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Alliance Française French Film Festival
- 24 - 27 March 2022

The 7th Annual Alliance Française French Film Festival is a must for all cinephiles! Ten French-language films, with English subtitles, are screening this year for the enjoyment of all at the Winnipeg Cinematheque.

Festival du film français de l'Alliance française - 24 - 27 mars 2022

La 7e édition du Festival du film français de l'Alliance française est un rendez-vous incontournable pour tous les cinéphiles ! Dix films franco-phones, sous-titrés en anglais, sont projetés pour le plaisir de tous à la Cinémathèque de Winnipeg.

Nutrition Month Quiz - 28 - 31 Mar 2022

It's the end of our Nutrition Month campaign, have you been paying attention to our social media posts and events? Test your knowledge, try our Nutrition Month quiz.

Bonspiel de la francophonie manitobaine - 1 - 2 April 2022

A Manitoba Francophone tradition since 1972, the Bonspiel de la francophonie manitobaine is an annual French curling bonspiel that brings together curlers of all levels and ages. This year's event is being held at the Heather Curling Club. For more information please contact programmes@sportsenfrancais.ca.

Bonspiel de la francophonie manitobaine - 1 - 2 avril 2022

Une tradition de la francophonie manitobaine depuis 1972, le Bonspiel de la francophonie manitobaine est un tournoi de curling en français qui rassemble les amateurs de curling de tous les niveaux et de les tous âges. Cette année le tournoi a lieu au Club de curling Heather. Pour plus d'information, veuillez contacter programmes@sportsenfrancais.ca.

Stressed? Take Charge! - 5 + 6 April 2022. Two-Day Course. 0830 - 1600hrs

Develop an understanding of the stress reaction based on their individual

life stressors. Participants will learn tools and select coping mechanisms that they can use in everyday life to make changes and manage their stress levels

Stressé ? Prenez les choses en main !

- 5 + 6 avril 2022. Cours de deux jours. 08h30 - 16h00

Aide les participants à développer une compréhension de la réaction au stress en fonction des facteurs de stress de leur vie personnelle. Les participants apprendront des outils et sélectionneront des mécanismes d'adaptation qu'ils pourront utiliser dans leur vie quotidienne pour apporter des changements et gérer leur niveau de stress.

Respect in the CAF - 20 April 2022. 0800 - 1600hrs @ Bldg 129

This interactive workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

Le respect dans la FAC - 20 avril 2022. 08h00 - 16h00 @ Bldg 129

L'atelier "Respect dans la FAC" est un programme interactif destiné à promouvoir le respect dans la FAC par la sensibilisation et la compréhension, à donner aux membres de la FAC les moyens de prendre position contre l'inconduite sexuelle et à soutenir les victimes.

Managing Angry Moments - 21 + 28 April 2022. Two-Day Course. 0830 - 1600hrs

This workshop helps participants understand and deal with their triggers before anger escalates. Participants learn new tools to defuse situations and develop coping strategies that will ultimately increase personal well-being and improve relationships with others.

Gérer les moments de colère - 21 + 28 avril 2022. Cours de deux jours. 08h30 - 1h00

Le cours Gérer les moments de colère aide les participants à comprendre et à gérer leurs déclencheurs avant que la colère ne s'intensifie. Les participants apprennent de nouveaux

outils pour désamorcer les situations et développer des stratégies d'adaptation qui, à terme, augmenteront leur bien-être personnel et amélioreront leurs relations avec les autres.

Inter-Comm - 25 + 26 April 2022. Two-Day Course. 0830 - 1530hrs

Co-facilitated by MFRC & Health Promotion, this program is designed to help you deal with conflict and improve your communication skills in personal relationships.

Inter-Comm - 25 + 26 avril 2022. Cours de deux jours. 08h30 - 15h30

Co-facilité par le CRFM et la Promotion de la santé, ce programme est conçu pour vous aider à gérer les conflits et à améliorer vos compétences en communication dans les relations personnelles.

WCOMD VOLLEYBALL FUN DAY - FRIDAY 29 APRIL. BLDG 90 GYM. 0730 - 1600 HRS.

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Unique Program Aids Transition To An IT Civilian Workforce

by Peter Mallet, Staff Writer, Esquimalt Lookout



Captain Travis Rivard on Operation Nanook-Nunaliut, Resolute Bay, NU, March 2019. After retirement, he found work as an IT professional with help from With You With Me.

Attention veterans and currently transitioning military personnel. There's a free training program designed to prepare you for a career in information technology.

Australian-based company With You With Me (WYWM) works with government agencies to combat the shortage of digital skills through their unique coaching and instruction.

"We want CAF transitioning mem-

bers to understand they have numerous opportunities outside the military in the tech field," says Travis Rivard, WYWM Engagement Officer.

Rivard speaks from experience, as he is a retired Major in the Canadian military who found a place in the IT domain. Plus, the company's founder Tom Moore is also a veteran who experienced the struggle of leaving the military and moving into the civilian workforce.

