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31 Mar 2021



## CFFSAT Trains Air Crew in Arctic Survival



You may have thought it was cold in Winnipeg in February but the members on the Arctic Survival Course likely appreciated going back to their home units. Photo by WO Seguin with more photos on page 2.

**Soldier On Ice Fishing**



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**International Women's Day**



**International Women's Day**

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# CFSSAT Air Operations Survival – Arctic Aircrew Course

**CFSSAT Air Operations Survival – Arctic Aircrew course in Resolute Bay, from 16 Feb to 28 Feb 2021**

Despite the pandemic, two whiteouts, temperatures below -50C, ten broken multi-terrain tracked "BV 206" vehicles, no airlift available coming back from the North, and a few delays with the chartered return flights, the course was success. Talk about "against all odds"! That accomplishment was possible because of our experienced CFSSAT staff, and because 17 Wg came together to support the mission. The Transport, Foods, WACCN and Traffic sections rolled with the punches, after hours might I add, to ensure our members were supported during their isolation and during their return to CFB Winnipeg. The clothing store issued and exchanged approximately 300 essential pieces of clothing to protect our students from the extreme cold. 23 CF H Svcs C ran COVID detection tests for our foreign students so they could fly back home safely. We'd like to sincerely thank the various players who contributed to this accomplishment!

Photos by WO Seguin and Capt Walsh



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One of our neighbours on a squirrel hunt in the RHUs on the morning of March 16 around 7:30. Photo: Bill McLeod, Voxair Manager.



(L-R) Traci Lea Wright, Becky Hebert, Wally Choma, a patient customer, and Terri Townsend pose for a photo after Traci presented the Hair Force Barber Shop with a Second WW vintage hand painted framed portrait of an unknown RCAF member for their collection of militaria. Read our story on how the Hair Force have fared during the pandemic on page 12.

# Centenarian Enjoys Lifetime Career in Aviation

Wallace James Simpson was born a century ago – on April 2 – on a small farm in Saskatchewan. In was in the vast prairie sky that Wally spotted an airplane for the first time. The roar of its engine was heard before it could be seen.

His father called, “Boys, boys, look! That’s an airplane!” as it flew east above the highway, south of the farm. Everyone was so excited; this sighting was a rare occurrence. For Christmas, their mother offered a shared present - a book on the theory of flight.

As Canada joined the Second World War in 1939, there was an opportunity to learn to fly. Wally’s brother George had joined the RCAF out of high school, and he was so enthusiastic about being a pilot, he convinced Wally that flying was the way to go.

In April 1942, with two years of university completed and diploma in hand, Wally applied to the RCAF recruiting office where he successfully convinced them that he was pilot material.

Initial Training School took place in Regina, flying Tiger Moths. By March 18, 1943 Elementary Flight Training School was complete with a total flying time of 76 hours 35 minutes.

Although Wally wanted to be a fighter pilot, he was assigned to Service Flying School in Yorkton, training on Cessna Cranes and Avro Ansons.

His Wings Parade was held on July 23, 1943. His mother pinned on his wings - a difficult but memorable moment. Just weeks earlier they had lost George - killed in a Wellington crash in Sierra Leone; one month short of his 20th birthday.

Off to war

A month later Wally was aboard the Queen Mary, departing Halifax for a four days transit to Gourock, Scotland. He took a train to England and was billeted until he was off to Wales for advanced flight training on Oxfords. He crew-up at Seighford, No 3 OTU (Operations Training Unit), flying Wellingtons while learning instrument flight rules. He was promoted to Pilot Officer, and by May 1944, his crew moved to No. 1667 Halifax Conversion Unit, Sandtoft.

Finally they were off to #1 Lancaster finishing school for a quick conversion before being assigned to #101 Heavy Bomber Squadron at Ludford Magna Station, from which his crew would complete 33 bombing missions – 470 hours of flight time.

He docked in Halifax on Christmas Day 1944 and was discharged in March 1945. Wally was awarded the Distinguished Flying Cross (DFC), and he left the RCAF after the war with the rank of Flying Officer (FO).

That year he was married and started a family, working for the federal government as a settlement supervisor for the Veterans’ Land Act.

He rejoined the RCAF when the Cold War was escalating and they were recruiting pilot instructors. After four years as a Harvard instructor, he was posted to #109 Communications Flight (2 Wing) Grostenquin, France for another four years, completing daily DC3 transport flights between the four RCAF bases in Europe and RAF Langor in England.

Joining 435 Sqn

In 1960, the family returned to Canada reporting to 435 Transport Squadron at RCAF Station Namao (Edmonton), qualifying on the C47 and C130 Hercules. By



PO Wallace J. Simpson in 1944. All photos submitted.

1964, Wally qualified for membership in the Lockheed C130 Hercules 2000 Hour Flying Club, and put in his release when the three branches of the Canadian Forces were downsized and unified into a single service. He enjoyed his work in the RCAF; he retired as a Flight Lieutenant (F/L).

Commercial aviation career

Wally wrote his commercial exams then flew air transport with McMurray Air Service in the NWT, then with Kier Air in Edmonton. In 1967 he joined the commercial airline, Wardair, stationed out of Edmonton, serving a first officer and then captain on each of the Boeing 727, 707 and 747. At age 60, Wally retired from Wardair with over 19,600 flying hours.

Forty years of retirement

Wally is in good health and lives independently in Edmonton. A man of many interests, he enjoys catch-and-release fly fishing, deep sea fishing, spotting birds and animals, and listening to nature. Many birdhouses have come off his workbench over the years. Wally’s many creative projects have kept him busy during isolation of the pandemic, and he uses an iPad to keep in touch with family and friends.

Wally is respected as a gentleman of honour by all who know him. When questioned about being at an age where many of his friends and colleagues have left this world, with a glint in his eye and tongue-in-cheek he says, “Yes, why don’t they stay here and keep me company?”

His positive attitude, witty sense of humour, and his focus on creativity have been strengths that have helped him find the courage to endure the unwelcome changes that life brings; living the motto of the #101 Squadron: Mind Over Matter.

Our thanks to Kathi Jacobson for bringing us this story.



Wally Simpson as a Harvard instructor in July 1955.

## 435 Squadron salutes F/L Wallace J. Simpson on his 100th birthday

It is not every day that we have the opportunity to celebrate a Second World War veteran from within the 435 Squadron alumni, and even less often that we celebrate a 100th birthday.

It is with great honour and pleasure that we commemorate this milestone in Flight Lieutenant (retired) Wallace J. Simpson’s life.

F/L Simpson joined 435 Squadron in 1960, when the unit was located in Station Namao, Edmonton. He brought vast experience and great leadership to the squadron. He was a key contributor to the success of northern sovereignty operations, as well as overseas missions.

In his four-year tenure with the unit, he joined the very select group of aircrews whom have flown at least 2,000 hours on the CC-130 Hercules. He retired from the RCAF in 1964 and will always be a member of the Chinthe family.

On behalf of 435 Sqn members – past and present - happy birthday to F/L Simpson, and thank you for your dedicated service.

Certi provehendi

LCol Jordan  
Commanding Officer, 435 Squadron



January 1964. TWO THOUSAND HOUR CLUB C-130 HERCULES  
Lockheed representative, F/L Reid Glenn, F/L Wallace Simpson, F/L Clare Agar.

# Soldier On Goes Ice Fishing

## Martin Zeilig

As the lure attached to the end of the line on his fiberglass fishing pole dangled several feet into the water, Michael Stokes, who works at Base Supply, checked the readings on his Humminbird Helix 7 digital fish finder.

"It shows the entire water column, so I can actually see my lure," Mr. Stokes said of the fish finder, which was set up on a camp chair directly across from him by the small round hole in the ice. "It shows where fish are in the water column and whether they're coming up to your line."

