of Canada | Manitoba & Nunavut Chapter, 350 St. Mary Avenue.

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# Romania to Replace Canadian Air Task Force in Mali



Two CH-146 Griffon helicopters depart for Timbuktu, Mali on October 27, 2018 in response to a complex attack on the UN camp in Ber, Mali during Operation PRESENCE. Photo: Corporal Ken Beliwicz

## from Global Affairs Canada

Following a productive meeting on the margins of the NATO Foreign Ministers' Meeting in December 2018, the Honourable Chrystia Freeland, Minister of Foreign Affairs, and Teodor-Viorel Melescanu, Romania's Minister of Foreign Affairs, today announced that Romania will supply transport helicopters to the

United Nations peacekeeping mission in Mali (MINUSMA), after the end of the Canadian deployment in Gao in 2019.

"Canada welcomes the commitment of Romania, a credible and capable troop-contributing ally, to replace our Canadian Air Task Force in MINUSMA. We look forward to continuing to work with the UN, Romania and many other NATO allies to ensure a smooth transition in 2019," said the Hon. Chrystia Freeland, P.C., M.P., Minister of Foreign Affairs.

United Nations peace operations provide critical support to countries in crisis, advance political solutions for reconciliation and social cohesion and set conditions for durable and inclusive peace. Through their support to MINUSMA and other contributions in Mali and the Sahel, Canada and Romania stand shoulder to shoulder with the Malian people in their quest for lasting peace and sustainable development.

In March 2018, Canada committed to deploying an Air Task Force (ATF) of helicopters to MINUSMA for a period of one year. Known as Operation PRESENCE, the ATF became operational in August 2018 and is providing critical medical evacuation, logistics and

transportation capability to the UN out of Gao, northern Mali. Canada's ATF will complete its mission on July 31, 2019.

Romania's commitment to replace Canada is an example of the continuing close cooperation among NATO allies to deliver critical capabilities to the UN, in line with the "smart-pledging" approach, which ensures countries' contributions match real needs on the ground.

"In line with its long-standing support for multilateralism, Romania is proud to cooperate with Canada and other close partners in providing a substantial and effective contribution to a very important UN mission," said Teodor-Viorel Melescanu, Romania's Minister of Foreign Affairs.

Canada and Romania salute the courage and determination of the civilians, military and police deployed to MINUSMA and are proud to be contributing to this mission.

Nearly 60 countries are contributing military and police personnel to MINUSMA, including, as the largest contributors, Burkina Faso, Chad, Bangladesh, Senegal, Togo, Guinea and Niger.

# RCSU (NW) to Represent 17 Wing at Curling Regionals



Members of RCSU (NW) watch closely as the team from 402 Sqn sweeps the skip's rock into the house at the curling play down. Photo: Bill McLeod, Voxair Manager

## by Bill McLeod, Voxair Manager

A team from Regional Cadet Support Unit (North West) will be representing 17 Wing at the Canada West Curling Regionals after winning the 17 Wing Curling Play Down at Deer Lodge Curling Club on January 29, 2019.

The team consisting of Captain Matt Lazaruk, Major Ken Cressman, Major Edison McLean, and War-

rant Officer Ryan Lagace will go to Wainwright for the championships, which will take place from March 3-7.

The RCSU (NW) team defeated a team consisting of mixed 17 Wing members curling under the 402 Squadron banner. The 402 team consisted of Lieutenant Mary Valair, Mission Support Squadron, Capt David Boots, 402 Sqn, WO Craig Sweet, 1 Canadian Air Division, and Sergeant Adrian Halpert, also of 402 Sqn.

Despite the lopsided scoreboard the play down was hotly contested.

RCSU (NW) managed to steal a single point in the first end to take the early lead and continued to steal points until Lt Valair conceded after the fifth end.

In the second end, Capt Boots threw a nice double take out to take some pressure off but RCSU (NW) stole another single point.

Unfortunately for the 402 Sqn team, RCSU (NW) appeared to have perfect control and littered the house with rocks during the third end. A slightly heavy draw allowed RCSU (NW) to score

a four ender, changing the entire feel of the game.

Lt Valair, the skip for the 402 branded team, enjoyed the experience of playing in the 17 Wing inter-sec-tion league, despite the loss in the play down.

"Even though I am in 17 Operations Support Squadron, 402 Squadron took me in to play on their team and I couldn't have asked for a more fun, and skilled group of players," she said.

"We give our all on the ice every week and it is something I look forward to every season. We may have lost the finals this year but we all love the sport and will continue to play for many years to come."



WO Ryan Lagace, Capt Matt Lazaruk, Maj Ken Cressman, and Maj Edison McLean are heading to Wainwright after winning the 17 Wing play down. Photo: Bill McLeod, Voxair Manager

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# Military Student Studying Gender Differences in Moral Injuries



Officer Cadet Simone Cutts is researching Gender Differences and Similarities in Moral Injuries. Photo: Bill McLeod, Voxair Manager

by Maritn Zeilig, Voxair Photojournalist

Post Trauma Stress Disorder (PTSD) has been widely studied in the military population for over twenty years, says Officer Cadet Simone Cutts, but not that much is known about something called Moral Injury.

OCdt Cutts wants to change that because, among other reasons, it's her way of giving back to the Canadian Armed Forces, she said during an interview.

OCdt Cutts is currently studying full time for a Business Degree at the University of Winnipeg. Her husband is an officer at 2 Canadian Air Division.

She recently completed a paper, A Literature Review on Gender Differences and Similarities in symptoms,

Treatment, risk and protective factors of Combat-related Moral Injury, for a psychology course. She looked at 15-20 empirical studies on the issue.

Her interest in the topic was piqued after attending a lecture in the theatre in Building 90 (Sports & Recreation Centre) last fall by Dr. Dr. Carl Castro, associate professor and director of the Center for Innovation and Research on Veterans & Military Families at the University Southern California School of Social Work.