WYWM began its involvement with the Government of Canada as a partner in their Cyber Workforce Enablement Program in 2020. It is a supply arrangement where the government can call up cyber and technology trained Canadian Armed Forces veterans to fill the overwhelming cyber resource demand in the Public Service.

The process

With You With Me provides aptitude,

psychometric, cultural fit, and learning style assessments to match candidates to an IT job best suited for them, such as Cyber Analyst, Data Analytics, and Software Developer.

Following the assessment, virtual training begins, and takes anywhere from six to 12 weeks depending on the program. Trainees use the WYWM Potential Software Platform to learn their tech-industry skills.

In a 12-month period, WYWM helped hire more than 100 veterans in the Government of Canada and the private sector.

"Veterans have exceptional aptitudes and skills," says Rivard.

WYWM tested more than 30,000 veterans and found that 67 per cent of respondents had the same aptitude traits as software engineers and other skilled occupations.

What's with the name?

The company name is derived from Australian military speak.

"With You With Me" is a catch phrase used by Australian soldiers during urban entry drills.

"Essentially, it means I have your back, but it has also become a rallying cry for veterans to band together, solve their own problems, and change the system," explains Rivard.



WYWM has forged strong relationships with the Australian Defence Force, various departments within Australia's federal government, and large financial insurance partners such as Suncorp and Westpac.

The company's mission has also transformed. While WYWM initially focussed on helping veterans transition successfully into the tech industry, its reach has expanded. It now supports military spouses, Indigenous refugees in four countries, and the neurodiverse (learning disorders) with similar training and employment opportunities.

For more information about WYWM visit their website:

www.withyouwithme.com/caf-veterans

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435 Sqn Supports Puma Strike 21

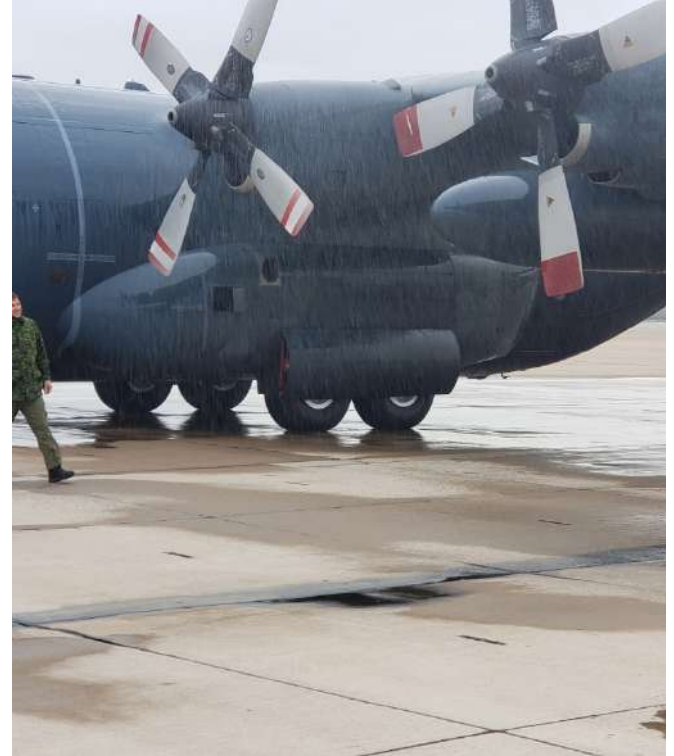
by Capt Alex Zawada



AAR near Miramar



2 Hercs in Boise



MWO Demchuk and Johnson retire

OILR40, a CC130T from 435 Sqn based at 17 Wing, refuels 410 and 409 Sqn CF188 jets over the Pacific west of MCAS Miramar California. 435 participated in Puma Strike 21 from 13th Nov 2021 to 10th Dec 2021 and supported essential force generation by enabling more training objectives to be completed in less sorties for new Hornet drivers. Dur-

ing that period, the two tankers provided 1,073,400 lbs of fuel in the air to the Cold Lake jets.

2 Hercs were in Boise Idaho bringing back sqn members and equipment at the end of the deployment. They have pre-positioned there in order to meet the returning Cold Lake jets in the vicinity for top ups to make the nearly 1,400 nautical

