


Voxair



Free

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CFB/BFC Winnipeg
 7 February 1990

402 Sqn. Honorary Colonel



402 "City of Winnipeg" Squadron's main purpose is reflected in the motto on its crest; "We Stand on guard", this Squadron has played a vital part in Canada's defence for over half a century, living out its motto fearlessly.

The Squadron was formed in Winnipeg as one of three non-permanent or reserve Royal Canadian Air Force Squadrons across Canada in 1932; another three reserve squadrons were added two years later. These air reserve forces provided the nucleus for the expansion of Canada's military air strength and became the backbone of our air force overseas in the early years of the second great war.

The first aircraft flown in the Squadron was the Gypsy Moth. By 1940, 402's reservists flew Hawker Hurricanes in British airspace. Led by future Trans Canada Airways President Gordon McGregor, they took the war to the Germans with the first Canadian offensive mission across the channel to German-occupied France; a raid on the Boulogne area of France. Together with other Commonwealth wings, their Spitfires gave air coverage for the Dieppe raid, protected troops on the beaches on D-Day, and pushed on into Germany to victory. At home in Canada, the air reserve provided the skills and experience needed to assist in setting up the British Commonwealth Air Training Plan and the Home Defence Squadrons.

The Squadron was awarded its Standard in 1961, with its battle

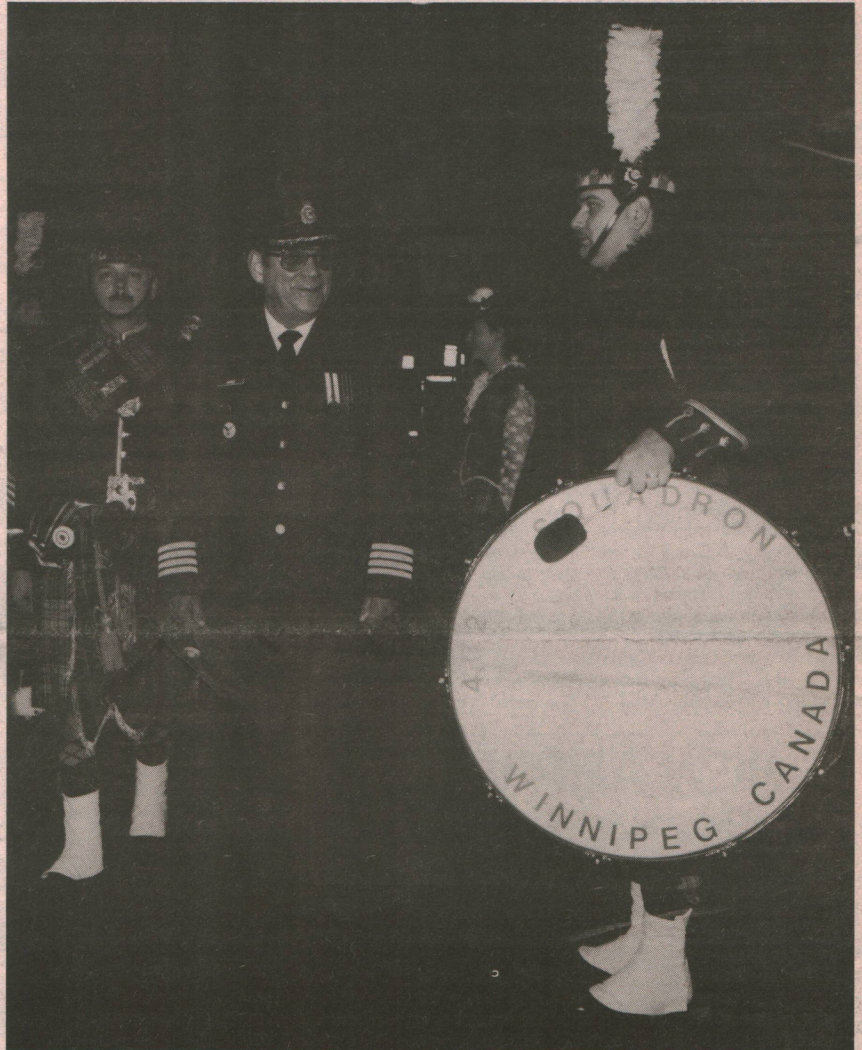
honors testifying to action in "The Defence of Britain 1941-44", "Fortress Europe 1941-44", "The English Channel and North Sea 1941-44", "Dieppe 1944", "Normandy 1944", "France and Germany 1944-45", "Arnhem" and "Rhine". When peace was declared, the citizens-turned-warriors resumed their civilian roles.

402 Squadron provides a pool of skilled civilian individuals who now have been integrated with regular force members. All reservists' training is at regular force level. The Squadron provides support to 14 Training Group for regular forces taskings.

To-date, the Squadron has flown single engine and multi-engine aircraft; trainers, transports, jets and props, on wheels, skis and floats. Until last spring, the Squadron operated with C-47 Dakotas, however these venerable work horses were finally retired after more than 45 years of service in the Royal Canadian Air Force and Canadian Air Force. With the recent delivery of the long awaited CT-142 (Dash 8) Navigation Trainers to CFB Winnipeg, 402 Squadron has started flying again after almost a year on the ground. The Squadron will fly the CT-142 in support of the Air Navigation School training role.

