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26 January 2022



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BELL Let's Talk - 26 Jan 2022

Bell Cause pour la cause - 26 jan 2022
Now more than ever we need to keep talking and keep listening. Let's keep the conversation going around our mental health. We will look at the impact of stigma and how to create space for people to talk. For further information or to register please contact Dylan James at james.dylan@cfmws.com.

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Positive Space Ambassador Training - 31 Jan 2022 (3 -Hours)

Formation ambassadeur de l'espace positif - 31 jan 2022 (3 heures)
Learn more about the positive space program.

Jack Frost Challenge - 13 - 19 Feb 2022

The Jack Frost Challenge is a free, week-long winter challenge for everyone. Gather a team of 1-5 people to complete 130 collective kilometres of outdoor activity. This could include walking, running, biking, skating, cross-country skiing, snowshoeing, tobogganing and more. Register your team or yourself by visiting <https://greenactioncentre.ca/jackfrostchallenge>

Stressed? Take Charge! - 15 & 16 Feb 2022 @ 0830 - 1600

This course will help build personal stress management skills that improve health and well-being. It is a self-directed approach to stress management through self-awareness, behavioural change and skill

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PSA Ambassador Training - 17 Feb 2022 @ 0800 - 1200

Positive Space Ambassadors help create inclusivity in the Defence Team while respecting confidentiality. They are a resource for information and can suggest appropriate resources to those who reach out for support. For further information or to register please contact Dylan James at james.dylan@cfmws.com.

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Sit Less, Move More - 24 Feb 2022

We will discuss the benefits of physical activity on your health and how you can keep moving even in the winter. For further information or to register please contact Dylan James at james.dylan@cfmws.com.

Calling All Ex-Cadets - 27 Feb 2022

The Manitoba Branch of the Royal Military College of Canada Alumni Association will be holding a Virtual Ice-Breaker Event on 27 February 2022. All members of the RMC Alumni Association and all ex-cadets from any of the Military Colleges, including ex-UTPNM cadets, are most welcome to attend.

The purpose of the Ice-Breaker is to allow those attending to get to know each other, to re-connect with old classmates, to share ideas and experiences, to network with those members who are still in the Canadian Forces and those who

have moved on or retired, and for plain old camaraderie. To facilitate maximum participation, it is requested that anyone who is interested in attending the Ice-Breaker, or any other Association function, call Eldren Thuen at (204) 951-9539. Eldren will provide all the necessary details. Please consider joining us for what should be a great event.

Top Fuel for Top Performance - 1 & 2 Mar 2022

Top Fuel for Top Performance (TFTP) will provide participants with current information on fueling the body for optimal performance. This interactive workshop encourages participants to assess their current eating habits and help to make changes to support their goals. For further information or to register please contact Dylan James at james.dylan@cfmws.com.

The 17 Wing Winnipeg Canadian Forces Morale and Welfare Services has partnered with the Manitoba Moose to provide access to Moose game tickets at a discount!

Tickets starting at \$17
Visit CAF Connection Winnipeg for more information and to buy tickets

And The Award Goes To...

by Major Terrance Patterson, CO of 23 Health Services Centre



Ms. Lisa Pelzer being awarded with the 23 Canadian Forces Health Services Centre (23 CF H Svcs C) Commanding Officer's Commendation. Presented by Major Terrance Patterson, CO 23 CF Health Svcs Centre and Major Patti Loutit, 17 Wing Surgeon.

Ms. Lisa Pelzer is awarded the 23 Canadian Forces Health Services Centre (23 CF H Svcs C) Commanding Officer's Commendation. The COVID-19 pandemic has presented an atmosphere of continuous change, which necessitates regular promulgation of COVID-19 updates and communiques to the CFB Winnipeg population. Ms. Pelzer has been vital in ensuring the distribution of these key messages through flexibility and timely response to clinic requests for support. As a result, the reduced delays in the transmission of critical information by Ms. Pelzer, on behalf of 23 CF H Svcs C, has empowered CFB Winnipeg personnel to be well-informed and maintain the highest of safety standards.

This was presented by Major Terrance Patterson, CO 23 CF Health Svcs Centre and Major Patti Loutit, 17 Wing Surgeon.

Right on Target: Soldier On Takes Aim At Introduction to Archery

by Captain Bettina McCulloch-Drake, Manitoba-based member of Soldier On

All legends have to start somewhere.