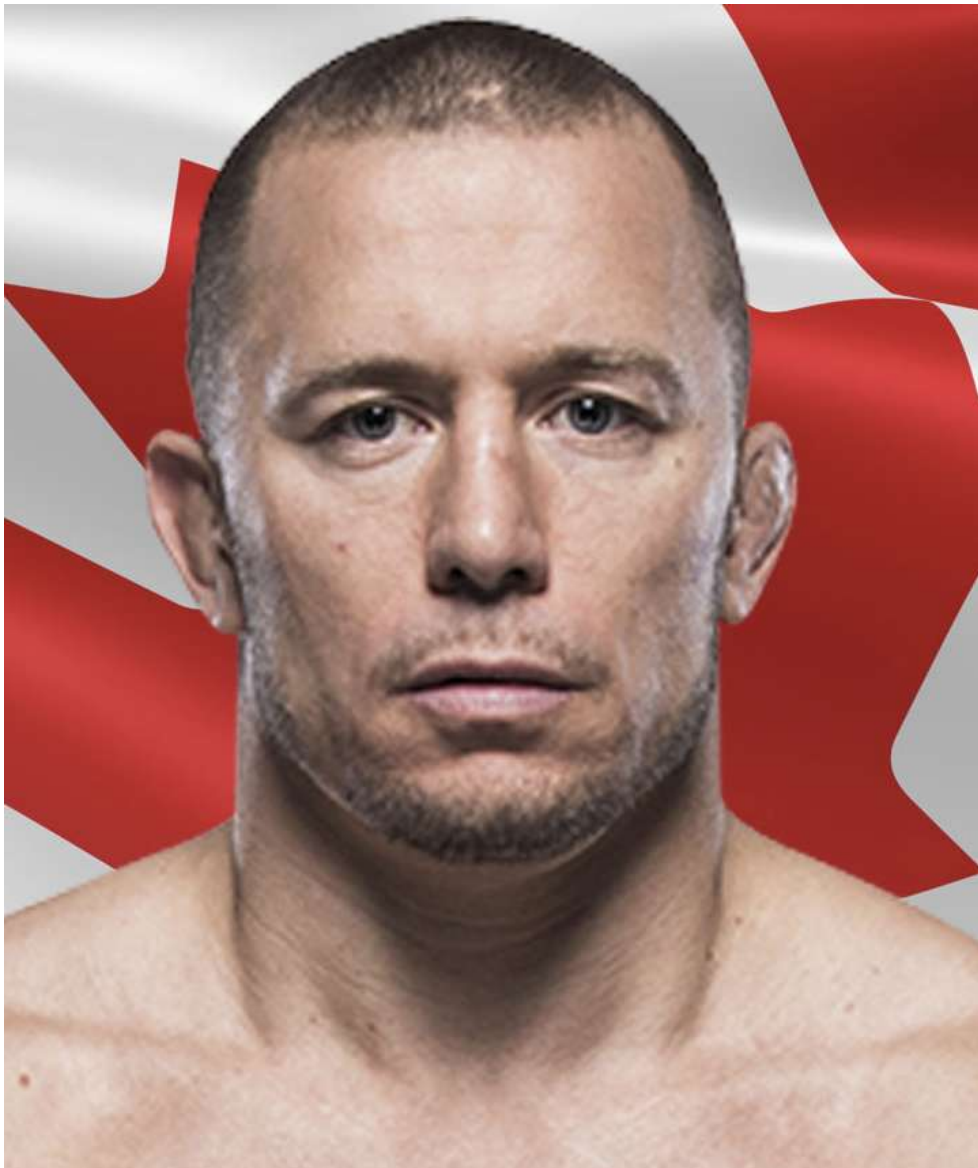
mile journey in a single flight. They took off at different times in order to not share the same airspace at the same time as the fighters staggered their departure from MCAS Miramar.

Final flight deployed with 435 for retiring MWO Ron Demchuck (right) and MWO Bill Johnson (left) commemorated by a water salute. Emergency vehicles

sprayed water over the herc for the members' last stop at MCAS Miramar. MWO Ron Demchuck amassed 5,240 total flight hours as a loadmaster over his 37 years combined service while MWO Bill Johnson accumulated over 10,000 total flight hours on various platforms and over 5,000 herc flight hours as a Flight Engineer over his 40 years of service.

George St-Pierre Set To Inspire Military Teens

by Peter Mallet, Staff Writer, Esquimalt Lookout



Georges St-Pierre: Official MMA Fight Record (26-2-0)

World famous mixed martial arts champion George St-Pierre has come aboard as a presenter in a two-day online inspirational symposium for teenagers of military families.

The Ultimate Fighting Champion and motivational speaker from Saint-Isidore, Que., will be among four keynote speakers at the Virtual Teen Conference entitled Level Up, held March 19 and 26. Level Up is organized by the national Personnel Support Programs (PSP) and registration for the event is free through the website CAFConnection.ca/levelup.

"In the past two years, the world has changed and we have reinvented the ways we live, the ways we learn, and the ways we work," says Ryan Cane, Senior Manager PSP Senior Recreation Program and Community Services. "Level Up is a virtual experience designed to connect, inspire, and help teens become their own champions."

"Level Up participants will have the opportunity to discover new passions, voice their concerns, and take action through various breakout sessions held throughout the two days," says Cane. Each symposium will last approximately four hours, starting at 8:45 a.m. (Pacific). The March 19 symposium is entitled Mental Health and Resiliency and March 26 is Make Your Own Path. Cane says teens will draw inspiration from St-Pierre and the three other guest speakers: Dr. Robyne Hanley-Dafoe, Peter Katz, and Olympian Cassie Sharp.

St-Pierre, 40, overcame a difficult childhood and schoolyard bullies. Today, he is considered one of the greatest fight-

ers in the history of Mixed Martial Arts and retired as reigning Welterweight Champion in 2013. He is also the author of the New York Times bestseller *The Way to Fight*, which shares lessons learned in his rise to the top of the highly dangerous contact sport. Also following his retirement, he founded the GSP Foundation that aims to reduce bullying and encourage youth participation in sports.