Mr. Stokes, who retired in 2014 after almost 24 years in the Canadian Armed Forces, was participating at an "introduction to ice fishing" event sponsored by Soldier On at Grand Marais on Lake Winnipeg-- located some 120 kilometres northeast of Winnipeg. The event ran over the weekend of March 5-7.



Members from Soldier On during the Ice Fishing event in Grand Beach, MB on 07 Mar 2021. Photos by: Corporal Guillermo Bonilla, 17 OSS Imaging

The Voxair reporter was out at Grand Marais on March 7.

The ice fishing event was organized by Dan Whittaker, Regional Coordinator Soldier On, PSP/Canadian Armed Forces Transition Unit MB/SK, Canadian Forces Morale & Welfare Services

Soldier On is a program of the Canadian Armed Forces (CAF) which contributes to the recovery of ill and injured CAF members and veterans by providing opportunities and resources through sport, recreational, and creative activities, says the SO website. Soldier On is recognized for improving the quality of life of the ill and injured and is a highly visible and integral component of the Department of National Defence, and the CAF's commitment to the care of ill and injured members. Generous Canadians support the program through donations and fundraising to the Soldier On Fund, which is managed by Canadian Forces Morale and Welfare Services.



Due to Covid restrictions, only six participants in total, two each day, could participate in the ice fishing event, Mr. Whittaker said.

"It's an introduction to ice fishing," He said.

The event was held in collaboration with Effortless Ice Fishing, a Grand Marais based company, "a one-stop shop for anyone who wants to get out on the ice an experience ice fishing without all the hassles of bringing your own gear," notes their Facebook page.

The company had set up a 12 foot by 10 foot wooden shack on the site.

Adam Orvis, a former member of the CAF, provided instruction on basic ice fishing techniques and skill sets and provided mentorship to the participants

throughout each day, Mr. Whittaker said. Mr. Orvis had a pop up ice fishing hut set up over an ice fishing hole.

A battery operated ice auger that can drill a hole through three or four feet of ice in less than a minute lay lengthwise near the backend of Mr. Orvis's red tent-like structure.

"The intent behind this is to introduce a new sport or activity to our Soldier On members to see if they enjoy the activity or sport, and if they'd like to continue with it in the future," Mr. Whittaker explained.

"That's why we run these events to introduce them to new activities and sports to help them maintain a healthy lifestyle, and to help them with their recovery, reintegration, and rehabilitation with respect to the illness or injury that they may have.

"It's not only introducing them to a sport to maintain a healthy and active lifestyle, but it also helps them to socialize with other Soldier On members. A lot of people find ice fishing a very relaxing activity; and it's a safe environment to participate in.

"Today is absolutely gorgeous. It's not as sunny as the other two days, but we're out here without a toque and mitts on. It's been wonderful. I've got a tan on from the sun reflecting off the snow on the lake."

Sergeant Robert Stoodley, a 402 Squadron Airborne Electronics Sensor Operator instructor, was also enjoying being out on the frozen lake that day.

As with the other participants, he hadn't caught a single fish. But, that was almost beside the point.

"I've known about Soldier On for many years," Sgt Stoodley said.

He was seated in a comfortable camp a couple of feet away from his ice fishing hole.

"They've help out friends of mine who were injured in Afghanistan. I've had other friends who volunteer for Soldier On and raised money at races and other such events. So, when the email came around the Wing about this event, I found it interesting, and saw that it actually applies to me."

He called the day a great experience.

"It's been 15 or 20 years since I was last out ice fishing," said Sgt Stoodley, a native of Toronto, Ontario, who's been in the CAF for 25 years—14 years in the Reserve Infantry and now 11 years in the RCAF.

"It was good meeting people who enjoy similar things and having great conversations with them."

The other Soldier On participants were Angela Stasiuk, Paul Heise on March 5.

March 6, 2021: John Scott, Athanasios Labrakis



# RCAF Members Participate in 4x4x48 Challenge

## Camille Douglas, Totem Times

In a year that has been defined by being unprecedented, a military move is less than ideal. A service couple being posted to a city in lockdown might take the cake.

Capt Rebecca Wheaton-Sparkes and Maj Teesha Wheaton-Sparkes arrived to 1 Canadian Air Division (1 CAD) Headquarters in Winnipeg, Manitoba during the peak of pandemic lockdown.

Teesha joined the team at A4 Log and went to work while physically distanced from her team. The watercooler talk – now non-existent in the physical realm – revolved around COVID-19 and the challenges of maintaining physical fitness routines that are critical to maintaining soldiering abilities.

Gyms were restricted or closed, and most of the Defence Team was working from home.

“We’ve all had to find new ways to adapt at being soldiers,” explains Maj Michael Duong. “We decided that we wanted to stick it to COVID and show that we still can achieve our physical training (PT) goals, regardless of the restrictions and barriers created by the pandemic.”

Maj Duong signed up for the David Goggins 4x4x48 Challenge, set to take place on social media on March 5. For 48 hours, participants committed to walking or running 4 miles (6.4kms) every 4 hours. Goggins, a retired Navy SEAL, has a global following. The challenge aimed to provide an opportunity to come together for a common goal with people from all over the world.

Michael started recruiting his team, and soon realized that hit the jackpot when Teesha joined A4 Log. His new colleague, and her service partner, happen to be high level athletes who are keen to embrace physically demanding challenges.

Better yet, Rebecca is a consummate planner who was searching for connection in a lock-down. She agreed to leading the team through their social media journey – a critical element of the 4x4x48 Challenge.

With three other members, MWO Ken Reynolds, Lt Stephanie Rodrigue, Capt Shelly Simms, team COVID-off and Soldier On was born.

## COVID-off and Soldier On

The team of six, aged 36 to 61, has over 114 years of combined service to the CAF. Their charity of choice, Soldier On, was a simple decision. Supporting ill and injured military members and veterans to overcome their injury through sport and activity was a natural fit.

“All donations will directly help our ill and injured members that really need it,” adds Maj Duong. “We were taking back our freedom of movement through PT, and needed the help of donors to appreciate that the human spirit is greater than we all may think.”

Teesha and Rebecca called upon their friends from a Comox posting – a pair of ultra-athletes – to develop a six-week training program for the team.

“Capt Mallory Pullman and MCpl Chris Pullman provided valuable information on nutrition, training ideas and suggestions, and their shared their knowledge and advice on how to succeed at ultra events,” says Rebecca.

Winnipeg is widely accepted as one of the coldest cities in Canada, and the March 5 event date meant training through January and February. For most of the team, they ran outside and alone.

“Our team wasn’t able to physically run together because of COVID-19, but we established a connection, and maintained it throughout, via WhatsApp,” explains Rebecca.

More than anything, this challenge was about bringing people together even though COVID was keeping people apart, and for Rebecca, it was about using her powers for good.

“If I can get others to just start moving, or set a goal they never thought possible, or demonstrate what your mind and body is truly capable of, then it’s all money in the bank!”

## The Challenge

Along came Friday, March 5 and people from all over the world would be starting 4 miles every 4 hours for 48 hours at 8pm PST.

With three children under five at home, Shelley had to delay her start to 10pm because she needed to get her kids to bed. Her partner works 24 hour shifts.

The team was in constant contact via WhatsApp throughout the entire challenge, continuously chatting with each other to provide words of encouragement, or on day two, a listening ear to vent.

Rebecca and Teesha used social media to promote the event over the 48 hours, going live on Facebook at the start of each leg.

“The support we got was astonishing,” says Teesha. “We raised an additional \$1,400 during the actual 48 hours of the challenge.”

Supermom Shelley carried her child while walking on her treadmill – with no other options available in the early mornings.

Ken and Steph shared disgusting pictures of their feet as the distance took a toll, and Mike shared an ad from the local buy and sell for a walker that he was seriously considering putting an offer in on.

