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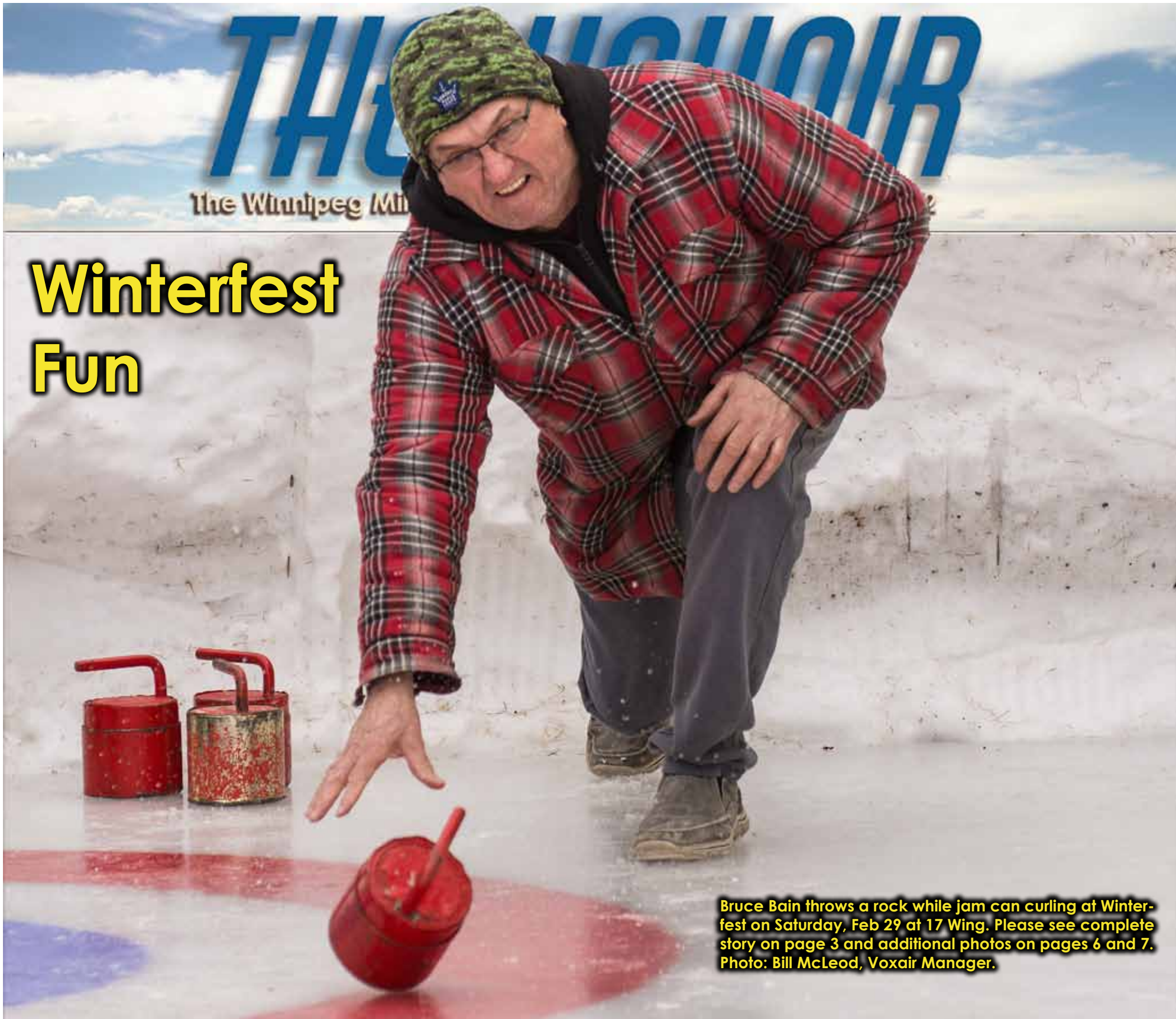
17 Wing Winnipeg / 17e Escadre Winnipeg

11 March 2020

THE VOXAIR

The Winnipeg Military Journal

Winterfest Fun



Bruce Bain throws a rock while jam can curling at Winterfest on Saturday, Feb 29 at 17 Wing. Please see complete story on page 3 and additional photos on pages 6 and 7. Photo: Bill McLeod, Voxair Manager.

International Womens' Day



STARS

Page 3

Women's Hockey Schedule



Page 9

Rangers Mentor Soldiers



Page 8

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Working Towards Women's Equity; Celebrating Contributions



Captain Kelsey Penner, a Critical Care Nursing Officer with 1 Canadian Field Hospital and Critical Care Flight Nurse with Shock Trauma Air Rescue Service, addresses the audience at the International Women's Day presentation on March 6th, 2020 at 17 Wing. Photo: Cpl Angela Gore

by Martin Zeilig, Voxair Photojournalist

Kelly S. Thompson admits to having had the feeling of not belonging and not fitting into the military when she was a member of the Canadian Armed Forces.

She served in the CAF as a Logistics Officer for eight years. Her time in the military was challenging in a number of ways.

Ms Thompson, the author of the bestselling memoir *Girls Need Not Apply: Field Notes from the Forces*, was one of threespeakers at the International Women's Day (IWD) event at the Netherlands Theatre on March 6.