"We know very little about how war impacts communities and societies," Castro says on the USC website. "There's this general recognition that conflicts and war impact people above and beyond symptoms and reactions you see associated with post-traumatic stress."

In the past decade, PTSD and traumatic brain injury have been the defining invisible wounds of war, notes the online information.

"Moral injury has been steadily gaining ground as another invisible wound that distinguishes itself from the other two; however, it lacks the same amount of evidence-based research to fully comprehend it," says the USC website.

"There isn't complete agreement on what it is or how it manifests. It's a soul wound," Madeleine Bruning, Assistant Professor of Pediatrics at the Keck School of Medicine of USC, says on the same website. "It's not PTSD. It's a spiritual wound."

Moral injury can coincide with a post-traumatic stress injury, but it can be altogether separate, notes an article in the LEGION: Canada's Military History Magazine (Invisible injury by Sharon Adams January 30, 2019).

"Not everyone who has PTSD also has a moral injury and conversely, not everyone with a moral injury has PTSD," Adams writes. "But some people suffer both.

"Veterans with moral injury can be haunted by something they did not do, as in being unable to rescue someone or intervene in wrong-doing—or something they did do, such as having to choose which life to save, or accidentally killing an ally.

"It can be caused by witnessing or learning about an act that goes against deeply held beliefs, such as the killing of civilians or children, a massacre, or enemy execution of a helpful civilian.

"And it can be caused by betrayal of deeply held beliefs—lives unnecessarily sacrificed; orders violating rules of engagement, military ethical codes or the

Geneva Convention; a devastating lie from a source who should be entirely trust-worthy; dishonourable conduct."

OCdt Cutts said that her paper is focussed on looking at gender difference in terms of the symptoms and vulnerability and potential treatment of a moral injury.

"So, I want to see if there's any difference between a male soldier and a female soldier when they're experiencing a trauma as such," she said. "Let's say a female member is sexually abused by her Chain of Command. From day one, when we join the military, we learn that our Chain of Command is supposed to look after us as a soldier. We have lots of trust in our Chain of Command. This is the core value ingrained in us from early on in our military career. But, now that trust is violated. This junior (member) is not seeing the behaviour from their Chain of Command allied with what they had always believed. Now, they start to have a hard time believing their Chain of Command."

In the past, a moral injury was mostly dealt with by a padre using religious resources, OCdt Cutts, who also has a Degree in Environmental Science and International Development Studies from the University of Toronto, observed.

It was treated (is treated) as a psychological conflict that afflicts the soldier, she said.

"Lots of soldiers who have those distress symptoms have been treated as though they have PTSD." OCdt Cutts, who joined the Canadian Armed Forces in 2003, explained. "Some treatment is positive. There's a positive change in their psychological health but there are times when there is no positive outcome. If we keep treating those soldiers who show those kinds of symptoms with the same path, we are ignoring how this soldier got this illness. If you want to have an optimal treatment outcome we need to look at the source. How did the patient get to that point?"

If she continues to take more psychology courses, OCdt Cutts, who was born in Hong Kong, said she might reach a point where she would consider doing a Master's Degree.

That would allow her "to put more focus" on either PTSD or Moral Injury.

"Maybe I can conduct my own research and the result can be used by the military to assist our soldiers who need help," she said.

## Manitoba Moose Super Hero Day Offer for Families

The Manitoba Moose will host their Super Hero Day game on February 18 – Marvels Iron Man will be present at the game, special super hero themed music and videos during the game production, the first 3,000 people through the doors will receive a Manitoba Moose Travel Tag and someone in attendance at the game will win a trip to Orlando!

The kids are all off school on February 18 so don't get stuck in the house because its too cold outside, join us at the Moose game with the family! Military Members and their family are invited to attend the game for a special price of \$10 including all fees and taxes (regular \$34-\$39). To take advantage of the offer use the link and password below – everyone who purchase using the link will be entered to win a Manitoba Moose Military Themed Jersey like the team wore during the Military game on Jan 12 (non-game worn, no player name or number).

Link to receive the offer <https://oss.ticketmaster.com/aps/mbahl/EN/link/promotion/home/2bfd9f688bc0f1fbcb916ff4ab4a97b222a08d>

When – February 18, 2019 @ 2pm Manitoba Moose (Winnipeg Jets)

Super Hero Night

Cost - \$10 including all fees and taxes (regular \$34-\$39)

Limit 20 per account

Password – 17WING

If you have any questions please contact Jeff at [jmager@tnse.com](mailto:jmager@tnse.com)

Les Moose du Manitoba accueilleront notre partie du jour des superhéros le 18 février – l'Iron Man de l'univers Marvel sera présent, il y aura des vidéos et des thèmes musicaux des superhéros, les 3 000

premières personnes à franchir les tourniquets recevront un porte-adresse pour article de voyage des Moose du Manitoba et quelqu'un dans l'assistance gagnera un voyage à Orlando pendant la partie!

Les enfants n'ont pas d'école le 18 février. Ne restez donc pas pris à la maison parce qu'il fait trop froid à l'extérieur. Venez assister à la partie des Moose avec la famille! Les membres des FAC et leurs familles sont invités à assister à la partie au prix spécial de 10 \$, y compris les autres frais et les taxes (prix régulier : 34 \$-39 \$). Pour profiter de cette offre, utilisez le lien et le mot de passe ci-dessous – toutes les personnes qui utilisent le lien pour acheter leur billet courront la chance de gagner un chandail de type militaire des Moose du Manitoba comme celui que l'équipe portait pendant la partie de reconnaissance des militaires du 12 janvier (le chandail n'a pas été porté pendant la partie et aucun nom ou numéro de joueur n'y figure).