“This was a way for us all to stay connected despite being apart,” says Rebecca. “It also kept us all accountable. We knew we had to report in after each leg, so not finishing was not an option. The team was counting on you!”

They all agreed that the most disappointing part of the challenge was not being able to eat what they wanted to after.

“We all had a delicious meal planned, but only one of us was able to eat everything we wanted. I think our bodies were too stressed out!”

Teesha and Rebecca planned on having burgers and fries with a side of banana split, but they couldn’t even finish their fries. Shelley and Steph had poutine, and Mike had pizza.

Ken strategically planned his last leg so he would finish at a local pub, and he was the only one able to put back a victory dinner before taking a taxi home.

Aside from the victory lap disappointments, the challenge was a huge success.

For Teesha and Rebecca, solid planning for the 48 hour event paid off.

“Our bodies, minds and spirits all remained in excellent health,” says Teesha. “It just goes to show - train like you fight is legit,” adds Rebecca. COVID-effect

Due to physical distancing – and being physically distant – Rebecca still hasn’t met her team mates, and

Teesha didn’t realize her cubicle was only a few apart from Steph’s desk.

“Even though we all work together, it wasn’t until Monday - the day after the 48 hour virtual challenge – when I realized who he was,” laughed Teesha.

Due to the protection measures in place due to COVID, newly posted members have missed the usual opportunities to meet their colleague and socialize.

“Although I haven’t met half of my team, we are all battle buddies now,” says Rebecca. “The six of us each had our own journey, but we were there for each other through it all.”

## Gratitude

Representing the entire team, Rebecca shared the experience with the David Goggins 4x4x48 Challenge organizers.

“Thank-you for giving me, my team, and everyone who supported us, something to look forward to and work towards over these past few months. We made a lot of people smile and raised a lot of money doing it!”

Since the event was about creating a community and bringing people together, Rebecca’s final thoughts seem to validate the common goal set out by the 4x4x48 Challenge: coming together with people from all over the world.

“It really goes to show how much of a family and community the military is, no matter where you are across this vast country.”

The fundraising tally sits at \$3,710 for Soldier On, donated by 70 people.



Team COVID-off and Soldier On. (Clockwise from top left) Maj Duong, Lt Rodrigue, Capt Simms, Maj Teesha Wheaton-Sparkes, Capt Rebecca Wheaton-Sparkes, and MWO Reynolds. Photo: Submitted

# Pink Pancake Breakfast to Go Virtual in 2021

## Martin Zeilig

Despite the restrictions due to the COVID-19 pandemic, the annual Pink Pancake breakfast is still going ahead on Wednesday, April 14th, notes Sherri Pierce, the social worker at the Military Family Resource Centre.

But, as with numerous other events on base, and elsewhere, this year's breakfast will be done at home and not in a large group setting.

International Day of Pink has one purpose, to create a more inclusive and diverse world. We do this by encouraging young people to challenge social norms, ask more of their educators, and stand up against bullying towards their 2SLGBTQIA+ peers, says the IDP website. Over the years we have worked with countless educators, politicians and organizations around Canada to spread this message and create young activists for this mission.

"We hope to continue this work and reach more communities with every passing year," the website says.

The pink pancake breakfast is an MFRC event to celebrate the IDP.

"Our event helps raise awareness about bullying within the 2SLGBTQIA+ community, encourages conversation and, we hope, helps people think about how they can stand up to bullies and hateful beliefs," Pierce said in an email to The Voxair on March 29.

"The first Pink Pancake Breakfast at the MFRC was held in 2014. We have had one every year, except 2020, when it was cancelled due to the COVID 19 pandemic."

Pancakes will be prepared at the MFRC on Tuesday, April 13th and each registered person or family will be able to pick up a "kit" with their pancakes and fixin's, as well as some resources and information to inspire thought and conversation, Pierce said.

"Detailed pick up information will be emailed to registered participants," she continued.

"Participants can then choose whether they want pink pancakes for breakfast, lunch or supper... or

maybe even a midnight snack. Everyone who likes pancakes is encouraged to take part!"

Participants can register by emailing [prevention.intervention.wpgmfr@gmail.com](mailto:prevention.intervention.wpgmfr@gmail.com) by Wednesday, April 07.

"We ask that they provide the number of people in their family, so that we can be sure each kit has an appropriate amount," said Pierce, adding that she is the main organizer, but is working in collaboration with other MFRC coordinators.

"We hope to flip up some pancakes for everyone - single members and military families of all sizes and configurations."

Information about Day of Pink can be found here: <https://www.dayofpink.org/en/home>

The Rainbow Resource Centre is a local organization whose mission is "To provide support, education, and resources to foster a proud, resilient, and diverse 2SLGBTQ+ community." They are online at <https://rainbowresourcecentre.org/>

Kids Help Phone (1-800-668-6868) and the Family Information Line (1-800-866-4546) are valuable resources that provide 24/7 confidential phone counseling for anyone, including those experiencing bullying.

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# Meet the new Executive Director of the MFRC

## Martin Zeilig

Allison Kesler-Payne brings a wealth of experience to her new job—which she started on March 1— as Executive Director of the Winnipeg Military Family Resource Centre.

That's one of the reasons she was hired, Katy Wedgewood, chair of the Board of Directors of the MFRC, said in an email to The Voxair on March 3.

"Allison brings over 10 years of senior leadership experience in not-for-profit organizations including as CEO of the Heart and Stroke Foundation of Manitoba and Saskatchewan, CEO of Ronald McDonald House Charities, and a Director position with the Misericordia Health Centre Foundation," she wrote.

"We were fortunate to receive over 50 applications for this position with many excellent candidates. At the end of the selection process, Allison's not-for-profit leadership experience, her relationship building skills, and her personal and professional goals stood out as an excellent fit for the position of Executive Director of the Winnipeg MFRC.

"The Board and staff are very excited to welcome Allison to her new role at the MFRC."

Kesler-Payne, who was born in Oakburn, Manitoba but was raised in Selkirk, Manitoba, was one of Manitoba's first licensed female funeral directors and embalmers.

"I did that for ten years," she said during a telephone interview on March 4. "Then, I went into the not-for-profit field. My start was with the St. Boniface Hospital Foundation. I've been working with the nonprofit world for about 20 years now. I'm educated in business and not-for-profit and fundraising, as well as in human resources practices and leadership practices. I spent time

attending various certification programs throughout the years."

She also spent "a bit of time" at the University of Winnipeg, but was called away because her family suffered a tragedy and, as she said, "I needed to take care of some people."

Kesler-Payne, whose husband, Josh, works in the Information Technology field, stressed that she's a huge supporter of professional development.

"I've done that for myself over the years, and have supported staff doing that," she said.

"I'm happy to have had the opportunity to chair various committees and conferences. I've had the opportunity to lead classes and courses in death and dying. I've mentored young women. I've sat on primary prevention health syndicates. I have a really mixed bag of experience.

"I was one of many individuals who helped bring the first consolidated stroke unit to Manitoba. We were the only province not to have one. So, I was involved in that work."

Kesler-Payne has had a substantial amount of experience in health promotion and delivery and social service programs due to the work she did at Ronald McDonald House.

"I'm actually taking courses in trauma informed care," said this mother of one young adult daughter—a civilian paramedic.

"I'm currently in the middle of being certified as a peer support worker in mental health and addictions.

"I'm one of those people who started off young, and continued to educate myself and worked my way up. I've had years and years of looking for new opportunities and going after them and being bold. I've had the oppor-

tunity of working with wonderful people and have had the pleasure of having mentors to help me along the way.

"I've spent my life as a care provider, and I see myself as a people server. I have a deep sense of responsibility in ensuring that people receive the supports that they need, and working with others to a place that they want to go to.

