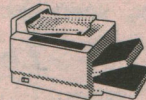


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VOL. 41 ISSUE 14

17 Wing Winnipeg / 17e Escadre Winnipeg

August 18, 1993 / FREE

## Peacekeepers defend "Bridge of life"

### - A look at conditions in Croatia

by Col Ken Hague

Before I left for Croatia, the question I was most often asked was, "What will you be doing as a peacekeeper?" Despite serving with the Armed Forces for 25 years, I had only a vague notion of how to answer that.

The purpose of this article is to give you a glimpse at the environment Canadian and other peacekeepers are working in as members of the United Nations Protection Force (UNPROFOR), especially in Sector West, Croatia, where I am currently on a one-year posting.

UNPROFOR was established by the UN Security Council in February 1992 as an interim measure to create the conditions of peace and security required for the negotiation of a settlement of the Yugoslavian crisis.

Its mandate can be divided into four distinct activities: demilitarize the UN protected areas (UNPAs); protect people in the UNPAs from the fear of armed attack; monitor local police to help ensure non-discrimination and the protection of human rights; and, help displaced civilians return to their homes in the UNPAs.

These tasks may appear straightforward and achievable on paper, but given the track record of UNPROFOR in implementing the mandate, this is obviously not the case.

The 14,000 member force is headquartered in Zagreb and deployed in three UNPAs in Croatia where Serbs have a large population. The three UNPAs have been divided into four sectors: East (Eastern Slavonia), West (Western



Militarily the environment is calm in Sector West, due in large part to the presence of UNPROFOR and our Canadian peacekeepers.

Slavonia), North and South (the northern and southern parts of the Krajina UNPA).

To understand the role of the peacekeepers in Western Slavonia, or Sector West, you should be familiar with the characteristics, mood, and local flavour of this area. It is a province of Croatia, with three features that make it unique from the other sectors.

One, the ceasefire line divides the sector

into two parts. The north is controlled by Croatian authorities while the south — approximately one-third of the sector — is under Serb control. Although all personnel are free to move throughout Sector West, only UN traffic crosses the ceasefire line due to the hostility between the two nationalities.

Two, the Zagreb-Belgrade Autoput (expressway) crosses Sector West in the Serb-con-

trolled area. The Serbs have prohibited Croatian access to the Autoput from Novska to Nova Gradiska causing an expensive and lengthy detour for commercial and private vehicles. Except for UN traffic, this modern expressway is deserted.

Finally, the Stara Gradiska bridge over the Sava River is

the only link remaining from Bosnia to Croatia in Sector West. Since the Serbs in our sector

are surrounded by Croats, the bridge — called the bridge of life by the Serbs — is vital for transporting essential supplies, as well as for military reinforcement in case of Croatian attack. It also provides access to Croatia for approximately 4,000 refugees a month from Bosnia.

Living conditions in Sector West vary drastically. In the ceasefire-line area, where war has raged for a number of

months, damage to houses and commercial buildings is extensive. Even today — a year after the termination of hostilities — houses are still being destroyed occasionally on both sides of the line.

On the Serb side, the standard of living is extremely low. Having to rely solely on humanitarian assistance and support from Serbs south of the Sava River, the residents are facing a very slow economic recovery. In most areas, there is no electricity, running water, or heat, although some basic utilities are being restored. The most dramatic and desperate situation for the Serbs exists in the Pakrac/Lipik area where living conditions are primitive.

Totally destroyed or abandoned during the war, businesses and farms are being rekindled on the Croatian side of the ceasefire line. On the Serb side, the residents — most displaced from the Croatian side — can only look at their homes and farms and dream of

one day returning to a normal life. In the meantime, unemployment is staggering. The only real employment is with the police or territorial defence forces, neither of which are contributing to the long-term recovery of the area.

Further north, areas formerly dominated by Serbs are easily recognizable. Although unblemished by war, entire villages have been destroyed by ethnic hatred. The percentage of Serbs living on the Croat side, and vice versa, has dropped to the point where only a handful of families remain.

The mistrust, paranoia, fear, and hatred that exists between the Serb and Croat populations in Sector West is difficult to comprehend for a Canadian. Expressions such as "live and let live" are not in the vocabulary of local residents. Feelings run too deep to permit an easy or rapid reconciliation.

For UNPROFOR to achieve its mandate, co-operation between all civil, police, and military authorities within the UNPAs is essential. Unlike other sectors under Serbian jurisdiction, Sector West must negotiate with both Serb and Croat officials. In dealing with these officials, UNPROFOR negotiators must remain totally impartial and unbiased. Agreements can not be made with one side without offering the same opportunity to the other.

This is a thumbnail sketch of Sector West. Politically, the environment is unstable on the Serb-controlled side of the ceasefire line because of political manoeuvring now taking place at the higher levels. But militarily the environment is calm, due in large part to the presence of UNPROFOR and our Canadian peacekeepers.

### Feelings run too deep to permit an easy or rapid reconciliation.

## United Way- Sports day

17 Wing is kicking off it's 1993 United Way Campaign on Thurs 9 Sep with a fun filled sports day.

This is a chance to get together with your coworkers and challenge other sections in the Wing. All events are designed to be fun and not necessarily skill related.

Everyone is welcome to attend whether it is as a participant or a cheerleader. (Participants are to pay a minimal entrance fee).

Watch for more details on timings and team composition from your section rep.

Let's get together and help out those less fortunate in our community.



United Way

1993 UNITED WAY CAMPAIGN 14 SEP - 29 OCT

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## Letter To The Editor

To the Editor,

I am collecting essays or anecdotes from Canadian women which tell about the circumstances surrounding their most memorable laughs. In order to record more about this enjoyable and fun aspect of female lives, I need to hear about a large number of amusing to hilarious, personal laughter occasions.

If as hoped, the result is a book with cross-Canada representation, correspondents whose letter content is included, will receive acknowledgment (unless they request otherwise). I look forward to mail from your area; anyone interested, please write me:

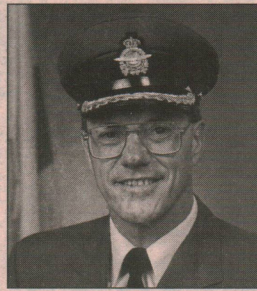
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K7M 6B5

Thank you, Editor, for your time and attention.