Lien pour profiter de l'offre <https://oss.ticketmaster.com/aps/mbahl/EN/link/promotion/home/2bfd9f688bc0f1fbcb916ff4ab4a97b222a08d>

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# Around The Wing




The Canadian Armed Forces Transition Centre is pleased to announce the promotion of Sylvie Landry to Major, in a ceremony at the Canadian Armed Forces Transition Centre (CAF TC) Winnipeg on 6 Feb 19. (Left-Right): LCol Orin Wing CO Canadian Armed Forces Transition Unit Manitoba/Saskatchewan (CAF TU MB/SK), Maj Sylvie Landry OC Canadian Armed Forces Transition Centre Winnipeg, Cpl Paul Nobert (spouse) and MWO Bruce Davidson SM CAF TU MB/SK. Photo: Supplied




Warrant Officer Ian Pagtakhan, Royal Canadian Army Cadet, tries the sewing machine as Master Corporal Robert Clark, Materials Technician, instructs on the proper procedures during his visit to the Royal Canadian Electrical and Mechanical Engineers facility, 17 Wing on 1 February 2019. Photo: Sgt Daren Kraus



WComd Col Eric Charron (Left) presents Survival Instructor Greg Anderson (Right) with CFS-SAT Award for SERE Instructor of the Year. Photo: Supplied




NAME	<b>STEWART, ROBERT //</b>
ENROL DATE	<b>1964 //</b>
RETIRED AS	<b>MASTER WARRANT OFFICER //</b> <b>1 CANADIAN AIR DIVISION //</b>
LOCATION	<b>WINNIPEG //</b>
TITLE	<b>QUARTER MASTER //</b>
SERVICE	<b>2002-PRESENT //</b>



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# Around The Wing



Candace Maxymowich of Health Promotion plays a True or False game with 17 Wing members attending the Let's Talk Day event at the Jr Ranks' Mess. All photos: Photo by the Voxair



CFB Winnipeg Golf Club Manager Jackie is surprised by a wedding shower in the Jimmy Holland Room at the WO and Sgts' Mess. Photo by The Voxair



(L-R) Winnipeg MFRC Executive Director Joel Roy, Ravi Ramberran of St James Burger and Chip Co, and Military Liaison to the Manitoba Government Jon Reyes. Ravi donated money raised at St James Burger and Chip Co to the Military Family Resource Centre. Photo by the Voxair



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## VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



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The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, [CAFconnection.ca](http://CAFconnection.ca), or call the Family Information Line at 1-800-866-4546.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546



# RCAF Ignored Regulations to Sign Up Minorities



Leonard Braithwaite joined the RCAF in 1943 after being turned away several times at the recruiting centre in Toronto. He served as groundcrew in the Royal Canadian Air Force's No. 6 Bomber Group during the Second World War. In this photo, he poses in front of a war memorial in London, England, shortly after V-E Day. He became the first Black member of a provincial legislature in Canada, being elected to the Ontario legislature in 1963. Photo courtesy The Memory Project, [www.thememoryproject.com](http://www.thememoryproject.com)

by Major Mathias Joost, Directorate of History and Heritage

February is Black History Month.

In late 1938 and early 1939, having just become independent from the Canadian Army, the Royal Canadian Air Force received approval from the Federal Cabinet through orders-in-councils to restrict enlistment in

the RCAF to those of European origin – in other words, persons whose skin was white.

The RCAF regulations were not, however, complete. While officers in both the Permanent (regular) Force and the Non-Permanent Force had to be white, the same restriction was only applied to airmen of the Permanent Force. The reasons for this discrepancy have not been determined.

With the heavy recruiting that began with the onset of the Second World War, leadership soon realized that a new component was required for war-time service only. When it was created in December 1939, the Special Reserve also restricted enlistment to white people.

Men living in Canada who wished to join the RCAF did so at a RCAF recruiting centre, where qualifications were checked, tests conducted and the regulations enforced. Leonard Braithwaite, who enlisted in 1943 and later became a lawyer in Ontario and then a member of the provincial parliament, recounted going to the recruiting centre in Toronto on several occasions, only to be turned away each time. Allen Bundy, who became a pilot with 404 Squadron, told a similar story.

It was not until October 1941 that Blacks and Orientals could enlist in the "general duties" category of trades, which excluded trades that worked on aircraft and, more importantly, the coveted aircrew trades. In March 1942, the government approved the lifting of the colour barrier, nine months after the RCAF had recommended its elimination.

Yet, in the period when the barriers were in place, Black Canadians were being enlisted. A letter from the RCAF recruiting centre in Vancouver, British Columbia, in November 1940 asked for clarification of the policy because non-whites were noted in RCAF uniform in the Vancouver area. In fact, by the time the colour barrier was lifted, there were at least 13 Black airmen and officers in the RCAF (about 20 per cent of known Black Canadians who served in the RCAF). Some explanation is possible for a few of them.

Gerry Bell had enlisted in the Non-Permanent Force before the order-in-council was approved; while Adolphus and Clyde Carty enlisted in their local Non-Permanent squadron in Saint John, New Brunswick. Sammy Estwick was able to enlist with help from his Member of Parliament. In the case of James Post, the Distinguished Conduct Medal he was awarded in the First World War while serving in the Canadian Army may have helped.

However, how do we explain Eric Watts who enlisted in May 1939, Henry Langdon who enlisted in November 1939, Reginald de la Rosa who enlisted in August 1941 (Langdon and de la Rosa as aero engine mechanics), or the others who were able to serve, only one of whom was in a general duties trade?

The explanation may lie in the simple fact that the RCAF was a microcosm of the society from which its personnel were enlisted. Canada in the period up to the Second World War was divided regarding how to treat visible minorities. While many Canadians saw minorities as equals, there were others who didn't. It should therefore be no surprise that there were RCAF officers who ignored the regulations, to the benefit of Black Canadians.