The story of William Tell inspired the independence of Switzerland from the Austrians.

The story of England's Robin of the Hood has inspired many retellings from print to cinema.

And the story of Invictus and Paralympic competitors starts with a healing journey.

While I am not yet an Invictus competitor, I am a recent member of Soldier On.

Wanting to re-establish and maintain an active and healthy lifestyle to aid in my mental health journey, I decided to apply for the Introduction to Archery event that my Soldier On Regional Coordinator, Dan Whittaker, organized recently.

Feeling a little anxious, as I sometimes tend to be when trying something or meeting a group of people for the first time, I arrived early so that I could change then I waited for the other four

participants and Dan while taking in the entirety of Heights Outdoors (and Archery) and its three shooting bays with a total of 26 shooting lanes located in Winnipeg, Manitoba.

Once everyone arrived and the rental equipment was brought over to our part of the range, we were introduced to two types of bows: recurve and compound.

Often called a traditional bow, the recurve is usually what people have in mind when they think of the aforementioned Robin Hood or William Tell. Of the two, this bow requires a lot more practice to aim and to fire with accuracy. Maybe it was my short arms or maybe it was just my overall awkward handling of a weapon I was unfamiliar with, I found it challenging to hit the target where I wanted. It's a good thing I did not have to achieve any kind of passing mark.

The compound bow, on the other hand, is a much more complex mechanism with pulleys that help you exert a strong force



over a shorter distance. Of course, there is a trick to it. First, there is a release bar (a small metal object that clips onto a D-loop) that you need to use. Second, the initial draw backwards seems heavier before it gets lighter. Once I got used to the mechanics of it, I ended up being far more accurate with the compound bow due to the ability to sight through two different parts of the bow.

Between our instruction and our practice, two hours went by quickly.

Will I participate in another Soldier On event? Absolutely. It was great to get out and see people who are on their own healing journeys. I even met an upcoming Invictus competitor.

Events like this one help to reinforce that none of us are truly alone and that there are supports for serving and retired Canadian Armed Forces (CAF) who have permanent illnesses and injuries.

Not only does Soldier On encourage active and healthy living, the organization also has a one-time grant that enables its members to purchase sporting and recreational equipment or to pay for recreational fees and memberships. Available to Soldier On members upon successful application, up to one thousand dollars may be granted.

For more information about the Soldier On Grant Program visit:

(EN) <https://www.soldieron.ca/Get-Support/Soldier-On-Grant-Program>

(FR) <https://www.sans-limites.ca/Obtenir-du-soutien/Fonds-Sans-limites>

For more information about Soldier On contact the Soldier On Regional Coordinator for North-West Ontario, Manitoba and Saskatchewan (Prairie Region) at dan.whittaker@forces.gc.ca or whittaker.daniel@soldieron.ca or 204-583-1163 (cell).

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Year in Review 2021

by Martin Zeilig, Voxair Photojournalist

Colonel David Proteau, 17 Wing Commanding Officer, called 2021 “A very challenging year for all of our people at 17 Wing. To say the least.”

“The combination of the pandemic and the issues of sexual misconduct in the military, along with demands for culture change and the continued requests that are being asked for our members to continue to perform in this difficult environment and deliver on their mandate, has been taxing and challenging and demoralizing in some cases,” Col Proteau said during a telephone interview on December 17.

“So, what we had to do is pivot our approach in changing the culture internally in order to have an impact on the global structure of the military and how we do business. Changing the culture is a lot wider and broader than us dealing solely on sexual misconduct. It’s about changing the way we do business and changing the way we care about our people. It’s about focussing on diversity and inclusion and including a work place that’s healthy for all, while maintaining a healthy work-home life balance. I think this Wing and the leadership at the unit level has been fantastic in finding ways to pivot and focus on members and their well being, in all aspects of their work and their lives to make sure we take care of them. Every unit has been asked to change the way they do business quite dramatically, either in small portions or holistically,” he added.

Meanwhile, Major Terrance Patterson, Commanding Officer 23 CF Health Services Centre, underscored the fact that the past year was, indeed, very busy, active and demanding.

“In addition to our core function of providing and coordinating primary care health service for members of 17 Wing/CFB Winnipeg, the clinic has continued to respond to and provide support to pandemic related requirements,” he wrote in an email to The Voxair.