"Support for individuals is so crucial at a time like this when there are so many stressors around us. I enjoy working with people, and helping them set goals for themselves. I walk a journey with them to get them to where they want to be."

Kesler-Payne points, as well, to the importance of culture and diversity in relation to the team.

"I'm a huge supporter of collaboration," she said. "I've been welcomed so nicely by everyone here. I've learned in a short period of time that we have very dedicated and intelligent people working within this organization. I'd like to continue to build on that and offer the best services we can to military members and their families, and develop a culture of innovation and collaboration."



Allison Kesler-Payne, the new Executive Director of the MFRC. Photo submitted

## Comm Rec/MFRC Virtual Volunteer Appreciation Event

### Martin Zeilig

Although Matt Hamilton, the acting PSP Community Recreation Coordinator, was pleased with the way things turned out at the first ever virtual volunteer appreciation evening on March 27, he's hoping that it will only be a one-off event.

The annual event, which is usually held at a local dinner theatre or some other outside venue, is sponsored by Com Rec and the Military Family Resource Centre to recognize the contributions of the numerous people who volunteer at both organizations.

Due to COVID-19 restrictions, this year's event was held via Microsoft Teams.

Hamilton noted that the appreciation evening featured the performances of three local comedians. All the volunteers received a \$20 gift certificate from Chicken Chef restaurant, he said.

Debbie Faucher, who volunteers at the MFRC, said that while she hasn't "really done anything in the past year" because of the pandemic, she still appreciated the fact that a virtual event was held.

She is married to 17 Wing Chief Claude Faucher.

"It was fun to sit and relax and get your mind off things as you were eating your food," she said during a telephone interview on March 29.

"It was something different. I just sat back and enjoyed it. It was about an hour long. The comedians were good. It was nice of them to remember us even though we're not doing volunteering right now."

"The Comedy Night was put together to recognize all the time, talent and care that all of 17 Wings Volunteers have devoted to improving the lives and well-being of those who serve. In-person events are currently not possible so it was decided to try and bring volunteers together to enjoy an evening of laughter," John Bailey, Employment, Education and Volunteer Coordinator at the MFRC, wrote in an email on March 29.

"We want to make sure their support is not forgotten, and that Volunteers understand how important their contributions are to the Wing."

Hamilton said that other volunteers on base, including those who volunteer at the museum, were also in-

cluded to participate in the virtual evening.

"We had just under 40 volunteers participate," he said. "We had a few more people there because some spouses

run.

"Here at PSP, a large group of our volunteers that we invite are club presidents. They volunteer to help our clubs run. Without these people we wouldn't have clubs at all."

Among the clubs operating on base are the Triathlon Club, Wood Hobby Club, Archery Club, and the Gun Club, Hamilton noted.

"These are all clubs that require volunteers in order to operate," he said.

"The volunteers play a huge part in helping to provide quality programming."

Planning for this year's event started off in September, Hamilton added.

"It kind of evolved," he said.

"At first we talked about what we could do and what restrictions might be. Then, we had a great idea. The COVID restrictions were starting to lift. It was looking like we might be able to do something in-person. We were planning to do an in-person event at Fort Whyte Alive.

"As it got closer and closer, it looked less likely that we were going to be able to do that due to the restrictions. So we switched gears and reached out to some contacts that the MFRC has for comedians; and, we were able to get an event going fairly quickly."

He observed that some of the volunteers had their cameras on and were laughing along with the comedians and clapping.

"They seemed to really enjoy it," Hamilton said.

"I thought it was really neat because the turnout was quite impressive. I think it's great to have events like this online. One of the challenges I found, and why we would want to go back to in-person events, is it just doesn't have that same feel. You don't get to interact and mingle as much. It is more difficult that way. It worked out well. But, I'd like to return to in-person volunteer appreciation evenings so that people can interact and get together."

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joined too. The MFRC has a few more volunteers than we do here at Com Rec. And, they're a little bit more engaged in some of their things. Some of them are more consistently there helping them make their programs

# Pandemic an Opportunity to Upgrade Building 21

## Martin Zeilig

Joanna Jarrett, PSP Facility Coordinator for Building 90 and Building 21, has been busy at work during the COVID-19 pandemic.

She was in charge of coordinating upgrades to Building 21, located near 1 Canadian Air Division.

"We've had some painting done to the weight room just to tidy it up," she said during an interview on March 24.

"We also had to make some adjustments for COVID by spacing out the equipment for the benefit of the members for social distancing."

The main item in Building 21 that required repair work were the trusses.

"It's not something visible," Jarrett said.

"It's structural, and it had to be done. They worked on that for a good part of the year."

The trusses are done now, she added.

"They have put some tension bands on so when they make some adjustments they can go back and fix that," Jarrett explained.

"It's a three phased approach to Building 21, and the trusses were the priority job because it was structural."

She added that some external renovation to the building and repairs to the exit doors will take place in the upcoming fiscal year.

Meanwhile, a third phase that's being planned is the installation of new fans, as well as upgrades in the women's change room, Jarrett, who remarked that the entire upgrade of Building 21 will require at least three years of work, said.

"The work was organized through Defence Construction Canada," she said.

"They contracted a company to come in and do the work. It's a large job, so they had to do it via contract rather than in-house. It's a higher price when you have to upgrade the structure because a lot is involved. They had to bring in lifts. It's a costly project, but it had to be done."

It improves the facility, Jarrett, whose role is to coordinate with all the parties involved in the upgrades, stressed.

"Now it's safe," she said.

"It comes down to a health and safety issue. If the structure fails, it can be very damaging."

She added that the building is still closed to members.

"We're dealing with some other issues right now, and

so we're not able to open as soon as we would have liked," Jarrett said.

"If anybody has to go into those facilities, then I coordinate it with the contractors. We have to ask permission to go in there when it's under construction."

Meanwhile, she emphasized that Building 90 (Recreation and Sport facility) is open to military members only.

"We have the capacity for opening fitness facilities to 25 percent capacity," Jarrett said.

"We're making sure the areas are safe for people to go and workout. We put together a resumption plan that has been approved up to the Wing Commander.

People are working out on a scheduled basis, she said.

They have to book online for their slots.

"So, we have to greet people at the front and make sure they don't have any of the symptoms for COVID," said Jarrett, who's worked at 17 Wing for 20 years now.

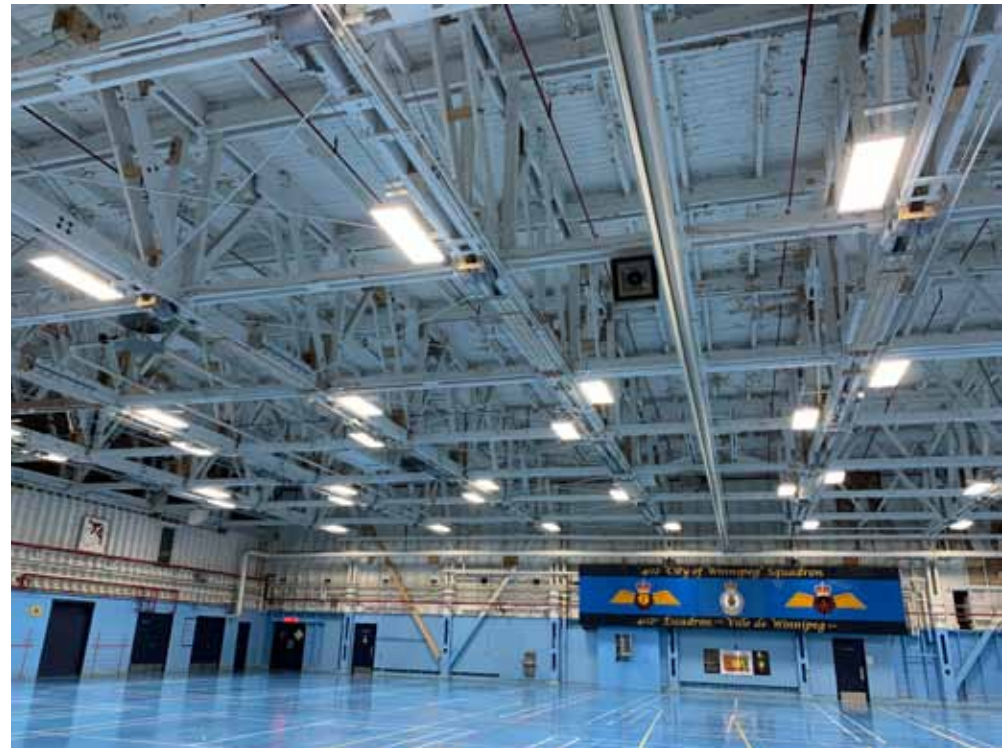
"We have to ask the typical questions people are asked now when they enter a facility. They have to sanitize their hands before they come in."