## A SUMMER MESSAGE FROM THE WING COMMANDER

Summer is with us, although the weather feels more like fall, and that means leave and heavy personnel rotation. Glancing at the traffic flow in the Orderly Room, over thirty percent of our military personnel will change along with some of our civilian staff. It is a time of turmoil, change, the loss of old friends and the gaining of new. We will lose stalwarts of our community, the key people in many of our organizations who so often worked hard to make 17 Wing a better place to live. To those departing, you can take pride in your contribution and legacy to the Base, and I offer to you and your family my sincere thanks and appreciation for your efforts and dedication.

To those of you who are veterans, I am counting on your continuing support to give a very warm welcome to the newcomers and their families. Until they are fully established and familiar with their job and surroundings, they will need your assistance. This will mean more work and responsibility, new subordinates to train, and new bosses to be broken in and educated on the ways and means of 17 Wing. Through all of this, I urge you to be vigilant,



Colonel J.R.B. Proulx

keeping your guard up, and being ready to cover for that person lacking in experience.

To those of you who are new, I extend a warm and hearty welcome to you and your family. I have already met many of you individually, and I look forward to getting to know those whom I have not yet met in the very near future. I hope your stay will be both enjoyable and beneficial. Winnipeg is a great city, and the Base is a great place

to live and work.

17 Wing has gained the reputation of being one of the most effective, attractive and harmonious units in Air Command. CFB Winnipeg supports some 11,000 people located in 112 units. We pride ourselves in providing the best service and support possible in the Canadian Forces. With your continuing efforts, and the fresh perspective of our new personnel, I am confident that we will surpass our already high standard, and ensure that all of our customers are not only satisfied, but delighted.

To all 17 Wing personnel, you have earned some well deserved holidays, and I wish you and your families a safe and restful vacation. Have a great summer!

## Go Green in the Field

Base and Stations are responsible for, or have greater control over, activities such as building and equipment maintenance, cleaning, winterizing and landscaping. The suggestions that follow relate to these areas.

Not all of these ideas will be applicable or practical in every area. For example, compost piles may attract animals.

Remember also that many of the suggestions listed elsewhere in this guide also apply in the field.

### Materials/Garbage

- Eliminate double bagging of garbage.
- Replace paper towels and electric hand-dryers in all washrooms with washable linen towels.
- Set up a composter outside your office for food wastes from your staff lunch and coffee breaks.

CFS Leitrim staff have set up a recycling program for metal, aluminum, and glass containers. The revenue generated from the sale of these materials is applied against the Station's overall waste disposal costs.

CFB North Bay is composting select mess-hall kitchen waste. Their composter, an unoccupied quonset hut.

- Ask employees to donate their old (unwearable) clothing to use as cleaning rags.
- Send surplus scrap metal of little value to scrap metal dealers.
- If possible, use garbage bags containing recycled plastic.

- Purchase Environmental Choice products.
- Replace used light bulbs with more energy efficient models. Use timers to switch off lights and other electrical items when not required.
- Use sand instead of salt where possible on roads.
- Set up recycling programs and collection points.
- Advertise the recycling message to all personnel and encourage them to sort their garbage (e.g., to separate paper, glass and aluminum or tin from other garbage).
- Reuse freon from refrigeration and air-conditioning equipment whenever possible.
- Small amounts of leftover paints or solvents could be donated to a local non-profit group.

### Vehicles

- Ensure that your own car or truck and any National Defence vehicles that you drive are well maintained to run at maximum fuel efficiency.
- Where feasible, look into converting vehicles to more environmentally friendly fuels (e.g., propane).
- In winter, use a timer for block heaters in cars and trucks.
- Recycle waste oil and batteries. Dispose of unwanted oil at recycling stations and old batteries at scrap yards.
- Surplus tires can be brought to some recycling plants. See if there is one in your area.

### Lawns & Gardens

- Reduce the use of pesticides in lawn care.
- Put up bird houses and feeders to attract species like purple martins which eat insects.

- Reduce area devoted to lawn, thereby reducing the resources required for maintenance.
- Use collected leaves for mulch.
- Use organic products and gardening methods.

CFB Shilo is developing a natural control for leafy spurge, a noxious weed. The black dot beetle from Europe, which feeds only on the leaves of the spurge, will replace chemical controls.

- Select decorative shrubs that are indigenous to your area. They need less care, are adapted to local climate and soil, and are resistant to local bugs.
- Avoid over-cutting grass-6.5 cm is about right. Taller grass holds water better and shades itself to avoid burning.

CFB Kingston has replaced lawn areas with wildflower meadows. As well as providing popular nature walks, the wildflowers attract birds and beneficial insects that reduce the need for spraying nearby trees and shrubs.

### Saving Water

- Use water-saving devices on shower-heads.
- Make sure there are plugs in the sinks, and encourage visitors to use them instead of running the tap.
- Use water-efficient flushing systems for new toilets. For existing toilets, place a bottle or jar half-filled with water in the toilet tank.
- Do not water lawns in summer.
- Install barrels for collecting rain water to water gardens.

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**DEADLINE 26 AUG 93/DATE DE TOMBEE 26 AOÛT 93**  
NEXT ISSUE 8 SEP 93/PROCHAINE EDITION 8 SEP 93

# STARWATCH

by Jim Bryce

## The Asteroids.

In 1776 an astronomer called Titius of Wittenberg discovered an interesting mathematical relationship. He took the progression 0, 3, 6, 12, 24, 48, 96, and added four to each of the figures. When the resulting sums were divided by ten he noted that the result was the distance in astronomical units of the known planets from the Sun. The astronomical unit, abbreviated as AU, is defined as Earth's mean distance from the Sun, a distance of 149.6 million kilometres. Just how closely Titius' relationship described the distances in the solar system is really quite remarkable:

Titius' Prediction	Planet	Actual Distance
0.4	Mercury	0.387
0.7	Venus	0.723
1.0	Earth	1.0
1.6	Mars	1.524
5.2	Jupiter	5.203
10.0	Saturn	9.529

Bode who was the Director of the Berlin Observatory taught it as a means to remember the distance of the planets from the Sun and it has since come to be known, somewhat unfairly, as Bode's Law. The fact that there seemed to be a planet missing did not immediately spark searches for it, but it did not escape notice. In January 1801, Piazzi, a Sicilian astronomer discovered the minor planet which he named Ceres and wired his information to Bode. Ceres' distance from the Sun was later confirmed to be 2.767 AU. Pallas was discovered a year later moving in a similar orbit. This was a surprise as no one expected that an orbit would be shared in this fashion and it ignited a search for other members of the family.