The excitement around the Squadron about its new role in a new airplane, is hard to contain. Everyone displays it, right from the Commanding Officer, Lieutenant-Colonel R.W. (Bob) Patrick, to the newest recruit. If all goes well, each of the Squadrons' pilots will be checked out early this summer, although it will be a while before any student air navigators start training in the CT-142.

continued on page 6



Accompanied by Pipe Major MWO Neil Barbour, HCol R.G. James checks out drummer Cpl Bill Cosby of 402 Squadron.



Col. H.C. Armstrong, Base Commander

Every drop counts



Be a + blood donor

Every six seconds a Canadian Citizen requires a blood transfusion. Think about it. In the time it takes you to read this how many Canadians will receive a blood donation from the Red Cross? But of course that Canadian who requires blood every six seconds is only a statistic, right? He could never be you or someone in your family, right? Well think about it. If you don't agree or if you think that maybe it could be you who receives a blood transfusion, then do something about it. Be a Red Cross Blood Donor at the forthcoming Base Clinic. It will be held Tuesday, 27 February 1990 from 0900 hrs to 1130 hrs and 1300 hrs to 1600 hrs at the Drill Hall (Bldg 21) CFB Winnipeg.

Blood Donor Clinic Tuesday Feb. 27



The Base Chief Said...

I was watching some of the Commonwealth Games from New Zealand over the weekend. They had a short feature concerning Bungee Diving, and how popular it has become in that country. Bungee diving is where you tie a piece of bungee cord to your ankles and jump off a bridge. Being elasticized, you will bounce right back up before you hit the water. It looks pretty exciting, and there is an element of danger.

This sport is not new to Quincy and I. About two summers

ago, I went to Canadian Tire and purchased about twenty feet of bungee cord, then proceeded to make a new lead for Quincy. My theory was that when he spotted a bird, or ground-hog, he could take off after it, and when he came to the end of the lead, it would provide a cushioned stop for him, while not tearing my arms from the shoulders.

What really happened, was not quite in accordance with my theory. When he did spot a ground-hog, and being equipped with this new invention of mine, he took

off. What I didn't plan on was the bungee cord stretching that much, so when the dog came to the point where it was stretched to its limit, he was immediately propelled to the rear. Landing up in a heap about fifteen feet behind me. Needless to say, it was decided to end that little experiment.

My feeble attempt to quit smoking has ended in failure again. I think to-date I have spent more money trying to quit than I would have spent on cigarettes.

I have tried acupuncture twice, both attempts ending in failure. The first time I was able to get by for 30 days. While on the second occasion, I made it for six hours.

This latest attempt involved hypnosis. I must say it did seem to have some effect for about six days, then on "Weedless Wednesday", of all days, I fell off the wagon. They only person who was cheering my failure was my wife Ann, and of course Quincy. Quincy

knows what it feels like for a dog to be barked at by a human. He didn't enjoy it. I guess that's the way my wife felt about it too. Poor girl didn't quite know how to react to me. I tried very hard to keep my cool, but there were some occasions when it was impossible for me to do so.

The hypnosis was interesting. For those who don't believe that they can be put under, I would suggest that you try it. I found that during the period I was under, I estimated that about 10-15 minutes had elapsed. When in fact, 50 minutes had gone by. Quite a thing.

We were given a break prior to beginning the process, and if you can imagine about 800-1000 smokers all lighting up in the foyer of a hotel, the smoke was so thick you could cut it with a knife. We managed to set off the smoke alarm, so at least the hotel and city firefighters know that their system works.

Have I tried cold turkey? Yes,

and that was worse. I got angry one night and kicked the toilet. Instead of breaking the habit, I ended up with a broken toe, and upset dog and wife, and a lot of pain.

Oh well, maybe sometime later this year I'll have another go at it. I should go on a long (6 month) canoe trip to the North all by myself, just so I don't bother anyone.

I have recently heard the term "L-T", being used by people, some very senior people, in reference to a Lieutenant. I don't watch the programme myself, but I'm told that it comes from the television series "China Beach". I would like to suggest that that is where it belongs — on television. Certainly not in our vocabulary. If it is in common usage in the United States Forces, then let them have it. We don't need it, nor do we want it. To me it represents another erosion of respect for the commissioned rank. Let's nip this one now, before it gets off the ground.



THE KIT BAG II TERRY LAWRENCE

It's awfully close to winter vacation time and I'm ready! The folks at MML Travel have looked after us really well and we are headed for sunshine and tequila in Puerto Vallarta. The house sitters have been arranged, the dogs have been briefed and I bought new sunglasses. We haven't been to Mexico for a few years and we're really looking

forward to the break. I'll take in the bullfights, — alone, and I'll try to coax my wife into another parasail ride, this time with her eyes open.

After a lengthy respite from the dog-show circuit we were persuaded to enter a recent show

in the thriving hub of rural Manitoba, Brandon.

