Voxair

FREE

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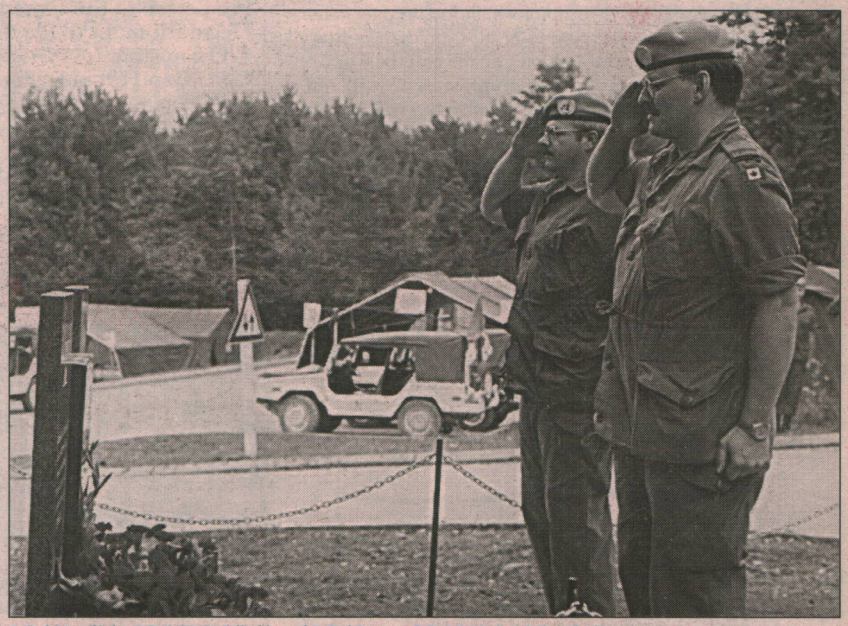
CFB/BFC WINNIPEG
16 December 1992
Volume 40 Issue 22

# MAINTAINING THE PEACE

by Lt Stephen Boyne

**3 PPCLI has been in Croatia** for about one month now, and it's been quite a month. The deployment went well, the three flights out of Vancouver and the one from Winnipeg all left and arrived pretty well on schedule. They were fairly uneventful, with the exception of a rather bumpy landing in Glasgow, Scotland on the third flight. Once the aircraft landed in Zagreb we were herded onto buses and driven to Camp Polom, an abandoned Yugoslavian Army Camp just outside of Daruvar. From there the various companies moved out to their respective areas.



LCol Nordick, CO 3 PPCLI (left) and LCol Jones, CO 1 R22eR (right) dedicate a monument to Sgt Ralph, the engineer killed in Croatia.

It took over a week to complete the handover of responsibility from the R22eR to us, but finally on 5 October, 1992, 3 PPCLI took control of the CANBAT area of UNPROFOR Sector West. We share Sector West with the Argentinean, Nepalese and Jordanian Contingents, and we share Camp Polom with a Finnish Construction Platoon and a Dutch Signal Section, so there is no shortage of international involvement here.

The average day for a soldier on the line consists of a shift at a checkpoint or on a patrol followed by some time spent improving his section or platoon house, and finally, if he's lucky, some spare time to read or write a letter.

There are three main tasks that the soldiers here perform, these are, manning fixed checkpoints, mobile checkpoints and conducting vehicle or dismounted patrols. The fixed check-points are similar in design to a police roadblock and the soldiers stop vehicles and search them for weapons or ammunition. The mobile checkpoints perform the same function, however they are set up at random locations for a short period of time, like the RIDE program. The patrols are usually done in Armoured Personnel Carriers (13 ton vehicles that look sort of like a box on tracks) due to the expanse of the area we cover, CANBAT covers 40 km by 25 km, but there are dismounted patrols conducted in some of the towns and villages in the area.

Continued on page 3

MERRY CHRISTMAS
JOYËUX NOEL
FELICE NAVIDAD
BUÒNO NATALE
FRÖHLICH WEHNECHTEN
MERRY CHRISTMAS
HAUSKA JOLUÄ
GLAD YULE
Season's Greetings
Meilleurs Voeux
FELICES FIESTAS
JOYEUX NOÈL

## Base Commander's Christmas Message

## Message de Noel du Comdt (B)

Page 8

The Old Lady says:
*Have a Fire Safe Christmas*
**Fire Safe Holidays**

See page 9

## Blue Beret Support Group

Blue Beret Support Group Chair, Cathy Sargent, (right) pins a blue ribbon on the chest of Base Commander, Col J.R.B. Proulx, C.D. as Treasurer, Debbie McKenzie watches admiringly. The Base Commander agreed to accept a blue ribbon, symbolic of the group's role in raising awareness of peacekeeping in the world. The Blue Beret Support Group is making the blue ribbons available to anyone and everyone who is willing to raise the awareness of peacekeeping in the world, and Canadian servicemen's participation in peace keeping duties.

# EDITORIAL

Dear Editor,

Please consider the following for publication in the Letters to the Editor portion of your paper.

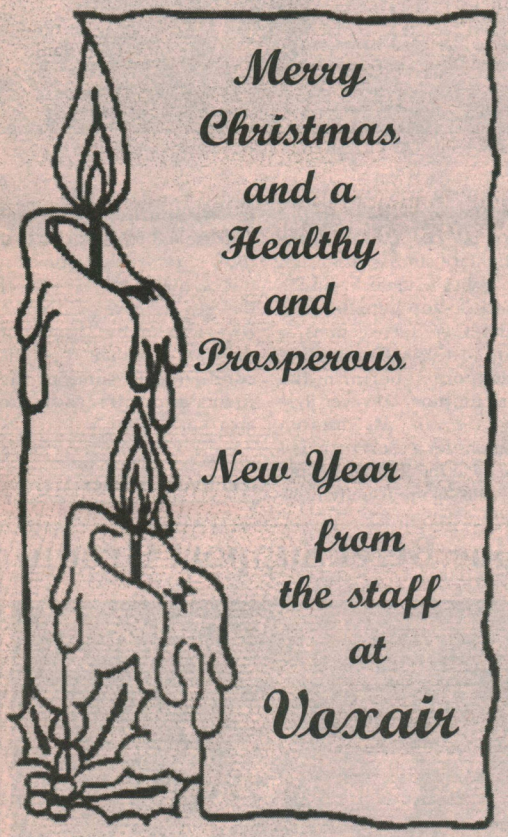
Our publishing company is in the process of planning a commercial national military magazine entitled The Military Standard. The magazine will be published monthly and in addition to being an information vehicle, will deal with issues facing today's service member.

The magazine will provide readers with the opportunity to ask questions, to express their opinions and to become better informed about what's happening at all Canadian military units and establishments throughout Canada and the world.

We require reporters and photographers who will contribute the bulk of the magazine's contents who will be paid for all published pictures and articles. Ideally, we would like to have a reporter from every Base, Station and Headquarters.

Interested individuals are asked to forward a brief resume including any of their published work, to The Military Standard, CFPO 5000, Belleville, Ontario. KOK 3R0. Individuals need not have any previous journalism training or experience. We are looking for representatives from all Branches and ranks within the military, and we will seriously consider and then respond, to everyone who takes the time to write us.

Yours truly,
T.C. Badcock
Editor




# BASE COMMANDER'S PARADE

The Base Commander's parade was held on 19 November 1992. The Base Commander, Col Proulx, presented decorations and awards to the following members:

**Second Clasp to the Canadian Forces Decoration:**
MWO Anderson.
**First clasp to the Canadian Forces Decoration:** LCol Playford and WO Coyston.
**Canadian Forces Decoration:**
Sgt Keen.
**UNPROFOR Medal:**
Sgt McDonald.
**Kuwait Liberation Medal:**
Capt Crosier, Capt Lewin, WO Gelineau, Sgt Gauthier, MCpl Belisle, MCpl Maxwell, Cpl Duchesne, Cpl Frantz, Cpl Hollingsworth, Cpl Penner, AB Dymond, AB Goodfellow and Pte MacLean.

**Commissioning Scrolls:**
2Lts Kropelin, Netterfield and Renfree.

**A1 Navigation Instructor Category:**
Capt Truant.

Well done to all recipients!
Félicitations à tous ceux qui se sont mérités une décoration!

Cpl Frantz receives his Kuwait Liberation Medal from the BComd

Capt Crosier receives his Kuwait Liberation Medal from the BComd.

MWO Anderson receives his CD2 clasp from Col Proulx.

## CERTIFICATE OF SERVICE

MCpl Morrison received his certificate of service from Col Proulx for 26 years of service.

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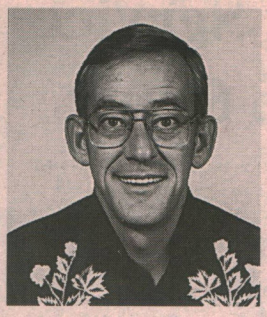


Barry Sweeney

**Barry Sweeney**

**music reviews and syndicated columnist**

# TRAVIS - RANDY & TRITT

**Randy Travis**, in many ways, is solely responsible for pioneering the 'new traditionalist' role in country music. When he hit the scene he literally exploded with hit after hit and won every award available. It's been a half-dozen years, or so, since he first caught the spotlight and in those years he's become a heart-throb, a hit-maker, a pioneer, an award winner and just about everything else. He is also one of the reasons that country music has met with such a great resurgence.

In the years he has been recording, he's had one hit after another yet there's never been a greatest hits package. Like so many other firsts in his career, **Travis** has just released a pair of **Greatest Hits** packages on the Warner Bros label. Yes, it is taking a chance to do such a thing. **Guns N' Roses** did it with pretty predictable results - multi-platinum. **Bruce Springsteen** released a pair of albums at the same time. However, **Springsteen** had been off the charts for a while and his results, even with a tour to promote them, didn't exactly set the world on fire. Will it work for **Travis**? Probably.