Hanley-Dafoe, an award-winning psychology and education instructor, specializes in resiliency, navigating stress and change, and personal wellness.

JUNO Award and Canadian Screen Award-nominated singer-songwriter Peter Katz will inspire his audience to create their own path by overcoming obstacles and finding success in whatever they desire.

Cassie Sharpe dominated the competition at PyeongChang 2018 to win gold for Canada's first Olympic medal in women's ski halfpipe. After taking the lead on the first final run, she laid down an even better second run, earning a score that couldn't be beaten.

The Level Up itinerary also includes inspiring words from teens, subject matter experts, and interactive and recreational activities.

It will be delivered through social media platform Zoom. The platform may also be used to assist those attendees who need closed-captioning through the Wordly software application.

For more information and how to register visit: <https://www.cafconnection.ca/LEVELUP>

Op Nanook – via SERE and the ARCG.

by Sgt Chris Toews, SERE Instructor and ARCG 1PI 2IC



Photo Credit: Lieutenant Miguel Moldez

The Arctic Response Company Group (ARCG) is a sub-unit element of 38 CBG, HQ'd in the 17Wg HQ building - they own all the red snowmobiles being trailered around the Wing all year long. Like all

and ice with a group of snowmobiles and supplies towed in trailers.

The collaboration between the two Arctic-operating Winnipeg-based groups was great. Not only did the air force and



cold-water immersion, shelter building, ground to air signalling and working with aircraft. ARCG members were also able to gain valuable experience with several uncommon aircraft-related drills. The first such experience was constructing a functional runway on snow and ice. While constructed in the context of an

slept in them that night beneath a sky of dancing northern lights.

SERE Flt gained valuable information on how our ground forces move in the Arctic, the equipment they carry with them and how they work as a team to ensure safety and continued operability. The Air Force fliers who participate in CFS-



Army reserve organizations, the ARCG is primarily reservists with a few RegF members in support roles. The Royal Winnipeg Rifles (RWR) make up the main body of the ARCG (HQ and a Platoon(Pl)) and the rest of the Brigade units force generate the composite Pl. Every year the ARCG does a weeklong Arctic exercise or participates in an Arctic Op, and this year that participation was as the Land Task Force for Op Nanook-Nunavut 2022.

Due to the cancellation of the annual Air Operations Survival – Arctic, a reservist member of CFSSATs SERE Flt and previous ARCG soldier, was able to participate in this year's Operation as a member of a field platoon – travelling across hundreds of kilometers of tundra

army units work together but their combined input into the DRDC's new Arctic ration trial was also beneficial to the development of the Mountain Cold Weather Ration (MCWR). The new ration replaces the existing 3/day IMP requirement with a single IMP-sized 24hour ration package. Maintaining many existing ration snack items, it replaces the entrées with commercially available freeze-dried meals. This eliminates the need to thaw any frozen food before eating and simply requires hot or cold water to prepare the significantly healthier meals.

With the chain of command encouraging as much training as possible during the Op, the ARCG soldiers were able to learn and practice survival skills like



Photo Credit: Lieutenant Miguel Moldez

educational lesson, Vampire 2 of 442Sqn landed on our runway about 10 minutes after we finished it – a highlight for the participating troops. Next we created helicopter landing sites, which we used daily for resupply, casevac and helicopter under-slung operations (HUSO). We ended up being resupplied and receiving visitors by helicopter, but the aerial recovery of a broken snowmobile was another highlight for many. The snow loading in the area was perfect, so we seized the opportunity and learned how to assess snow suitability for shelter building, basic avalanche safety and dug survival snow caves. The shelter class concluded by building a series of Igloos and members of the Platoon

SATs survival training pipeline are familiar with their airframe's ALSE kit – the ARCG has no such standardized survival kit - instead they've created SOPs to reduce risk in other ways. A major asset to the Op were the Rangers from 1 CRPG who were imbedded to the Platoon and offered many insights to cold weather living, survival, local history and culture.

Both SERE and the ARCG were able to gain valuable knowledge and insight into how the other organization operates in Arctic conditions and set the stage for an annual partnership to continue that maximizes mission success and captures lessons learned in our Arctic.