We did have more than a passing interest in that particular show as the owners of three ten-month old puppies wanted to see how they would stack up against their Dad. The youngsters are absolutely gorgeous, beautiful well mannered pups but the old guy strutted his stuff and beat a field of eleven Sheepdogs and then went on to place fourth in the Herding dog group. Not bad for a dog who was shown only three times last year. Our female, who also hasn't been shown for several months also walked away with the Best Of Breed award on a previous day. We are of course, very proud of our dogs and when not showing, are vocal advocates of the "Buy From A Breeder" campaign. We have seen so much unhappiness and financial hardship caused by poor quality pets

purchased, often on impulse, from "Puppy Farm" stock so often sold in pet shops. As a horrible example, there are three people close to Winnipeg selling Old English Sheepdogs. The sellers claim that the dogs are "Purebred" but can't back that statement by producing registration papers or pedigree records. Any reputable Canadian breeder will proudly register their dogs with the Canadian Kennel Club and will sell their puppies with a guarantee. In my experience, pet shop puppies are overpriced specimens often in less than excellent health and of questionable parentage. Sure, some people do get good pups from a pet shop or a back-yard breeder but why would you take a chance?

O.K. That's my soapbox item this time. I'll wind up by sympathizing with all the other sufferers of that mysterious galloping bathroom crud which toured the base at the end of January. I'm typing this effort with sweat pouring down my face and with my legs tightly crossed, at the same time offering a silent prayer that one of the booths in the "john" will be empty in about twenty seconds...Going...going...

February 14th is VALENTINE'S DAY



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Safe Driving Week 1 - 7 Dec 89

Safe Driving Week has been a great success this year as, despite Mother Nature and her ability to provide the usual Manitoba snow covered and slippery road surfaces, we are happy to announce an accident-free Safe Driving Week.

With the driver awareness program of "Safe Driving Week", the Base Transportation Safety Section has attempted to raise the profile of safety-conscious drivers by providing some incentive in the way of the "Silver Dollar Campaign". During the week of 1 to 7 Dec 89, for those who are not in the know, the Base Transportation Safety Section followed unsuspecting souls at random. If these vehicles were observed driving in a reasonable, safe manner, i.e. using signal lights, using seat belts and staying within the speed limit, etc., the drivers were awarded a silver dollar.

This year the task was extremely difficult, as many people have adopted the "Winnipeg driving syndrome". Out of 225 cars followed and 394 kms accumulated between Sharpe Blvd, Whytefold Rd and Kapyong Barracks, a total of 7 (seven) silver dollars were awarded. This is after two full working days and a weekend 1 Dec 89 to 4 Dec 89. The infractions which disqualified most of the drivers were the failure to use signal lights and travelling 60 kph in the 50 kph zone.

Hey people, let's get with it! Let the other guy know what you are going to do. Signal light switches seldom wear out. And besides, "COURTESY IS" using those signal lights to let others know what your intentions are.

The silver dollar campaign, despite the odds, (you should see some of those guys and girls driving) was also very successful, thanks to the generosity of our sponsors. In addition to the silver dollar award, sponsored by Baldwinson Insurance Agents, the following personnel were rewarded for their safe driving with other worthwhile prizes: Miss Tina Harvey — a one year membership to the Manitoba Motor League; Cpl Frank received a free car weekend from Avis Rentals; Lt Basplay received an interior car warmer from "General Truck Sales"; WO White and MCpl Kister received rear window braking warning lights from Baldwinson Insurance (silver dollar sponsor); Cpl Allard received a set of car mats from "General Truck Sales"; MCpl Harmsen received a dinner for two at "Merks" restaurant; Cpl Lesnie received a luncheon for two at Canex restaurant. Canex also supplied 5 free videos which were awarded to WO Pennel, 2Lt Fewer, WO Compton, Pte Niven, and Pte Haywood. Last but not least 2 silver dollars were awarded to Mrs G Millward who said that would pay for her husband's



Winners of prizes awarded during Safe Driving Week 1989, left to right Cpl G. Allard, Miss Tina Harvey, BTNO Maj J.M.Y. Lupien, MML Rep Mrs. Bettie Johnston, Lt Basplay, MCpl Harmsen, MCpl Kisters. Congratulations to all.

Xmas present (a lucky husband).

The Safe Driving Week has therefore come and gone, and all we have left is the theme for this

year: "COURTESY IS". However, it would be worthwhile to ensure everyone complies with this theme all year long.



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CFANS Update

Look, up in the air. It's a bird; it's a plane; it's GONZO! Yes aviation fans that grey shadow with a pointy nose that you've seen in the local skies lately is the new CT-142 Navigation Trainer. Pilots from de Havilland in Toronto

have been training 402(R) Sqn and CFANS pilots on the CT-142. Meanwhile those navigators, already familiar with the CT-142, are gearing up to teach the first conversion course to their fellow instructors, scheduled to begin in mid-February.

Recently 429(T) Sqn/CFANS were tasked to transport cadets from Royal Roads Military College to the United States Air Force Academy at Peterson AFB near Colorado Springs. CFANS personnel and students from Course 8902 visited the 50th Airman's Training Squadron which teaches basic navigation and avionics systems. The visit was extremely well organized and also included a tour of NORAD Headquarters at Cheyenne Mountain. The crew even managed to do a little downhill skiing. According to reports, first time skier Capt Oren Gould, somehow, successfully avoided embarrassing himself on the slopes.