Each cassette, or CD, is loaded with eight hits each and, add to that the fact that each contains two future singles and I think you're looking at (or listening to) a decision that will pay off in gold or platinum. **In Volume One Travis** loads the set with **Deeper Than The Holler, On The Other Hand, Hard Rock Bottom Of Your Heart** and his career opener **1982**. His current single **If I Didn't Have You** is the lead-off track and being that it is currently sitting at the #1 position it will draw huge response.

**Volume Two** contains such chart and sales monsters as **Forever and Ever Amen, Diggin' Up Bones, It's Just A Matter of Time and He Walked On Water**. This set has two brand new songs that will also be released for the singles market. They are **Look Heart, No Hands** and **Take Another Swing At Me.**

With the exception of very few artists **(Garth Brooks, George Strait)** no one else has the popularity to sustain two albums of **Greatest Hits** simultaneously. **Randy Travis** is a trendsetter and a hitmaker of unparalleled credentials. This will be the true test of his popularity.

**TRAVIS TRITT**

Fresh from the success of his **No Hats** tour with **Marty Stuart** and currently on location filming with **Kenny Rogers, Travis Tritt** is in **T-R-O-U-B-L-E** (Warner Bros). Actually, he's not in trouble, rather that is the name of his latest album and it's a dynamite release. Currently enjoying top-5 success with his paean to the blue-collar worker via his **Lord Have Mercy On The Working Man, Tritt** has assembled a solid no-frills country outing that will keep him at the forefront of his craft.

**Looking Out For Number One**, an uptempo gem with jangling guitars and solid drum/bass interplay, opens the proceedings. The set then goes into a ballad mode with **Can I Trust You With My Heart** and **Tritt** hits full stride with the raucous title track. This one is like a runaway train with its screaming guitars, bouncy piano, bottom line bass and enough potential to blow right out of the box and kiss off the top-100. If **Jerry Lee Lewis** had a track like this, he'd be right back on the charts.

It's back to the ballads with **When I Touch You** and a midtempo shuffler in **A Hundred Years From Now**. Set rounds out with the **Buddy Guy**-penned **Leave My Girl Alone** and **Tritt's** own compositions **Worth Every Mile** and **I Wish I Could Go Back Home**. This one is a country hit with pop potential.

**FAST FACTS**

**Chubby Checker** is the only artist to ever top the charts with the same song in two different years. However, **Bobby 'Boris' Pickett** was able to catch top-10 action twice with the same song. **Monster Mash** went to #1 in 1962 and, more than a decade later, in 1973, caught top-10 action. Of course, the song is revived every Hallowe'en. That's the **Fast Facts** on **Boris**.

When you shop - remember your local **Food Bank**.

# MAINTAINING THE PEACE

**Continued from front page**

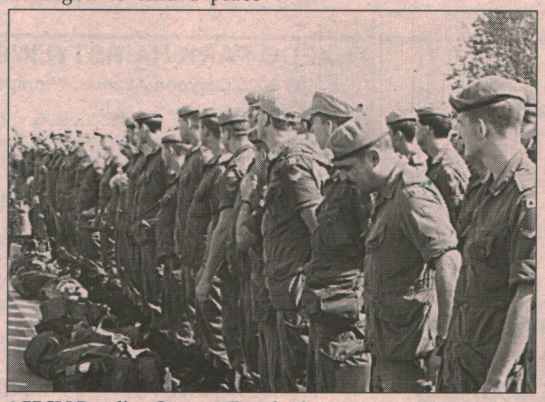
The purpose of all these activities is to enforce the Vance Agreement, one of the main provisions of which is the removal of all firearms from the UNPA (United Nations Protected Area). As a result the soldiers spend a substantial amount of time looking for, and confiscating, weapons and ammunition. The variety of military hardware they have found over here is truly astounding, everything from four or five rifle rounds under the seat of a car to three six foot long surface to air missiles in the back of a truck.

We have had our share of excitement. On 10 October, there was an ambush of a civilian car in B Company's area that resulted in one dead and three seriously wounded and there would have been more dead if it hadn't been for the fast reactions and high calibre of first aid performed by 5 Platoon and the Battalion Medical Section. Reconnaissance Platoon and D Company had a few very tense moments on the 26th at the Bosanska Gradiska Bridge 25 km to our south. They were deployed there to assist the Nepalese in closing the bridge. There was a period during the morning when it was felt that they were going to be attacked any minute.

People back home wouldn't believe it was possible but we have managed to find a place where it rains more than Victoria. Since we arrived here there has been at most 5 sunny days. The entire area is rapidly turning into a quagmire. B Company's area is particularly bad, with their entire headquarters in the middle of a foot deep sea of mud.

All in all the morale here is high and the soldiers of 3 PPCLI and all of the units augmenting the battalion are doing an excellent job in very difficult circumstance.

**From L to R. Cpl Ledoux 1 R22eR, Pte Lamont 3 PPCLI and Cpl McVeen 3 RCR prepare for the change of command ceremony.**



**3 PPCLI Battalion Group at Zagreb Airport.**

**MCpl Stone of 1 Field Ambulance treats a Croatian boy.**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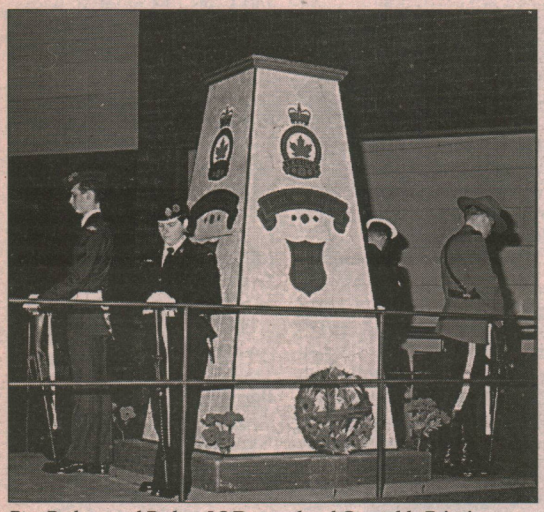
An artillery battery from CFB Shilo fired 21 gun shots at 1100 hrs.
Une batterie d'artillerie de la BFC Shilo tirèrent 21 coups de canon à 1100 hrs.

# Remembrance Day Service Winnipeg Convention Centre

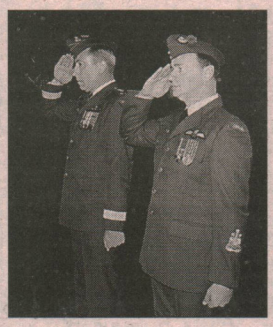
In remembrance of the Canadians who laid down their lives for their country, the 1992 Remembrance Day Parade was held at the Winnipeg Convention Centre on the 11th of November, 1992 at 11:00 A.M. The parade was open to the public, and was also attended by the Lieutenant-Governor of Manitoba, Her Worship the Mayor, the Commander of Air Command and the Base Commander. Representatives of all veterans groups, the 2PPCLI and the Base, also participated to the march past.

# Cérémonie du jour du Souvenir centre des conventions de Winnipeg

La cérémonie du Jour du Souvenir, en mémoire de tout les Canadiens qui sont mort pour la Patrie lors des dernières Grandes Guerre, eu lieu au centre des conventions de Winnipeg, mercredi le 11 novembre 1992 à 11h00. La cérémonie était ouverte au public et parmi les dignitaires se trouvaient: le lieutenant-gouverneur du Manitoba, son Honneur le maire, le commandant du commandement aérien et le commandant de la base. Des représentants de tous les groupes de vétérans de la région, du 2 PPCLI et de la base, participèrent aussi au défilé.



Ptes Braham and Parker, LS Dymond and Constable Feist in position around the cenotaph.
Les sdts Braham et Parker, le matelot de lière classe Dymond et le constable Feist, en position autour du cénotaphe.



LGen D. Huddleston, and the CCWO, CWO Parent, salute the cenotaph in memory of all who died fighting for their country.
Le lt-gén Huddleston et l'adjuc du commandement aérien, l'adjuc Parent saluent le cénotaphe, en mémoire de tout ceux qui sont mort pour la patrie.

Col J.R.B. Proulx, Base Commander of CFB Winnipeg, and CWO Scott, the BCWO, salute after laying the Base's Remembrance Day wreath.
Le col J.R.B. Proulx, commandant de la Base, et l'adjuc Scott, adjudant chef de la base, saluent après avoir déposé la couronne de la Base au pied du cénotaphe.

## Opportunité Culturelle!!

Pour le developpement de sa nouvelle section "Francophonie", le Voxair a besoin des talents de personnes ayant des habilités en composition et en vente de publicité en français. Intéressé? Pour tout renseignement, signallez le Voxair à 889-3963. L'opportunité vous attend!!


# Professional & Business Directory

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# Employee Assistance Program

Hi!

I have an important message for you! I would like to make sure that you know about the Employee Assistance Program or EAP.

The EAP has been jointly developed by unions and management to help employees troubled by personal health or behavioral problems. The program provides advice and assistance, and referral to an appropriate resource when required.

Any problem that impairs an employee's job performance should receive appropriate remedial attention, don t you agree?

The Department of National Defence recognizes that you, as an employee, are its most valuable resource. Consequently, the EAP has been developed to ensure that appropriate assistance will be available to you if and when you need it. You are free to request this assistance even if your personal problem has not begun to affect your job performance In the unlikely event that your work performance should begin to deteriorate, your supervisor will probably advise you to see an EAP referral agent.

You are free to accept or refuse EAP assistance. In either case, your work performance will have to return to an acceptable level. If it doesn't, you could lose your job! On the other hand, if you request assistance through EAP, doing so will not endanger your job security, or your chances of future promotion or transfer.