Staff members provide one minute "kill wipes" for the equipment before and after, and there's a cleaning set up for each session that's been booked, she said.

"We make every effort to make sure people stay safe and don't get COVID from our facilities," added Jarrett.

She also mentioned that the gym is being used for unit PT classes with ten stations set up in a permanent fashion-- and they don't get moved.

"All the individuals who workout have their own spot



The pandemic has given Defence Construction Canada an opportunity to do structural work on Building 21.

and their own equipment," Jarrett said.

"So, they'll wipe down the equipment before and after, or our staff will do that.

"The squash courts are only open to base members, who are on the base team or have shown an interest in the sport."

Fitness instructors only come in when they're training a class or doing weight room duties, she said.

"The pool is not open now," Jarrett continued.

"It will only be open when we have certified lifeguards and adequate staffing available. There is going to be a project later in the summer to upgrade the pool ventilation system."

The spin room is open too, but only for unit PT class right now, she said.

## Royal Aviation Museum of Western Canada Lands a New Look



**WINNIPEG, MB – (March 22, 2021)** – With the grand opening of its beautiful new facility slated for early 2022, the Royal Aviation Museum of Western Canada (RAMWC) has unveiled sleek new branding and an equally impressive new website.

Designed by Winnipeg creative agency, Relish, the museum's new logo draws inspiration from Canadiana, aircraft innovation, flight planning, and making connections to communicate its mission and reason for being. The redesigned website is a portal for a deep-dive into what is yet to come in the museum's next chapter.

"We are excited for the day when we can open our doors to Manitobans. We believe that they will be amazed and proud at what they find," said Terry Slobodian, President & CEO, RAMWC. "In the meantime, a visit to our redesigned website will whet their appetite for what is to come."

# International Women's Week celebrated at 17 Wing



Capt E.K. Rowlandson, Mil Co-Chair DWAO

## Gloria Kelly, 17 Wing Public Affairs

### Editor's Note:

The paths of Major Genevieve Dussault and Captain Emily Rowlandson intersected by chance as both are posted at 17 Wing Winnipeg. They came to the Canadian Forces by different paths, from different backgrounds and are at different places in their lives and careers. Yet, both are passionate about the roles of women in the CAF and have stepped up to be active members of the Defence Women's Advisory Organization.

Here are their stories as we celebrate International Women's Week.

### Part I

For Captain Emily Rowlandson the Canadian Armed Forces was not her immediate choice when she graduated university. Coming from a military family she had a good idea what the military life was like and it was always in the back of her mind - it just took her a bit of time to decide this was the place where she could put her skills to good use and build an interesting career that had meaning.

Five years in she is currently the Adjutant at 17 Wing Mission Support Squadron. "One thing about the military is that it provides so many opportunity to advance and learn new things," she said.

She has just finished the Mobile Air Movements Section Officer (MAMS O) course that will allow her to expand her horizons into the air movements field.

An accomplished athlete, she sees the military community very much as a family and community that is supportive and welcoming, much like the competitive sports community.

Capt Rowlandson is also the military co-chair of the 17 Wing Defence Women's Advisory Organization (DWAO), a role she took on in October 2020. It was through sports that she met Maj Genevieve Dussault, found out how heavily involved she has been in the program for many years and the she was always looking to build the team. A simple reach out with the question "how can I get involved" was all it took.

The DWAO has been around for some time and Capt Rowlandson believes it has an important role to play for women within both the CAF and DND. "There are always going to be people who need a safe space to advocate for themselves and a system for us to advocate for others," she said. "It's important that we are there to educate people and to support the people on our Wing."

The 17 Wing group does not work in isolation. They are part of a national network of co-chairs and champions from across the country. Some of the work and

study underway right now are as diverse as uniforms to mentoring programs and a guide to combating gender discrimination.

Some of the more recent things that have come to the fore is the fact childcare and daycare are not strictly a women's issue as well as local level engagement with chains of command so they are aware that the DWAO is available as a resource.

The work of the advisory group carries on year round and not just during one week in March.

For Capt Rowlandson the issue of mentoring is incredibly important and she believes it can happen in a variety of formal and informal ways. "We look after each other and build each other up", she said.

While the IWD program is a means to increase awareness of the work of the advisory group it is a time to celebrate the accomplishments of all women as well.

"There are great role models for women within the CAF," she said. "We have to take advantage of their willingness to share, to mentor and to continue to build us up as a community."

### Part II

Major Genevieve Dussault came to the Canadian Armed Forces by a much different route. She was a high school student looking for a summer job when she stopped in at a Recruiting Centre and learned about the possibility of achieving a university education at Royal Military College of Canada.

"I didn't know a thing about the military but I knew I wanted a good education and this was one way to achieve that," said Maj Dussault who turned that education and a degree as a civil engineer into a diverse career.

Now, with over 20 years of service, Maj Dussault is a well-recognized role model and mentor to a generation of young women entering the Canadian Armed Forces.

"When I look back to the beginning of my career there were very few women in uniform above the rank of Captain. The role models for women were just not there," she said. "It has taken time but today there are more women in senior positions and the opportunities are there to succeed and advance. When a young officer comes into a unit today and sees women advancing and succeeding its positive reinforcement."

Early in her career Maj Dussault flew as part of an Aurora crew specializing in surveillance. Often she was the only woman on the crew. Then there were two stops on her career path that led her into a leadership role in the advancement of women within the CAF. One was connecting with a female pilot who would become a role model and mentor and the other was an opportunity that arose at an International Women's Day event she

attended in Greenwood with the Base Commander when she was his Executive Assistant.

"There are amazing women doing amazing work inside and outside the military and we need to connect and build upon those successes," she said. "Share the wealth of knowledge and skills."

Maj Dussault took her enthusiasm and belief in the advancement of women to the Defence Women's Advisory Organization where she has been a leader for many years. Most recently she was the Champion for Women at 17 Wing Winnipeg.

"We need women to step forward and be leaders, mentors and advocates for each other," said Maj Dussault. "The goes for our civilian counterparts as well as our military members."

Maj Dussault is not only a busy military officer, she is currently the Deputy Commandant at Barker College, she is the mother of three active boys who are all accomplished young athletes and competitive hockey players.

Married to a military officer, a big part of life is about balance. How to find the hours in the day to get everything accomplished is often a question.

"It takes a community to have a balanced life and as a military family you build that community around you wherever you go," says Maj Dussault. "Depending on where you are in your career and what you do achieving balance can be an interesting challenge."

Looking back over her career there is little Maj Dussault says she would change. She would do it all again.

Looking forward she knows there will continue to be change, opportunity and challenge - all things she thrives upon. But, if there is one things that will be constant it is her determination to make sure women within the CAF are heard, seen and appreciated for the awesome work they do day in and day out in service to Canada and Canadians.