The renovations in the Base Comptroller Section of Bldg 84 have caused some minor inconveniences for CFANS personnel. A little noise, a little dust, a couple of days without water, washroom facilities and heat; certainly nothing to complain about. One thing has worried us though. With all the wood and concrete being removed from below us; are there enough load bearing walls remaining to prevent the sudden amalgamation of our two units?

Basic Air Navigator Courses 8907 and 9001 were officially welcomed to the school at a gathering at the Officers' Mess on 25 Jan 90. Each student was asked to say a little about his background and goals in a future career as a navigator. The majority of these young hopefuls see Air Transport Group in their futures. Ah yes, the joy of going from point A to point B. Fear not, the crystal ball reveals a seaside home in many of your futures.

14 TRG GP HQ



Major Peter Young, Staff Officer Pilot Training at 14 Training Gp HQ receives the Canadian Forces Decoration from BGen David Kinsman, Group Commander.

Maj Young joined the forces in December 1977 at Toronto. After pilot training, he flew CF104 Starfighters with 439 Squadron in Germany, was a flying instructor with 2CFFTS Moose Jaw and was on staff of Central Flying School prior to being promoted to Major, arriving at Group HQ in May 1989.

Base Photo

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\$ EASY MONEY \$

Did you know that over the last three years that the Department of National Defence (DND) paid out over a quarter of a million dollars to some of its military and civilian personnel? If you're interested in receiving your piece of the pie then read on!

There is a DND program which is designed to encourage individuals to not only think of an idea but, more importantly, to submit it if they think that their suggestion may in some way increase the efficiency or effectiveness of DND. If your suggestion saves money then you may be eligible to receive between \$50 and \$10,000 in cash to reward you for your innovation and effort. You are now probably wondering what this program is; it is the Suggestion Award Program which is administered at CFB Winnipeg by your Base Suggestion Award Committee (BSAC). The Committee consists of a Chairman (Major Doug Kobayashi, BAMEO) and a Secretary (Lieutenant Guillaume Hervé). Over the past eight months, only 2 new applications

have been received by the BSAC. With only two applications out of the 3100 personnel (including lodger and integral units) at CFB Winnipeg, we have one of the lowest participation rates within the DND.

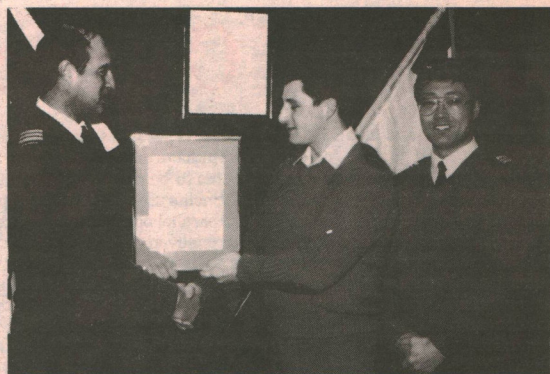
You do not have to be a baseball genius to figure out that, with an average of 2 out of 3100, not many World Series pennants will be won. In the BSAC's quest to determine why CFB Winnipeg has such a low batting average; many hours were spent entering data into a highly sophisticated, multi-million dollar word processor. The possible solutions provided to this alarming statistic were as follows:

- a. the cost of living in Winnipeg is so low that people do not need the extra cash (proven time and time again by members reluctantly accepting the pay increase when newly promoted);
- b. the military pays its members so well that we refuse to accept any more money than what we receive every two weeks (this can be easily con-

- firmed by the pay office);
- c. personnel at CFB Winnipeg are not as innovative as our national counterparts;
- d. things done at CFB Winnipeg are always completed in the most efficient and effective way;
- e. all members of CFB Winnipeg are so environmentally conscious that they prefer not to submit a suggestion form (made from the paper that cost a tree one of its limbs);
- f. personnel (especially military) get enough money working overtime that some extra cash is not worth the effort; and
- g. personnel at CFB Winnipeg are simply not aware that the program exists.

After numerous interviews, questionnaires, phone calls, trade-off studies and computer analyses, it was finally deduced that the very last option was the answer. Many of the 3100 personnel out there are not aware that there is some easy money to be made and it is all legal.

It is hoped that this article has made more people aware of what



MCpl Thistle from the BTELO section is being presented with a Suggestion Award Certificate and a \$625.00 cheque by LCOL Gidley, BTSO, in appreciation for his suggestion on how to locally produce the AN/FRT 510 component mounting board. This suggestion was not only cost effective but also resulted in an increased efficiency by reducing downtime. Congratulations for an excellent idea. The BAMEO, Maj Kobayashi is the Base Suggestion Award Committee chairman and is assisting in the presentation.

they've been missing out on. Please do not think that your idea is not worth submitting. If you have a suggestion talk it over with your supervisor, ask him for

a Suggestion Form and take a few minutes to fill it out (as per CFAO 99-2, Annex A, para 17-18) and forward it to BAMEO/BSAC.

BTNO



MCpl Coleski, Traffic Tech, recently received his promotion to that rank.

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2PPCLI Conducts Pre-Cyprus Driver TRG

Every now and again Bn Tpt 2VP, is tasked to do a job that only this highly qualified platoon can handle. To give the whole Battalion a taste of left hand driving before departing for Cyprus, takes some great organization and a little humour.