The two-hour afternoon session attracted a mixture of military and civilian personnel.

Captain Alexandria Sullivan, who works at Barker College and is the Military Co-Chair of the Defence Women's Advisory Organization, was the main organizer of the afternoon event. She was assisted by the 17 Wing IWD Committee, and, Major Genevieve Dussault, the 17 Wing Champion for Women.

The other speakers were Captain Kelsey Penner, a nurse specialist, who, in December 2019, accepted employment with the Shock Trauma Air Rescue Service (STARS) as a Critical Care Flight Nurse at the Winnipeg base; and, Marge Hudson, a 31-year veteran of the Royal Canadian Mounted Police and Manitoba's first Indigenous female member.

Canadian Anita Yengue, an Aerospace Engineering Officer with 435 "Transport & Rescue" Squadron, was the Master of Ceremonies.

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating women's equality and has been celebrated on March 8 since 1913.

A group of UN experts has called on men around the

world to be a part of movements for gender equality and become women's human rights defenders, noted a media release from the United Nations Office of the High Commissioner for Human Rights in Geneva.

17 Wing Commander Colonel Eric Charron said he was pleased to see the difference in participation from this year compared to last year at the IWD event.

"Most of us recognize that there is an important woman in all of our lives whether it is a mother, a sister, a wife, a close friend, somebody who had an influence and will support us in our time of need." Col Charron said, in his opening remarks.

"Today, we recognize International Women's Day. This year, I made sure we had the right people and full kudos to Major Dussault. She's been a pioneer. She's opened up the door and embraced this theme. She's been nominated to attend national conferences on this theme. She's done this before previously in her career and is taking it to the next level."

He pointed out that Maj Dussault was also the main organizer of the Girls in Aviation Day at 17 Wing last fall.

Change is needed and is also happening in the Canadian Armed Forces and beyond, said Ms. Thompson, who is currently completing a PhD in Literary and Critical Studies at the University of Gloucestershire in the UK.

"The world is changing," she observed. The military is changing. Change can be a beautiful wonderful thing at the same time."

Ms Thompson referred to the women she left behind "out of my silence for the sexism and harassment" that she often witnessed.

She said her book is, in part, an apology to try and make up for that, and to be a leader "which I wasn't" during her time in the CAF.

"I want to be one who stands up for what is right, and I often did but not when it came to that," Ms. Thompson,



Pilot Officer Major Grace MacEachern, a para-rescue nurse, speaks with a reporter after the Mount Coquitlam, British Columbia, rescue. She started her career by serving as a nursing sister for the Grey Nuns in the Pembroke, Ontario, area. In 1951, following the death of her first husband, Cranston Woodward, she enrolled in the Canadian Armed Forces, where she received a commission as a pilot officer just before joining the para rescue course at the age of 32.

The para-rescue course offered in the 1950s was attended by nurses and doctors. At the time, they were the only medical personnel to jump out of airplanes on rescue missions. They did so on a volunteer basis. The course was the foundation of and, at that time, the only equivalent to today's vigorous and demanding search and rescue technician training course. Photo: MacEachern Family Archives



402 Squadron took flight on 16 March 2016 with an aircrew where six out of eight members were female.

1st Row: Capt Melissa Couturier, 2Lt Karina Dabolins, 2Lt Paige Campbell, 2Lt Abigail Edwards, Capt Jennifer Finateri, Capt Genevieve Dussault. 2nd Row: Capt Hooman Shirazi, 2Lt Chris MacKnight. Photo: Capt Genevieve Dussault

said.

She still has strong feelings for the CAF.

"We're a real diverse slice of what the country represents," said Ms Thompson.

"I would hope that people would see our differences and how that unites us at the same time. What I really hoped to do with the book is to show people, like my dad's generation, that it's okay to show hurt and go through depression. It's okay to go through PTSD and be angry about it. And, it's okay to be frustrated with the organization that you still love. I pledged a life to the military because I believed in it. And, I don't think that ends because I've left the CAF. So, it's been nice to see."

She also noted that Veteran's Affairs Canada has recently recommended her book on their website.

"It was such a powerful, moving thing for me to see that," Ms. Thompson said. "It was like being called home and welcomed back into a group that I felt like I had lost. That was a beautiful thing to happen to me today when I was about to give this lecture. That's why I feel so much hope for the change that is coming and the change that has happened."

After his address, Col Charron commented that Ms. Thompson had a rough go in the military.

"It took a long time to get to the point where she wanted to share," he said. "Her book opened the door for other women to express their own experiences of being in the military. I'm pleased to see that today there are also many men here. IWD is about all of us, about being human beings, and about discrimination not being acceptable. Women are powerful in our military now. The CAF continues to make big changes. Women make us better."

THE VOXAIR

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17 Wing Celebrates Winter



Bar 32 Horse Drawn Ventures provided Winterfest attendees trips around the RHUs around 17 Wing. Photo: Bill McLeod, Voxair Manager

by **Martin Zeilig, Voxair Photojournalist**

There was something for everybody at Winterfest 2020 on February 29. Attractions ranged from baking bannock and s'mores, jam pot curling, snowshoeing, cross-country skiing, frozen maple syrup on a popsicle stick, crafts, a bouncy castle for children, horse drawn cart rides, and free food.