In the absence of any documentation from recruiting officers, it is possible that, for these officers, the policy may have been secondary – or to be ignored – to get the best-qualified personnel for the service. Or they chose to be "colour blind" because they disagreed with the policy. The possibility of some officers being colour blind is indirectly supported by the fact that, after the racist enlistment policies were eliminated, a few recruiting officers ignored the regulations and continued to bar Black Canadians from enlisting.

Whether they did not believe in discrimination or whether they were trying to get the best people into the RCAF, there is no doubt that some RCAF recruiting officers were ignoring the regulation prohibiting the enlistment of Blacks and Orientals. The Black airmen who were enlisted went on to serve the RCAF in upstanding fashion during the war and, in some cases after the conflict.

Have you got a story you'd like to share with us? Drop us a line at 204-833-2500 (ext. 6976) or send us an e-mail at [voxair@mymts.net](mailto:voxair@mymts.net)

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# Phubbing - What's it doing to your relationships?



by **Arlene Robinson, Social Worker, 23 Health Svcs Centre**

It's Friday night, you're out for dinner or having coffee with your partner, sitting across from each other in a crowded space with eyes only for.....your cellphones.

It's called phubbing – the practice of snubbing others in favour of our cellphones. We've all been there, as either victim or perpetrator. It's become so much the norm in our lives we may no longer even notice we've been phubbing or are being phubbed. However, just because it's become the norm – does it mean it's healthy

for our relationships? What kind of impact does it have on our connections with others? That's the irony with phubbing – when we are sitting across from someone we are often connecting with someone on social media or through texting. Research shows that phubbing is harmful and can lead to a decline in one of the most important relationships we can have as an adult – the one with our partner. Phubbing decreasing couple's satisfaction and can have a profound effect on a partner – from a general dissatisfaction with life to depression.

Our casual relationships are also affected by phubbing. If you have ever been on the other end of someone's phubbing you know how you feel – unheard, disrespected and disregarded. Research has showed that even just having a cellphone out and present during a conversation with another person interferes with the sense of connection, feelings of closeness and quality of conversation. In situations where meaningful conversation is desired the opportunity for true and authentic connection becomes lost.

This makes sense. When we are on our phones, we are not looking at other people, not reading their facial expressions, hearing the nuances in their tone of voice and not noticing their body posture. Phubbing is the result of desensitizing us to the needs of our partners. Social media is flooded with posts reading "I didn't know he/she was like that." This is a direct result of our lack of participation in learning who are partners really are, what they want and if they are compatible.

No wonder phubbing harms relationships. It is ironic that cell phones, originally designed as a communication tool, may actually hinder rather than foster interpersonal connectedness," writes David and Roberts in their study "Phubbed and Alone".

Awareness is the only solution. Know that what drives you and other is to connect and to belong. That the most rewarding moments in life happen in micro-moments – talking to your partner over breakfast or returning his/her smile as you walk together in the grocery store. Although you may not be able to control the behaviours of others you have the opportunity to model something different. The key is to be present and mindful. Studies have shown that human beings are happiest when we are present, no matter what we are doing.

So put the phone away, look across the table and into your partner's eyes. Chances are you are going to like what you see.

Reference: Media & Tech, What is Your Phone Doing to your Relationships: October 10, 2017 Emma Seppala

If you need help improving your relationships or ending compulsive behaviours the Mental Health Department at 23 Health Services can help. Please call 5086 for info or an appointment.

## College Corner



### Exercise AUTONOMOUS WARRIOR 2018

At Her Majesty's Australian Ship Creswell naval base near Jervis Bay, Australia, five nations collaborated on Exercise AUTONOMOUS WARRIOR 2018. The exercise took place from 12 to 23 November 2019. The purpose of the exercise was to demonstrate the Allied Impact (AIM) technology for controlling multiple air, ground, sea, and subsurface remotely operated vehicles by a single operator. Canada, USA, UK, Australia, and New Zealand each contributed different pieces of technology to AIM. A member from the Barker College was invited by Defence Research and Development Canada to attend as a subject matter expert (SME).

Exercise Autonomous Warrior 2019 was an incredible opportunity to see cutting edge technology and the future of command and control of remotely operated vehicle. The AIM system was able to interpret requests from higher up and create what is called a "Play." The Play creates the routes and selects the optimal asset to complete the mission. This allows the operator to manage over a dozen different vehicles at once without the need to micro manage one vehicle at a time. The system controlled real-world vehicles (referred to as live in the exercise) as well as simulated vehicles (referred to as virtual).

While the AIM systems itself may not become an actual tool for controlling remotely operated vehicles, much of the technologies will serve as the foundation for future systems. Barker College is hoping to host some of the lead scientists of the exercise to learn more about AIM in the near future.

## RCAF Barker College News



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## RESPECT IN THE CAF WORKSHOP RESPECT DANS LES FAC

**19 March 2019** 0800 - 1600 hrs  
**19 mars 2019** 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  
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

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SUNDAY, FEBRUARY 17  
Doors Open - 1530 hrs • Show Time - 1600 hrs



More FREE family movies to come!

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## Top Fuel for Top Performance

Bouffe-santé pour un rendement assuré

**8 & 15 March 2019** 0830 - 1600 hrs  
**8 et 15 mars 2019** 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  
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MFRC/CRFM

## WINTER Fest 2019

17 WING / 17 ESCADRE  
DE L'HIVER / Fête de l'hiver

ACTIVITIES FOR ALL AGES! / ACTIVITÉS POUR TOUS LES ÂGES!