“Key activities this past year include COVID-19 screening and testing of symptomatic personnel, coordination and conduct of operational testing (asymptomatic testing) and most notably, the provision of COVID-19 vaccines to all eligible personnel within the 17 Wing/CFB Winnipeg

area of responsibility. The 2021 mass vaccination campaign led to over 90% of eligible personnel initially vaccinated.

Myself and the 23 CF H Svcs C command team continue to be amazed by the resilience, compassion, perseverance and strength of our team. They are truly our day to day heroes and without them we would not have realized the progress and many successes throughout the last year, which we can now reflect upon and celebrate with great pride.”

Maj J-F Gallant, Deputy Commanding Officer, 402 “City of Winnipeg” Squadron, commented that the squadron concluded another busy year with one ACSO graduation at the end of November and one AES Op graduation in early December.

“Throughout the year, the Grizzlies were relentless despite facing many challenges on many fronts,” he said in an email to The Voxair.

“The progress on the Flight Instructor Course and Procedure Crew Trainer conversion training, progress in the implementation of Electronic Flight Bags, completion of the upgrade to the Aviation Life Support Equipment (ALSE) shop, completion of DRMIS conversion training and refurbishing of the tactical railin aircraft 803 figure among the most memorable accomplishments to be proud of.

The Grizzlies also welcomed LCol Setter as their new CO in July and despite the enduring challenges, they are looking forward to continue building the future of the RCAF in 2022.”

Allison Payne, executive director Military Family Resource Centre (MFRC), observed that the MFRC experienced a slowdown in services as all of the staff worked towards changing their programs to fit an online or virtual platform.

“We did provide more services virtually and through a YouTube channel,” she said.

“We increased our social media activity, and we worked towards ensuring we continue to serve our families through those vehicles as opposed to in-person programming.

I want to remind people that no matter what happens with the COVID 19 pandemic, the MFRC will always be here to support our members and their families and to always be sure to call on us if

support is needed.”

Barker College also had to change the way they operate due to the pandemic.

“A significant percentage of their training was delivered in person, and they were asked to completely redesign their course work and delivery methods in order to deliver courses by distance learning or remotely,” Col Proteau said. That took a lot of time and effort for them to do. They were also asked to deliver a new course, the Air Ops Observation course, that was built from scratch and they delivered.”

Col Proteau also singled out 17 Mission Support Squadron (MSS), the Canadian Forces School of Survival and

Aeromedical Training (CFSSAT), and the RCAF Band for their continued and innovative efforts during the past year.

“Every unit has a story of success through these difficult times,” Col Proteau emphasized.

“With Omicron, increasing in numbers and worse than previous numbers, the only thing I can say is that regardless of what COVID throws at us, regardless of what the climate throws at us, regardless of this Wing’s operational requirements, this Wing and its people will be able to adapt, react and overcome because the membership of the Wing at all ranks, civilian and military, are resilient, motivated, and they’re fantastic people.”

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New Eyes in the Sky at Barker College

by Martin Zeilig, Voxair Photojournalist



Major Kelly Freitag with the CDK 14 telescope at Barker College. Photo credit: Martin Zeilig, Voxair Photojournalist

By fall 2022, a new space telescope will become a regular teaching tool in the Space and Electronic Warfare Program (SEWP) at Barker College. Major Kelly Freitag, SEWP Lead, couldn't be happier about that prospect. After all, he's the one responsible for the telescope.

The telescope is a CDK 14 (Corrected Dall-Kirkham 14" diameter primary mirror) with an L-350 mount, and will be used to track low Earth orbit satellites and even space debris, Maj Freitag said during an interview at Barker College on December 7. The telescope is built by PlaneWave Instruments in Adrian, Michigan.

The telescope will be placed in a 2.2 metre dome at the southeast corner of the airfield. "We teach a lot of things here at Barker College. We teach orbits, orbital mechanics (among other topics) and we try to give the students enough of the background to understand this," Maj Freitag said.

He also noted that, besides working at radar sites in Canada, CAF members trained at Barker College are also posted to positions in other countries, including Vandenberg Space Force Base, California. This is the site of the Combined Space Operations Center (CSpOC), a U.S.-led multinational space operations centre "that provides command and control of space forces for United States Space Command's Combined Force Space Component Command," says Wikipedia.