Juno was discovered in 1804 and then Vesta was found by Heinrich Olbers in 1807. Today we know that there are thousands of these minor planets, or asteroids as they are called, orbiting in the belt between Mars and Jupiter but the four just mentioned are the largest ones. Ceres is 1000 kilometres in diameter; Juno about 250. Pallas and Vesta are very similar in size with equatorial diameters of approximately 540 kilometres.

### Vesta.

Only Vesta of all of these thousands of asteroids ever

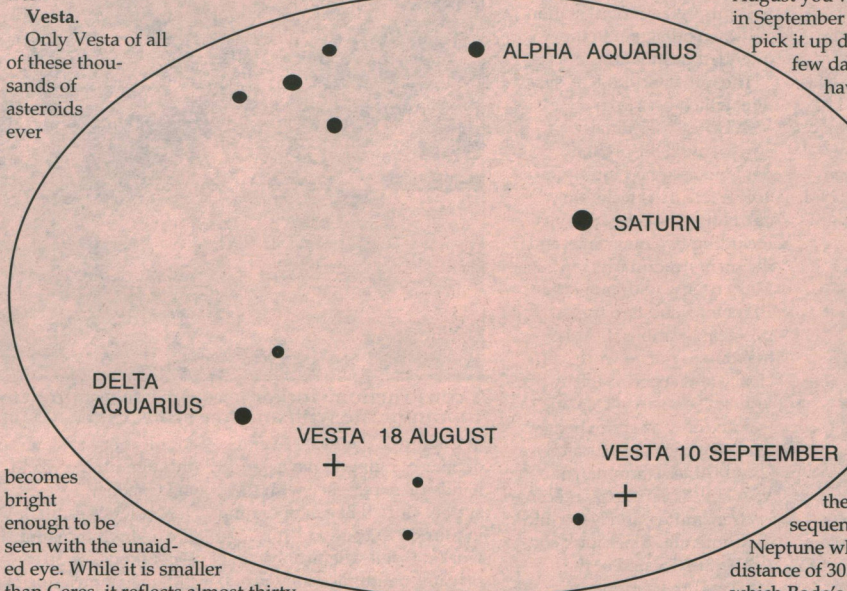
becomes bright enough to be seen with the unaided eye. While it is smaller than Ceres, it reflects almost thirty percent of the light that strikes it compared to the ten percent reflected by most of its companions. At its brightest it rises to magnitude 5.9 meaning that a person with good vision observing from a location with no light pollution will be able to see it with the unaided eye. Our closest approach to it this year comes on the 28th of August. Unfortunately, the Moon will be quite bright on that date and better times to view it will be on the 18th to 21 Aug and again from the 10th to the 20th of

September. On the August dates it will be shining at magnitude 6.0 and by the 10th of September it will have faded slightly to 6.1 magnitude. It dims fairly quickly after that however, dropping to magnitude 6.4 by the 20th of September. It will be relatively easy to spot with good binoculars and can be distinguished from nearby stars by its steady golden yellow light. Look to the southeast, about thirty degrees above

handspan to the south of the triangle. The three smaller stars I have shown along Vesta's path are 5th magnitude and therefore brighter than the asteroid Look for a fainter object shining with a steady yellow glow. When you believe that you have identified it, draw a picture of where you see it relative to adjacent stars. Look again the next night and if the object has moved your identification is confirmed. If you spot it in August you will be able to find it easily in September and may even be able to pick it up despite the moonlight on a few days in between the dates I have given.

### Bode's Law.

A final note on Bode's Law is in order. Uranus was discovered in 1781, after Titius discovered the mathematical relationship but before the discovery of the Asteroids. It fitted very well with the predicted figure. Its actual distance from the Sun is 19.232 AU compared to the 19.6 predicted. The sequence breaks down with Neptune which orbits at an actual distance of 30.6 AU and not the 38.8 which Bode's Law predicts. Curiously, Pluto's actual mean distance of 39.807 AU is very close to the figure predicted for Neptune. Despite the accuracy with which Bode's Law describes the Solar System there is no explanation as to why it does. It is probably more than coincidence but until a conclusive explanation is advanced we have to regard it as an interesting coincidence and not as a law of physics.



the horizon, at midnight on the 18th of August or at eleven o'clock on the 10th of September. There are few bright stars in this region and the one very bright object you see is the planet Saturn. Saturn will move in its orbit over time so the relationship between it and Alpha and Delta Aquarius will not be exactly as shown in the accompanying diagram but you should have no difficulty identifying the triangle of stars with a brighter one in the centre to the east of Alpha. Delta Aquarius lies a

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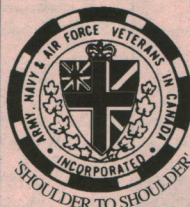
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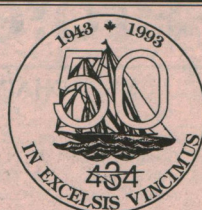
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## Canadian technology answering the call in Mexico

(NC)—Despite a vast hinterland scattered population and large distances, Mexico has made dramatic strides in improving their communications infrastructure. The solution to Mexico's expanding telecommunications needs was found not on the ground, but in space. "Our satellite system made a lot of sense to them," says Bob Meisterling of Spar Aerospace Limited. "They had the need and we had the right solution."

### CANADA IN SPACE

Grupo ICA, the largest construction engineering firm in Latin America, turned to Spar to meet its communications needs. With facilities and projects ranging from bridges to subway systems in more than 150 locations including many remote and isolated areas where no public network for telephone or data transmission is available, Grupo ICA required a telecommunications system that would provide efficient and quality communications.