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Prayer Service for Ukraine

by Martin Zeilig, Voxair Photojournalist

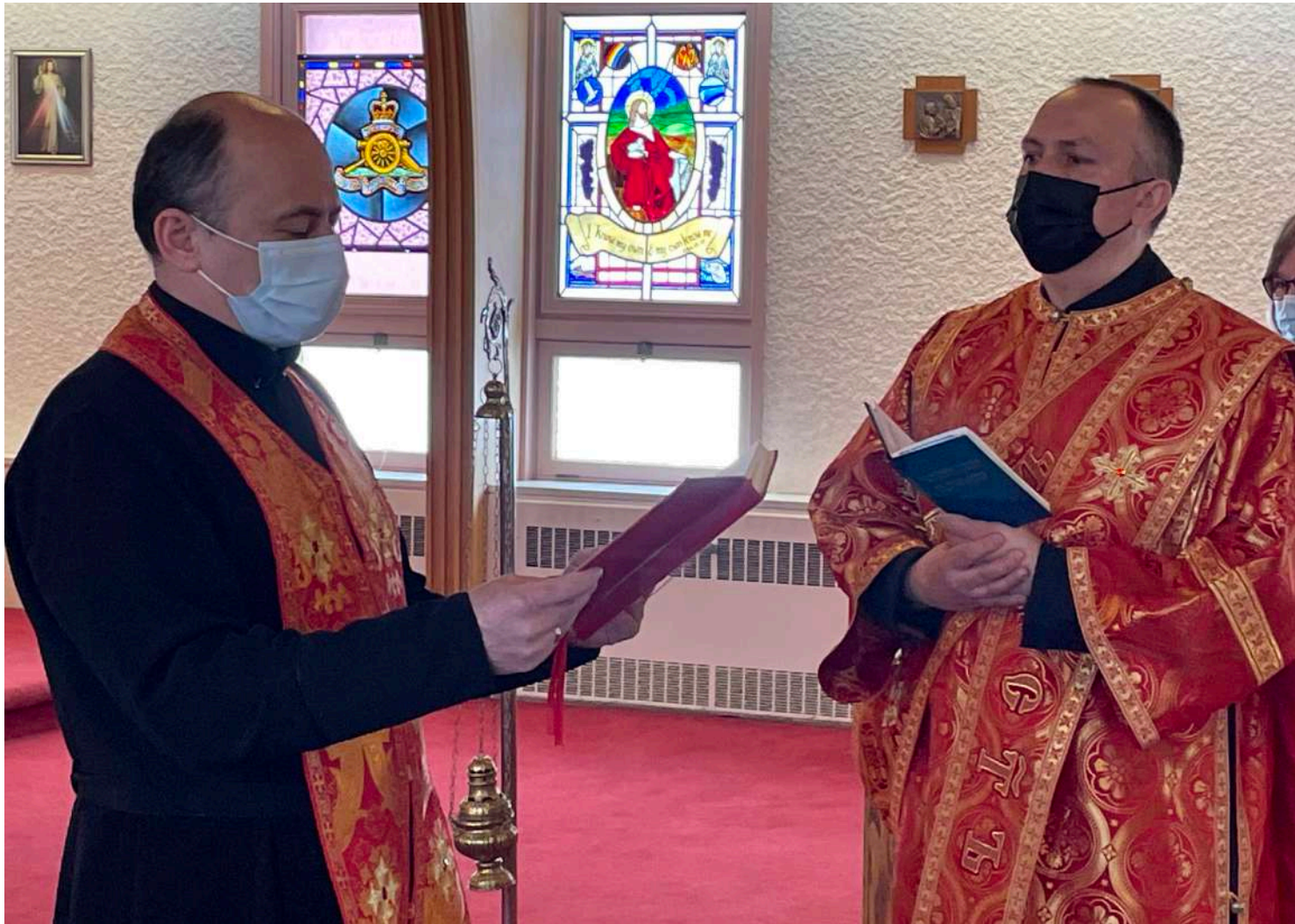


Photo Credit: Martin Zeilig, Voxair Photojournalist

Alexander, a Private in the Canadian Armed Forces Reserves, said the prayer service for Ukraine at the 17 Wing Chapel on March 4, 2022. This prayer, understandably, holds deep significance for him.

Alexander still has family and friends residing in eastern Ukraine where he was born and was raised prior to immigrating to Canada almost 20 years ago.

About 20 military and civilian employees participated in the brief ceremony, organized by Padre Captain Antin Sloboda; a Chaplain at 17 Wing and a native of Lviv in western Ukraine. Padre Sloboda was accompanied by Rev. Yaroslav Buduykevych, whose church is in the St. Andrews Municipality off Donald Road.

The Russian military invaded Ukraine on February 24.

“The horrific Russian invasion of Ukraine...has been seen as a critical turning point in world history,” wrote historian Francis Fukuyama (Financial Times March 3, 2022). “Many have said that it definitively marks the end of the post-cold-war era, a rollback of the ‘Europe whole and free’ that we thought emerged after 1991, or ended at the end of The End of History.”

“Today we have gathered here united in solidarity with Ukraine,” said Padre Sloboda during the service, which consisted of benediction for Ukraine and a Panahyda service, traditional to the Eastern Catholic and Orthodox churches, a prayer for the souls of the deceased (victims of war).

“I am sure there is not a single person in this chapel who has not been moved by the ongoing war and suffering that Ukrainian people have to endure, because of Russia’s unjustified attack and invasion. After only one week, the war caused over one million refugees, thousands of civilians have been killed, including children;

the scale of violence has not been known in Europe since World War II.