The Earth hosts a staggering 36,500 pieces of junk larger than 4 inches (10 centimetres), 1 million pieces between 0.4 inches and 4 inches (1 to 10 cm) across, and 330 million pieces that are smaller than 0.4 inches (1 cm) but bigger than 0.04 inches (1 millimeter), notes information supplied by Maj Freitag. "We're tracking this space debris," Maj Freitag explained.

"Each of these fragments is capable of destroying or at least significantly damaging a satellite," Maj Freitag, who has a Masters Degrees in Physics, emphasized.

Canada is already tracking space debris via the Sapphire satellite that was launched in 2013 on a PSLV rocket out of Satish Dhawan, India into a sun-synchronous Low Earth Orbit, 778 km in altitude.

"It is essentially a telescope in space and it sends its images of space debris and other functioning satellites to the Sensor System Operations Centre (SSOC) in North Bay, which is part of the Canadian Space Surveillance System," said Maj Freitag, noting that the data is forwarded to the CSpOC to be contributed to the Space Surveillance Network.

"Our members are also in the Canadian Space Operations Centre, a military organization. They provide orbital analysis, among other services. Orbits are very predictable. We have to give our folks a good solid background. Our instructors here need to be educated in how this all works. Getting this telescope will help us teach the students when they deploy in space tracking in order to have a better understanding of how this all works."

Until the telescope is in place next fall, Maj Freitag and his colleagues are looking at a portable system "where we can do the same type of observations. Why sit there and wait?"

Similar to other industries, the COVID pandemic has caused delays in some of the manufacturing from PlaneWave. When the telescope is received, "We'll put the telescope on little platform that sits on wheels. I'm waiting for a couple more parts right now. I have purchased the dome and mount already." He also commented that the telescope is capable of imaging the moon and a few planets.

"We won't actually have an eyepiece, it's all going to be electronic. What we take pictures of will be on a computer screen." Maj Freitag observed.

Barker College leads the way again, in advanced training for CAF members with the space telescope— its very own conduit to the cosmos.

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We Want To Hear From You Avous la parole!

February is quickly approaching and given the fact that we are slowly getting out of the grips of the winter blues that can affect many of us, a pick me up could be in order.

So, with Valentine's Day just around the bend and all the feelings of love in the air, I thought maybe we could go for some creative ways to show just how we feel about those we love.

There are obviously the typical ideas of heart shaped boxes filled with decadent chocolates and oversized stuffed animals the size of couches, and they are sweet and we all love them, but if you are looking for something different, or are wanting to submit something to publish in the next issue of The Voxair, then keep reading.

I have a couple of ideas that I would love to see you submit for our next issue, we can keep your submission anonymous if you prefer, not all of us want to be labelled as a Casanova, I get it.

Anyway, I was thinking back the other day to Elementary School. This may be a bit of a stretch for some of us, we all have varying timelines since those days, but humor me anyway. Back in Elementary School we made those construction paper mailboxes which we attached to our desks and then the anticipation built waiting for the class Valentine's Day Party when you would get primarily store bought "Scooby Doo, Star Wars," etc., Valentine's Cards with "be mine" or some other cute phrase across it. Sometimes you even got some Sweet Tarts and/or Cinnamon Hearts, an added bonus. The ones from the boy or girl you had a crush on likely made your heart skip a beat. Now, we're older, apparently, and while we may be more or less crafty, my thought was why not make handmade Valentine's Cards? Grab your construction paper, glitter, glue, scented markers, whatever you need and craft one, five, ten, however many you feel like creating. Make them on your own, in-

volve friends, or your kids and then walk or drive to deliver them to your loved ones. I think they could be really cute, I mean, I love Scooby Doo and SpongeBob, as much as anyone, but handmade is always more touching. If you want to send in a photo of your creations, I would love to see them.

If you are more of a wordsmith or a poet, then maybe take a moment and wow someone with your words of love. Make it rhyme or just handwrite and mail a love letter...how long has it been since any of us have received more than 50 words strung together? Cute little texts...baby I miss you or something like that isn't what I mean. Get some cute stationary (fancy paper) and a pen and write out what you feel for someone. Fact or fiction, if you are

submitting it for publication, is entirely up to you. Poems, letters, even little notes are cute and appreciated probably more than you even realize.