"Grupo ICA not only needed to talk to head office in Mexico City, but each work site had to be able to communicate with all the other locations,"

Meisterling says. "This is what's called a 'mesh' network as opposed to a 'spoke' where all voice and data has to pass first through a central station and then out again to the intended destination."

The initial Grupo ICA system, which uses Spar's VSATPlus® terminals employing field-proven demand assigned multiple access (DAMA) technology, currently consists of 30 sites, including five main sites and the main headquarters in Mexico City, with more than 20 remote, and two transportable locations. DAMA maximizes the network's efficiency and space usage by providing "Service on Demand" (service only as and when needed). Each site has either a Spar business terminal, or a VSATPlus® terminal, a receiver/transmitter, and a satellite dish antenna. A network control centre, located at the Mexico City headquarters, monitors and controls all major elements of the network, as well as providing the ability to reconfigure the network within 60 seconds to add or remove data or voice circuits as requirements change. The system provides voice and data transmission, and can also be used for video conference calls. It also allows computer transmission of payrolls and administrative information and so forth.

Meisterling is director of marketing communications for Spar's Communications Group



**A construction worker uses Spar technology to communicate with another project site.**

in California. He says several of Spar's engineers have had hands-on experience with the system since it began operating in Mexico a year ago. "It's working well. The firm has a private communications system so they don't have to rely on the public phone system. And it's economical."

The system was designed by both Spar and Grupo ICA engineers. Other Spar systems include networks for the Mexican government's Secretariat of Communications and Transportation (SCT), PEMEX, the national petroleum company and SENEAM, the national air navigation system. Combined, these sites form some 125 stations for public and private network telecommunications in Mexico. Similar Spar satellite telecom-

munications systems are in use throughout the world, including Canada.

Karsten Westphal, Vice-President International Operations for Spar says "Many countries need our technology. Canada and Mexico have an excellent working relationship. Mexico exports goods to Canada, and in return, we share our communications technology. We expect to be a long time partner with Mexico."

Canadian technology is playing a key role in international markets. Our communications satellite services provide instant and reliable communications in many areas of the world, where even getting a dial tone can be an achievement.

## ABANDONED VEHICLES

### WHO OWNS THEM?

18 Wing Edmonton is holding 7 private vehicles which may be abandoned.

Exhaustive attempts have been conducted to identify owners.

Vehicles are stored in the Griesbach RV Compound, some for a number of years. Vehicles are:

- 1) Chev Biscayne (blue)- Lic. # WCG 708 (AB)
- 2) BCAT (Plywood/ Homemade) with 2 outbrd engines-Reg. # 2H4311 and trailer- Lic. # 6568-30 (AB)
- 3) Pontiac Grand Prix (white, Blue Landau Roof) - Lic.# DPD 715 (AB)
- 4) Datsun B210 (green) - Lic # WHT 641 (AB)
- 5) Buick Skylark (gold/black) - stripped
- 6) Dodge Arrow 200 (brown) Lic. # FBM 879
- 7) Datsun 240Z (green) - no means of ID

This message serves as notice that 45 days from this date (28 July 93) that if not claimed, these vehicles will be disposed of through auction or destruction.

Individuals having legal claim should contact the D/W PERS SVCS C.18 WG EDM, Tel. 973-4711. Proof of ownership will be required.

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Mr Ken Carr and LGen Huddleston drying off by the Firefly.

# EAGLE ONE TAKES A BATH!

LGen Huddleston took his last military flight on a Canadair Slingsby Firefly aircraft on 29 July 93, one day before he relinquished command of Air Command Headquarters to LGen Clements. LGen Huddleston, who will retire from the Canadian Forces after more than 33 years of service, was "greeted" by the fire fighters, in pure Air Force tradition, after his familiarization flight with Canadair pilot, Mr Ken Carr.



"Alright, who said it never rains in Winnipeg?"

## 17 Wing gains 3 new pilots

On June 25, 1993, 16 students from the Basic Helicopter School and the Multi-Engine School received their Canadian Forces pilot wings from Brigadier-General Waldrum, Commander 10 Tactical Air Group.

Alderman Clayton presented the City of Portage la Prairie trophy awarded to the students with the highest overall flying results.

Lieutenant Gagnon from the Basic Helicopter School and Lieutenant Sorensen from the Multi-Engine School were the recipients. Lieutenant Sorensen also received the Wing Commander's trophy for Officer Development, presented by Colonel Proulx, Commander 17 Wing.

Of the Multi-Engine graduates, Lieutenant Connelly Lyons and Captain Warren

Wightman are now posted to 402 Squadron in Winnipeg where they will fly the Dash 8, and Lieutenant Grey Niemczyk will fly the same aircraft with the Canadian Forces Air Navigation School Winnipeg. Lieutenants John Currie and Karl Sorensen will fly the Aurora aircraft with 405 Squadron Greenwood and 407 Squadron Comox respectively.



Top Row from Left - Lt Wilson, Lt Wistaff, Lt Gagnon, Capt Wightman, Lt Niemczyk, Lt Twa, Lt Bowell, Lt Lyons, Lt Tashereau, Capt Melenchuk, Lt Jennings Bottom Row from Left Lt Krupa, Lt Lovsin, Lt Currie, BGen Waldrum, LCol Milani, Lt Sorensen, Lt Knaul, Lt Skinner

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### DEPLOYMENT REUNION SEMINARS

#### READY! GET SET! GO!

A 3-part seminar dealing with the reunion stages of deployment, with a focus on better enabling military family members to cope with this stressful readjustment to family life. (All seminars are held in Bldg. B-5, UN Drop-In-Centre

#### PART 1-READY!

On one hand, you're so excited at the thought of being together again, yet not so sure you're ready to get back to the way it was. Not enough time to get it all done? Worried you'll lose some of your newfound friends and interests? Join us to talk about the whole range of feelings you must be having at a time like this, and explore ways to prepare yourself, your kids for that moment you've been waiting for.

Date: Tuesday, August 31 7-9 p.m.

#### PART 2-GET SET!

The final countdown's on! In

this seminar, learn more specifics as to how your partner has been prepared before coming home. How do you deal with their experiences as a peacekeeper let alone your own concerns about being a family again? Join us for practical information and support between friends.