“In these moments of ordeal, Ukraine needs our solidarity, but also many among us, who are connected to Ukraine because of our origins or because of our love for Ukrainian culture and people, also need to have an opportunity to express our feelings and to be reaffirmed in mutual support. We also keep in mind today all those CAF members who have deployed to Ukraine and to neighbouring countries in their efforts to reinforce the security of the European continent. In that spirit, we come here today to be present in the company of each other to pray for peace and blessings for Ukraine.”

Pte Alexander, who declined to offer his surname, still has a lot of family and friends who, in his words, are “under constant bombardment” from the artillery of Russian armed forces.

“The ceremony today was very powerful,” Pte Alexander said to The Voxair at the informal gathering, which included refreshments, afterwards in the Chapel’s Annex.

“It was in the Ukrainian language which was nice to hear. It was very special and nice to see people of different backgrounds here. It makes me reflect and know that Canada thinks about what’s happening in Ukraine right now and Ukrainian defenders; it’s very powerful.”

The Ukrainian defenders are putting up an amazing fight against one of the most powerful military forces in the world, he stressed.

“They’re fighting as hard as they can for their country and democracy and their own people,” expressed Alexander, who noted that his father has been seeking refuge in a bomb shelter in eastern Ukraine, said.

“It’s an act of bravery.”

Winnipeg who are affected by what’s unfolding in Ukraine.

“We have many people who have deployed on OP UNIFIER and OP REASSURANCE; it’s a chance for us to gather, reflect, and support each other.”

Operation UNIFIER (also known as Canadian Armed Forces Joint Task Force-Ukraine) is the Canadian Armed Forces contribution to the security of Ukraine in coordination with the Ukrainian Armed Forces, says the Government of Canada website.

The Canadian Armed Forces (CAF) has members serving on Operation REASSURANCE in Central and Eastern Europe.

According to the Government of Canada website, “They are there as part of NATO assurance and deterrence measures. These measures aim to reinforce NATO’s collective defence; it also shows the strength of Allied solidarity.”

Sergeant Jeremy Gore, who works at Maintenance Company TEME, said as a Catholic he came to show his support.

“I think it’s awful all the things that are going on in Ukraine,” he continued.

Rev. Buduykevych, whose parents, siblings and other family members still live in western Ukraine, called the ceremony very prayerful and meaningful.

“Almost every time I have a prayer it helps relieve the despair and depression,” he said. “They slowly melt down. Then, it builds up again when you see the death and destruction. Ukraine is a nice country with friendly people. Now everything is just crumbling. The Russians have a lot of losses in equipment and personnel. It’s terrifying and scary. It’s unknown what awaits all the people of Ukraine and the country (itself).”

Lieutenant-Colonel Amanda Aldous said she wanted to participate in the ceremony to support both Padre Sloboda and all the members of 17 Wing and CFB



Photo Credit: Martin Zeilig, Voxair Photojournalist

International Women's Day 2022 at 17 Wing

by Martin Zeilig, Voxair Photojournalist



HCol Kristin Long (CFSSAT)

At least 100 people from various western CFB's in Canada connected into the virtual International Women's Day forum held at 17 Wing (Microsoft Teams) on March 8, according to Second Lieutenant Jasneet Virk, the OPI for the IWD event.

One of the reasons it was a virtual event was because of the COVID restrictions, "and it also allowed the speakers to fit us into their schedule with more ease," 2Lt Virk said during a telephone interview on March 9.

The three special speakers were West-Jet pilot Honorary Colonel Kristin Long, the HCol for the Canadian Forces School of Survival and Aeromedical Training (CFSSAT); Captain Kaylee Horn, who shared her story of transitioning; and Major General Lise Bourgon, Acting Commander Military Personnel Command

and Acting Chief of Military Personnel.

International Women's Day is celebrated in many countries around the world, says the United Nations website.

"It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.

Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike," says the online information. "The growing international women's movement, which has been strengthened by four global United Nations women's conferences, has helped make the commemoration a rallying point to build support for women's rights and participation in the political and economic arenas."

economic arenas."

HCol Long is a vocal champion of getting more women and girls into aviation because only a small percentage of women are commercial airline pilots, 2Lt Virk said.

"So, she's also hosted the Girls In Aviation each year in conjunction with 17 Wing several times," she added. "She's an engaging speaker. She looks into the future and building the next generation of women in aviation."

Hon Col Long is also the founder and president of Northern Spirit, the Winnipeg Chapter of Women in Aviation International the Winnipeg Chapter of Women in Aviation International.

"Northern Spirit's mission is to support, encourage and promote aviation to girls and women in all facets of aviation," says its website. "Our members come from all industries including aerospace, air traffic control, airport operations and airline dispatch. Members are involved in aviation both professionally and recreationally."

Capt Horn was very open about her experiences, 2Lt Virk said.

"She was candid with us," she continued.

"She spoke about the bureaucracy of

transitioning in the CAF.

"She said that she is keeping her experience transitioning as an open guide for other members who are transitioning. It was moving. It was unbearable what she had to go through. But, she's strong-willed. At no time did she ever give up or stand back. She remained true to herself. We've got to listen to her story."