You may be assured that if you seek confidential assistance from a Referral Agent, your supervisor will not be informed of the nature of your problem, unless you give your EAP Referral Agent written authorization to do so.

Referral agents are trained to assist you, and will refer you to a professional or agency if you decide that this is appropriate. Referral Agents available near you are listed below, and the one that you choose to consult will be pleased to assist you.

Referral Agents:
Capt Andre Bard, AIRCOM HQ (5843)
WO Ann Pritchard-Thornhill, AIRCOM HQ (5638)
Mrs. Jean Harris, P2 (6111)
Mrs. Gerry Johanson, Bldg 65 (5663)
Mr. Jonathan Cote, Bldg 52 (5698)
Mrs. Roxanne Yvon, AIRCOM HQ (5951)
Mrs. Linda Brown, AIRCOM HQ (6629)

Your EAP Committee Chairperson - **Fred LeCaine, 5937**
P.S. Please remember, this service is strictly confidential.

# EAP Profile

By: Jonathan Coté

*"To be concerned for the best interests of all employees, to respect the dignity of their varied roles in serving the common purpose, to consider their representations and to accept the legitimacy of their desire for meaningful and rewarding working lives.."*

**- E.A.P. Operating Principle**

**MWO Fred LeCaine, chairperson for the Employee Assistance Program at CFB Winnipeg.**

The simple belief expressed above has been the backbone of the Employee Assistance Program (E.A.P.) for the past ten years, and it's a principle especially dear to MWO Fred LeCaine.

Since the fall of '91, Fred has been the chairperson of CFB Winnipeg's E.A.P., part of the countrywide program supported by both labour and management. Nationally, the EAP trains employee volunteers throughout the federal government to serve as Referral Agents (RAs): people who can quickly and confidentially link troubled individuals with appropriate sources of assistance.

Operating with the idea that serious personal or family problems can effect an employee's performance and growth, an RA is a sensitive and nonjudgemental listener who's been trained to help fellow employees by providing - confidentially - information about the many support services available in the community. Fred himself started as a Referral Agent back in 1986 while stationed at CFS Baldy Hughes, a radar station in central British Columbia.

Remaining active in the EAP ever since, Fred has also served as a RA at both Canadian NORAD North Bay and his current posting of Air Command Headquarters where, in addition to coordinating the nine base RAs, he's employed as Staff Officer, Communication and Electronic Support 4-2. Married and the co-parent of two daughters, Fred celebrated his 30th year with the RCAF/CF this past fall and so can honestly claim to have "seen it all"!

Fred has completed both the basic and advanced RA training as well a number of drug and alcohol courses, and has given many informational presentations to the militia and cadets in the Winnipeg area. He encourages calls from managers and employees alike regarding the many resources available from the base Employee Assistance Program and can be reached at local **5937.**

CANADIAN FORCES SISIP RARM FORCES CANADIENNES

On behalf of the Service Insurance Board of Trustees and all support personnel, we sincerely appreciate the privilege of serving you during 1992.

Together, we will continue to make a difference.

Best Wishes for peace, happiness and a prosperous and safe holiday season.

Au nom des membres du conseil d'administration et de tout le personnel de support, nous appréçions sincèrement le privilège de vous servir en 1992.

Ensemble, nous continurons à faire la différence.

Nos meilleurs voeux de bonheur, de paix, de prospérité vous accompagnent en cette période de réjouissance. Soyez prudents.

Merry Christmas and Best Wishes for '93

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Above the Crowd!

# CFANS Update

November 19th was graduation day for Course 9108. Honour graduate, and recipient of the LCol Kenneth H. Pauls Memorial Trophy, was Lt Katherine Powell.

The LCol Pauls Memorial Trophy is awarded to students who have demonstrated outstanding performance while undergoing Basic Navigation Training. The successful candidate must have achieved an "A" standing on the course, and must never have received an unsatisfactory flying, trainer or academic assessment. In addition, the selectee's dress, deportment, and officer development in general must be of a consistently high standard.

Lt Powell is proceeding to 436 (Transport) Squadron to fly the CC-130 Hercules. Congratulations Katherine!

### Christmas Fun

The CFANS Christmas Party was held on the 4th of December at the Glendale Golf and Country Club. Entertainment for the evening was provided by the various courses and was an eye-opening demonstration of undiscovered talent. Each course was tasked with singing a Christmas carol, but with words of their own choosing. Woodie Guthrie himself would have been proud of the working class, ie; student, lyrics. Course 9203's contribution, sung to the tune of "Jingle Bells", was typical:

"Northern Stars, ra-dars, help us find our way, We've lost our aids, our Jepp won't work, And our coffee's getting cold, hey!

Although record company executives haven't exactly been scrambling to sign the budding artists, there is some speculation that a bootleg demo-tape will be aired on Much Music before Christmas.

"It's a potential marketing bonanza!" enthused Capt Rick Hone, the project's organizer. "We figure it should fill the niche left now that the singing chipmunks' recordings are so rare."

Rick, well known for his collection of singing chipmunk recordings, has been entertaining his co-workers by playing his record of *"The Chipmunks Sing Handel's Messiah,"* a delightful three hour recording of more than 200 furry sopranos warbling this well-known Christmas favorite.

"Marketing the CFANS product will be a real challenge," he continued, "but I hear there's 'big rubles' to be made in Albania!"

Albania, one of the last hard-line Communist countries in Eastern Europe, is apparently a natural market for second-rate recordings of Christmas carols.

"Think about it," he said, "they don't understand English, so they won't even know we're singing about the flights of student navigators instead of Saint Nick and his reindeer! We're also a lot like Abba," he added, "everyone knows they're Swedish and didn't even know what they were singing in their own songs. So we're getting OCdt Chris "Two-step" Beese to write some heart-rending, meaningless lyrics - kind of like the whiney country drivel he listens to in BB72. You know, 'my old horse died and my dog ran away.' 'Stuff like that."

Chris was unavailable for comment.

**CFANS COURSE 9108**
**(L-R) Capt P.A.B. Granholm, Course Director, Lt Ted Livingston, Col Proulx, BComd, Lt Spence Coleman, BGen Diamond, Reviewing Officer, Lt Bernie Lewall, Lt Katherine Powell, Honour Graduate, Lt Peter Saunders, Lt John Whalen, Lt Kirk Bennett, Lt Eric Tabard, LCol Leclerc, Comdt CFANS.**

### Flat Earth?!

It is generally accepted in scientific circles that the earth is an Oblate Spheroid.

Given this fact, it is especially surprising that, in what can only be called a radical departure from reality, Capt Brad Coates thinks the earth is flat. Brad, who has only recently graduated from the Navigator Instructor Course, has already tested his theory on Course 9209, the newest course at CFANS.

"Just because people are saying so doesn't mean it's true," protested Coates. " A quick look at the format of any map makes my theory seem obvious - it's as flat as a pancake."

Luckily, they were skeptical. In an effort to change the CFANS syllabus however, he is now attempting to construct, using leftover box lunches, a scale model of the planet (a word which, he pointed out, is derived from the word "plane" - a flat surface). Results next issue ! That's all until next year! Merry Christmas everybody! !

**Pipeline out!**

# Base Foods

PRIDE BY EXAMPLE

## PROMOTION TIME

Congratulations to Pte(T) Protosavage pictured above with Lt Letain and MWO Laferriere receiving her new rank. Pte(T) Protosavage was promoted to her new rank effective Nov 92. CONGRATULATIONS and keep up the good work.

## COURSES

Congratulations to Lt Letain and Sgt Gobin. They were sent to CFB Borden where their minds and bodies were put through two weeks of gruelling stress. They did survive and pass the Flight Feeding Supervisors Course.

## SPECIAL LEAVE

A hearty see you in a while to Connie Coulliard our beloved salad queen, who after eight months finally decided it was time to go have her baby.

# Aircraft Servicing Promotion

**Capt Matiowsky, Aircraft Servicing Officer, presents Cpl Tim Doucet of #l servicing crew with his new rank effective 19 Nov 92. Congratulations Tim from the crew!**

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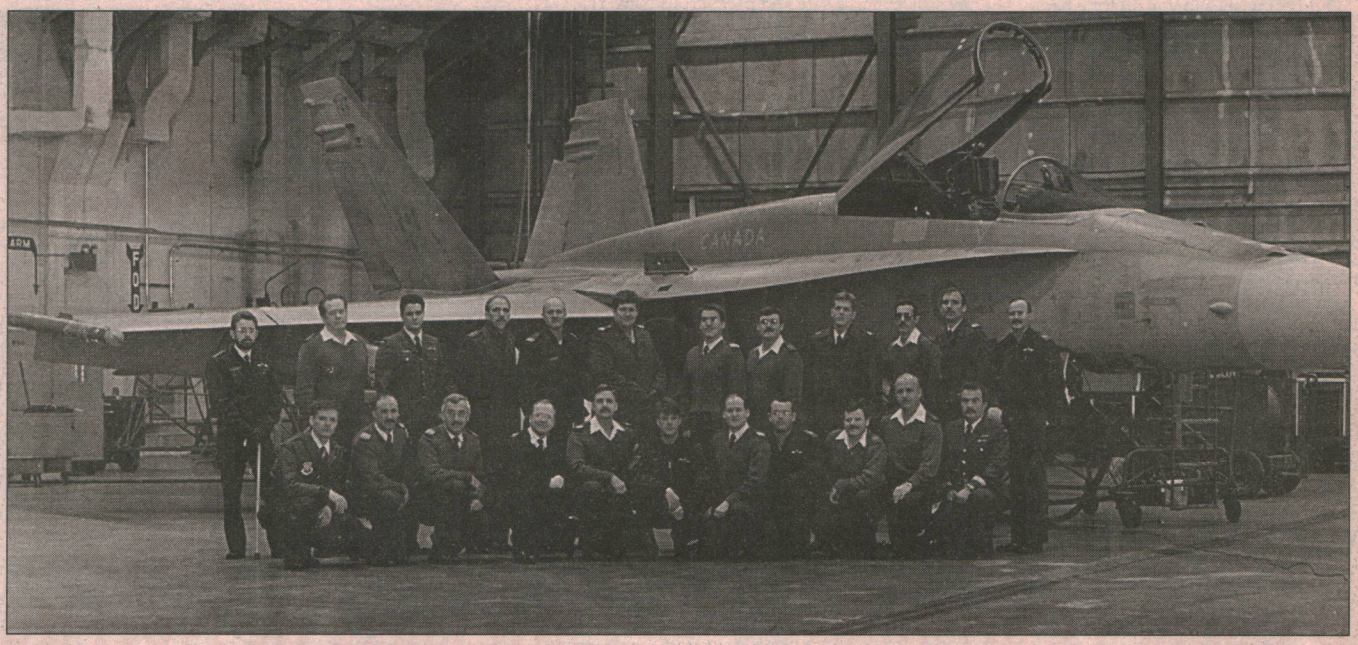
# The Canadian Forces School of Aerospace Studies