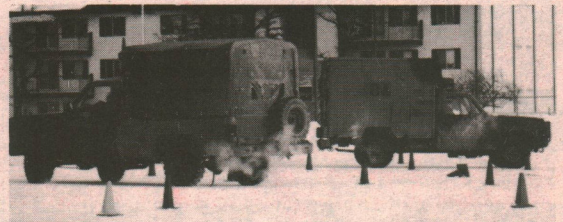
One would think that if you can drive on the right-side of the road, then driving on the left should be no problem. So Bn Tpt set-up a small left-hand driving course complete with road signs. Incorporated in this course was a little safe backing refresher and a traffic circle, which are more than common in Cyprus. Now the

course is set and some members of Tpt have driven it. The course seems to be no problem, but adjustments are made. For example the parallel parking stand pylons were moved far enough apart to fit a 12 Ton A.V.G.P. Now this should give more than ample room to park an ILTIS or a 1-1/4 Ton.

To get a real taste of what the course was all about, here are some of the major blunders. Parallel parking an ILTIS, in a space that 3 ILTISes, could park. Easy Right? So easy that on more than one occasion men seemed to hit either the front or

rear pylon. Why? It's Simple. You are parallel parking on the left side of the road, and you can see confusion set in on the minds of the drivers. Most of the drivers can back a vehicle in without hitting any pylons, but pulling out to the left those poor pylons take a beating. Rumour has it that 2VP will be using specially equipped bumper cars while in Cyprus.

On a final note special thanks goes out to the men at C-1 compound for the use of their pylons, (sorry about their condition) and to the 733 Comms Sqn for the use of their motorollas.



2PPCLI recreates the chaos that is Cyprus driving (Note the "injured" pylon!)

From The Hangar Doors (Oily Rag)

Now my intent in this column is to provide information about this large corner of the Base (BAMEO has the third largest component of personnel, after Air Command and the 2 PPCLI) mixed in with some humour and underline the great amount of safety that must be practised every day on the job. Today, though, some appreciation to our often-maligned counterparts, the Reserves.

I heard the groans. First, I want the average reader to

volunteer his spare time, namely Tuesday nights and Sunday afternoons, for more work on this here Base. For this you will receive not overtime, but half-pay. That's what a lot of Reserve Pay is equivalent to compared to Regular Pay. Next, sacrifice your vacation time. All of it. This will be for your training; and that will be a mix of Regular Force courses far from home (yes, we do that too, but we can still hang onto our 4 or 5 weeks off a year) or skeleton courses taught at home, and

those on an ad-hoc basis at times. Lastly, convince yourself, your friends, and above all, your family, that this is all for a good cause.

Before, the Reserves had a crew of their own, but with the Amalgamation they have been spread over the three Regular crews. Some, having the time, can come in on their respective day and night crews, but there they have to watch they don't exceed their "Class A limit" (they have to try to work full-time as much as they can but remain as

part-timers...look, I'm not making this up!). However, most, being students or working stiffs, can only come in on some nights or weekends (how many of you out there are willing to sacrifice all, let alone most, of your days off?), and try to grab whatever experience they can get.

Not to say that some of us Regulars don't have two jobs. A tricky balancing act: your work on the hangar line, a family, and then another job or taking classes at Sturgeon Creek, Red River Community College or the University of Manitoba. The shiftwork and working weekends doesn't help.

Before I leave the subject completely, there is one Reservist who I'd like to pay special attention to. Sgt Brian Arnold. The Sarge works five days or nights, depending on his shift at CP, then gives us his free time to ensure the Reservist who volunteer to work with us show up when they are supposed to. A few that figured they could work the old way and present themselves at their convenience were let go. They have been the exceptions: the Reserves, as a rule, are here when they said they could be here, and have been eager to learn. Ah, the times they are a' changing.

BAMEO Promotion



Sgt Ron Chopiak recently received his promotion. Ron is an ATAT instructor and Flight Safety NCO.

402 "City of Winnipeg" Sqn

(cont'd from Page 1)

Amidst all of the excitement, 402 Squadron installed Robert G. James as its Honorary Colonel on Sunday 21 January 1990. The appointment of Honorary Colonel is reserved by military units to honour individuals who are deemed active in the community and who thus can provide a liaison function on behalf of the military community, to the community-at-large.

Distinguished guests at the installation Parade included the Base Commander, Colonel Armstrong, and the Commander of 14 Training Group, Brigadier General Kinsman. The Squadron's own Pipes and Drums Band provided music during the inspection and for the March Past. After, Colonel James presented various honors and awards to several squadron members, the Band entertained us with a musical interlude which included highland by Private Nagy. This was a real treat for our guests and for those on parade.

Colonel James was welcomed during the parade by Brigadier General Paul A. Hayes, Commander of Air Reserve Group. He commented that Colonel James was joining the Squadron at a very interesting period.

Colonel James was born in Brandon and received his early education there. While attending high school, he was a member of the 82nd Air Cadet Squadron, where he was Squadron Warrant Officer and was awarded a flying scholarship, and a gliding scholarship.