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Barker College Deputy Commandant, Maj Genevieve Dussault, on Feb 26, 2021 at 17 Wing Winnipeg, Mb. Photo By: Cpl Darryl Hepner, 17 Wing Imaging, Winnipeg

# Comfort Zones – Sandra Perron Challenges the Notion of Comfort Zones and the Workplace

## INTERNATIONAL WOMEN'S DAY 2021



tools to understand why comfort zones exist and how to help expand each others' comfort zones in order to create a more inclusive workplace encouraging of diversity.

Sandra Perron has a unique experience, being the Canadian Armed Forces (CAF) first female Infantry Officer. She shared some of these stories with the audience on International Women's Day and offered perspectives that very few have heard before. Its one thing to read about her story in her book, *Outstanding in the Field*, but it is another to hear the words come from her personally and know the impact that she has when speaking to audience members like those who attended the Winnipeg IWD event.

Members of the CAF/DND are expected to be team players when it comes to fulfilling a task. There is very little that happens on 17 Wing that is done alone. The mission succeeds because CAF members, DND employees and military families enable the success of this Wing. If this same principle is applied to supporting the local Defense Advisory Groups (DAGs), then it quickly becomes apparent that events like IWD are for more than just celebrating the amazing work that women in Winnipeg do every day. They are opportunities to bring together people from all backgrounds to celebrate a cause – not only those who belong to that demographic already.

So how do we eliminate the mindset that is "I am not a woman, it doesn't concern me" and transform it into a conversation that supports diversity, knowing that changes to this mindset are not an accommodation, but actually a reflection of what normalcy should actually look like. Every time an ally reaches out to help a member breakdown a certain comfort zone, the strengths of our team increase just a bit and over time those comfort zone barriers

### Capt E.K. Rowlandson, Mil Co-Chair DWAO

Have you ever felt uncomfortable in a situation because of something that someone said? Have you ever thought later "maybe I ought to have said something"? Have you ever questioned what made you uncomfortable? Everybody has their own set of comfort zones that have slowly formed over years of unique experiences. These unique experiences build a basis for the perspectives that form opinions, attitudes and understandings. At this year's International Women's Day (IWD), guest speaker Sandra Perron challenged the audience with a series about comfort zones. She provided the

don't feel so daunting.

Hosting an IWD event virtually took staff from a variety of backgrounds to produce an event, viewed by over 160 people from all across Canada. In addition to Perron's inspirational words, the event also showcased a tremendous show from the RCAF Band. Their support to this event was a clear example of how allies can support members of a community without belonging to it themselves. The RCAF Band rallied behind the women from the Band to show their appreciation and along with the 17 Wing Imaging Team, ended up creating an immensely inspiring production, which can be viewed on the RCAF Facebook Page. The local Military Family Resource Centre not only hosted their own event, but also supported the IWD event hosted by the local Defence Women's Advisory Organization (DWAO).

If you are interested in finding out more about the DWAO, please contact Capt E.K. Rowlandson at [Emily.Rowlandson@forces.gc.ca](mailto:Emily.Rowlandson@forces.gc.ca). The next DWAO meeting will be on 12 April 21 on MS Teams.

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# Around the Wing-17 MSS Honours and Awards



17 MSS (Mission Support Squadron) Honours & Awards Presentation to congratulate exemplary members in the Canadian Forces in Winnipeg, MB on 02 Mar 2021. Photo by: Corporal Guillermo Bonilla, 17 OSS Imaging



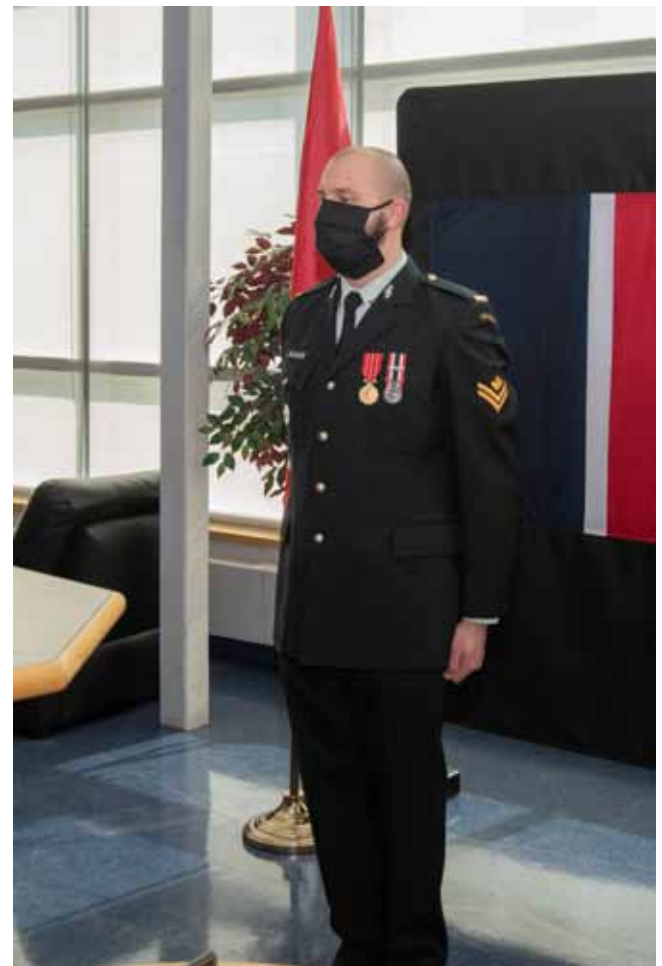
Master Corporal St-Louis receives the General Service Medal – Expedition – 1st Rotation Bar during the 17 MSS (Mission Support Squadron) Honours & Awards Presentation in Winnipeg, MB on 02 Mar 2021. Photo by: Corporal Guillermo Bonilla, 17 OSS Imaging



Corporal Reeder receives the General Service Medal – Expedition during the 17 MSS (Mission Support Squadron) Honours & Awards Presentation in Winnipeg, MB on 02 Mar 2021. Photo by: Corporal Guillermo Bonilla, 17 OSS Imaging



Corporal Tous receives the General Campaign Star – Expedition during the 17 MSS (Mission Support Squadron) Honours & Awards Presentation in Winnipeg, MB on 02 Mar 2021. Photo by: Corporal Guillermo Bonilla, 17 OSS Imaging



Master Corporal Kelly-Poulin receives the Canadian Decoration during the 17 MSS (Mission Support Squadron) Honours & Awards Presentation in Winnipeg, MB on 02 Mar 2021. Photo by: Corporal Guillermo Bonilla, 17 OSS Imaging

# Around the Wing-17 MSS Honours and Awards



Corporal Lange receives the Canadian Decoration during the 17 MSS (Mission Support Squadron) Honours & Awards Presentation in Winnipeg, MB on 02 Mar 2021. Photo by: Corporal Guillermo Bonilla, 17 OSS Imaging



Chief Warrant Officer Savard receives the Canadian Decoration 2 during the 17 MSS (Mission Support Squadron) Honours & Awards Presentation in Winnipeg, MB on 02 Mar 2021. Photo by: Corporal Guillermo Bonilla, 17 OSS Imaging



Lieutenant-Colonel Aldous displays the CJOC (Canadian Joint Operations Command) Commander's Commendation during the 17 MSS (Mission Support Squadron) Honours & Awards Presentation in Winnipeg, MB on 02 Mar 2021. Photo by: Corporal Guillermo Bonilla, 17 OSS Imaging



Col Proteau, along with WCWO Laporte, the acting WCWO, presented Maj Olive with his CD on the 23 Mar 21.



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# “Beans and Not Sushi” for Hair Force Barbers

By Martin Zeilig

As it has with so many other businesses and, indeed, all aspects of society, the restrictions brought about because of the COVID-19 pandemic have had a significant impact on the Hair Force.