**11 am - 2 pm**  
de 11 h à 14 h

**SATURDAY MARCH 2 / SAMEDI MARS 2**

FITNESS AND RECREATION CENTRE BLDG 90 / CENTRE RÉCRÉATIF ET SPORTIF BÂT. 90

Defence Team: \$3 per person / \$9 per family  
Équipe de la Défense: 3\$ par personne / 9\$ par famille  
Public: \$4 per person / \$12 per family  
Public: 4\$ par personne / 12\$ par famille

Tickets available at the MFRC, Bldg 90 or at the door • Les billets sont en vente au CRFM, au bâtiment 90 ou à l'entrée  
TICKETS MUST BE PRESENTED AT TIME OF ENTRY • LES BILLETS DOIVENT ÊTRE PRÉSENTÉS À L'ENTRÉE

INFO: 204-833-2500 ext/poste 7013 or/ou 4500

17 WING WINNIPEG / 17 ESCADRE WINNIPEG



A community-based program designed to encourage healthier eating through the promotion of fresh fruits and vegetables!  
Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

Small Box \$18 / Petite boîte 18 \$  
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BOXES ARE PREPARED MONTHLY! / BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

A bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms and distributors.  
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ORDERS CAN BE PLACED ONLINE AT [www.cafconnection.ca/winnipeg](http://www.cafconnection.ca/winnipeg)  
PASSER SA COMMANDE PAR INTERNET À [www.connexionfac.ca/winnipeg](http://www.connexionfac.ca/winnipeg)

<b>JAN</b> ORDER BY / DATE LIMITE FRI • 18 JAN • VEND.	<b>FEB/FÉV</b> ORDER BY / DATE LIMITE FRI • FEB 15 FÉV • VEND.	<b>MAR</b> ORDER BY / DATE LIMITE FRI • 15 MAR • VEND.	<b>APR/AVR</b> ORDER BY / DATE LIMITE FRI • APR 12 AVR • VEND.
PICK UP / RAMASSER WED • 23 JAN • MER.	PICK UP / RAMASSER WED • FEB 20 FÉV • MER.	PICK UP / RAMASSER WED • 20 MAR • MER.	PICK UP / RAMASSER WED • APR 17 AVR • MER.
PICK UP BETWEEN 1600 - 1730 HRS • BLDG 33		RAMASSER ENTRE 16 H À 17 H 30 • BÂT. 33	

ALL PROCEEDS GO BACK TO THE PARTICIPANTS. / TOUTS LES PRODUITS RETOURNENT AUX PARTICIPANTS.  
NO ORDERS ACCEPTED AFTER THE DEADLINE. / AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE.  
PLEASE BRING YOUR OWN BAGS/BOWLS TO CARRY YOUR PRODUCE HOME. / S'IL VOUS PLAÎT APPORTER VOS PROPRES SACS / BÔITES POUR TRANSPORTER LES PRODUITS CHEZ VOUS.

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

### CHILDREN & YOUTH PROGRAMS

#### OCCASIONAL CHILD CARE

Casual child care for 6 months - 12 yrs. Call 204-833-2500 ext 2491 to for more information including cost and extended hours and to register 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, free with PSP membership Please send along a nut/peanut free snack and diapering supplies if required. Tues. & Thurs. 1630 - 1930, Sat. 0900 - 1200

#### CREATIVE TOTS

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

#### FRENCH WITH KIDS

Improv Theater Theme. No French experience needed. Offered in partnership with Creative Tots. Thurs. 0900 - 1000 Feb. 14. Free. Register by: Feb. 8

#### DEPLOYMENT ACTIVITY

Deployment Wall - Create an info wall about a parent's deployment Wed. 1700 - 1900 Feb. 27 Free. Register by Feb. 22.

### 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., Feb. 13, 27, 0930 - 1130. Free. Drop-in.

#### SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest... everyone is welcome! Wed., Feb. 20, 0930 - 1100.

#### PARENTING TOGETHER EVENING

Join us for a parenting group in the evening. Wed., Feb. 27, 1830 - 2030. Free. Drop-in.

#### NEW RECRUITS PARENT CAFÉ

Calling parents of a new military member! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat., 1100 - 1200 Feb 23. Free. Drop-in.

#### PARENT-CHILD RESTORATIVE YOGA

\$20 per adult child pair for two sessions. Mon., 1830 - 1930 Feb 25 and March 4. Register by Feb. 19

#### 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. Tues., 1700 - 1900, Feb 26. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by Feb. 22.

### ADULT PROGRAMS

#### EMPLOYMENT & EDUCATION SUPPORT GROUP

This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment. Tuesdays, 0930 - 1130. Free. Drop-in.

#### CAFÉ FRANÇAIS

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

#### FRENCH LUNCH 'N CHAT

Bring your lunch to the MFRC and enjoy French conversation. For confident, intermediate level and advanced level. Thursdays. 1230 - 1300 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! Wed., Feb. 20, 1330-1500. 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. Mon., Feb. 25, 1900 - 2100. 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. Thurs., Feb. 28, 1900 - 2100. Free. Register by Feb 21

Coming in March!

March 2 - Winter Festival

March 9 - Women's Day Event

March 1, 7, 13, 19 - Munch and Learn

### PROGRAMMES POUR ENFANTS ET JEUNESSE

#### SERVICE DE GARDE OCCASIONNELLE

Pour les enfants âgés de 6 mois à 12 ans. Composez le 204-833-2500, poste 2491 pour l'inscription ou pour plus d'information, y compris le coût et heures d'ouverture. Salle de garde occasionnelle du CRFM, 630, ch. Wihuri.

#### « KIDS CLUB »

Service de garde pour les enfants de 18 mois à 5 ans. 2 \$ par personne, gratuit pour les adhérents au programme de PSP. Veuillez faire parvenir une collation et des couches, si nécessaire. Les mardis et jeudis de 16 h 30 à 19 h 30 et les samedis de 9 h à 11 h 30.

#### « CREATIVE TOTS »

Groupe de jeux à notre centre Jeunesse - sud. Un parent doit être présent durant le programme. Gratuit. Programme halte-accueil. Bilingue. Mardi et jeudi de 9 h à 11 h.