## Christmas musings of the Aerospace Systems Flight Commander

Christmas comes but once a year - but does it ever last a long time! It seems that as soon as Halloween is over, the Christmas 'flyers' start to bulk out the newspapers (I suppose they have to put something in them!) and the TV ads start in earnest. Halloween, now there's a strange tradition! You see, where I come from, Halloween isn't such a big deal. Sure, there are always a few stalwarts who will 'trick or treat', but when it comes right down to it, we Brits really don't see what all the fuss is about. I'm not sure we really understand how it works anyway. Last year, I offered to do some juggling when asked to 'trick or treat'! I must have missed the point somewhere, as the little green goblin, Dracula and his mum (that's 'mom' for all of my North American readers) and the fairy princess all stood there in stunned silence. 'Maybe it's the cold?' I thought (well, for those of you who remember, the temperature was quite a big number with a minus sign in front of it - but 'at least it's a dry cold' sic!), so I asked them to step inside whilst (pronounced like 'while' with a 'st' on the end and not like 'wilt' with an 's' before the 't'!) I performed my juggling act for them. Now, it would be true to say that I'm not the world's best juggler - in fact, I'm probably not even the best juggler on our street, and that's probably why my offer was declined, so I simply proffered the pumpkin-like pail and my callers beat a hasty retreat! Several other groups of strangely-clad little people called that night, but, oddly enough, I didn't hear the phrase 'trick or treat' for the rest of the night - I was simply met by outstretched hands. I wonder why?

So, is there a point to all of this? Why am I asking you (if there's anybody still reading, that is) anyway? I'm the one writing this..... this er..... thing, so I suppose I should know! Well, there is a point. Maybe the way that I don't quite understand what Halloween is all about is also indicative of how many of us see Christmas? Of course, when we really think about it, we all know that Christmas is a time for 'peace on Earth and goodwill to all men' and I'm sure we all wish that it could be so, but we still expect our 'treat'! There's nothing wrong with that, but the 'trick' is to remember that bit about 'peace' and 'goodwill'. You don't have to be a saint or a missionary to celebrate Christmas - you just need to know a 'trick' or two!

On behalf of all involved with ASC, may I take this opportunity to wish you all a peaceful and happy holiday. See you in '93.




Top Row (L to R) - WO Kennedy, MWO Cook, Capt Malinski, Sgt Burke, OCdt Scharf, Capt MacGregor, Capt Lily, MCpl Lewis, Capt Gregoire, MCpl Farrow, Capt Neske, MCpl Laporte

Bottom Row (L to R) - Capt Dunlap (USAF), Capt Gagnon, Capt Bulduc, LS Fletcher, Lt Becker, Capt Robertson, Sgt Hughes, Sgt Thomassin, WO Nadeau, Capt Bayles

Season's Greetings

**Call Mary or Grant Clements CD, FRI**
RCAF/CAF RETIRED

*In the spirit of the Holiday Season, may we extend our sincere appreciation for your friendship and good will we value highly in making 1992 such a successful year for us. It is our pleasure to say THANK YOU.*

*Merry Christmas - may a bright and prosperus New Year bring health and happiness to you and yours.*

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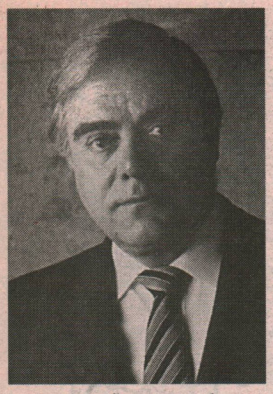
RE/MAX Above the Crowd!


# The Electronic Warfare flight

The Electronic Warfare flight held its second advanced Electronic Warfare course (#9223) from 2 to 30 November 1992. This course is 15 training days long and is designed to provide course members with the EW education that will enable then to fill designated EW positions at the Squadron, Base and Group level. The accompanying course photo shows the 20 students from various backgrounds, including several AD Techs from Tinker Air Force Base in Oklahoma, as well as Capt Dunlap, the EW course director, MWO Cook, EW instructor and Capt Storr, the CF-18 pilot from CFB Cold Lake.

The highlight of the course is the visiting aircraft static displays and briefings. This serial was fortunate to have a CF-18 from CFB Cold Lake and an EST Challenger from Shearwater. The course also hosted numerous American assets, including a US Navy EA-6B Prowler radar jamming aircraft from Whitbey Island, Washington, and a US Air Force EC-130H Compass Call communications jammer from Davis Monthan Air Force Base in Tucson, Arizona.



# Christmas Message - 1992

## The Honourable Marcel Masse, Minister of National Defence and The Honourable Mary Collins, Associate Minister

At this special time of year, we pause to extend our warmest greetings to all members of the Canadian Forces and to the employees of the Department of National Defence.

As we reflect upon the past year, we commend you all for the enthusiastic and professional way you carried out your duties in serving Canada's national and international security interests. Whether you were working on search and rescue operations, humanitarian assistance missions, responding to calls for participation in "Canada 125" celebrations, or indeed, doing the everyday work that is so essential to the smooth functioning of the Department, you conducted yourselves with both honour and distinction.

And to those who participated in peacekeeping operations, your service is particularly noteworthy. Through your exemplary performance in new and ongoing international peacekeeping operations of the past year, you reminded Canadians of the crucial role the Department and the Canadian Forces play in fulfilling Canada's responsibility on the world stage. We wish to thank all of our peacekeeping personnel, past and present, and the vast numbers of people who provided the necessary support, for your efforts to build peace and security in places far from home.

For those members of the Canadian Forces who are away from their loved ones during this holiday season, our thoughts are with you and your families, and we hope that you will be reunited soon.

Our best wishes to you all for a happy holiday season and a safe and prosperous New Year.

# Message de Noël - 1992

## L'honorable Marcel Masse, Ministre de la Défense nationale et L'honorable Mary Collins, Ministre Associée

Au seuil d'une nouvelle année, nous désirons offrir nos voeux les plus sincères à tous les militaires des Forces canadiennes et aux employés de la Défense nationale.

En pensant à l'année, ecoulée, nous constations que vous avez oeuvré avec enthousiasme et compétence au service de nos intérets nationaux et de la sécurité internationale, et nous vous en sommes reconnaissants. Qu'il s'agisse d'opérations de recherche et sauvetage, d'aide humanitaire, de votre participation aux festivités du 125e anniversaire du Canada, ou de l'exécution de vos tâches-quotidiennes essentielles à la bonne marche du Ministere, vous avez toujours été à la hauteur en agissant avec honneur et dignité.

Quant à ceux et celles qui ont participé à des missions de maintien de la paix, on ne saura jamais assez louer vos services. Grâce à votre comportement exemplaire dans des missions nouvelles et permanentes de maintien de la paix, vous avez rappelé à nos concitoyens le role vital que jouent les Forces canadiennes et le Ministère sur la scène internationale en conformité avec les engagements de notre pays. Nous désirons remercier tous nos soldats de la paix, ceux dont l'affectation est terminée et ceux qui la vivent actuellement, ainsi que les nombreux employés qui les ont épaulés dans leurs efforts pour garantir paix et sécurité dans des terres lointaines;

Nos pensées accompagnent les militaires des Forces canadiennes éloignés de leurs proches pendant la saison des fêtes et les membres de leur famille qui attendant leur retour. Nous espérons qu'ils seront réunis bientôt.

Nos meilleurs voeux pour Noël et le Jour de l'An. Puisse l'année nouvelle vous apporter à tous bonheur, santé et prospérité.

# B Comd's Christmas Message

As 1992 draws to a close and we celebrate the holiday season, we should pause and reflect on our accomplishments, and look ahead to 1993.

This year has been very challenging for CFB Winnipeg. In addition to our daily tasks, which are themselves a challenge, we have been praised for the excellent rating that we received for the OP Eval. We have also been acknowledged for our support to a multitude of taskings and the excellence of our work in the construction of the Air Heritage Park, the LGen Lewis Memorial Library and the renovations to the Curling rink, to name but a few. Finally, we were granted Freedom of the City, a rare military Honour for which we can all be proud.

To all personnel at CFB Winnipeg, and your supportive families, I extend my sincere thanks for your efforts, dedication and perseverance which have allowed us to meet all of our commitments for 1992. A special thanks to the dedicated volunteers who keep our social, recreational, and community activities alive. Also, let us not forget those CFB Winnipeg personnel who will be unable to share Christmas with their families because of Base duties or taskings far from home.