He is no stranger to 402 Squadron, which is composed of 175 Air Reservists and Regular Force Members. His first contact with the Squadron was during the period from 1949 to 1954, when he served with the Royal Canadian Air Force (RCAF) support unit of 402 as a telecommunications technician. On leaving the Regular Force to accept employment with Trans-Canada Airlines (TCA), he joined 402 Squadron and served in a variety of positions, culminating in his appointment as Commander of 3 Air Reserve Wing Headquarters from 1976 to 1980, with the rank of Colonel.

Colonel James retired from the Public Service of Canada in 1986, where he was Regional Training Manager for the Canada Employment and Immigration Commission.

An active community volun-

teer, he is a past president of the United Services Institutes; he is a past chair of the Defence Policy Committee for the Federation of Military and United Services Institutes and has served as Secretary for the Canadian Air Force Officers Association. At present, he is the Ward Chair for Neighbourhood Watch, a Lay Minister and Parish Trustee at John XXIII, and a member and past Grand Knight of the St. James Knights of Columbus.

402 "City of Winnipeg" Squadron sincerely welcomes Colonel James.



Brigadier General Paul A. Hayes, Commander of Air Reserve Group receives the General Salute.

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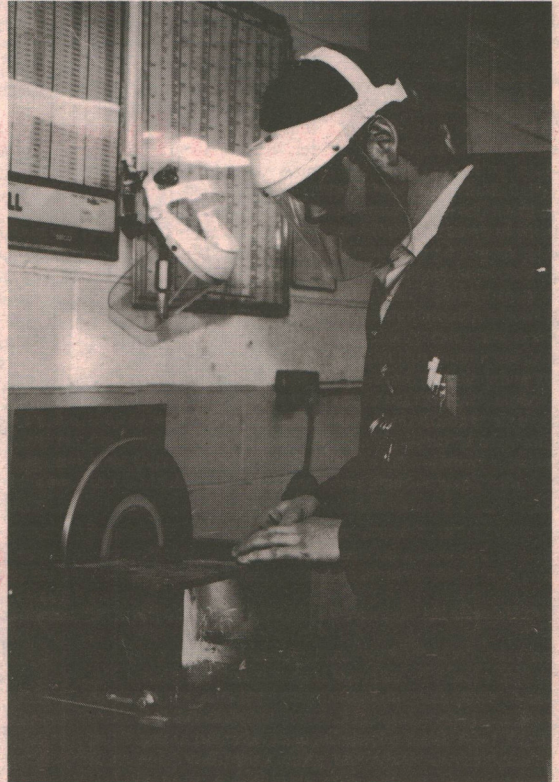
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B E M E E

Base Commander's General Safety Award — 2nd Qtrs 89/90



Base Commander, Col H.C. Armstrong presents the Base Commander's General Safety Award "for best performance in reduction of accidents" to BEMEO Maj J Lawrence. BEME received the award for the 2nd quarter of FY 89/90.



Mr. Chris Young, welder, is deburring a filing cabinet divider to remove sharp edges.



Mr. Gerry Saumure, machinist, is milling a spiral flute on a candlestick. He is wearing safety lens prescription glasses.



Mr. Shawn Wall, vehicle tech, is replacing spark plugs on a 5/4 ton engine.

♥ Remember February 14 ♥

Noël à la Fourche

Vous vous souvenez sûrement de l'intense vague de froid qui a frappé le Manitoba au cours du mois de décembre passé, avec ses températures atteignant parfois les 40° C au-dessous de zéro. Plusieurs non-initiés croyaient que la vie dans le pareils conditions devait être au ralenti, pour ne pas dire en-nuyante à mourir. Pourtant, poser la question à n'importe quel winnipegois ou winnipegoise, il vous dira le contraire!

D'ailleurs, les 15 et 16 décembre dernier, les administrateurs de la société Radio-Canada, de Parcs Canada, de la ville de Winnipeg de même que ceux du Marché public de la Fourche ont unis leurs efforts pour organiser une fête de Noël, en plein air, que personne n'allait oublier.

Au programme de la soirée du 15, qui était diffusée en direct à la chaîne anglaise de Radio-Canada,

des chanteurs, des musiciens, des chorales, des patineurs, des amateurs... etc. De plus toutes les unités de la milice de la région avait été invité, question de démontrer aux spectateurs leur savoir faire. "Le District de la Milice du Manitoba étant en pleine période de recrutement, nous ne pouvions manquer cette occasion en or", de dire son officier d'information le lieutenant Brian Koshul, "c'est d'ailleurs pourquoi nous nous sommes impliqués à plien."

Ceux et celles qui ont bravé le froid, lors de la soirée du 15, ont vite réaliser que les miliciens, bien que très discrets, avait des choses très intéressantes et surtout hors du commun à présenter. "Sans tambour, ni trompette, nous voulions vraiment attirer l'attention, c'est pourquoi nous avons apporté avec nous les pièces d'équipement qui généralement suscite le plus d'intérêt, de

dire avec fierté le lieutenant Koshul. On pouvait retrouver dans l'espace qui nous avait été alloué, une tente d'évacuation, des ambulances, des véhicules logistique, de l'équipement de campagne qu'utilise le personnel du corps blindé et bien d'avantage."