MGen Bourgon, who's based at DND HQ in Ottawa, focussed on equality and diversity, 2Lt Virk observed.

"Not only does it apply in the workplace but in home life too," she said.

"There's a saying that behind every successful leader, there's a supportive spouse. She talked about that for some time. She was very candid about her personal experience and about her partner. She talked about personal development more than on the workplace level."

For those who are interested and wish to watch the presentation from our local IWD event, it is now available to be viewed at the following link: \\res-wpg-pvimg01\imaging\$\Image Share (User)\Images by Unit\17 Wing\Public Affairs\2022\FW2022-0002 (IWD)\International Women's Day 2022 (Teams Video)



MGen Lise Bourgon CMM, MSC, CD

The Pet Post

by Kelley Post, Riplee's Ranch



Kevin & Bandit Photo credit: Kelley Post, Riplee's Ranch

Bringing Home a Rescue

Following up to last month's story about "Picking a Pet," I spoke with Kevin and Jennifer Truman who recently brought home a rescue puppy and asked them about their experience.

"Why did you choose to adopt a dog?" "We knew we wanted to adopt because there are so many dogs in care that need good homes. We didn't want to contribute to puppy mills."

"What is your position at 17 Wing?" "I am the Business Manager for 17MSS Replen."

"When you were moving around in the military did you have any pets?" "No."

"What is the dog's name?" "His name was Cub when we adopted him, but we changed it to Bandit because of one marking on his face. He is a Husky Shepherd cross, but the Husky is the dominant breed."

"What shelter did you get him from?" "Manitoba Underdogs Rescue." "What is the process of adopting a dog from a shelter?" "First you complete an application. Once your application had been re-

viewed and seems to be a match, someone from the Adoptions Team will send you a "pre-approval" email connecting you with the foster home and an Adoption Officer. After you've received your pre-approval, you contact the foster home to set up a "Meet and Greet" with the pet you've applied for. If you decide the dog is a good fit for you and your family, you can proceed to the next step, which is contacting your Adoption Officer to complete a home visit. The home visit is a simple check to make sure that the dog is going to a good home. They will check for things like fenced yard, where the dog will be sleeping, etc. We had our home visit virtually due to Covid restrictions. After approval from the home visit, you will receive an "approved" email and placed in touch with the foster home to arrange a time for your new family member to go home.

"How much did it cost?" "\$450.00 (0-4 months) Fees include Health Exam, Deworming, DA2PP Vaccines, Rabies Vaccine, Spay/Neuter, Tattoo and Microchip."

"Why did you choose that shelter?" "We liked the amount of due diligence the Rescue performs to ensure their adopt-

able pets are well-matched to your family. On their website, they are coded with green, yellow, or red stickers for kids, other dogs or cats. Green is I'm good with, Yellow is I'm unsure about and Red is I'm not good with at all."

"How old is the dog?" "When we adopted him, he was 2 months old. He is now 6 months old and weighs over 60 lbs."

"Do you know where he came from before he was in the shelter?" "He came from Chemawawin Cree Nation (7 puppies in total) Northern Manitoba."

"How long was he in the shelter?" "From September 12, 2021, until October 27, 2021, when we brought him home."

"Tell us about bringing him home and what his first few days were like." "Bandit came to us when he was just 2 months old. He was very friendly and settled in right away. We only had a few days of "accidents" before he started to let us know he needed to go outside. He is such a smart puppy!"

"What were some of the challenges with your new puppy?" "Having a puppy is like having a baby again, as

we were up every 3 hours. We quickly learned that he did not like the Kennel at night as well."

"Do you have any stories to tell about your new puppy?" "This is our first time having a dog, so we are learning and growing together."

"How does he get along with the family?" "Bandit fits right in with our family. We can't imagine life without him. He loves playing tug a war and chewing on all his squeaky toys. He is a very social puppy."

"Would you recommend getting a rescue dog?" "Absolutely!"

Not only do you get an amazing, loveable dog, but you give them a home that they wouldn't have had."

Kevin and Jennifer's family are now enjoying the love, loyalty, and companionship of their new dog with the knowledge that they gave a rescue puppy a new safe 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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Services

191 Royal Canadian Air Cadet Squadron Virtual Fundraisers

Our sponsoring committee is holding two virtual fundraiser at this time. They are:

1. Glenlea Greenhouse Plant Fundraiser – orders are placed online by 15 Apr 2022 and pick up is on 14 May 2022 between noon and 2pm at the Anavets Br 283 located at 3584 Portage Avenue

2. Kinsmen Kin Kar Raffle – tickets can be sold up to the draw date of 26 June 2022 using the link: https://www.fundingchange.ca/wpgkinsmen/YdS_SkRjkSCBgzzl/YiEOGUiwNUgUTJ

For more information on these great fundraisers please visit the announcement page of our website at: <https://www.191rcacspa.ca/contact/>

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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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Good Listeners Urgently Needed

by Padre Stephen Neil

Early in my marriage, a friend of my wife's learned that I was studying to be a minister. She said to my wife, "your husband must be good listener." My wife just laughed. I admit that I have sometimes been guilty of staring off into space at the dinner table rather than participating in the conversation. Real listening is work and being a good listener is a gift that we give to others.