These are just a couple of ideas, I'm sure there are many more that I haven't even touched on, but we all hear about or do things to pay it forward and brighten someone's day...this might do more for people, not just in the moment but for days to come. Get your creative ideas flowing and start crafting and/or writing...I would love to see what you come up with, as would all of our readers. I can't wait to hear from you...the anticipation is building, now I have to go and create my little construction paper mail box.

Patricia West
Manager, The Voxair



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DEFENCE TEAM GOLFERS AND NON-GOLFERS

In order to determine the appropriate support to afford to the CFB Winnipeg Golf Club, as a facility to promote physical and mental wellbeing, we need to hear from YOU! Whether you currently golf or not, please complete the following survey. Your feedback, as a golfer or non-golfer, is extremely important for planning for the morale and wellbeing of our whole Defence Team. Please complete by 4 Feb 2022.

Afin de déterminer le niveau approprié de soutien à accorder au club de golf de la BFC Winnipeg, en tant qu'installation pour promouvoir la bonne santé mentale et physique, le commandement de l'Escadre veut VOUS entendre. Que vous jouiez au golf en ce moment ou non, nous vous demandons de remplir le sondage qui suit. Vos commentaires, à titre de golfeur ou non, sont extrêmement importants pour contribuer au maintien du moral et du bien-être de l'ensemble de notre Équipe de la Défense. Veuillez le remplir d'ici au 4 février 2022.

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Aviator Harris Witherden A New Aircraft Operation Support Technician

by Martin Zeilig, Voxair Photojournalist

Aviator Harris Witherden concedes that he's having "a blast" as an Aircraft Operations Support (AOS) Technician at 435 Transport and Rescue Squadron.

"I get to do some things that are really interesting, like packing medical kits and flying with the SAR techs," he said during an interview in the Search and Rescue Technicians' quarters at 16 Hanger.

Avr Harris's primary job is to assist the SAR Techs with their equipment.

The Voxair first reported on the AOS Tech trade back in December 2019 when it was just being implemented into the RCAF.

"What he's doing for us is good," Master Corporal Jonathan Noel, a SAR Tech at 435 Sqn, says of the help provided by Avr Harris.

"We're pretty busy. He's helping us with a lot of different tasks, especially when the SAR Techs are busy training."

The aim of the AOS Technician, Air Maintenance Support Qualification is to develop personnel who can assist Air Tech occupations in servicing and ground handling aircraft, says a handout, ETO Instructions: Aircraft Operation Support (AOS) Technician, Air Maintenance Support Qualification (ALNE), provided by Avr Harris, 22, who's a full-time Reservist.

Av Harris has numerous tasks to fulfill as an AOS Tech.

He points out that these include maintaining and inspecting SAR land equipment as per appropriate manuals and Canadian Forces Technical Orders (CFTOs) including; survival tools/equipment, rescue tools/equipment, guidelines, field

equipment and cargo parachutes, maintain and inspect SAR water equipment as per appropriate manuals and CFTOs including, air droppable pumps, SRK training kits, and ropes; ensure that all equipment is of a high standard and is maintained serviceable to meet all operational and training commitments; support SAR dive, medical, mountain and parachute training as directed by SAR Techs thru AOS Supervisor; ensure that all areas related to the Rescue Equipment Section are kept in a clean and presentable manner; maintain a valid DND 404 Drivers Permit and operate DND vehicles safely IAW DND Driver's Policies.

"I've always had an interest in the military," Avr Witherden said.