Date: Wed, Sept 15, 7-9 p.m.

#### PART 3-GO!

O.K., they're back, but it's not over yet. Feel pressured to drop your new life and chain yourself to your partner now they're home? Missing some of that independence you've found on your own even though you're glad they're back? Join us to help bring it all together.

Date: Tues, Oct 19, 7-9 p.m.

#### PRE-REGISTRATION IS NECESSARY.

For more info call the Military Family Resource Centre at 833-6870



#### BABY-SITTERS COURSE: SATELLITE HOME BASED CHILD CARE PROGRAM

The MFRC sponsors a baby-sitter's course approximately three times a year. The program includes: CPR, Activities for Children, Child Development, Baby Care, and Certification. Demonstration of practical experience will be required before issuing a certificate.

#### BABY-SITTER'S REGISTRY:

The centre provides names of qualified baby-sitters who have taken the course through the MFRC. Call 833-6846 for referrals.

REGISTRATIONS ARE CURRENTLY BEING ACCEPTED AND ARE OFFERED ON A FIRST COME, FIRST SERVED BASIS.

#### COMMUNITY INVOLVEMENT OPPORTUNITIES

- \*Parent Advisory Committee for Teens and Children's Programs
- \*Volunteer for outings and program participation

### 17 Wing Winnipeg Military Family Resource Centre

The Satellite Child Care Program offers care for children, 12 weeks -12 years, in a licensed home environment. Providers are trained in child care and first aid. Child care is available for days, evenings and nights.

Child Minders are available to care for children in your home on an occasional basis.

The Military Family Resource Centre needs people on the northsite to care for children in their home.

Providers are licensed by the Provincial Child Day Care Office. The Military Family Resource Centre offers support to the providers in the form of training seminars, monthly newsletters, toy lending library and a resource centre. We will also link up providers with families requiring care.

For more information, please call 833-6870.

#### LIPSETT HALL CHILDREN'S CENTRE FALL PROGRAMS

##### EARLY ENRICHMENT PROGRAM: (Ages 3 - 5 Yr.)

Our program follows a progressive philosophy emphasizing social, emotional, intellectual and physical development. We offer structured learning segments such as numbers, colours, beginning sounds etc., as well as activities such as swimming, gym, crafts, music, drama, weekly themes and occasional outings.

The Early Enrichment Program runs from September through to June. Classes operate as follows:

- 4 yr. old - M, W & F morn. 9:00-to 11:15 a.m.
- 3 yr. old - T & Th morn. 9:00-to 11:15 a.m.

##### MOMS & MUNCHKINS IN MOTION:

(Parent and child from

new-born to 5 yr.)

This program is designed specifically for moms and their children with exercises and routines to help firm mom! Communication through interaction will be emphasized encouraging a personal relationship for mother and child.

##### MOM & ME SWIM:

(Parents and children to 4) Parents and children participate in movement and fun! Emphasis is on communication between parent and child.

##### CREATIVE TOT SHOP:

(Parent participation is required) Here's a chance for parents and young children to come together to create and play. The toddler/pre-schooler can explore the world of arts, music, movement and story.

## COPING WITH SEPARATION

### (PART I) EFFECTS DURING DEPLOYMENT

The most difficult stressor affecting military members and their families is when one's partner will have to go to war or to an area of the world where serious fighting is occurring. Military deploy-

ments to dangerous and unknown areas create additional stress for the spouse left behind. These stresses include:

- the reality that your main source of support and strength (your partner) is absent;
- the uncertainty of the length of the deployment;
- questions and fears of how

serious of the situation is and how safe your partner will be;

- lack of accurate information;
- difficulty obtaining personal contact with your spouse;
- loneliness; and,
- behavioural problems with your children.

This separation is a stressful time for the entire family. It makes physical and emotional demands on the member, the spouse, and their children.

Identifying potential difficulties involved with a partner's deployment can help make it less stressful and more successful.

The spouse left behind must remember that, during deployment, they are forced to not only make emotional and physical adjustments because of their partner's absence but also to take on additional responsibilities for household and family duties. Every separation follows a cycle with 3 different stages:

- a. -pre-deployment
  - getting ready, both physically and emotionally for the service member's departure;
- b. -deployment - coping with the separation on a day to day basis; and
- c. -post deployment - home-coming and reacquaintance of family members with one another.

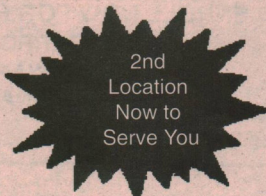


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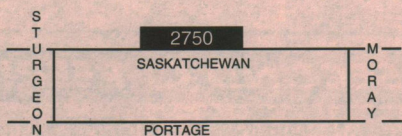
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**U2'S ZOOROPA**

(By Barry Sweeney)

Formed, in 1978, by a quartet of schoolboys at Dublin's Mount Temple school, U2 has gone from the humble beginnings of their U23 one-off 3-track EP to 14-million sales of Rattle & Hum and from playing school gigs to performing for an audience estimated at a half-billion for their radio transmitted 1988 New Year's eve show. Through albums such as Boy, October, War,

*Babyface is one the best songs the group has ever recorded...*

Under A Blood Red Sky, Unforgettable Fire, Joshua Tree and their most recent Achtung Baby, which featured Mysterious Ways and One, U2 have become one of the hottest rock events in music history.

Their newly released Zooropa (Island) is expected to sell in such huge quantities that it will dominate the charts for the next few months. With original members Bono (vocals), The Edge (guitar, piano) Larry Mullen Jr (drums) and Adam Clayton (bass), U2 launch the set with the mid-tempo title track and continue through the absolute beauty of Babyface and the almost seven-minutes of Lemon. Numb, the first single to be released, has already exploded at rock radio it should be topping the charts by the time you read this column. I wouldn't

be surprised to see the somewhat rocky cut of Daddy's Gonna Pay For Your Crashed Car get released for the singles market however, Babyface is one the best songs the group has ever recorded and this one may end up being an out-of-the-box hit for the group. Numb with its hypnotic beat is counter-balanced by the infectious music of Some Days Are Better Than Others but the biggest surprise here has to be Johnny Cash doing the guest vocals on the closing track of The Wanderer. Although with Tammy Wynette doing guest vocals on the RLP's recent chart smash Justified and Ancient maybe it shouldn't be a surprise. The Wanderer, with its darkly brooding lyrics and sparse instrumentation is quite good and could be a left-field hit.