So to all of you, my family and I wish you the best for 1993, and an enjoyable and safe holiday season.

Merry Christmas and a Happy New Year!

# Message de Noel du Comdt (B)

Comme l'année 1992 arrive a sa fin et que nous célébrons le temps des fêtes, prenons un moment pour faire le bilan sur nos activités et pour jeter un regard vers l'année 1993.

La BFC Winnipeg a dû relever de nombreux défis cette année. En plus de nos travaux quotidiens, qui sont en eux mêmes un défi, nous avons été félicité pour l'excellent résultat de notre évaluation opérationnelle. Nous avons aussi été félicité pour l'accomplissement d'une quantité impressionnante de tâches, et pour l'excellence des travaux de construction tel que le Parc d'exposition d'avions, la bibliothèque commémorative du lt-gén Lewis et les rénovations de l'aréna de curling. Finalement, nous avons aussi reçu un honneur militaire très rare, dont nous pouvons tous être très fier, celui du Droit de Cité.

A vous tous, le personnel de la BFC Winnipeg et vos familles, je vous remercie sincèrement pour vos efforts, votre dévouement et votre persévérance qui nous ont permis de rencontrer tous nos mandats pour l'année 1992. Un merci spécial va à tous les volontaires qui ont su garder nos activités sociales, récréatives, et communautaires des plus intéressantes. Il faut aussi penser aux membres de la BFC Winnipeg qui sont en service au loin et qui ne pourrons pas célébrer Noël avec leur famille.

Ainsi, je me joins à ma famille pour vous souhaiter nos meilleurs voeux pour l'année 1993 et une saison des fêtes des plus agréables et en toute sécurité.

Joyeux Noël et Bonne Année!

# A CHRISTMAS FIRE SAFETY MESSAGE

In the festive season you are reminded that the main causes of fire in the home remain children playing with matches and overheating of cooking oils. You are encouraged to use only CSA or ULC approved thermostatically controlled deep fat fryers. It is also very important to teach your children the dangers of playing with matches and lighters. They should be told to never play with these items.

### *Holiday Fires*

The year-end holiday season—Thanksgiving, Christmas, Hanukkah, Kwanza, New Year's—is a prime time for residential fires. Decorative lights, candles, parties where people drink and smoke, and especially the onset of the heating season all increase the likelihood of fire.

### *Watch Children*

Keep matches and lighters out of children's reach— up high and preferably in a locked cabinet. Teach young children to stay away from candles, fireplaces, and space heaters. Older children should be taught how to light candles or fireplace fires safely, and they should do so only under direct supervision.

### *Choose Toys Wisely*

When buying presents for children, avoid those that could be highly flammable. Make sure all electric toys bear a firesafe label from an independent testing laboratory. Keep electric toys away from Christmas trees and paper decorations.

### *Give Space Heaters Space*

Keep space heaters at least 3 feet (approximately 1 meter) away from furniture, bedding, clothing, walls and other things that can burn. Always use the proper fuel for liquid-fuel space heaters, vent them, and refill them only in ventilated areas when they are cool. Make sure the type of heater you are using is legal in your area and has a label from a safety laboratory.

### *Party Safety*

Use only flame-retardant or noncombustible materials for costumes and decorations. Provide smokers with large, deep, non-tip ashtrays and, keep an eye on anyone who is drinking and smoking. Empty ashtrays often—and wet their contents before dumping them. Check cushions and furniture for smoldering butts.

### *Holiday Lights*

Be sure all decorative lights, indoor and outdoor, bear the label of an independent testing laboratory. Replace any light sets that have cracked or frayed cords or have loose connections. Do not overload outlets or run extension cords under carpets, across doorways on or under heaters, or pinched behind furniture. Unplug all decorative lights before leaving home or going to bed. Never use electric lights on a metal Christmas tree.

### *Fireplaces*

Have your chimney inspected by a professional at least once a year and cleaned if necessary. Always use a fire screen, and burn only materials appropriate for a fireplace. Never burn trash or paper in a fireplace; burning paper can float up a chimney and onto your roof or into your yard. Remove ashes in a metal container, and never store them in your home.

### *Candles*

Always put candles in non-tip candleholders before you light them, and do not burn candles near combustible decorations or displays. Keep candles well away from curtains and other combustible articles, and never put candles in windows or near exits. Never leave candles burning unattended or within the reach of small children. Extinguish candles –wetting the wicks– before you leave a room or go to bed.

Cheerful Lights of Christmas bring a special warmth to the holiday season - but each year tragedy strikes somewhere through electrical fires or other accidents.

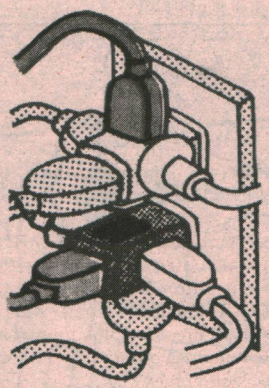
***The main reason is either worn or defective equipment or sheer carelessness.***

Christmas lights and electrically-lit decorations are tested and certified by CSA for safety. However, people often forget the most basic rules when handling electrical equipment.

***Fire safety precautions should head the list or every sensible family's precautions for Christmas. There is no place like home for the holidays-there is also no place like home for Christmas fire hazards.***

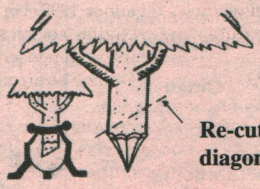
It would take an entire book to write a safety manual for Christmas time. Below are a few safety tips.

***The main thing is to exercise special care in all your Christmas preparations and activities.***



**Make sure the house is adequately wired and that electrical loads applied do not exceed ampere ratings marked on CSA labels on extension cords. Don't overload circuits.**

**Never ... never ... leave small children unattended.**



**Re-cut butt diagonally.**

## For A Safe Enjoyable Holiday, Follow These Fire Safety Tips

1. Space Heaters Need Space
2. Be Watchful of Dangers to Children
3. Buy Only Safe Toys
4. Choose a Fresh Tree
5. Check Out Lights
6. Take Care with Candles

***The Fire Chief and staff of Fire Prevention Bureau wish you and your family a safe and happy holiday season.***

# Base Commander's Commendation to ARAF Member

Pictured above is ARAF member, Sgt J.J. Laberge being presented with the Base Commander's Commendation by the Base Comd, Col J.R.B. Proulx and BGen R.W. Slaughter Aircom COS Trg Res. Sgt Laberge received this award in recognition of his dedication and devotion in support of the Reserves and Base activities.

# ARAF WINNIPEG UPDATE

During the past month there were some noteworthy happenings in ARAF Winnipeg which we thought required special mention.

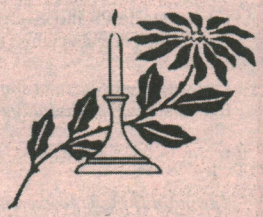
Let's begin by introducing Sgt J.J. Laberge who joined ARAF in 1992 after release from the CAF. Since that time he has been employed in the Base Defense Planning section and then the Base Ops section. Sgt Laberge was recently presented with the Base Commander's Commendation for his dedication and devotion in support of base activities. Also deserving was our Chief Clerk, Sgt Linda Patterson who was selected as a deserving member to go on a 402 Sqn training flight to Central America and the Caribbean. She just returned with a handful of pesos and a load of souvenirs (read junk). A special well done to you both. Another first for the unit and possibly a first for any ARAF was our Flt Comd, Maj Cote leading a flight of ARAF members on parade during the recent Freedom of the City Parade. All members were enthusiastic and proud to parade as a unit, even though some of us were a little rusty. Maj Cote is still blaming the cold for being the only one with the right step.

In further news, ARAF members enjoyed the privilege of meeting BGen Slaughter on his recent visit to the unit. BGen Slaughter, accompanied by our Base Commander, was briefed by the Flight Commander on the role and composition of our unit and later met with some of our members. BGen Slaughter enjoyed the opportunity to meet with some of you and he commented most favourably on the overall diversity and quality of our Primary Reservists.

Cpl Battad is presently organizing a team of first aid experts to compete in the Provincial/Regional Mary Otter First Aid Competition in early '93. This is another first for ARAF. Let's hope the light blue comes through.

Recently returning from CFB Borden were Cpl Moore and Pte Crawford who completed their MSE course. They are now qualified for Manitoba winter driving. Welcome back. Cpl Steinke, our last expatriate to Europe, finally showed up to say hi and goodbye; he returned to Germany until Mar '93.

Finally, as Christmas is approaching, we wish you a very enjoyable and safe holiday season. As you relax in the comfort of your home with your loved ones, you can proudly reflect on your accomplishments over the past year and think of all those who by duty or sickness will not take part in those celebrations. Merry Christmas and Happy New Year.



## AIR RESERVE CAREER OPPORTUNITY

**POSITION:** PERSONNEL ADMINISTRATION OFFICER

**DESCRIPTION:**
The Air Reserve Augmentation Flight Winnipeg has an opening for one Personnel Administration (PADM) Officer to undergo training under the Reserve Entry Scheme Officer (RESO) Program for University students. The Military Reserve training program guarantees 16 weeks of employment every summer till graduation with possibility of part-time employment during the school year. A PADM Officer works in the two main functional areas of personnel administration and personnel services. Qualifications for Enrolment:
- Meet Canadian Forces Medical Standards and citizenship requirement
- Enrolled as a full time undergraduate at a University (preferably in first year) in either Business Administration or Commerce, with a satisfactory academic record.
- Possess sufficient military potential as assessed during selection by the Canadian Forces Recruiting Centre
- Be available for military employment during the summer training period

Where to Apply: (in person before 1 Feb 93)
ARAF WINNIPEG
CFB WINNIPEG NORTH
BLDG 62, ROOM 307
833 - 5764

## AIR RESERVE CAREER OPPORTUNITY

**POSITIONS:**
- COOK
- TRAFFIC TECHNICIAN
- SUPPLY TECHNICIAN
- MEDICAL ASSISTANT

**DESCRIPTION:**
The Air Reserve Augmentation Flight (ARAF) Winnipeg is currently seeking candidates to undergo training in summer 1993 in the above mentioned trades. Previous experience is not required as the Air Reserve offers an extensive training program including four weeks of General Military Training in Penhold Alberta as well as follow-on training in Borden Ontario. All applicants must meet Canadian Forces enrolment standards and be selected in competition with others.