Live music was provided too by the RCAF Band's Fixed-Wing Brass Quintet.

About 150 people participated in Winterfest, which took place both inside the West-twin Community Centre (Building 33) and outdoors in the parking lot and behind the building.

The event is a partnership by the Military Family Resource Centre and PSP Community Recreation.

John Bailey, Employment Coordinator for the MFRC, and Ashley Clement, Community Recreation Coordinator with PSP, were the joint organizers for Winterfest.

"It's a fun event," Bailey said. "We normally have a good crowd come out. It's designed to meet the needs of the whole family. We have a mixture of things. It's open to members of the community and military members and their families."

Clement also praised the efforts of the numerous volunteers who helped out.

"It takes us a couple of months to prepare for the event," she said. "It's a smaller event so we try and keep it simple and fun for everyone. We try and add something new every year."

Captain David MacDonald, his wife, Lori-Ann, and four nieces disembarked from the 15 minute horse-drawn cart ride.

"The horse ride was fun," he said. "The kids also enjoyed the bannock and s'mores."

"The horses are beautiful creatures and we should take care of them. I enjoyed the ride," said Capt MacDonald's 13-year-old niece, Abby. Her sister, Annelise, 8, nodded her head in agreement.

"I enjoyed it a lot," she said with a smile.

Second Lieutenant Stephen Mullins said he appreciated the warm atmosphere created by Winterfest.

"It's a very nice festival," he commented, as he and his wife, Anna Steiaya, and their two children, Adelaide and Edgar, were enjoying their soup and buns and hot chocolate in Building 33. "The food and the music are good. I feel very welcome here. We're moving here over the next few weeks. The MFRC invited us. We're out in Portage la Prairie now (at 3 Canadian Flight Forces Training School). I was a helicopter pilot, but I'm changing trades."

MLA Jon Reyes, Special Envoy for Military Affairs, who was at Winterfest with his legislative assistant, said the festival presents a great opportunity for him to meet with the families and members of the Armed Forces.

"I'm here to enjoy the outdoors on this beautiful day so we can enjoy events such as the curling in the back, eating bannock, and going on the horse drawn ride and all the other activities," he added.

A former member of the Canadian Armed Forces, Reyes added that he was also participating to ensure that the members and their families are taken care of by the provincial government, in collaboration with the other levels of government, "to make sure their moves are as seamless as possible."

Meanwhile, Jenny Brennan, Adult and Parent Coordinator at the MFRC, said that she was in charge of making the two types of soup, cream of broccoli with potatoes and a hearty vegetable broth, from scratch the previous evening.

"It was made with MFRC love. I think it's a great way for families to get out," she said, as two MFRC volunteers, Master Corporal Michelle Recksiedler and Marie Virtue, doled out ladles of soup to hungry visitors. "Any new families to the city can see some things that Manitoba can offer in the winter. It's a lot of fun."

College Corner



MultiMedia Lab – Adding Innovation

The MultiMedia Lab (MML) at RCAF Barker College was created in the late 2000's to design, develop, and deliver online the school's burgeoning Distance Learning courseware. Since then the MML has expanded its capabilities beyond interactive courseware development to become a complete multimedia production studio.

Two full-time civilian staff, along with up to four part-time university/college students, work together as a multidisciplinary team to bring the projects to life. Since producing the original Air Force Officer Development (AFOD) courseware (and its numerous enhancements and revisions), the MML team has created multiple online courses, as well as numerous other products for the RCAF. This has included supporting the Air Force Run since its inception, designing the logo, website, inaugural television ad, and most recently, the new poster/shirt series featuring the RCAF air platforms in a striking retro-style.

The team also keeps busy by providing support to other units at 17 Wing. Last year the MML created a series of videos to showcase the multifaceted capabilities of 435 Squadron, in celebration of their 75th anniversary. Interviewing one of the original members of the squadron from its inception during the Burma Campaign in 1944 was a highlight for the team.

Graphic design, video and audio production, animation, as well as website, mobile app, and on-line learning development, all produced in-house by a talented team make the MML a hidden gem inside the RCAF. This year, RCAF Barker College MML will produce, in conjunction with 1 CAD Lessons Learned, a dynamic new podcast series which will take a deep-dive into key leadership issues within the RCAF.

For more information on the MultiMedia Lab or other RCAF Barker College programs and courses, contact us at: infoRCAFbarker@forces.gc.ca

RCAF Barker College News



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March is Nutrition Month: Simple ways to eat more mindfully

by Julie Riopel-Meunier, MBA, MS., RD.

Whether you are at home, at work, or even on the go, try putting these mindful eating strategies into practice to gradually reconnect with the signals your body is sending you.

1. Before grabbing a snack or sitting down to eat, ask yourself if you are truly hungry. If you are not sure, wait to see if you feel that sensation of emptiness or gurgling in your stomach.
2. Make every meal a time to relax. Sit at the table and just enjoy your meal.
3. Eliminate distractions. Keep the TV off, don't sit in front of your computer, and put your smartphone down while eating.
4. Eat slowly, take time to enjoy every bite, and appreciate each different taste and texture.
5. Set your utensils down between bites.
6. Ask yourself if you're still hungry throughout a meal. Stop when you feel satisfied and not overly full.