Le seul moment du spectacle où les miliciens étaient vraiment à la une lors du spectacle télévisé, fut celui où 15 tireurs de Royal Winnipeg Rifles, armés de fusil datant de la fin du 19^e siècle et portant la tenue d'époque, ont exécuté un feu de salve pour signifier le début d'une course sur les terrains de la Fourche. Nul besoin de dire que le bruit en a effrayé plus d'un.

Les organisateurs sachant fort bien à quel genre de température ils devraient faire face, avaient tout prévu. C'est pourquoi une cuisine mobile de campagne des Forces était sur place. Plusieurs personnalités de la radio et de la télévision manitobaine, tel Lee Major, s'y sont succédées afin de servir aux gens du chili, de même que du café; question de les tenir au chaud.

Présence de la Force régulière

Mais bien peu de personne savait à quel point les Forces canadiennes étaient impliquées dans la présentation de ce spectacle. Bien sûr les miliciens étaient très évident, mais une douzaine de membres de la force Régulière, étaient aussi à l'oeuvre.

Ces derniers avaient diverses responsabilités, tels l'escorte des personnalités artistiques ou politiques présentes, l'aide au pouvoir civil, sans oublier les communications. "C'est la cinquième année que nous fournissons du personnel pour cumuler ces fonctions", de dire le capitaine André Tremblay, officier du protocole, à



Le lieutenant Cindy Thistle, (à gauche) officier d'administration au sein de la 402^e Escadron, travaille avec d'autres membres de l'équipe de production, au centre de contrôle.

la base de Winnipeg. "Bien que notre rôle soit des plus discrets, je puis vous assuré qu'il est très apprécié. Car voyez-vous, bien que le Marché de la Fourche est une très petite superficie, bien des gens s'y perdaient les années passées, ajoutez-il un sourire en coin."

Selon le producteur de l'émission, si les militaires n'avaient pas apporté leur contribution au spectacle, nous aurions eu plusieurs pépins. Les années précédentes, nos personnalités se perdaient sans cesse, mais avec les militaires et leur équipement de communication, c'est presque le paradis.

"Une des satisfactions d'avoir travaillé lors de cette soirée", de dire l'une des participantes, après l'événement, "a été d'avoir cotoyé diverses personnalités, qui en temps normal je ne pourrais même pas approché." D'ailleurs, dès qu'un membre de l'équipe en rencontrait un autre, la première question qu'ils se posaient

étaient: "Qui escortes-tu présentement?" Inévitablement, une discussion s'en suivait...



Le sergent Suzanne Pellissier, de la compagnie de maintenance de 17^e Bataillon des services, de Winnipeg, explique, à ce jeune spectateur, comment utiliser ce véhicule.



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Greetings from the Chapels Solving Family Conflicts

Does your family always agree on how to discipline the children or on how to handle allowances? Do you argue about who does housework or who is responsible for child care? If issues like these cause conflicts in your family, social decision making can help you resolve your differences.

Social decision making is a method for solving problems. It deals with two basic conflicts between people: (1) value conflicts — what's right or good or best, and (2) role conflicts — who does what. These often involve strong emotions and beliefs, which makes them hard to deal with. Social decision making offers a structured way for families to work out their differences. The main requirement is that each person agrees that there is a problem and is willing to work toward a solution.

Because of the strong feelings associated with these conflicts, talking about them can itself create tensions. Your discussions will flow more smoothly and be more productive if you follow these guidelines:

- Allow free expression of ideas without making judgments...
- Focus on the issue, not on personalities.
- Listen with empathy and without interruption.
- Speak clearly and directly.
- Respect different points of view.
- Bring feelings into the open: don't suppress them.

Don't expect to find a solution in one sitting. You need time out to prevent tensions from building

up, to reflect on what's been discussed, and to let creative solutions evolve.
Steps in Social Decision Making

Step 1: Clarify how each person views the problem. If you are the one who first becomes aware of a problem, find out if the others are also concerned. Try to determine whether they would like the situation to change.

Step 2: Make a commitment to work on the problem. If the other family members agree that change is desirable, then get a definite commitment from them to think about possible solutions. This kind of commitment means that the others have begun to face the problem. Set up a time to meet. You probably need to plan three sessions for the next three steps.

Step 3: State personal needs. This session's objective is to define the problem before coming up with possible solutions. Give each person a chance to state his or her priority values and particular needs. Each individual needs to explain how what is happening is different from what is needed.

Allow for a delay between this step and the next, to help reduce tensions. The delay can be anywhere from an hour or two to one or two days, depending on tension levels. During this period, each of you can begin thinking about alternatives.

Step 4: Consider the alternatives. The goal of this session is to find creative alternatives. First brainstorm ideas, without analyzing possible negative or positive

effects. The more ideas the better. As ideas emerge, they can be combined with other alternatives to simultaneously meet the needs of several people. Again, plan for a delay following this session, but make it longer than the previous one to permit private time for thinking as well as for relieving tension.

Step 5: Select a solution. The goal of this session is to find a solution that meets each person's individual needs. To do this, you have to look again at each person's values and needs and compare them with the preferred solutions. Discuss the pros and cons of each alternative. Each person in the group must consider whether he or she is willing to accept the results of one or another of the alternatives.