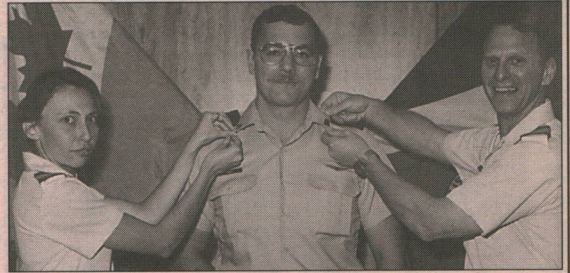
It will certainly help revive Cash's recording career. Set rounds out with First Time and Dirty Days. More than just another album, this is a musical event.

**FAST FACTS**

Born Madonna Louise Ciccone and known only by her first name, the multi-talented entertainer has starred in a half-dozen movies, hit with over two dozen singles and just released the romantic Rain from her Erotica album.

Remember to support your local food bank.

**SUPPLYINGLY**



**IT SURE IS NICE**  
Cpl Dale Nice is shown receiving his well-deserved MCpl promotion from W Sup O Maj Ron Stewart and MCO Capt Tanya Schnare.



Shown above with W Sup O Maj Ron Stewart are four of the five successful Sup Sqn personnel who received Transport Canada Certification for Transportation of Dangerous Goods. From Left Ms Sara Hamp, Sgt Linda Kalvi, Maj Stewart, Pte Monique Guimond, Mr. Mike MacIag, Missing, Sgt Kevin Shearer. Well done to all.



Capt Kim Lachance Wing ground training officer at Wing Headquarters, received her promotion to that rank on 7 Jul 93. Congratulations Kim.

**25 AUG - 4 SEPT 1993**

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Monthly payments are by pre-signed cheques as follows:

Net Amount of Sale Maximum (Excluding GST & PST)	Months to Pay
\$ 200 - 300	3
\$ 301 - 400	4
\$ 401 - 500	5
\$ 501 - 600	6
\$ 601 - 700	7
\$ 701 - 800	8
\$ 801 - 900	9
\$ 901 - 1,000	10
\$1,001 - 1,100	11
\$1,101 - 3,000	12

PLEASE SEE YOUR CANEX STORE MANAGER FOR DETAILS

## Wing Transportation



W Tn O Maj Senechal presenting Pte Alyward with his first chevron.



Cpl Vandenbrul completed his 935.05 training.

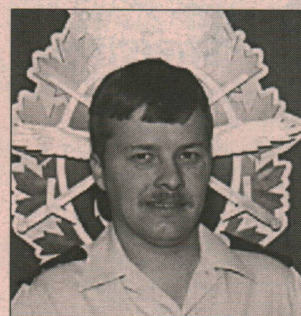


Cpl Paramor was recently promoted to that rank.

Also worthy of note, Cpl Crotty of Wing Transportation received a 5 year safe driving award.



MCpl Linda Niven received her promotion to that rank effective 1 Jul 93. Well deserved, Linda. The W Compt Branch wishes you all the best on your posting to Calgary.



Sgt M. Fortin received his promotion to that rank effective 01 Aug 93. Well done Marc!



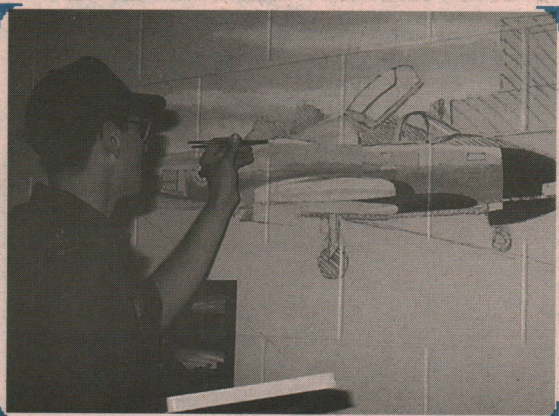
BGen R.W. Slaughter, Chief of Staff Training & Reserves at Air Command Headquarters, presents a retirement certificate to Major Bud Williams for 39 years of service with the Canadian Forces. Major Williams had extensive experience with both the Regular Force and the Air Reserves.



BGen Diamond presenting MWO P.W. Humphreys with his Certificate of Service for 36 years and 36 days continuous service in both the RCAF and CF.



On 1 August 1993, LCol James Eastwood was presented with his promotion to this rank from COS Ops, BGen Diamond. LCol Eastwood is a US exchange officer who forms part of the Aircom Senior Staff Officer Security organization. Congratulations LCol Eastwood.



"This Tutor flies like a brick!"  
MCpl McNorgan adding another mural to the "16 Chapel" otherwise known as the Hangar 16 breezeway.



LCol A.W. Strynadka, SSO Pers Svcs at Aircom HQ, presents MCpl J.M. Power with the Admin Br Certificate of Service, on the occasion of his retirement, attesting to 30 years of dedicated support to CF personnel.



Mrs Maureen Ploquin received her retirement certificate for 10 years of service. Maureen worked with the Wing Construction Engineering Squadron from December 1983 until June 1993. Maureen, we all wish you a long and happy retirement.



## The Prime Minister departs from 17 Wing

The Right Honourable Kim Campbell departed from 17 Wing on 28 Jul 93 after an official visit to the Province. The Wing Commander, Col Proulx, attended the departure of the PM and her party.

## EXERCISE WINGED BEAVER 9303

On 21 October 1992, Air Command Headquarters tasked the Wing Construction Engineering Squadrons at 15 Wing Moose Jaw, 17 Wing Winnipeg and 19 Wing Comox to mount a thirty man combined Air Engineer Flight (AEF) in support of Exercise Winged Beaver 9303. The AEF mission was to develop deployment skills and enhance collective CE skills through the implementation of two construction projects for the 159th Civil Engineering Squadron (CES), an Air National Guard (ANG) unit based at US Naval Air Station New Orleans, Louisiana.