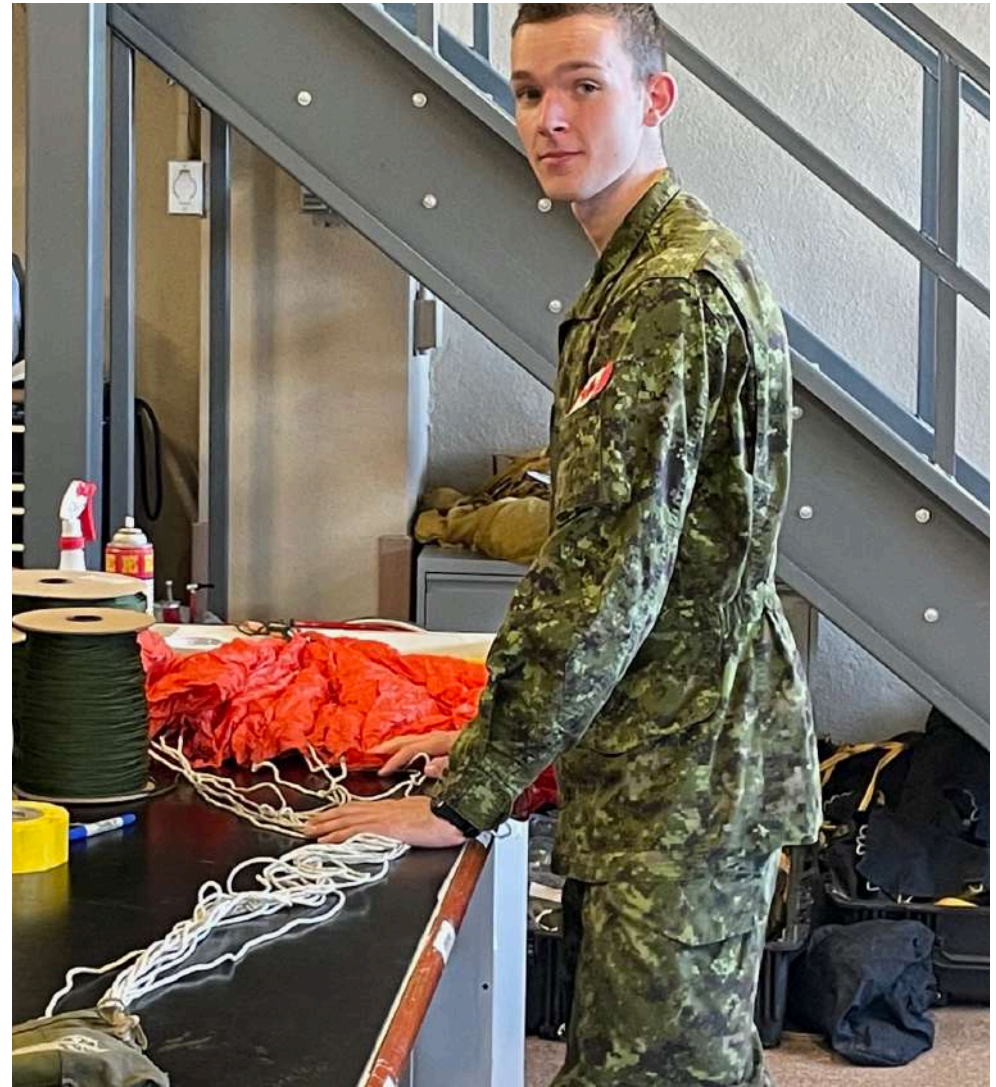
He mentions that his father, who last worked at 2 Canadian Air Division and is now a civilian employee there, is Colonel (ret) Richard Witherden, while his brother is Officer Cadet Stuart Witherden and his mother, Heather Witherden, works as a front desk receptionist at the Military Family Resource Centre.

"I was made aware of this trade by my father," Avr Witherden offered.

"He knew it was new to the RCAF, and that it was a support occupation. It was kind of a shoe-in for me. I knew that I wanted to do something in the Air Force.

"At the time, I wasn't aware that I could also be supporting Search and Rescue units. So, I joined originally knowing that I'm going to be supporting the Air Force in some capacity.

"That was enough for me. It seemed like gainful employment with a stated objective. I'm enjoying the work."



Aviator Harris Witherden getting ready to pack up a parachute used by the Search and Rescue Technicians. Photo credit: Martin Zeilig, Voxair Photojournalist



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MARTY MORANTZ
MEMBER OF PARLIAMENT FOR
CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY

The Pet Post

by Kelley Post, Riplee's Ranch



Penny waiting for Larry to return from work. Photo credit: Kelley Post, Riplee's Ranch

How Do I Prepare My Pet for My Return to Work?

Our furry house companions have become a constant source of comfort, cuddles and entertainment. Since Covid 19 began almost two years ago, our attention had turned away from our regular social routines and many of us have become stay-at-home, pet parents. However, for many of us the time has come to be headed back to the away-from-home workplace.

What do I do with my pet?

A pet in a military family may already be used to a lot of moves and be adaptable to change. However, a lot of families may have added a new pet to the household since Covid 19 began. The Covid situation has made the family lifestyles different for everyone, including the pet.

A pet can be very good at adjusting their behavior to coincide with their hu-

man family. In their world, the human parent is the leader of the pack and any changes made by the leader will inevitably affect the routine of the pet.