Once you have thrashed out the alternatives, you then choose one that best satisfies the conflicting values and needs. It may

take another session to find an acceptable solution, depending on the tensions that arise during your negotiations.

A solution occurs when each of you agrees on the goal and plan of action and agrees to commit time, energy, or money to the action plan. If a solution is not found, you may need to go back to Step 1 and reclarify the problem.

Step 6. Evaluate your decisions. Set a trial period for the accepted solution. A trial period is less threatening than a hard and fast solution. Family members will be more likely to cooperate if they know it is not a "forever" commitment. Review the new strategy soon after it's started to discuss how it is working and how to make adjustments. The people involved need to discuss whether their most important values are being preserved.

Sharon M. Danes

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 4th Sunday - 0900 hrs - Eucharist (ACC)
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Family Support Centre

As you can see, there are some fun and interesting events scheduled for February, as well as time to drop in and visit the Family Support Centre. With the exception of the "Kiddies Valentine Party" and the "Parenting Course" (pre-registration required), the workshops are open to everyone.

Child care is available, for a small fee for all daytime workshops, except children's activities. Please call at least two days in advance to confirm your need for care.

Speaking of children. We all need breaks from our kids, as much as they need time away from us. Enroll your 3-5 yr old in the Sturgeon Creek Playschool (on Ness Ave), beginning 12 Feb and running until mid-June. There will be a variety of play equipment and activities for the children. The cost is \$30.00 for two mornings or two afternoons per week. Call Pat Johnson at 888-0684 for information or registration.

Babysitters Needed: The FSC needs adult babysitters who are interested in caring for children during activities at the Centre. Please call Marla Kaposvary at the FSC if you are interested. As well, the FSC is gathering names of teen and adult sitters. If you can offer occasional child care in your home, please give me a call so your name can go on our list.

Watch in your mailbox for a February and March calendar and pamphlet on the Family Support Centre.

February			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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5 Drop-In (n) 9-12:00 (s) Drop-In 12:00-3:00	6 Drop-In 12:00-3:00 (n)	7 Drop-In 12:00-3:00 (s)	8 Drop-In 12:00-3:00 (n)
12 Drop-In (n) 9-12:00 (s) Drop-In 12:00-3:00	13 2:00 Kiddies Valentine Party (n)	14 2:00 Kiddies Valentine Party (s)	15 1:30 Base Financial Counsellor (n)
19 Drop-In (n) 9-12:00 B Fin Couns 1:30 (s)	20 9:30 Parenting Course (pre-register please) (n)	21 1:30 Fun Snacks, Healthy Food (s)	22 10:00 Pre-School Dental Care (n)
26 Drop-In (n) 9-12:00 (s) Drop-In 12:00-3:00	27 (Con't) Parenting	28 1:30 Open Mtg: New Mom's Group (s)	

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This session will address the current trends of the 'Nuclear Family' and focus upon the unique issues which a family may typically undergo, as well as address how parents and siblings may deal with the stresses involved.

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BABYSITTING — Patient mother of one will provide TLC for your child on weekdays. Presently working on child day care management diploma. Have room for 2 children. Babies welcome. (North side PMQs) Pts. call 888-1718 after 5.

 **Misc. For Sale**

FOR SALE — Upholstered straight bar with two shelves and brass rail. 47" long, 39" high, 18" wide. Very good condition. \$95 OBO. Call Loc 5181 or 831-8925.

FOR SALE — Computer desk \$50, Underwood manual typewriter \$30, Exercise Bike \$90, one man's, one lady's bicycle \$25 each, one Singer Treadle sewing machine \$60. Ph: 837-2111 after 5 p.m.

FOR SALE — One stereo stand w/glass doors and shelves. Very good condition. \$50. Ph: 832-1755.

FOR SALE — Sears Formula 1 car seat excellent cond. \$30.00. Sears white mates' bed with 2 drawers, new mattress \$175.00. Ph: 488-9071.

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WANTED — Kitchen chairs preferably wooden any style. Phone 488-7197 home or 895-5136 work. Ask for Wayne.


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Winnipeggers Care
 The Big Brother Association of Winnipeg, Inc. has just celebrated its 20th Anniversary, and we attribute the success of Big Brothers to the community support and the special volunteers who have chosen to be Big Brothers. On behalf of Little Brothers we say "Thank You" and look forward to another 20 years of quality relationships.
 Presently there are 280 boys waiting for a Big Brother. The requests have increased over the years. The supply has not been equal to the demand. As a result there are boys who have been waiting for more than a year for a Big Brother.
 A group of these boys took their appeal for a Big Brother to the street. On Thursday, January 4th, these boys picketed in front of the Big Brothers office to encourage potential Big Brothers to sign up. As a result, there were over 32 potential Big Brothers who enquired on that date. As of January 18, 1990 we have received 99 inquiries.
 A Big Brother is a special friend to a boy — an adult male who can be a positive role model for a boy, not a father or disciplinarian — but a friend. There are no special skills required to be a Big Brother, all that is expected is the sincere interest in the well-being of a boy and the willingness to establish a friendship and maintain regular contact.
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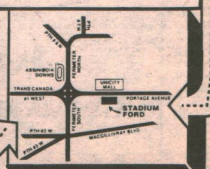
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