#### DU FRANÇAIS POUR LES ENFANTS

Sous le thème de l'improvisation. Aucune connaissance du français nécessaire. Offert en partenariat avec le programme Creative Tots. Jeudi 14 février, de 9 h à 10 h. Gratuit. Date limite d'inscription : 8 février.

#### ACTIVITÉS DE DÉPLOIEMENT

Tableau de déploiement - Créez un tableau pour mettre sur le mur rempli d'informations concernant le déploiement de maman ou de papa. Pour les enfants âgés de 12 ans et moins. Mercredi 27 février, de 17 h à 19 h. Gratuit. Date limite d'inscription : février 22.

### PROGRAMME JEUNESSE

#### Les jeunes cuistots

Complet. Les mardis 5, 12 et 19 février, de 17 h à 19 h.

#### GEMS: UN GROUPE POUR ENFANTS VIVANT LA SÉPARATION OU LE DIVORCE DE LEURS PARENTS

Les parents doivent avoir été séparés un minimum de 6 mois pour que l'enfant puisse se joindre à ce groupe. Les mercredis du 6 février au 20 mars (relâche le 20 février), de 17 h 30 à 18 h 45. Pour l'inscription : [sw.student.mfrc@gmail.com](mailto:sw.student.mfrc@gmail.com). Date limite d'inscription : janvier 30.

### PROGRAMME POUR PARENTS ET FAMILLE

#### COMMUNAUTÉ DE PARENTS

Sujets concernant les enfants de tous âges. Les vendredis, de 9 h 30 à 11 h 30. Gratuit, programme d'halte accueil.

#### Câlins et lecture

Joignez-vous à nous pour du chocolat chaud et des livres formidables. Des lecteurs invités spéciaux seront présents ! Vendredi le 1er février, de 18 h à 19 h 30. Centre pour enfants Westwin - 642, ch. Wihuri. Un parent doit demeurer avec l'enfant. Date limite d'Inscription : 28 janvier

#### Sculpture de neige en famille

Lunch inclus ! Samedi 2 février, de 10 h 30 à 13 h 30, 5 \$ par personne ou 10 \$ par famille

#### GROUPE DE PARENTS

Discussions sur l'art d'être parent et réseautage. Les mercredis 13 et 27 février, de 9 h 30 à 11 h 30. Gratuit, programme d'halte accueil.

#### Thé avec les familles

Portez vos plus beaux vêtements si vous le voulez ! Un couvre-tête et de longs gants si cela vous tente ! Venez déguster des petits sandwiches et des scones. Samedi 9 février, de 13 h à 14 h. 10 \$ par famille. Date limite d'Inscription : 4 février.

#### CAFÉ-RENCONTRE - CÔTÉ SUD

Français ou anglais, parent ou non, avec ou sans enfant... tous sont les bienvenus ! Mercredi 20 février, de 9 h 30 à 11 h.

#### GROUPE DE PARENTS - EN SOIRÉE

Discussion sur l'art d'être parent et réseautage. Mercredi 20 février, de 18 h 30 à 20 h 30. Gratuit. Programme d'halte accueil.

#### CAFÉ-RENCONTRE POUR LES PARENTS DE NOUVELLES RECRUES

Êtes-vous un parent d'un nouveau militaire ? Passez au CRFM pour connaître les services qui vous sont offerts. Des rafraîchissements seront servis. Samedi le 23 février, de 11 h à 12 h. Gratuit. Programme halte-accueil.

#### Yoga réparateur - parent/enfant

10 \$ per adult child pair for two sessions. Lundi 25 février et 4 mars, de 18 h 30 à 19 h 30. Date limite d'inscription : 19 février.

#### OP-DÉPLOIEMENT - REPAS POUR LES FAMILLES

Si vous avez un être cher qui se prépare pour un déploiement, qui est actuellement déployé ou qui est récemment revenu d'un déploiement, permettez-nous de préparer le dîner pour vous et votre famille. Mardi le 26 février, de 17 h à 19 h. 5 \$ par adulte et 3 \$ par enfant (5 à 12 ans, gratuit pour les moins de 5

ans), maximum 20 \$ par famille. Date limite d'inscription : 22 février.

### PROGRAMME POUR ADULTES

#### Apprenez à... décorer les petits gâteaux

Apprenez des techniques de glaçage et de décorations. Lundi le 4 février, de 18 h 30 à 20 h 30. 10 \$. Date limite d'Inscription : 30 janvier.

#### GROUPE DE SOUTIEN EMPLOI - EDUCATION

Ce groupe offre un soutien social aux conjoint(e)s de militaire à la recherche d'un emploi. Les mardis, de 9 h 30 à 11 h 30. Gratuit. Programme halte-accueil.

#### Vivre sa vie, pleinement

Apprenez à gérer vos sentiments lorsque vous en avez marre, inquiète ou sans espoir.. Les mardis 5, 12, 19 et 26 février, de 13 h à 16 h.

#### CAFÉ FRANÇAIS

Joignez-vous à nous les mercredis pour un café et de la discussion en français. C'est votre chance de pratiquer votre français. De 9 h 30 à 11 h 30. Le 1er et 2e mercredi du mois au CRFM ; le 4e mercredi du mois à l'école Roméo-Dallaire. Gratuit.

#### Programme halte-accueil.

#### LUNCH ET CONVERSATION EN FRANÇAIS

Chaque jeudi apportez votre lunch au CRFM et venez partager et discuter en français, pour les niveaux intermédiaires et les niveaux avancés. Les jeudis, de 12 h 30 à 13 h. Gratuit. Programme d'halte accueil.