The two projects undertaken by the AEF from 21 February 1993 to 7 March 1993 included: one 1700 square foot, three bay, two storey CES storage building supported on a monolithic, reinforced concrete slab complete with overhead



Col K. Penney addressing the Canadian Construction Engineering Squadron in front of the 3 Bay storage building constructed for the 153 CES.

coil doors; and one 2000 square foot, single-storey, five bay ANG motor building extension supported on reinforced concrete footings. A stairwell was also constructed in the main CES building for the Supply Section.

The AEF was responsible for all phases of the construction including excavation, installation of formwork and rebar, placement and finishing of concrete and complete installation of the pre-engineered building structures. All tools, equipment, building materials and heavy equipment were provided by the ANG. MSE Operators from Moose Jaw and Winnipeg augmented the AEF to operate the heavy equipment which included a backhoe, 5-ton dump truck, 30ton crane and a forklift.

The exercise proved successful as both buildings were completed on time despite a very tight schedule under varying conditions. The deployment provided all of the

participants with an excellent opportunity to acquire new skills while cross training within the various construction trades and served to promote effective teamwork.

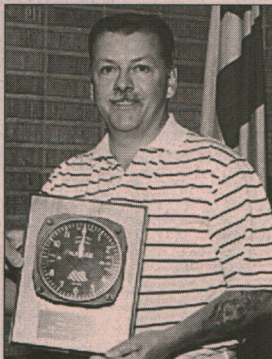
The leadership, initiative and professionalism demonstrated by the deployment participants, in particular the senior noncommissioned members, reflects very positively on the capabilities of our personnel to meet any and all challenges placed before them. Exercise Winged Beaver 9303 was an excellent opportunity to promote and develop "esprit de corps" within the Military Engineer Branch and to prepare our officers and men for taskings outside our own borders. Overall, a job well done. CHIMO!

T.G. Whiting, Major, AEF Commander (Ex Winged Beaver 9303)

## Presentations at W HQ



WO Bessas received his certificate of service after 23 years of service with the Canadian Forces.



MWO Barrett received a small gift for his outstanding service as the Officers' Mess Manager. MWO Barrett will retire from the Canadian Forces after 27 years of service. Good Luck Dave!

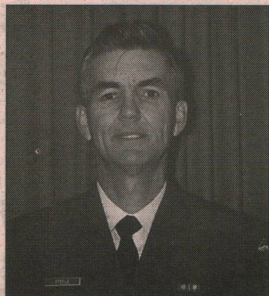


Col Proulx presented LCol Meindl with a pen set for his outstanding service as the Wing Logistic Officer. LCol Meindl has been posted as the Commander of the newly created Canadian Forces Quality Assurance Region.

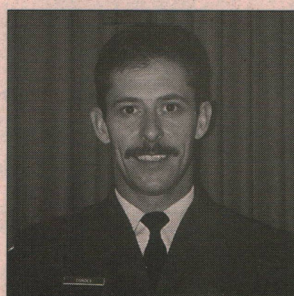


On 30 June 1993, a scale model of the CC109 COSMO aircraft was presented to Air Command Headquarters. Accepting on behalf of the Comd AIRCOM is BGen CG Diamond. Making the presentation is Mrs Page from Argus Hobby Shop and Mr Claude Rivard, Aircraft Model Builder.

## 402 Sqn Tech Trg Unit



MWO John Steele, 402 Squadron Technical Training Unit (TTU), Course Trg Instructor (CTI) retired on 5 Aug. He was with the unit for 3 years and will be missed by all. See you in the movies John.



Cpl Phil Durdey worked with 402 Squadron Technical Training Unit (TTU) for the past 2 years. He was transferred back to SAMEO Maintenance on 19 July. Good luck Phil and don't be a stranger.

## 17 Wing Judo Update

Interest In the club continues to grow. Almost 100 people have shown a strong desire to either become involved in the sport themselves, or have their children participate. For all the people who have contacted me so far, I am looking forward to meeting you, when you register at the recreation fair.

Judo is a coed sport that utilizes throws, armlocks and grappling techniques. Judo was invented 110 years ago by a Japanese gentlemen named Kano. Judo in Japanese means "The way of gentleness", and was specially created from traditional Japanese martial arts to be an Ideal form of disciplined physical exercise and a reliable system of self-defense against armed or unarmed attack. A light practice can be refreshing, a tough match tortorial and in real combat, Judo can be a terrible shattering weapon or a firm method of chastisement. There is no

method of combat which can be practiced more safely.

So far one third of the Interested group are youth. These are boys and girls 8 to 15 years old. Depending on the size and maturity of the teens some may wish to join the adult classes. The remainder are adults 16 to 45. One third of the group are women. Most of the women are in their late twenties or early thirties, several are in their early forties. So far eight couples are planning to participate together. The men range from late teens to mid-forties. Sizes of all groups vary considerably.

Classes will be held in Lipsett Hall beginning this September and will run till next May. Proposed times are 1900 - 2030 hrs Mondays for Youth, 2030 - 2200 hrs Mondays and 1900 - 2100 hrs Thursdays for Adults.

Five Registered Black Belts will be instructing you. The

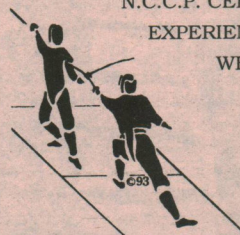
Head Instructor will be a Brian Jones. He is a Third Degree Black Belt and has almost 40 years experience. His four assistants are all First Degree Black Belts and most have 20 plus years of experience.

The Fee for both Adults and Youth are nominal. All dependants and Base Civilian Worker will require a Recreation Pass. The Club's Registration is at the Recreation Fair, which is being held September 11 1993 between 0900 - 1700 hrs in building 21 next to AirCom. Demonstrations will be held, all of the Instructors plus experienced Men, Women and Kids will be present to answer questions and show that Judo is for everyone.

If you wish further Information, please call Sgt Steve Broughton at local 5214 or at home 897-0630.

## 17 Wing Lightning Fencing Club

BEGINNER CLASSES - CHILDREN OR ADULT  
EQUIPMENT PROVIDED - FOIL & EPEE  
N.C.C.P. CERTIFIED COACHES  
EXPERIENCED FENCERS  
WELCOME!