Take it slow.

If you slowly help your pet to transition into being alone when you go away, it will be easier on the pet. This may include some short departure sessions where you would see how the pet responds to your absence. You would lurk outside the door. Do they bark, whine or cry, and for how long? Does the pet exhibit behavioral problems such as getting in the garbage or damaging furniture? If you live close to your neighbors, can the pets be heard outside of your home?

Where do I leave my pet in my home?

Where you leave pets in a home can have a big impact. Are the pets left in a

kennel, locked in a room or do they roam around the house? It really depends on the pet and the house.

Kennelling a pet may seem mean but for the pet it may be the most secure, stress-free place that they could be for several hours. Being kennelled means the pet will have a lot less distractions throughout the day. They will probably sleep most of the day and will not likely relieve themselves within the kennel.

For other pets free roaming throughout the house is a routine that suits them better. It is a good idea to set up a special place, maybe in front of a window where the pet can nap and relax.

What you are doing for your pet is setting up a new routine. The main idea is to keep the stress to a minimum for you and the pet. Don't make a big fuss about your leaving. You may want to leave a treat, or

a chew-toy to keep them occupied.

You will also want to get your pet into the habit of relieving themselves before your normal time of departure and if possible, to allow the pet to take in a bit of exercise at the same time.

If you live close to your work, such as on the Military Base, it may be possible to run home to let the pets out and have a quick play to break up their long day, however, most pets can manage a full eight hours without making a mess in the house.

It may take a few days for the pet to become familiar with the changes that are happening but in most cases the pet will do fine and will be waiting with excitement when you get home!



Kelley Post

Kelley and Larry Post are the owners of Riplee's Ranch Winnipeg and are pet parents to three dogs, Peachy, Chewy and Penny.

Kelley is the author of the book, "The Pet Affection", she has worked in the social work field for more than thirty years and understands the importance of the relationship between people and their pets. For more information check out their website at <https://petaffection.ca>



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I'm a military spouse, and we are currently posted to Winnipeg, Manitoba. I am Mom to two wonderful adult sons, a senior Havanese doggy, Mia, and two energetic Yorkshire Terriers, Tito and Koko!

I work part time. After that...the needles are clicking. It's what I love.

I will return any shipping fees to customers who prefer to pick up from our home in the South Q's. Just leave me a note when making the purchase on Etsy.

<https://www.etsy.com/shop/BelowZeroHandKnits/>

Events by Jen is anxious to host our

first annual Witches & Wizards Trade Show being held on Oct. 1-2, 2022, at the Red River Exhibition Place at 3977 Portage Avenue in Winnipeg. This event is open to Manitoba businesses large or small. Can be Halloween themed or come just as you are! My goal for this type of an event is to promote Fall/Autumn, the Halloween season and to kick off our start to Christmas shopping. When it comes to Halloween (any season really), I feel Manitoba has what it takes to successfully offer a fun weekend event. October is the month we begin to fundraise for the Christmas Cheer Board with our craft sale events until our final sale the second weekend of December. In 2019, we raised over \$3,000 for the Cheer Board along with 5 boxes of food. This year, 2021, we raised just over \$800 and 6 boxes of food for the Cheer Board. If interested please email EventsbyJen@Hotmail.com

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Visit online: chantelcheyne.norwex.biz/


Or call: 204-391-7193

Hey, my name is Chantel, I'm the creator of Marie Malcolm label. Currently, a wooden bead craft line (though projects are always in the works). Wooden bead garland, book marks, coasters and more. Find me on Instagram.


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Capt Katie MacIntosh



Capt Sean Major



Capt Greg Lutz

What Is Your Centre Of Gravity?

by Captain Greg Lutz



2021 has been another tough year. Covid has caused havoc not only around the world but also within our own households. As a Chaplain, I can say that I have seen a rise in Family counselling since the pandemic started. It's hard to focus when things are constantly changing and our daily routine no longer becomes a routine. Without a centre of gravity, one can lose focus quickly and become lost.

A number of years ago, I had the opportunity to attend a training exercise at Shaw Air Force Base in South Carolina. While I was there, one of my colleagues, who was the Wing Chaplain, at the time arranged for me to go up in an F16 fighter jet. Needless to say, it was incredible. We tested the limits of the plane, both in speed and movement. When I got back to solid ground, it was hard to stand. My legs were like jello and my heart was racing but the pilot who took me up helped

me and never left my side until he knew I was ok.