7. Use smaller plates and bowls. Sometimes our eyes are bigger than our stomachs. If you are still hungry afterwards, it is OK to take a second helping. Some days, we just need more food.

8. Don't force yourself to finish what's on your plate if you start to feel full. Keep the rest for later. If you are at a restaurant, take the leftovers home.

9. Cook more often rather than eating out or buying processed foods.

10. Plan what you eat and enjoy your food.

11. Involve others in planning and preparing meals and eat meals with others.

12. Don't forget that culture and food traditions can be a part of healthy eating.

Getting in touch with your hunger and satiety signals takes time and lots of practice. Be patient – people don't become mindful eaters overnight.

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Furniture & Effects Office 17 MSS Services Flight

by Patsy Atkins and Saba Habtemariam

The Furniture and Effects (F&E) Section at 17 Wing is responsible to assist Regular & Reserve Force members and Civilian personnel employed within the Winnipeg, Portage La Prairie, and all of the Northern areas. This office also supports units in North Western Ontario such as Thunder Bay and Kenora, as well as all units in Saskatchewan including Moose Jaw, Regina, Saskatoon and Dundurn with their movement of F&E within Canada, USA and overseas.

We are a civilian staff of two, and employ a student from Federal Student Work Experience Program (FSWEP) for the Annual Posting Season (APS) to perform Quality Control Inspections (QCI's) with targets mandated by Ottawa. On a yearly average, we process approximately 1200 incoming and outgoing moves and perform 250 QCI's. In addition, our office conducts annual Warehouse and Long Term Storage (LTS) inspections.

"You're moving, now what?" Provide us with a copy of your posting/release message and your DND 4443 (Application to Move/Store F&E). Upon confirming the information, we will then book a mover, brief you on pick-up dates, transit time, delivery and the loss/damage claim process. We will also provide you with the Pre-Move Briefing Booklet, which will outline your responsibilities, and things you need to do to prepare your goods for shipping. It also outlines what the mover is required to do and not do, and describes insurance coverage for your furniture and effects. This very important document is available in both English and French.

Things to know to make your move easy:

- Provide posting/release message with your DND 4443.
- Applications received with less than 10 days' notice is considered a rush move, which can possibly be declined by the van lines. (Note: we can still book your move without a destination address as long as destination city is provided).
- Ensure you review and hold on to your briefing package from our office and pre-move booklet from the movers as they both outline details regarding your move that are essential to a successful move.
- Contact us with any questions or concerns.



(Left - Right): Patsy Atkins - F&E Supervisor, Saba Habtemariam - F&E Coordinator. Photo: Supplied

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PER/PMA Discussion Tips

by Ken Ashdown, CCMS West/North - Esquimalt

With the turn of the new fiscal year, Conflict and Complaint Management Services see a predictable spike in the number of grievances and complaints related to Personnel Evaluation Reports (PERs) and their civilian equivalent, Performance Management Agreements (PMAs).

These persistent issues can be reduced, if not eliminated entirely. There are many resources available that help make the performance management process as painless as possible for both parties, such as the relevant courses in GC Campus and DNDLearn, the extensive help files baked into the CFPAS PER/PDS system, and many Treasury Board articles (for example). But for time-starved managers and supervisors, here are some key tips on how to improve the performance management process.

First, it's important to understand that there are four types of feedback:

- Motivational, i.e., praise and recognition;
- Informational, which is progress measurements such as dashboards, grades, KPIs, quotas or financial targets, etc.;
- Developmental (aka formative), which includes ideas for improvement, solutions, and corrective measures, and
- Summative, which is "big picture" feedback given at the end of a developmental cycle (for example, school year or annual performance review).

Too often, performance managers focus on the last of these types of feedback, and leave out the first three. But if the emphasis were reversed, the fourth would be largely unnecessary. Why? An appropriate blend of all types of feedback is critical to employees or members feeling sufficiently valued, supported, and motivated to achieve the desired outcomes. Research demonstrates that as long as the so-called "hygiene factors" (such as decent pay and the right tools for the job) are covered, the most important determinants of successful performance are a sense of personal accomplishment and mastery, a desire for recognition, and feeling like a valued part of the team (think Abraham Maslow's hierarchy of needs).

But some rely exclusively on the informational, because numbers are "safe," i.e., seen as objective and impartial ("They can't get mad at me, I'm just relaying stats."). Others go straight to offering solutions, because of a natural preference for quick fixes. These approaches

seldom work. Clearly, people like to be acknowledged; we all appreciate being appreciated. Few things are as satisfying as a well-deserved pat on the back after lots of hard work; it encourages and motivates. We also like to have some measurable objectives so we can monitor our own progress, and informational feedback provides these tangible goals. Developmental feedback tells us how to get better, sharpen our skills, and improve our

gently guide them to the "right" solution, i.e., the one that seems likeliest to address the issue effectively. Gently use open-ended reality-checking questions ("What might be a problem with that solution?" "How well has that worked for you in the past?").

5. Seal the deal: Reinforce the solution by getting it in writing. In the DND, action plans are built into PMAs and PER/PDRs, but for persistent issues it's worth supplementing in an email or memo.

Getting the commitment in writing subtly reinforces the social contract between employee and manager/member and Chain of Command.