Where to Apply: (in person before 1 Apr 93)
ARAF WINNIPEG
CFB WINNIPEG NORTH
BLDG 62, ROOM 307
833 - 5764


## SPECIAL NOTICE

Effective Dec 8 - 1992

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Fri. & Sat. 9 pm - 1:00 am

**Meat Draws**
Every Sat. 2 pm - 5 pm

*"I can't finish-do you have a reindeer bag?"*

# 733 COMM SQN

By Pte Lynn McDonald

Well the snow has come and winter is upon us, and Christmas is just around the corner, better make your list and check it twice...

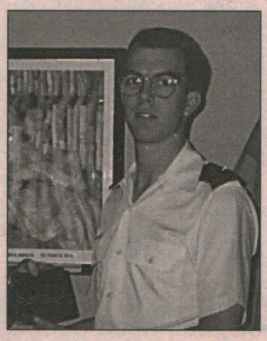
People have been coming and going from the Sqn all fall. To start off with I would like to Welcome Capt Wagner who has joined us from Ottawa and assumed the position of Information Systems Officer. He's been busy ever since his arrival with the new ITRC. Welcome back to MCpl Lorna Davis from her 3 month French course in St. Jean, Que. How come we haven't heard too much French being spoken there MCpl? Cpl Marjo Bergeron was also in St. Jean, on her English course, so welcome back to you as well. We hope your courses were enjoyable.

**Cpl Dave Serduk receives his new rank of MCpl.**

Others that are on or have been on course these past few months include Cpl Roman Joseph who is presently on his LRTC course in Kingston. He's hoping for a tour in one of the many UN missions and figured this was one way to get it. Pte Carl Bruce is on his QL 5 Radar Tech Course in Kingston and Pte Rob Sadick just returned from his QL 5 course in Kingston. The hockey team is going to miss Carl but we're sure he'll burn up the ice on his return. Cpl Pat Wiggins volunteered to instruct the Comm Reserves at the CRTC in Vernon B.C. (God's country). From all reports, the training went well and it was a good learning experience for Pat.

Pte Brenda Sadick was recently on an Intelsat Course in Ottawa and should be attending another serial in the not too distant future. Another member looking for a UN tour ??

Congratulations to Cpl's Chantal Denis, Sonya Renaud, Dana Boucher, Brian Lahner, and Kevin Wilson on receiving their Cpl hooks, and to MCpl Dave Serduk on his promotion to his new rank.



**Cpl Kevin Wilson receives his new rank.**

Cpl Chantal Denis is leaving our winter wonderland for 6 months in Cyprus. She should be back just in time for the mosquito season. Enjoy your tour! And returning from Cyprus is Cpl Sonya Renaud. We know you had fun and hope it doesn't take too long to climatize to our weather.

Belated congratulations to Lois and Herman Harmsen on the birth of their baby boy. We hope he brings you much joy, and demands very few early, early morning feedings!! Best wishes and congratulations to Cpl Brian Carr and his wife Deborah on the birth of their new baby girl, Amber Rose, and Pte Pat Goulding and his wife Jan on the birth of their new baby girl born 28 Nov 92.

Pte John Peters recently tied the knot. Congratulations to John and his new wife Misty who were married on 5 Sep 92, and welcome to the Sqn "family". Cpl Karen Rankin was also recently married. Apparently, she knows the highway to Shilo like the back of her hand. Best wishes to you and John for a long and happy marriage as well.

On 28 Oct 92, 733 Comm Sqn hosted another very successful IMAX presentation at which we raised $323.00 for The Family Support Centre. Many prizes were given away and the Films "Antarctica" and "Flyers" were enjoyed by all who attended. A few comments about motion sickness were heard here and there, and I wonder if that young chap enjoyed the ballet tickets he won...

The Sqn Halloween Party was a hoot!! Lots of fun for everyone. Prizes for best costumes were awarded to Cpl John Osgood as Frankenstein, best couple were Steve and Denise McLean as the washing machine and laundry basket and best female was MCpl Marie-Claire Lavoie who was dressed not as a black cat, but as Garfield. There were many other excellent costumes with a lot of effort put into their design. BZ to all who dressed up ! (Still trying to figure out who that 'ol man was).

Friday, 13 Nov 92 found the Sqn at the curling club for the semi annual curling speil. It may have been an unlucky day for some of the teams but Pte Pat Gouldings team, consisting of MCpl Henry Kisters, MCpl Rick Fry, Cpl Linda Cannon (spare) and Cpl Greg York, were the lucky winners. Various styles, forms and abilities were very evident here, some worked, others didn't and many people spent the weekend nursing the sore joints, bruises and blisters. Sure was fun, wasn't it ?

The Comm Sqn Pioneers are quite active in intersection Curling, Volleyball and Ice Hockey. The hockey team has a record of 3 wins and 2 losses as of Oct 30. In intersection curling we have two teams. Team 1 which is skipped by MCpl Dave Hindle, has a record of one win, two losses. The skip for team 2, Pte Pat Goulding, would only say they're having a good season so far... The Volleyball Team is being lead by the fearless MCpl Gord Robertson and his loyal assistant Cpl Steve Mclean. I guess they're going to get serious soon what with all the practising they have planned. Good luck to all our teams!!

Since this is the last article for 1992, all of us at 733 Communication Squadron and Base Telecommunications wish you our Warmest Seasons Greetings for a safe and happy holiday. See you in 1993.

# Recreation Centre Fixture

**On Friday the 6th of Nov, Miss Anne Sobkowich was presented with her 25 year plaque for years of dedication to the Public Service. For the past 22 1/2 years. Anne has seen many BPERO's and PERI Staffs come and go, yet she remains serving both staff and members at the Bldg 90 Rec Ctr. With the BAdmo LCol St Germain, the BPServsO Maj Kimak, MWO Brazeau and PERI Staff members looking on, Anne provided all present with a short but entertaining speech. Anne, although suspicious of the large gathering, confessed that she thought that she had won the Base Lottery. Sorry, maybe next time Anne! Once again, Congratulations.**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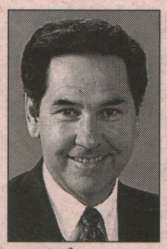
*SEASON'S GREETINGS*
To the members of CFB Winnipeg from
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MLA Sturgeon Creek
Constituency Office:
10-2082 Ness Ave.
PH: 889-5555

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1380 Ellice - 783-1067

# GREETINGS FROM THE CHAPELS

LCdr L.A. Roy, BChap (RC)

## Message de Noël

Encore une fois, nous sommes entourés par les couleurs, les lumières et la musique de Noël et il me fait plaisir de partager avec vous quelque chose que je ressens en un temps de l'année qui laisse peu de gens indifférents.

S'il nous fait plaisir de recevoir des cadeaux à Noël, c'est le temps de l'année où il nous fait autant plaisir de donner. C'est le temps de l'année qui nous donne l'occasion d'exprimer notre amour d'une façon tangible.

La célébration de Noël nous rapproche du Seigneur Dieu; elle nous rappelle que Dieu a jeté un regard d'amour sur le monde et qu'il a exprimé cet amour d'une façon tangible, en effet, "Dieu a tant aimé le monde qu'il lui a donné son Fils", Jésus.

Ce geste de Dieu n'est pas seulement l'affaire d'un instant, mais c'est surtout un don permanent. Jésus est avec nous tous les jours "Jusqu'à la fin des temps". Chaque célébration de Noël nous rappelle cette présence.

Au milieu de nos inquiétudes, de nos efforts, de nos frustrations, de nos anxiétés, de nos espoirs et de nos joies, il est bon que nous sachions que Dieu n'est pas indifférent: il nous aime et cet amour, c'est en Jésus qu'il est exprimé, Jésus "le premier-né d'entre les morts", marchant devant nous vers la victoire de son Amour. Dieu n'est plus "là-haut" et nous "icibas", mais il est en Jésus l'Emmanuel (Dieu-avec-nous).

C'est mon voeux qu'à Noël le don de l'amour de Dieu remplisse vos coeurs de joie et puissiez-vous marcher à sa lumière et jouir de sa Paix durant la nouvelle année.

## Christmas Message

We are, once again, surrounded by the sights and sounds of Christmas and I take great pleasure in sharing with you something of the meaning of the festivities that leave few of us indifferent.

It is the time of the year when we feel like giving and we are happy to diligently prepare gifts for those we love. It is the time of the year when we want our love to become tangible. The celebration of Christmas brings many of us close to God. We are reminded that God has looked upon the world with love, a love that he has expressed in a tangible way, so much love that he gave his Son, Jesus.

This gift is not only the gesture of an instant, but a permanent gift: Christ is in the world as a permanent presence and each celebration of Christmas reminds us of this permanent gift.

In the midst of our conflicts, our anxieties, our struggles, our fears, our hopes and our joys, we know that God is not indifferent: He cares. He expresses this love in Jesus leading us to move ahead in hope towards the victory of his Love. God is not "up there" and we "down here" anymore, but He is Emmanuel (God-with-us).

May the gift of God's Love fill your hearts this Christmas and may you walk in his Light and Peace during the New Year.