#### CARE FOR THE CARE GIVER GROUP

If you are supporting and/or taking care of a military member who is ill or injured, this is a chance to find support from ACTIVITÉS LUDIQUES EXCEPTIONNELLES

Soirée de jeux et activités pour les personnes âgées de 16 à 30 ans ayant des besoins exceptionnels. Jeudi, 7 février, de 19 h à 21 h. Les participants doivent être arrivés à 17 h 30 au plus tard.

#### EVERYTHING BINDER

Come create an organizational tool specific to your family's needs. Sat. 1000 - 1200. Feb 9. Free. Register by Feb 1

#### Yoga réparateur

Étirements, mouvements doux et relaxation. Lundi 11 février, de 19 h à 20 h. 10 \$. Date limite d'inscription : 4 février.

#### BRICOLAGE - VISITE LIBRE

Aimez-vous tricoter ? Faire du collimage ou fabriquer des cartes de souhaits? Apportez votre projet et vos fournitures au CRFM et travaillez-y en compagnie d'autres artisans. Nous fournissons des tables de huit pieds de long et amplement d'espace pour bricoler ! Mercredi le 20 février, de 13 h 30 à 15 h. Gratuit. Halte-accueil.

#### GROUPE DE DAMES 45 +

Joignez-vous à nous pour un café et de la conversation touchant la force de l'âge. Si vous êtes une femme de plus de 45 ans, vous aurez l'opportunité de rencontrer d'autres femmes et de partager avec elles votre sagesse et vos expériences de vie. Lundi le 25 février, de 19 h à 21 h. Gratuit. Halte-accueil.

#### GROUPE DE DISCUSSION - BESOINS PARTICULIERS

Rencontrez d'autres membres de notre communauté pour discuter des défis et des avantages liés à la gestion des besoins spéciaux, ainsi que pour faire du réseautage et partager de l'information sur les services et les ressources. Jeudi le 28 février, de 19 h à 21 h. Gratuit. Date limite d'Inscription : 21 février.

### ÉVÈNEMENTS SPÉCIAUX

#### PAUSE-CAFÉ COMMUNAUTAIRE

Rencontrez des membres de votre communauté, ramassez des ressources inscrivez-vous aux programmes du CRFM et rencontrez-y son personnel. Prix de présence, invités spéciaux et informations. Jeudi 7 février, de 10 h à 11 h. Gratuit. Programme halte-accueil.

#### GALA DES RUBANS JAUNES

Samedi le 16 février. Cocktails à 17 h 30, repas à 19 h. Billets disponibles au CRFM jusqu'au 6 février.

#### À venir au mois de mars !

9 mars - Activités pour le Jour de la femme

7, 13 et 19 mars - Dîner-conférence - Série préparatoire à la relocalisation

12 mars - Une soirée pour madame - Quilles

11 mars - Yoga réparateur

13 mars - La santé mentale - Comment apprivoiser l'anxiété

19 mars - Fabrication de cartes artisanales

28 mars - En préparation pour un déploiement

22 mars - Soirée peinture parent-enfant

28 mars - Cours de gardiens(es) avertis(es)

## Sports Trivia Answers

1. Paul Henderson. He also scored twice in game five, a 5-4 loss; and had seven goals overall.
2. Ed Johnston, who at that time was the starting goalie for the Boston Bruins.
3. Lloyd Percival. The book was published in 1951 and one NHL coach who rejected it said it was "The product of a three-year-old mind."
4. Phil Esposito with 13 points.
5. Alexander Yakushev with 11 points.
6. Vladislav Tretiak.
7. Bobby Orr.
8. Bobby Clarke, Ron Ellis and Paul Henderson.
9. The Montreal Canadiens with six players.
10. Phil Esposito scored at 30 seconds of the first period of game one in Montreal.
11. Josef Kompalla – he showed his bias by giving the Soviets a two-man advantage within the first three minutes of game eight.
12. J.P. Parise: At 4:10, Parise was given a minor penalty that was even more questionable than the others. Parise became enraged, slamming his stick on the ice so that it splintered while he yelled obscenities. Kompalla added a 10-minute misconduct on top of the two-minute minor. Kompalla then added a game misconduct on to Parise's penalty total after Parise threatened to brain him with his hockey stick.
13. Maple Leaf Gardens in Toronto.
14. The Montreal Forum and Vancouver Pacific Coliseum. Team Canada was booed off the ice at the end of the game.
15. Bobby Clarke.
16. 15 – the only notable absence is Paul Henderson, he of the famous game eight winning goal.
17. Vic Hadfield, Jocelyn Guevremont and Richard Martin None of them are in the Hall of Fame.
18. Frank Mahovlich.
19. Bobby Clarke.
20. The Luzhniki Ice Palace.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Things are getting more and more complicated. The challenge is to determine who you are becoming in light of what is happening. You discover you can do much more than you thought you could and that you can handle just about anything. It won't be easy but you will prevail.

**Taurus (April 20 – May 20):** There is opportunity ahead and it's a chance to embrace change with an open mind. Nix self-doubt. Re-evaluate how you want to interact with others. Aim for life-enriching relationships. Looking back you see you've missed things when rushing towards a goal. Be flexible.

**Gemini (May 21 – June 21):** Sometimes you can sense how people will react. Respond with wisdom and compassion. You're not required to change to suit anyone else. Sudden insights help you understand your own situation. Gracefully put some things behind you. Look into the future with more hope and gratitude.

**Cancer (June 22 – July 22):** Initiate discussions about things that have concerned you. Nothing is simple, but by setting up some ground rules for dialogues, things can be discussed in a respectful way. You're more resilient than you get credit for. Trust that things happen when they are meant to. The time is now.

**Leo (July 23 – August 22):** You are frustrated by what is beyond your control. What you thought would make you happy, isn't as satisfying as you'd expected. Your passion, enthusiasm and determination may not be appreciated by someone you'd hoped to impress. You can't please all the people all the time.