“Things have changed dramatically for us,” Terri Townsend, co-owner, along with Wally Choma, of the iconic barber shop located in the Canex, said during an interview on March 23.

The walls and shelves are filled with a collection of military memorabilia, including, among other items, photographs, bayonets, medals, mortars, bullets, models, signed hockey jerseys from various base teams over the years, anti tank missiles, an ejection seat placed near the entrance, and, an honour curtain containing the name tags of former clients.

“We’ve been closed for five and a half months due to the pandemic,” Townsend said. “Because the base is operating on minimum staffing, we’re very quiet now.”

They are also down about fifty percent in business, she added.

“We have to make appointments whereas before guys could just walk in for a haircut,” Townsend said.

Choma and Terri Townsend took over the Hair Force, which has been in operation for over 60 years, in 2003.

Another employee, Becky Larsen, also works at Hair Force.

“We’ve had to tighten our belts,” Choma said as he was cutting the hair of longtime client Frank Kearns.

“We eat beans and not sushi,” Townsend quipped.

“We’re going to remain open. We’re paying the bills. We’re just not living that large.”

But, they haven’t increased the cost of a haircut, Choma emphasized.

“We decided to keep it the same price as pre-pandemic,” he said. “We have had a loyal client base, and we want to maintain them as customers.”

Pandemic or not, Mr. Kearns, a retired member of the Canadian Armed Forces, noted that he wouldn’t think of going anywhere else for a haircut.

“I’ve been coming here for at least 40 years,” he said.

“I never have to tell them how to cut my hair. I just sit down and they cut it.”

Townsend and Choma, though, are hopeful that once the base gets back to some semblance of life prior to the pandemic, then things will go back to normal for them too.

“There’s a lot of good that’s come out of it,” Townsend said of wearing a mask and social distancing and other health measures instituted since the pandemic.

“Nobody has caught a cold. I don’t mind the mask idea.”

She observed that it might take them awhile, even a few years, to rebuild their client base.

“Because people have working from home, they’re going to barbers closer to home, or even cutting their own hair,” Townsend said.

“We’re going to have to rely on the base getting back to normal because, until there are parades and functions and all of that, they’re not getting their hair cut as often as before. It’s all up to them.

“It has affected us financially. I’m the traveller. But, you can’t do that anymore (at least for a while longer).”

There’s also the social aspect of their business.

“Being able to keep your morale up has been difficult as it has been for anyone else,” Townsend admitted. “But, we will survive.”



Wally Choma and Terri Townsend reflect on what the pandemic has meant for their small business.

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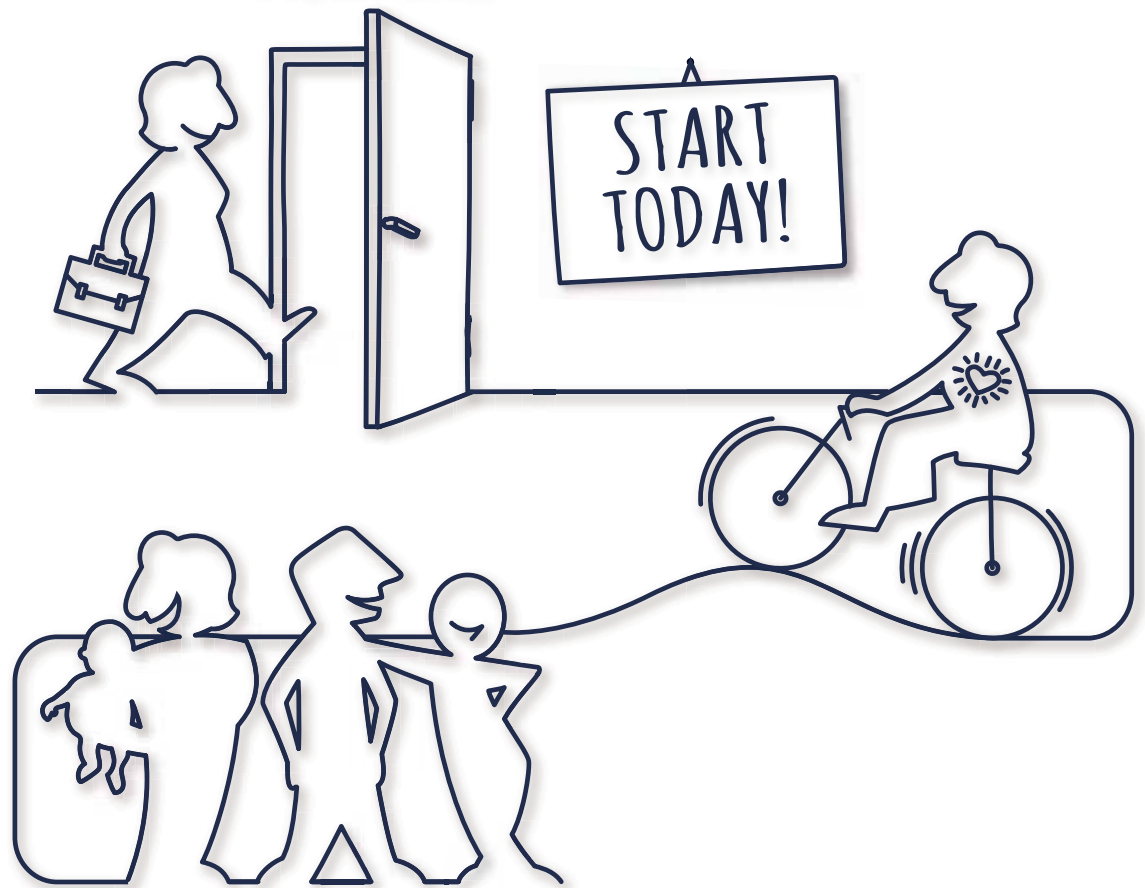


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<https://my.demio.com/ref/ElsFRM2n6hod3RIT>

**April 28: The Mechanics of Lifting – How To Love Your Back**

Workplace accidents are preventable. Back injuries can be debilitating. Whether you are prepping for the Force test, getting supplies off the shelf, or picking up a dropped item off the floor, knowing how to do this properly can save you years of pain.  
<https://my.demio.com/ref/y2qc20IOWPYezoti>

**May 12: What is Progressive Muscle Relaxation?**

Have you heard about Progressive Muscle Relaxation? This mental fitness tool can reduce stress, reduce pain, and improve sleep. Today you will learn more about this tool and have a chance to experience it as we are guided through one.  
<https://my.demio.com/ref/uxiz1iqNwYc6qS6e>



### À l'assut des kilos 13 avril - 29 juin 2021

Dans le cadre du programme À l'assut des kilos, vous participerez à des cours sur la façon de manager santé, de prévenir les blessures et de s'entraîner.

Les séances de formation seront données par un instructeur. Vous serez encadré pendant tout le programme dont l'objectif est de fournir aux participants les outils nécessaires pour s'entraîner seuls en toute sécurité, et peut prendre des décisions éclairées qui mènent à l'adoption d'un mode de vie sain et actif.

Le programme commence le 13 avril et se poursuivra jusqu'au 29 juin 2021. Les cours se dérouleront le mardi de 1100 à 1230.

Pour vous inscrire, veuillez contacter Deanne Bennett à [bennett.deanne@cfmws.com](mailto:bennett.deanne@cfmws.com)

Si vous avez d'autres questions concernant la promotion de la santé, contactez Dylan James à [james.dylan@cfmws.com](mailto:james.dylan@cfmws.com)

Toutes les classes seront virtuelles.

### Blast Off the Pounds 13 April - 29 June 2021

In the Blast Off the Pounds (BOP) Program you will take part in courses on healthy eating, injury prevention and training principles as well as instructor-led PT sessions.

While coached throughout this program the objective is to become equipped with the tools to work out safely on your own and make the right choices to lead a healthy, active life.