## Christmas 1992 Greetings

Maj. W.G. Shields, BChap (P)

At first glance, the birth of a baby in humble surroundings did to merit much attention. Unemployment, political chaos, homelessness were more pressing issues for the majority of people. Yet, there was something special about this baby. How else to explain the group of shepherds - ordinary working men, and the three nobles, who all congregated together at the same time and in the same place to greet this birth as a remarkable event? All involved, shepherds, nobles, Mary and Joseph, passers-by - were caught up by forces they could not understand, but they responded with love and with presents.

Christmas in 1992 has to contend with cynicism, commercialism, and all the other "isms" of our times. But, the Christ child still has that unsettling power to take us out of ourselves and make us question our beliefs and our prejudices.

Pause for a moment from the hectic pace of this Season - push aside the tinsel and the wrapped boxes - and gaze on the face of that little baby. He is still with us - reaching out, inviting us to join Him in love and community.

From the Chaplains and congregations of the Chapels of the Good Shepherd (North Site) and St Andrew (South Site), we wish you the Happiest and Holiest of Christmases.

## Advent & Christmas Schedule

### *Protestant*

### Chapel of the Good Shepherd (North Site)

| | |
|---|---|
| 20 Dec | 1900 hrs - Open Caroling |
| 24 Dec | 1900 hrs - Christmas Eve Family Service |
| | 2300 hrs - UCC Holy Communion Candlelight Service |
| 25 Dec | 1100 hrs - ACC Holy Eucharist Service |
| 03 Jan | 1100 hrs - UCC Holy Communion Service |

### St. Andrew's Chapel (South Site)

| | |
|---|---|
| 21 Dec | Advent IV |
| 24 Dec | 1900 hrs - Family Service of Carols & Readings |
| 24 Dec | 2230 hrs - Anglican Evening Eucharist |

### *Roman Catholic*

### St. Marguerite Bourgeoys Chapel (North Site)

| | |
|---|---|
| 24 Dec | 1500 to 1700 hrs - Private Reconciliation |
| | 1900 hrs - Children's Mass with Christmas Pageant |
| | 2200 hrs - Mass( in French) |

**Midnight Mass celebrated for both North and South site Chapels.**

| | |
|---|---|
| 25 Dec | 1115 hrs - Mass |
| 27 Dec | Feast of the Holy Family, regular Saturday and Sunday Celebrations at both Chapels. |

**New Year's: Solemnity of the Virgin Mary - World Day of Prayer for Peace**

| | |
|---|---|
| 31 Dec | 1700 hrs - Mass |
| 01 Jan | 0900 hrs - Mass (in French) |
| | 1115 hrs - Mass |
| 03 Jan | Feast of the Epiphany, regular Sunday schedule at both Chapels. |

**Les Célébrations (Messes) en français auront lieu à Ste Marguerite-Bourgeoys:**
- Veille de Noël à 22h00
- Dimanche, 27 décembre, Fête de la Ste. Famille, mess à 9h00 le matin
- Jour de l'An (Solennité de la Vierge Marie et Journée Mondiale de la Paix, messe à 9h00 le matin
- Dimanche, le 3 janvier, Fête de l'Epiphanie, messe à 9h00 le matin

### St. George Chapel (South Site)

| | |
|---|---|
| 23 Dec | 1930 hrs - Celebration of Reconciliation |
| 24 Dec | 1930 hrs - Celebration of the Word with Christmas Pageant and Communion |

**Midnight Mass celebrated for both North and South site Chapel at St. Marguerite Bourgeoys Chapel (North)**

| | |
|---|---|
| 25 Dec | 1000 hrs - Mass |
| 27 Dec | Feast of the Holy Family, regular Saturday and Sunday Celebrations at both Chapels. |

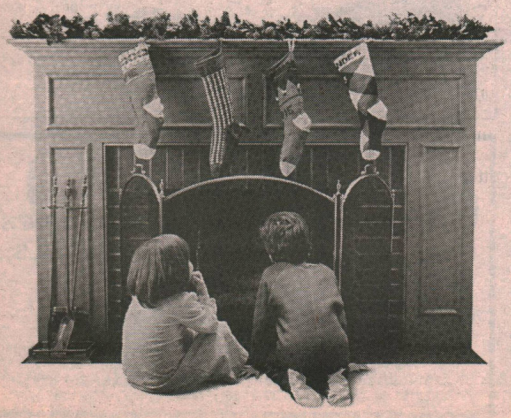
**New Year's: Solemnity of the Virgin Mary - World Day of Prayer for Peace**

| | |
|---|---|
| 31 Dec | 1830 hrs - Mass |
| 03 Jan | Feast of the Epiphany, regular Sunday schedule at both Chapels. |


**Do your kids think getting down the chimney is the miracle of Christmas?**

Children should know there's more than one reason to celebrate Christmas. This year, introduce them to the real meaning of the Holiday season, and let Jesus give Santa Claus a little competition.

Welcome to our Christmas Services
Chapel of the Good Shepherd (P) &
Chapel of St. Andrew (P).



# CHRISTMAS & NEW YEAR'S SCHEDULE

## BUILDING 90

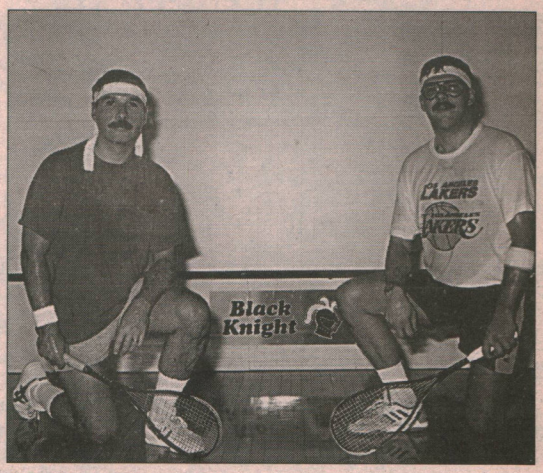
| | | GYM | | POOL | |
|---|---|---|---|---|---|
| MON | 21 DEC 92 | 0730-1300 | MT* | 1145-1245 | MF |
| | | 1300-2000 | CR | | |
| TUE | 22 DEC 92 | 0730-1300 | MT | 1145-1245 | MF |
| | | 1300-2000 | CR | 1800-2000 | CR |
| WED | 23 DEC 92 | 0730-1300 | MT | 1145-1245 | MF |
| | | 1300-2000 | CR | | |
| THU | 24 DEC 92 | 0730-1300 | CR | 1145-1245 | MF |
| FRI | 25 DEC 92 | C L O S E D | | | |
| SAT | 26 DEC 92 | C L O S E D | | | |
| SUN | 27 DEC 92 | 1300-1600 | CR | 1300-1530 | CR |
| | | 1800-2000 | CR | | |
| MON | 28 DEC 92 | 0730-1300 | MT | 1145-1245 | MF |
| | | 1300-2000 | CR | | |
| TUE | 29DEC 92 | 0730-1300 | MT | 1145-1245 | MF |
| | | 1300-2000 | CR | 1800-2000 | CR |
| WED | 30 DEC 92 | 0730-1300 | MT | 1145-1245 | MF |
| | | 1300-2000 | CR | | |
| THU | 31 DEC 92 | 0730-1300 | CR | 1145-1245 | MF |
| FRI | 1 JAN 93 | C L O S E D | | | |
| SAT | 2 JAN 93 | 1300-1600 | CR | 1300-1530 | CR |
| SUN | 3 JAN 93 | 1300-1600 | CR | 1300-1530 | CR |
| MON | 4 JAN 93 | BACK TO NORMAL SCHEDULE | | | |

MT = MILITARY TRAINING
MF = MILITARY FITNESS
CR = CASUAL RECREATION

## LIPSETT HALL

| | | GYM | POOL |
|---|---|---|---|
| MON | 21 DEC 92 | 0730-2200 | 1800-2000 |
| TUE | 22 DEC 92 | 0730-2000 | CLOSED |
| WED | 23 DEC 92 | 0730-1200 | 1800-2000 |
| THU | 24 DEC 92 | 0730-1300 | CLOSED |
| FRI | 25 DEC 92 | C L O S E D | |
| SAT | 26 DEC 92 | C L O S E D | |
| SUN | 27 DEC 92 | 1300-1600 | 1300-1530 |
| MON | 28 DEC 92 | 0730-2000 | 1800-2000 |
| TUE | 29DEC 92 | 0730-2000 | CLOSED |
| WED | 30 DEC 92 | 0730-2000 | 1800-2000 |
| THU | 31 DEC 92 | 0730-1300 | CLOSED |
| FRI | 1 JAN 93 | C L O S E D | |
| SAT | 2 JAN 93 | 1300-1600 | 1300-1530 |
| SUN | 3 JAN 93 | 1300-1600 | 1300-1530 |
| MON | 4 JAN 93 | REGULAR SCHEDULE ! | |

# CFB Winnipeg Squash Club




CFB Winnipeg Squash Club hosted a D-Level tournament sponsored by Black Knight 17-18 Oct. Squash players from most of Winnipeg's squash clubs participated. The winner of the tournament was Maj Rick La Chapelle (right) and runner up was Maj Rod Schwager (left).

# LEARN TO SWIM

| | |
|---|---|
| Where: | Lipsett Hall Pool |
| When: | 26 Jan 93 - 25 Feb 93 |
| Days: | Tue and Thu |
| Time: | 1800-2000 hrs |
| Cost: | $20.00 |

# PARENTS AND TOTS

| | |
|---|---|
| Where: | Lipsett Hall Pool |
| When: | 30 Jan 93 - 28 Feb 93 |
| Days: | Sat & Sun |
| Time: | 1000-1100 Hrs |
| Cost: | $15.00 |

**Registration**

Registration will be held Tue, 18 Jan 93 at Lipsett Hall Pool from 1800-2000 hrs. personnel who are unable to register at this time can register by reporting to the Recreation Council Clerk located at the Westwin Recreation Centre monitor's office on the 20 or 21 Jan 93 between the hours of 0900-1100 hrs only. These will be the only times you can register.