To these I might add a sixth step: Follow up! Consistently reinforce accountability. Otherwise, it's easy for both parties to fall back into unproductive old habits and patterns.

In addition to ensuring an ongoing mix of all types of feedback, here are some important guidelines for making performance management relatively trouble-free:

1. No surprises! Arguably the most common complaint from employees and members is negative reviews that come as a shock to them, with no warning signs along the way.

2. Do it early, do it often. See Rule #1. Frequent feedback should include motivational aspects, objective data, and course-

corrective input.

3. Catch them doing right, not just doing wrong. It's easy to take for granted when staff are working well, and focus on when things go wrong. A constant stream of negative feedback is demoralizing; be sure to include positive feedback where warranted.

4. Make it specific. Whether delivering positive or negative feedback, identify exactly what it was that worked (or didn't). Don't make them guess. Even praise can be frustrating to the recipient if it can't be connected to a particular behaviour or action.

5. Leave the judgment out. Shockingly, many performance reports imply (or state directly) perceived or assumed causes for poor performance. That's asking for trouble. Avoid ascribing reasons for particular behaviour or performance issues ("She feels entitled..." "He may have a drinking problem...") and stick to neutral, objectively observable facts.

Approaching performance reviewing and reporting with these principles in mind will make it easier for both parties to see it as a collaborative problem-solving process.

Conflict and Complaint Management Services Winnipeg is located in Bldg 135 for more information or to make an appointment email us at ccmswinnipeg@forces.gc.ca



Feedback and two way communication is key to an evaluation.
Photo: Sebastian Herrmann on Unsplash

career prospects.

It's important to note that when formative (developmental) feedback is required, it's often poorly received. In *Bringing Out the Best in Others*, author Thomas Connellan, PhD., offers a simple 5-step process that takes the sting out of potentially difficult course-correction conversations:

1. Identify the issue in neutral, nonjudgmental terms. Instead of "You failed to make quota," try, "I'm concerned about how you're doing, and I'd like to talk to you privately about this month's numbers." Starting any difficult conversation with the word "You" is bound to put the received on the defensive, because they are primed to expect that what follows is typically an accusation or blame. Likewise, avoid exaggerations at all costs ("You never do ____," "You always do ____") because these are likewise guaranteed to escalate into conflict.

2. Ask for solutions. Don't impose your own. Giving them ownership and agency in solving their own problem creates buy-in and avoids the "not invented here" syndrome. Also, they're more likely to know what will and won't work for them in correcting the issue.

3. Explore options. Review the benefits & drawbacks of each proposal they provide. Let them walk you through the logic of each potential solution so both of you can judge the likelihood of success.

4. Reinforce positive responses. Where applicable,

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Around The Wing



MCpl Ashkan Soleymani, Aviation Physiology Technician, tests the ANVIS 9 NVG on the virtual terrain board at Canadian Forces School of Survival and Aeromedical Training, 17 Wing on 3 March 2020. Photo: Sgt Daren Kraus



A Military Family Resource Centre volunteer tries out snowshoeing at Winterfest held at 17 Wing on Feb 29. Photo: Bill McLeod, Voxair Manager



Jon Reyes, MLA for Waverley and Special Envoy for Military Affairs, throws a jam pail. Photo: Bill McLeod



LEFT: Warrant Officer Kevin MacAulay, Aviation Physiology Technician, controls the Barany chair during Aeromedical Training at Canadian Forces School of Survival and Aeromedical Training, 17 Wing Winnipeg, MB on 21 February 2020. Photo: Sgt Daren Kraus



RIGHT: The cookie s'mores were a big hit with families at Winterfest on Saturday, Feb 29. Photo: Bill McLeod, Voxair Manger

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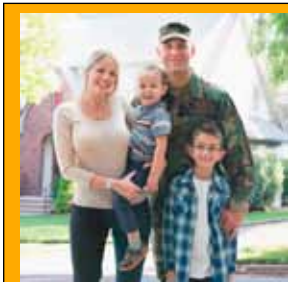
Around The Wing



Master Corporal Andrew Miller and Master Corporal Ashkan Soleymani, Aviation Physiology Technicians, monitor the students while they are completing activity boards in the hypobaric chamber during the Hypoxia Recognition Training at Canadian Forces School of Survival and Aeromedical Training, 17 Wing Winnipeg, MB on 20 February 2020. Activity boards are used as a job simulation so that students will be able to recognize the effects of hypoxia in an aircrew work environment. Photo: Sgt Daren Kraus



Fitness and Sports Instructor David Chung demonstrates the correct method of eating s'mores at Winterfest on Saturday, Feb 29. Photo: Bill McLeod, Voxair Manager



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Canadian Rangers Mentor Reservists During Exercise ARCTIC BISON 2020



Canadian Ranger Eddy Lundie of the Churchill Canadian Ranger Patrol demonstrates how to clean and skin a rabbit that was snared for soldiers of 38 Canadian Brigade Group during Exercise ARCTIC BISON 2020 on February 19, 2020, in M'Clintock, Manitoba. All Photos: Lieutenant Natasha Tersigni, Public Affairs Officer 4th Canadian Ranger Patrol Group

by Lieutenant Natasha Tersigni, Public Affairs Officer 4th Canadian Ranger Patrol Group

To ensure members of the 38 Canadian Brigade Group's (38 CBG) Arctic Response Company Group (ARCG) successfully completed their 300 kilometre snowmobile trek in northern Manitoba, 12 Canadian Rangers took part in Exercise ARCTIC BISON 2020 (Ex AB 20).