**Virgo (August 23 – September 22):** Be honest and forthright with others. Withholding facts will distress them more than the truth. Discontent in one area of your life will affect all areas. The little things that stress you are really adding up. Tighter controls and excessive organizing won't work. Take more breaks.

**Libra (September 23 – October 23):** Once you reach one goal there will be more decisions to make and more work ahead. You need to consider how you can stay motivated when you're making a long term commitment. Slow down. Breathe. Break things down into small steps. Anything is possible. Just do it.

**Scorpio (October 24 – November 21):** Those who care about you will accept you and try to understand you. Even if it's hard for you to articulate what you're feeling and thinking, keep trying. You'll gain a greater understanding of what motivates you and why you are drawn to certain people, places and things.

**Sagittarius (November 22 – December 21):** When you stop pushing yourself and others you'll feel more relaxed and healthy. Others are more than willing to meet you half way. Don't let your own fears and doubts get the better of you. Don't assume there are strings attached or hidden agendas with everything.

**Capricorn (December 22 – January 19):** You may think you've got things under control but slipping back into old habits is easy now. You'll need to be clever to outsmart yourself so that you can better manage challenges. Respond to each situation individually. A "one-size fits all" solution won't work.

**Aquarius (January 20 – February 18):** Changes give you the chance to stretch, grow and shift away from limitations. Allow yourself to just let go. Trust that in leaving a dead-end situation you can create the life you want. You will become more of who you are meant to be. Manage your time to increase productive.

**Pisces (February 19 – March 20):** Dream big because there are many possibilities and exciting opportunities ahead. Streamline your routine so you're prepared to go full speed ahead. People are drawn to you. You are making a positive difference even when it doesn't seem like it. Little things add up.

**FOR APPOINTMENTS with NANCY CALL 204-775-8368**

**"Out of every one hundred men, ten shouldn't even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the one, one is a warrior, and he will bring the others back." - Heraclitus**

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# Chaplain's Corner

## Reconciliation Between Human Beings: The Challenge of Actioning or Restoring Mutually Right Relationships

By Padre Paul Gemmiti

The word "reconciliation" is a long six-syllable, not-so-common word within the English language. The practical human concept that it refers to has been in existence well before the origin of the English language. Some people in today's finance world think of it as simply a financial thing to do with their bank or billing accounts. Some faith people think it is a formal "religious action" that some Christian Church authorities periodically expect to happen by their followers and is officially recognized in some sacramental systems of faith practice. Recently, many Canadians have only heard it used in regard to the Truth and Reconciliation Commission that promotes such reconciliation between governments, institutions, and people of Canada with its Indigenous citizens. But in the widest sense of which I am sharing, the simple yet difficult action of "reconciliation" has been and continues to be a psychological help and a spiritual necessity to humankind during many centuries. The use of the word "Right" is meant to be an outcome of applied respect, dignity, and justice.

In all of our relationships – whether within our households, neighbourhoods, sport and civic groups, businesses, health care and education institutes, religious entities, education governments, judicial systems, armed forces, and international organizations – there are always occasions when reconciliation will be needed. The need to reconcile, as indicated by the title of this article, is apparent after a significant or long-term accidental or intentional neglect or other form of mistreatment has occurred. The person or persons involved, which at times may even share varying degrees of implementing the harm given or the harm received, need to sincerely recognize the damage to the

wider relationship that has occurred. It cannot simply be corrected or compensated with a quick motion, but once such has been dialogued about and recognized, the future from that moment onward will take a better orientation/pathway so that all those present, and those of future generations, may go forward with their lives in dignity, justice, and inclusion.

Think about the direct and side-effects of regional or major wars, and how to move through the ruined relationships of people who then try to go forward. It is the same with violations that occur within a personal home life, the business world, or international relations. (Reconciliation can also be applied to the treatment of one's self, or with other creatures and the planet, or with one's God, but that will be left for a future article.)

So, reconciliation is an ideal. It is a hopeful approach to recognizing mutual needs, dignity, and worth, resulting in a long-term (eternal?) inclusion of persons. I refer to it as ultimately a "win-win" situation for both the present and the future. It does take intentional effort and time, sincere dialogue and listening, and most likely money, and/or other resources. We all know anything that is perceived as being of long-term worth usually does involve those things.

But, part of our faultiness as human beings is that the momentum to reconcile may actually begin, but happens to fade away. We at times get distracted by other current needs and concerns that come to our attention. Human history also shows we at times simply forget to pass on the responsibility to future generations to carry on the process. Examples in point are refugees today who, instead of being able to return to their homeland or begin anew in a new part of the world, instead remain in an internment camp that

eventually morphs into a long-term city unto itself. Another example is a homeland, originally belonging to a particular people, that had been subdivided by past imperial powers, yet the current inheritors of that legacy are disinterested to make amends with what would have been the rightful inheritors. Such loss of motivation can leave reconciliation at a standstill or eventually result in fading away instead of being formally and finally reconciled.

Some chapel members and I recently attended the No Child Alone Dinner, which is a fund-raiser for Rossbrook House, here in Winnipeg. As was mentioned during the dinner, Rossbrook House has been an establishment that has done its own quiet participation in helping reconciliation since 1976; well before the occurrence of the Truth and Reconciliation Commission.

Without quoting from various religious sources, or from idealistic organizations and governmental departments, or from international governance organizations (you can search the internet for those quotes, policies, and recommendations), I would like to encourage all people of this planet to use their long or short mortal lifetimes to be a people who are open to a life of living reconciliation.

It may be/can be the pathway to lessen internal family feuds, group conflicts, cultural disputes, and nation to nation violations. It may be/can be the pathway to a collectively sustainable and protected planet Earth. It may be/can be the pathway for future generations to welcome and treat all incoming mortals with respect, dignity, and justice...and someday may be realized as finally achieving universal love.

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**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.

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**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.*

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

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