**NOTE:** All personnel registering for swim classes have to obtain a Recreation Association Pass. In order to obtain a pass you can register with the Recreation Council Clerk on Tuesdays or Thursdays between the hours of 0900-1100 hrs.

FAMILY SUPPORT CENTRE • CENTRE DE SOUTIEN DES FAMILLES •

# Family Support Centre

## Operation Harmony Telephone Fan-Out - Volunteer Opportunity

The Family Support Centre is currently seeking 12 - 15 volunteers to assist in relaying specific information to military families during ongoing Yugoslavian deployment from CFB Winnipeg.

*Qualifications:*

- Military personnel or family member with no personal ties to current Yugoslavian PPCLI tour;
- calm supportive telephone manner;
- availability almost any time to both receive and transmit information;
- dependable and organized in nature.

*Job Description:*

- To relay specific information to a confidential list of military families within two hours of receiving the information;
- maintain regular contact with fan-out coordinator;
- attend four hour training program to develop telephone skills, review responsibilities and learn job specifics;
- maintain confidential list of telephone numbers in accessible safe location;
- attend bi-monthly fan-out meeting with fan-out coordinator.

*Length of Commitment:*
approx six months

For more information or to offer your services, please contact Leslie Malcolmson, Adult Program Coordinator at 833-6870.

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# Delta Company in Croatia

A vehicle patrol from D Company.

Greetings from D Company!

So here we are in Croatia! Nice place to visit, wouldn't want to move here though.

The main body arrived last week completing the company and battalion deployment. It's good to see the company together again. But even before the main body arrived D Company was tasked out to escort a convoy of approximately 30 vehicles south, from Daruvar to drop-off points in Pakrac and Lipik. The convoy was carrying needed humanitarian relief supplies to the people in both towns and the surrounding area.

The escort task was conducted in conjunction with several ARGBAT (Argentinean Battalion) personnel who escorted the convoy from their sector to Daruvar.

The company is located in Toranj, about 20 minutes south of Camp Polom in Kapyong Sector. D Company is responsible for conducting vehicle and foot patrols and manning mobile checkpoints. This is done mainly in our sector but we also conduct these tasks in the other company's sectors as "The guys in Battalion Operations" require.

The company has already done patrols and checkpoints in the Frezenberg and Sanctuary Woods Sectors, these are the sectors belonging to A and B companies of 3 PPCLI respectively. 10 Platoon worked overnight with B Company to assist in surveillance. A cold job but somebody's got to do it.

D Company has also been tasked as the Battalion Reserve. In addition to this, the company is tasked to provide one officer and 15 Armoured Personnel Carriers with a driver, crew commander and gunner per vehicle to assist with NEPBAT (Nepalese Battalion) to the south. Both the NEPBAT and reserve company tasks are on order.

As well as conducting the many recces and ensuring the company is operational, the last few weeks have involved doing what every good infantry soldier does; that is, try to make life more comfortable where possible. As I'm sure it is with other companies, much is still left to do in this area, but it's coming together.

D.E.J. Litt
Capt
12 Platoon Commander

# D Company 2 PPCLI

PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY

Its business as usual in Kapyong Sector for D Company. Preparations for winter are coming along , with the arrival of the first 12 Atco trailers for 11 Platoon. They're settled in nicely, Headquarters on the other hand is a different story - with all the moving from one place to another they're beginning to feel like gypsies. If and when the remainder of the trailers arrive the moving should cease.

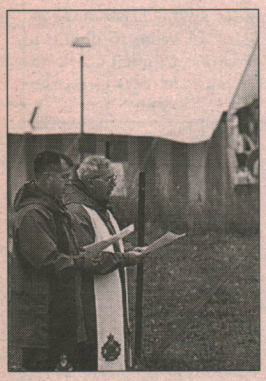
Local relations are good with the community of Toranj, seeing most of the company making trips to the Mayor's local establishment. Arrangements for the Company's Christmas Party (to include the community) are almost complete except for a few negotiations.

The company has been busy, not only in our Sector, but in the other companies areas as well. D Company has had its fair share of weapons and ammo seizures, as well as putting our First Aid training to good use. Sgt McIntyre's group administered First Aid to a couple of civilians involved in a mine accident. Our medics assisted with the medical treatment of three individuals shot on the Dragovic Road on October 10th.

With the news that 2 PPCLI will be rotating over in April, the statement that D Company is not augmenting 3 PPCLI, but in reality 3 PPCLI is augmenting D Company, is soon becoming a reality.

Members of D Company in Croatia.

# Delta Dispatches



Padres Merriman and Pellerin on Remembrance Day.

Again Hello from Delta Company! The company has been very busy in the last few weeks with our continued effort to maintain the peace in Croatia. We are now well into our daily (and nightly) tasks of patrolling and maintaining vehicle checkpoints in and out of Kapyong Sector.

One particular operation began in the early hours of 26 Oct. Orders were received to provide a platoon to support the NEPBAT closure of the Bosanska Gradiska Bridge. Company HQ was also deployed to command all CANBAT elements tasked to support NEPBAT. After some initial tensions the remainder of the company was sent to lend additional support. The matter was finally resolved by agreements being reached between the commander of Sector West and all other involved parties. The bridge was re-opened and D Company returned to their "comforts of home" in Toranj.

With the impending arrival of 2 RCR "by the flocks", D Company was tasked to provide bivouac security and modular tentage set-up in "the swamp", which is located at the Daruvar airport.

Delta Company was also very much involved with the "Village Visitation Escorts", which consist of a platoon tasked to escort Serbian and Croatian refugees to their destroyed homes. The civilians were able to "view" their homes while under the security of UNPROFOR.

Halloween came and went in Delta Company. The troops kept up on our North American traditions of purchasing pumpkins in order to create some unusual looking "Jack-O-Lanterns". Needless to say the "evil spirits" were kept out of Toranj that night.

In closing, "The Boys of Delta" would like to wish Cpl Kocia a speedy recovery.

Lt D.M. Furuness
10 Platoon Comd

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# Jameswood School

There is so much to this time of year - or is there?

Many people are filled with the anticipation of Christmas, and the hustle and bustle and joys that it may bring; good times with laughter, family, friends, gifts, vacations and perhaps travel. With each Christmas gift purchased, they indulge in self-satisfaction with thoughts of a gift well chosen. They receive as much joy in the selection of the gifts, as the actual giving of the gifts.

But then, there are those among us who are convinced that the joyous Christmas season offers no more hope than the days gone by. In fact, such a special time of year often accentuates loneliness and magnifies negative feelings and thoughts.Depression increases and hopelessness looms out of proportion and most often, out of control. As with most of us from time, to time, we often overlook the simple. things in life that can bring us so much joy the diamonds sparkling in fresh fallen snow, or the smile of a child. We sometimes develop a defeatist attitude.

One of the chief causes of our depression is low self- esteem. It is so easy to become preoccupied with one's failures, limitations or weaknesses. and to lose sight of one's own good points. Everyone has lots of strengths — it is sometimes difficult to discover them in yourself when you are feeling worthless and distraught.

It is also so easy to be too critical of oneself when the 'chips are down'. Our feelings, (whether they are. feelings of happiness, sadness, or depression) are the emotional reaction to our beliefs and thoughts about an event or situation. We generally can not change the event or circumstance, so it is therefore necessary to change our attitudes and beliefs about it.

Learning to be responsible for our own feelings is a fundamental skill that all of us require in order to maintain a healthy communication with ourselves and others. We need to acknowledge our good points (without bragging), and to understand the legitimacy, IN FACT NECESSITY of self-appreciation. This is the art of self-respect.

This is a time in our community when stress and stressors 'come out of the woodwork'. Power struggles abound. The additional stresses of Christmas - the gift buying, the demands put on us by churches and organizations, the rush, etc.. are all enough to wear down the fittest of minds. The normal pressures of work never step aside to make room for these newcomers.

As I see people in all walks of life struggling to cope with things on their own, I feel that it is necessary to remind them that it doesn't need to be a lonesome battle. REACH OUT! There is lots of support there if you can just share your feelings and ask for help. Support doesn't always came from family, friends or agencies. There are acquaintances who just may know how you feel. Think Positively!

May you and your family set aside the troubled times and enjoy a blessed and very enjoyable Christmas season.

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CHINA CABINET, good condition- $225.00. Antique double brass bed, $400.00 or OBO. Ph. 832-1755

2BEAUMARK WASHER & DRYER, 4 yrs old, white, $600.00 firm for the set. Ph: 489-3668.

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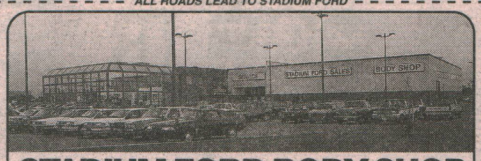

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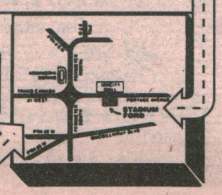

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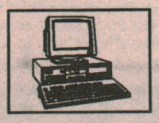

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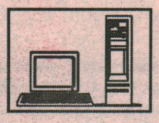

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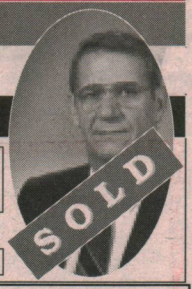


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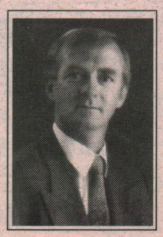

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