It's interesting how in life we will have our ups and downs. When I was in that jet, I felt so out of control but I knew that the pilot was in charge and all I needed to do was trust him. It is funny how in life, when we have our ups and downs, we forget that God is in control. As much as we think we control things, God is directing our lives and the world around us.

Why is it that we can go to the store and buy a puzzle, we never question if all the pieces are in the box, but as soon as we hit a bumpy road, we start to question God. He knows where all the pieces of your life belong. He is in control and only has the best for you because all he sees in you is his love.

I had a Senior Base Chaplain once tell our team, "If our day as Chaplains doesn't start and end in prayer, we have failed." I arrived in Dundurn this past summer to find that the Chapel building had been torn down due to structural issues. One of the first things I did was to develop a Sacred Space (see attached picture).

Our lives can be so much better if we start and end in faith. Whatever you put your trust and faith in, begin your day in that faith. I, myself, find comfort in knowing that my life is in the hands of my God. What does that mean? Well, it gives me comfort in knowing that when the world is falling down around me I can rejoice because I know He has a plan for

me and He is in charge. It gives me hope and assurance that this will be okay.

me and He is in charge. It gives me hope and assurance that this will be okay.

When your life hits highs and lows, remember, just like the pilot who always had control of the plane, so too does God have control of your life and he will never leave or forsake you. In Peace!



Padre Lutz has been a Military Chaplain for 19 years and serves as the Detachment Padre in Dundurn since being posted here from Borden in 2021.

Faith and Life

17 Wing Chaplain Team

Capt Paul Gemmiti
A/W Chap Team Leader and FCC (RC)
 B64, Ground Floor, Rm 112
 Phone ext 4885

Capt Katie MacIntosh
Unit Chaplain (BTL)
 B100, Rm 122D
 Phone ext 6914

Capt Joshua Falk
Unit Chaplain and FCC (P)
 H16, 3rd Floor, Rm 3290
 Phone ext 5875

Capt Sean Major
AR Flt Chaplain (BTL)
 B100, Rm 122C
 Phone ext 4994

Capt Antin Sloboda
Unit Chaplain
 B129, Rm 174A
 Phone ext 5272

Capt Greg Lutz
Detachment Base Chaplain
 Dundurn, Sask
 Phone 306-492-2135 ext 4299

MORE INFO

Administrative Office
 204-833-2500 ext 5087
 Building 64, Ground Floor, North End

Information Phone Tree
 For Chaplaincy services and related information, phone ext 6800 and follow the prompts

Emergency Duty Chaplain
 Contact via MP Dispatch ext 2633

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

Care & Share Benevolent Fund
 Contact your unit Chaplain for further information

Sentinel Training
 Contact your unit Chaplain for further information

✝ Good Shepherd Protestant Faith Community
Sunday Service: 1300 hrs, or check with a Chaplain

✝ Ste Marguerite Bourgeoys Roman Catholic Faith Community
Sunday Mass: 1500 hrs, or check with a Chaplain



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



Around The Wing Dans l'Escadre



17 Wing Commanding Officer, Colonel David Proteau, presents Corporal Angela Gore with the Wing Commander's Commendation for organizing the Government of Canada Workplace Charitable Campaign fundraiser for 17 OSS Imaging's contribution, at 17 Wing Winnipeg, Manitoba, on December 16, 2021. Photo Credit: Sailor 2nd Class Megan Sterritt, 17 OSS Imaging, (Winnipeg).



Mass vaccination clinic in Building 21 on January 13, 2022. Photo Credit: Martin Zeilig, Voxair Photojournalist



Members attend the All Ranks Christmas Party, at 17 Wing Winnipeg, Manitoba, at Building 21, on December 4, 2021. Photo: Sailor 2nd Class Megan Sterritt, 17 OSS Imaging, (Winnipeg).



The Kiowa helicopter returning to its pedestal. Photo: Gord Crossley, 17 Wing Heritage



The Tracker under wraps after application of decals. Photo: Gord Crossley, 17 Wing Heritage



Photo of the Tracker today Photo: Sgt Doug Carpenter, 1 CAD History and Heritage



The Beech Expeditor fuselage at Building 32 after cleaning and painting. Photo: Gord Crossley, 17 Wing Heritage