As a mental health chaplain, it strikes me how often clients tell me that they do not have anyone they can talk to. It is appropriate to discuss sensitive matters with a trained and caring professional. Still, I think there would be less mental health difficulties in society if each of us could learn some basic listening skills. Being a good listener is part of what it means to be a good buddy.

So how can you be a good listener? I have found that being a good listener is not primarily about helping to fix peoples' problems. It often strikes me that my clients are talented and capable people. Humanists such as Abraham Maslow believed that people have a self-actualizing tendency. In other words, like a plant, people have the natural tendency to grow as individuals.

The problem is that sometimes peoples' growth can be blocked because of stressful life circumstances. Such circumstances might include: coping with difficult symptoms arising from a stressful event; grief; work, or relationship, stress; or dealing with a specific mental health problem. That is where people

need a good listener.

Perhaps the most important aspect of being a good listener is to give people the permission to talk about their problem. I recently co-taught a basic counselling skills course to new chaplains. Another instructor on the course encouraged student chaplains to "stay in the storm" with their clients. A temptation for the students was to start fixing the problem. Instead, the students needed to use their listening skills to allow the client to tell their story and to explore their pain.

A basic listening skill I learned at seminary is to say, "tell me more." Oftentimes listeners are like a sounding board by providing useful feedback to the speaker. Helpful feedback enables the speaker to organize their scattered thoughts. Good listening involves "tuning-in" to the speaker's non-verbal behavior. Non-verbal's are a clue to how the speaker has been emotionally impacted by the event they are describing.

Once people have had a chance to tell their story, I try to help them imagine what it might be like to "try on" a new behavior. In other words, how might the person use their strengths to try something different? Counsellors have specific interventions that they can use to help clients address depression, anxiety, guilt and anger.

An approach called Motivational Interviewing helps people verbalize what change might be like. The act of verbalizing change helps make it more likely that people will begin to take steps to

change. Simple motivational interviewing questions include: What do you want? What can you do? What are the reasons to change? What is important to you right now?

Good listeners need boundaries. Physical boundaries include where and when it is appropriate to give your time to listen to someone. Emotional boundaries might involve providing resources to the speaker so they can manage their

own problem. Sometimes it may be appropriate to refer someone to a Padre or counsellor who can better provide someone with the assistance that they need.

The pandemic has created social isolation. As restrictions ease, there will be more opportunities for camaraderie. Perhaps an idea from this article will inspire you to support others with a listening ear.



Perhaps an idea from this article will inspire you to support others with a listening ear. - Padre Stephen Neil

Faith and Life

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

Emergency Duty Chaplain
 Contact via MP Dispatch ext 2633

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

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

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Around The Wing Dans l'Escadre



"Lieutenant Colonel Carl Gravel, 17 Deputy Wing Commander promotes Captain Jennifer Maccosham, 17 Wing Public Affairs Officer to the current rank on February 28, 2022."



CAF CWO, CPO1 Gilles Gregoire (right) assisted by Chief of Defence Staff (CDS), Gen Wayne Eyre (left), present the CAF CWO Coin to MCpl Brennan Rowland (middle) at 1 CAD during the CDS visit to 17 Wing Winnipeg, on March 03, 2022 Photo by: MCpl Darryl Hepner, 17 Wing Public Affairs, Winnipeg, Mb



Chief of Defence Staff (CDS), Gen Wayne Eyre (left) assisted by CAF CWO, CPO1 Gilles Gregoire (right), present the CDS Commendation to Maj Melissa Gear (middle) at 1 CAD during the CDS visit to 17 Wing Winnipeg, on March 03, 2022 Photo by: MCpl Darryl Hepner, 17 Wing Public Affairs, Winnipeg, Mb



Chief of Defence Staff (CDS), Gen Wayne Eyre (left) assisted by CAF CWO, CPO1 Gilles Gregoire (right), present the CDS Coin to LCol Kort Nicholauson (middle) at 2 CAD during the CDS visit to 17 Wing Winnipeg, on March 03, 2022 Photo by: MCpl Darryl Hepner, 17 Wing Public Affairs, Winnipeg, Mb



Chief of Defence Staff (CDS), Gen Wayne Eyre (left) assisted by CAF CWO, CPO1 Gilles Gregoire (right), present the CDS Coin to Sgt Daniel Stasiuk (middle) at 1 CAD during the CDS visit to 17 Wing Winnipeg, on March 03, 2022 Photo by: MCpl Darryl Hepner, 17 Wing Public Affairs, Winnipeg, Mb



CAF CWO, CPO1 Gilles Gregoire (left) assisted by Chief of Defence Staff (CDS), Gen Wayne Eyre (right), present the CAF CWO Coin to WO John Scott (middle) at 2 CAD during the CDS visit to 17 Wing Winnipeg, on March 03, 2022 Photo by: MCpl Darryl Hepner, 17 Wing Public Affairs, Winnipeg, Mb