Held February 14 – 23, 2020, Ex AB 20 is the ARCG's annual major winter training exercise which aims to ensure 38 CBG soldiers are ready to deploy rapidly in austere weather conditions to support domestic operations. This year, the exercise was focused around soldiers travelling from Gillam, Manitoba to Churchill, Manitoba on snowmobiles. Acting as mentors and guides for the exercise were six Canadian Rangers from the Gillam

Canadian Ranger Patrol and six Canadian Rangers from the Churchill Canadian Ranger Patrol.

"Since this is where our patrols are, we have intimate knowledge of the area and land, and we passed that knowledge on to the 38 CBG soldiers so they can have better success during their exercise. As well, we travel fairly extensively by snowmobile as a patrol, so we know these trails and routes and, of course, snowmobile maintenance," said Canadian Ranger Sergeant John Watt, Patrol Commander for the Gillam Canadian Ranger Patrol.

"A major portion of what the Canadian Rangers did

during these exercises is mentor these soldiers. Whether it is assisting them with snowmobile maintenance or repairs or giving them tips on how to ride better or advice on what to expect on the trail. This was our opportunity to show other units what Canadian Rangers bring to the Canadian Armed Forces."

Along with guiding the 38 CBG soldiers during the snowmobile portions of the exercise, the Canadian Rangers from both patrols taught wilderness survival training on February 19, 2020, in M'Clintock, Manitoba. The soldiers spent the day rotating between six stands and were taught basic snowmobile maintenance, how to build austere shelters, how to use basic field tools such as axes and saws, how to build a signal, how to trap and clean animals for food and how to start a fire.

"The survival training was a great oppor-

tunity for the Canadian Rangers to pass on their skills and knowledge to the soldiers. This is what Canadian Rangers do; survive in the wilderness," said Watt who added that this experience was also a great learning opportunity for the Canadian Rangers.

"We do not often have the chance to work directly with other units within the Canadian Armed Forces but it is important that we do. This allowed the Canadian Rangers to understand how these units work and when we do support them, whether it is on an exercise or domestic operation, we are better equipped to communicate and liaise with them."

The Canadian Rangers is a singularly unique organization of the Canadian Army in which outdoorsmen and women can provide their existing abilities and experiences, combined with acquired military skills, to produce a much-needed layer of Canada's defence. In Western Canada, the Canadian Ranger Patrols are part of the 4th Canadian Ranger Patrol Group which provides specialized support to other Canadian Armed Forces units, domestic operations, and communities in northern, remote and coastal regions across Western Canada.



Canadian Ranger Sergeant John Watt Patrol Commander for the Gillam Canadian Ranger Patrol shows soldiers how to properly and safely use a knife during Exercise ARCTIC BISON 2020 on February 19, 2020, in M'Clintock, Manitoba.

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08 - 13 MARCH, 17 WING WINNIPEG
08 - 13 MARS, 17 ESCADRE WINNIPEG

DATE	TIME	EVENT	WHO	WHERE	DETAILS
Sunday 8 March		Travel (Arrival)	All		
	1830 hrs	Practice	All	Canlan Ice Sports	As per JI's
Monday 9 March	0800 hrs	Coaches Briefing	Coaches, Team Captain, EHT, Chief Official, Chair JOA	Bldg 61	
	0900 hrs	Team Pictures & Opening Ceremonies	All	Canlan Ice Sports	Dress: Team Colours/uniform
	1400 hrs	Game 1: 2 v 1	Canada West @ Ontario	Canlan Ice Sports	
Tuesday 10 March	0900 hrs	Game 2: 3 v 4	Atlantic @ Quebec	Canlan Ice Sports	
	1400 hrs	Game 3: 4 v 2	Quebec @ Canada West	Canlan Ice Sports	
Wednesday 11 March	0900 hrs	Game 4: 1 v 3	Ontario @ Atlantic	Canlan Ice Sports	
	1400 hrs	Game 5: 4 v 1	Quebec @ Ontario	Canlan Ice Sports	
Thursday 12 March	0900 hrs	Game 6: 2 v 3	Canada West @ Atlantic	Canlan Ice Sports	
	1400 hrs	Semi Final #1	4th @ 1st	Canlan Ice Sports	
Friday 13 March	0830 hrs	Semi Final #2	3rd @ 2nd	Canlan Ice Sports	
	1100 hrs	Finals	Winner SF #1 vs Winner SF #2	Canlan Ice Sports	Teams not playing are to wear their team colours
		Awards	All	Canlan Ice Sports	As per JI's
		Travel (Departure)	All		

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PICK UP / RAMASSER WED • 22 JAN • MER.	PICK UP / RAMASSER WED • 19 FEB / FÉV • MER.	PICK UP / RAMASSER WED • 18 MAR • MER.	PICK UP / RAMASSER WED • 22 APR / AVR • MER.
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DROP IN PROGRAMS AT THE MFRC

You do not need to register for these programs. The name says it – **DROP IN** as everyone is welcome! All events are at the MFRC 102 Comet St. unless otherwise noted.