The program starts on 13 April and will run through to 29 June 2021. The classes will run every Tuesday from 1100hrs - 1230hrs.

To register, please contact Deanne Bennett at [bennett.deanne@cfmws.com](mailto:bennett.deanne@cfmws.com).

If you have any other questions for Health Promotion, please contact Dylan at [james.dylan@cfmws.com](mailto:james.dylan@cfmws.com).

All classes will be virtual.

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## LA FANFARE

Programme en français

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Inscription d'ici le 5 avril, sltwinnipegmfr@gmail.com



Un programme de la Fédération des parents de la francophonie manitobaine (FPFM) avec CPEF et CRFM du Winnipeg



maintaining healthy connections during deployment

Thursday, April 8, 1000 - 1100 OR 1900 - 2000.  
Fee \$5. Register by Mon., April 5

The U in Us

maintenir des liens sains durant le déploiement

Jeudi 8 avril, de 10 h à 11 h ou de 19 h à 20 h.  
Coût : 5 \$. Date limite d'inscription : 5 avril



## Deployment Dinner via Zoom

We provide a fun and safe space to connect and share with other families experiencing the various stages of deployments. Order your favourite take-out or delivery, after the program send Ana a picture of your receipt. Attendees will receive a set reimbursement for their meals.

Wednesday, April 28, 1800-1900  
Register by April 26 by emailing deploymentwmfrc@outlook.com



## New Recruits Family Cafe

Are you a friend or family member of a new CAF member?

Come and meet our Deployment Coordinator and other parents of military members at our online Friday 'cafe'!

Fridays, April 9, 16, 23, 30  
1100-1200 hrs

register by emailing deploymentwmfrc@outlook.com



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3 jours / semaine : Lundi, mercredi et vendredi, de 9 h à 11 h 30  
5 jours / semaine : Du lundi au vendredi, de 9 h à 11 h 30

### Introduction au français

3 jours par semaine : Lundi, mercredi et vendredi, de 13 h à 15 h 30

Pour plus d'informations et pour vous inscrire, veuillez contacter mfrchildrenprograms@outlook.com or 204-833-2500 ext 2491



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# The Sentinel Spiritual Health and Well-being Continuum

**Padre Kevin Olive**

“Live a life of Intention instead of Obligation” - Erwin McManus

While imprisoned in Auschwitz, Victor Frankl, a 38-year-old psychiatrist, observed that it was not necessarily the physically fit who had the best chance of surviving the death camp, but rather it was the individual who was able to live above the simple notion of mere physical survival and existence, and in spite of the de-humanizing circumstances, focused on caring for others and seeking meaning and purpose beyond themselves. If you’ve ever gone through a difficult time, it will still be hard to compare with losing your wife, and your parents in the gas chambers and being tortured daily in a death camp. Yet, in spite of these overwhelming circumstances, Frankl concluded that “life is never made unbearable by circumstances, but only by lack of meaning and purpose.” If we are honest with ourselves, how often do we fall into the trap of believing that if our circumstances were to just change, then we would be happier?

As part of the Sentinel training, we re-emphasize the excellent Mental Health Continuum Model, but we also discuss the Spiritual Health and Well-being Continuum. We use the term, Spiritual and not Religious. By definition, the term spiritual deals with inner sense of self-awareness and meaning and purpose. The Spiritual Resiliency model is really asking the person to explore what brings you meaning and purpose in your life. Spirituality - guides

the way we understand our life journey. For example, “I have an established sense of meaning and purpose is on the green side of the chart and on the red side, “My life has no meaning and purpose.” What we know about ourselves, is that at the time and place when we experi-

ing and purpose.”

When you are grieving the loss of your role in life, or the actual loss of a loved one, meaning and purpose can be very difficult to find. In order to move forward, sometimes you have to go back to look at what gives you meaning and purpose. When that “something” is no longer present, how are you going to address it? The Strong Secure and Engaged Defense Policy recognizes Health and Well-being for the whole person which fosters growth in physical, psychological, social and spiritual aspects; otherwise, our life can get out of balance. What Spiritual Resiliency is really asking you to consider, is that it might benefit you to examine what gives you meaning and purpose.

Just recently I was listening to a podcast by Pastor Erwin McManus, the only minister that the Ted Talks Organization has allowed to do a national presentation. He said something that has become my new mantra: “Live a life of Intention and not one of Obligation.” In other words, take ownership for your life. Ask yourself what makes you tick and what brings you meaning and purpose. You will one day come to a roadblock that you can’t get around, a life change that you will have no control over. Then you might remember that instead of trying to simply keep busy, you may have to talk to someone, and to take the time to re-discover new meaning, and new purpose.



ence loss, for example, either loss of a loved one, or the loss of our role in our job or family life – it is at this time that we can have unpronounced feelings hopelessness. Interestingly enough the trigger or red flag that comes before the red phase is: “I am losing my sense of mean-

## Faith and Life

PROTESTANT	CATHOLIC			
<p><b>GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY</b></p> <p><u>SUNDAY SERVICE:</u> (Please contact the Chaplains for specific dates and times)</p> <p><u>COMMUNITY SERVICES:</u></p> <p><b>Sunday School:</b> It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.</p> <p><b>Marriage:</b> Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. <i>Please contact the Chaplain before setting the date for the wedding or arranging family travel.</i></p> <p><b>Baptism:</b> The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. <i>Please contact the Chaplain before setting the date for the baptism or arranging family travel.</i></p> <p><b>Protestant Chapel Guild:</b> It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.</p>	<p><b>STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY</b></p> <p><u>SUNDAY MASS:</u> (Please contact the Chaplains for specific dates and times)</p> <p><u>COMMUNITY SERVICES:</u></p> <p><b>Religious Education:</b> Classes can be available to children from Preschool to Grade 6.</p> <p><b>Sacrament of Reconciliation:</b> It is available by request and at special times of the year. Contact Padre Gemmiti.</p> <p><b>Baptism:</b> We recommend that you contact the chaplain’s office for an appointment six months in advance. <i>Please contact the Chaplain before setting the date for the Baptism or arranging family travel.</i></p> <p><b>Marriage:</b> Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. <i>Please contact the Chaplain before setting the date for the wedding or arranging family travel.</i></p>			
<p><u>CHAPLAINS</u></p> <p><b>Padre Kevin Olive</b> (Pentecostal) -Wing Chaplain ext 5417</p> <p><b>Padre Laura Coxworth</b> (Pentecostal) - Protestant Faith Community Coordinator ext 5785</p> <p><b>Padre Joshua Falk</b> (Nazarene) ext 6914</p> <p><b>Padre Greg Girard</b> (Reformed Church in America) - Det. Dundurn 306-492-2135 ext 4299</p>	<p><u>CHAPLAINS</u></p> <p><b>Padre Paul Gemmiti</b> (Roman Catholic Priest) - Catholic Faith Community Coordinator ext 4885</p> <p><b>Padre Antin Sloboda</b> (Ukrainian Catholic Pastoral Associate) ext 5087</p> <p><b>TBD</b> - Mental Health Chaplain ext 5086</p>			
<p><b>17 Wing Military Community Chapel</b> 2235 Silver Ave (west off Whytefold/Wihuri Road)</p>				
<p><b>MAIN OFFICES</b> Administrative Assistant 204-833-2500 ext. 5087 Building 64, Lower Level, North End.</p>	<p><b>EMERGENCY DUTY CHAPLAIN</b> Contact MP Dispatch ext 2633.</p>	<p><b>INFO PHONE NUMBER</b> For chaplaincy services and related information, phone ext 6800 and follow the prompts.</p>	<p><b>WEBSITE</b> Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.</p>	<p><b>CARE &amp; SHARE BENEVOLENT FUND</b> Contact Wing Chaplain Office for further information.</p>

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