Basics of Relaxation In French

Practice some basic relaxation techniques based on mindfulness. Wed., March 11, 0930 – 1030.

Official Language Training - Lunch Meet Up

Bring your lunch to the MFRC and practice your second language conversation skills. For all levels. Thursdays 1230 – 1315

South Side Coffee

A social time open to everyone! Wed., March 18, 0930 – 1130 at South Side Youth Centre, 347 Doncaster St.

Café Français

Join us for a coffee and chat in French at the MFRC. This is a perfect opportunity to practice your French. Weds., March 25. at École Roméo Dallaire, and April 1 at the MFRC, 0930 – 1130

New Recruits Family Cafe

Calling all family members of new military members! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat., March 28, 1100 - 1200.

Mature Women's Group

Join us for an evening of coffee and conversation. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and experience about navigating life's journey. Mon., March 30, 1900 – 2100

Parent Community

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

Parent Group

Join us for parenting discussions and networking. Second and fourth Wednesdays of the month. 0930 - 1130.

Creative Tots

Facilitated play group at our 'South Side'. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St., Tuesday And Thursday 0900 - 1100.

Kids Club

Drop-in care for children 18 months to 5 years. \$2 per child per session, with PSP membership. Please send along a nut/peanut free snack and diapering supplies if required. Tuesday & Thursday 1630 - 1900, Sat. 0915 - 1130 Closed March 31 - April 6 re-opening on April 7.

Mother Goose in French

Adult-child program focusing on rhymes, songs and stories, in French. No knowledge of French required. March 3, 10 & 24. South Side Youth Centre, 347 Doncaster St.

PROGRAMS REQUIRING REGISTRATION

You can register for free programs by calling the MFRC. As we can only accept payment in person, please come to the MFRC to register for programs with fees or mail a cheque to the Winnipeg MFRC. All events are at the MFRC 102 Comet St. unless otherwise noted.

Cabane A Sucre / Sugar Shack

Sugaring is the process of turning maple sap into syrup. Come for a traditional sugaring off meal of eggs, ham, baked beans, tourtiere, pancakes and real maple syrup. Sat., Apr. 18, 1100 - 1300. \$5 per person. Kids 5 and under free. Chapel Annex - Silver Ave. Register by March 16.

PROGRAMS FOR ADULTS

Board Game and Dessert Night – For Adults

Come for a fun night of friendly board game competition and snacks. Fri., Mar 13 1900-2100 \$5 Reg. by Mar 6

Couple Force

A date night to remember. Dinner and activities provided as well as some friendly competition. Fri., Mar 20 1800-2000. \$10/couple Reg. by Mar. 11

Craft Time

Do you knit, scrapbook or any other type of craft Pack up your stuff and join other crafty adults. Sat., Mar. 21 1200-1600. Free. Reg. by Mar. 18 **Occasional Child Care is open this day

Preparing For Reunion

Before your loved one is due to come home, be better prepared on how to manage this transition time. Fri., Mar. 27 1800-2000. Free. Reg. by Mar. 20

FAMILY / CHILDREN'S PROGRAMS

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. Wed., Mar. 25, 1700 - 1900. Register by Mar. 23. \$5 per adult.

Build A Bear

Make a stuffed animal with a special message from your deployed parent. Includes a basic bear and a voice recorder for a special message. Open to those getting ready to deploy or already experiencing deployment. Sun., Mar. 29 1000-1100. \$10 per child. An adult must accompany registered child. Reg. by Mar 20

Occasional Child Care

The OCC is casual childcare for 6 months - 12 yrs. Call 204-833-2500 ext. 2491 for cost, hours and to register. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

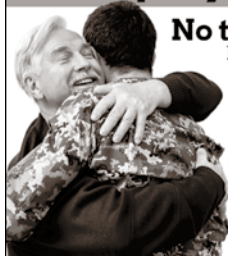


Thursday 2 April & Friday 3 April BABYSITTER COURSE

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Deployment Programs



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If your CAF member has recently returned or is due to come home soon, we invite you to

PREPARING FOR REUNION

a Road to Mental Readiness (R2MR) workshop designed to help prepare for this transition.
Friday 27 March | 6 pm - 8 pm | Free
Register by March 20
Light refreshments provided.

Build-a-Bear

a parent & child experience

Open to those families getting ready to deploy or already experiencing deployment.
Sunday 29 March | 10 am-11 am | \$10 per child
Register by March 20

For more information contact the MFRC Deployment Programs Coordinator
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Learning From Unexpected Places

By Padre Joshua Falk

The other day, I came across a book title that caught my attention. Now, I'll say up front that I have not yet read this particular book by Barbara Brown-Taylor. The following words do not reflect her thoughts. They are not taken from her book. They are merely, thoughts and questions that arise from her provocative title: Learning to Walk in the Dark. The purpose of this article is to invite thought and provoke conversation around spirituality.

Most likely we will all experience what St. John of the Cross called "the dark night of the soul" at some point(s) in our lives. If this is true, is it possible to learn to walk in the dark? Is it possible to find spirituality in times when we don't have all the answers? The immediate cerebral response is "yes".

However, I don't know about you, but at least for me, my visceral, gut, emotional response is, hold on, I don't want to go through hard times.

If this is so, then my hope is to encourage you in whatever season or moment you find yourself presently journeying in. My desire, for you and I, is to embrace more fully our spiritual journey, and to find the sacred and divine more fully as we travel through life one step at a time. This includes learning to walk in the dark.

It would seem that our spiritual journey isn't always bright light and sunny blue skies. We may strive for these times. We may prefer sunshine and blue skies to storms and the dead of night, but part of this life is darkness and storms. Part of our spiritual journey includes moments and even seasons of darkness and storms.

Often, we strive to avoid dark times and endeavor to cling onto and ring out every last drop of goodness from the bright times in our lives. Understandably so. Wouldn't you prefer to be walking in spiritual bliss? But I think this dichotomy is potentially misleading.

Growing in our experience of the divine has the potential to offer continual growth, continually expanding growth into infinite love. I'd like, however, to propose a supplemental metaphor for understanding our spiritual journey. Instead of viewing our journey as either

sun-blazing bright or deepest dark valley, perhaps the analogy of the moon would fit better? The light from the moon waxes and wanes. The moon goes through seasons. Yes, there are times of full moons. There are also times of only slivers of light. There are the in-between times of varying degrees of brightness.

Learning to walk in the dark may mean that there is learning to be had in unexpected places. If so, we can be lead through a spirituality of the nighttime. We can learn how to find our footing in times of uncertainty and gain strength and hope to face all of life's challenging moments. That's encouraging!

Wisdom would say that our spiritual seasons, like the phases of the moon, offer up possible gifts like increased hope, resiliency, courage, redemption, wisdom, growth, transformation, and ultimately a deeper life. The seasons of life offer up life giving possibilities. They open up new adventurous journeys and deeper frontiers along the way.

Now, I'm not going to wish dark and difficult times on any one of us. Neither am I asking anyone to be a martyr. But, if it is true that learning to walk through darkness offers the possibility of finding courage, of understanding the world in a new way, and even feeling God's presence around us when all is seemingly lost, if it is true that God can guide us through things seen and unseen, then perhaps we are on the road to learning to walk in the dark in this very moment. Wow! Instead of living for the next higher high or devaluing the present



Photo by Roan Lavery on Unsplash

now, wherever you are at on your present journey, there is hope, potential, and the divine.

Heaven knows that the Canadian Armed Forces will provide ample challenging opportunities for growth for all of us. I don't wish dark valleys or sliver-sized new moons on any of you. But instead, let me offer a blessing for when you next encounter a particularly challenging season in your life:

May you be guided through a spirituality of the nighttime, learn how to find your footing in times of uncertainty and gain strength and hope to face all of life's challenging moments. May you increasingly embrace the gift of the now knowing that you are held safe and secure in the Divine arms of love.

May you run and not be weary. May you walk and not be faint. May the love of God surround you, and keep you save. May your hearts be filled with song and may the roads you travel always lead you home.

Faith and Life

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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.*

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

Padre Joshua Falk
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ext 5086

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'.

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.

CANADIAN FORCES



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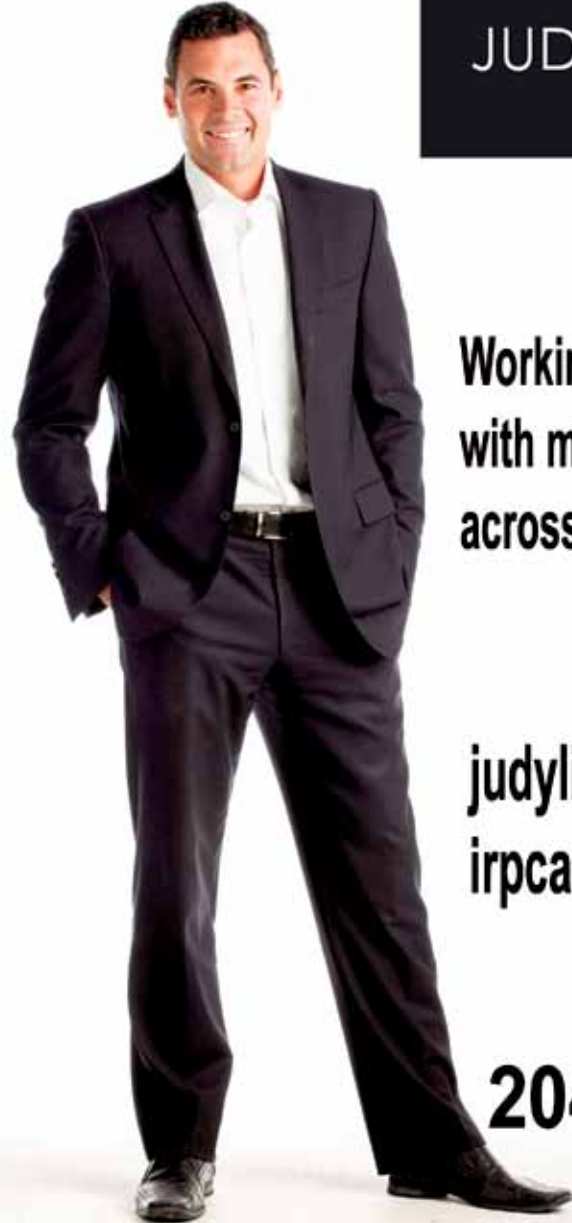
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