?? INFORMATION  
**889-0952**

## 17 WING MIXED BOWLING LEAGUE REGISTRATION NIGHT

8 Sep 93 - 1900 hrs  
Club 90 - Whytefold St

For additional info call MCpl Donna Dunbar at 833-6065

## DOG CLUB NEWS

I would like to welcome all newcomers to 17 Wing Winnipeg and at the same time say goodbye to all those who my husband and I have met during my time as Dog Obedience Club President. It has been a pleasure to know the instructors, assistants and volunteers who through their hard work and dedication have made the Dog Club such an enjoyable experience. And of course the students, for whom the Dog Club exists, thank you for loving your pets enough to work with them in classes.

At this time I would like to introduce the incoming president Ms. Dolores Meldrum. Dolores is a long time member of the club and has been competing in the obedience ring with her Belgian Tervuren, Mandeloup. She is looking for any persons who would be interested in assisting in beginners and novice classes (some training experience required) for upcoming sessions starting in Sept., and also for club committee members (experience not required). Classes will begin on 19 Sept and will offer

the following classes:

**PUPPY** (kindergarten) for puppies 2 - 4 months for socialization and to hammer out the little problems before they become large problems.

**BEGINNERS** for basic household obedience. You may not be able to go into competition but you will have a dog you can live with. Family members are encouraged to participate.

**NOVICE** to fine tune the obedience from beginners and to start competitive obedience CD level.

**GRADUATE NOVICE** to ready you and your dog for competitive obedience.

\*Please note that you do not have to compete in obedience trials. The higher the level-the more control you will have with your dog.

**OPEN** the next level of the obedience chain, CDX.

**UTILITY** this is for the highest level of competitive obedience. This class is not yet available.

**CONFORMATION** to prepare both dog and handler for the show ring. Crossbreeds are allowed in class for those who wish to learn how to handle a dog in the show ring.

All classes are designed to teach you how to humanely train your dog. Food and/or

praise and wolf pack behavioral techniques are used to motivate your dog to learn.

**DATE:** 11 Sept. 93  
Registration Fair 1000-1400 hrs  
\*Registration only please do not bring your dogs.

19 Sept. 93 Classes begin times to be confirmed at registration. \*Please bring your dogs.

**DURATION:** 8 one hour classes

**PLACE:** Registration and classes will be held at Bldg 21, at Sharp entrance.

**COST:** \$45:00 (includes GST)  
**CONTACT FOR CLASSES:**  
Mrs. Margaret Steingart,  
885 2962

## MUSIC LESSONS

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1245 Inkster Blvd. - 697-1245  
2591 Portage Avenue - 888-5665  
487 St. Mary's Road - 233-1453

718 Osborne Street - 474-2401  
885 Henderson - 661-6135  
1755 Pembina - 261-9241  
1380 Ellice - 783-1067



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ever!!

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FORCES CANADIENNES

## BEING RELEASED?

**YES** - You can continue or apply for life insurance.

Apply for **Coverage After Release** as part of your clearance process.

Talk to your SISIP representative, **Mr. Garry Lind** at 1-204-697-0507, or SISIP adviser, or call us toll-free at 1-800-267-6681.

## EN LIBÉRATION?

**OUI** - Vous pouvez continuer, ou faire application pour l'assurance-vie.

Adhérez à la **Couverture après libération** lors du processus de la libération.

Renseignez-vous auprès de votre représentant du RARM, **M. Garry Lind** au 1-204-697-0507, ou votre aviseur ou appelez sans frais le 1-800-267-6681.

## SOUTH SIDE COMMUNITY COUNCIL

SSCC is organizing a BLOCK PARTY to be held August 21st around Lipsett Hall.

There will be plenty of family activities, games, prizes, food and face painting.

We hope to hold a teen dance followed by an adult dance. Join us from 2 pm onwards to meet old and new neighbours.

BBQ's start cooking at 4 pm. This activity is open to all of the military community, both North and South Sides.

## WANTED Military Community Ward Councillors

A plan is in the works to amalgamate the North and South site community councils and to revitalize the new organization so that it has the means to better respond to the needs of the military community.

Currently a number of North site ward councillor positions are vacant. To be eligible as ward councillor an individual must be at least 18 years of age and a military member/civilian living in the applicable ward.

The term of office for a ward councillor is normally one year. Each ward councillor is responsible for voicing the concerns of his/her ward, attending all community

council meetings and organizing and/or participating in various council-sponsored community events.

The council is seeking volunteers from the applicable wards for the following positions:

- one councillor from Ward 1 (BLHUs east of Whytewold)
- one councillor from Ward 3 (MDPRs by Whytewold gate)
- two councillors from Ward 4 (MQs on Sharp, Moorgate and Conway)

Individuals interested in these positions are asked to contact Cpl Matt Schnaider at local 5119.

### DOMENCIA FLORAL DESIGNS

2225-G NESS AVENUE  
PHONE: 885-3665 OR 832-6978



Drop in and see our Flowers and Giftware. Specialist in wedding and all special occasions.

Recieve free Pew Bows & Throwaway with this ad. with your wedding flowers. 15% Wedding invitations.

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Welcome all New Military Personel and their Families.

We have 5 experienced stylists.

Military Cuts	7.00
Cut & Perm	32.00
Color & Cut	26.00
Frost & Cut	32.00
Haricuts	11.00

## Cinema Theatre

Your Community Theatre Everyone Welcome

Whytewold & Ness 888-6290 (Recording)  
\*Admission: Adult \$3.50 Youth \$3.00 Child \$2.00  
Wheelchair Accessible  
\*Thurs - Mon 8:00pm (Closed Tues - Wed)  
\*Matinees (When Scheduled) 2:00pm

### HOT SHOTS! PART DEUX

**Charlie Sheen**  
Thur-Fri Aug 19-20  
Parental Guidance  
All May Attend - Violence Warning

### SLEEPLESS IN SEATTLE

**Tom Hanks  
Meg Ryan**  
Sat-Sun-Mon Aug 21-22-23  
Parental Guidance-All May Attend

### WEEKEND AT BERNIE'S II

Thur-Fri-Sat AUG 26-27-28  
Parental Guidance-All May Attend

### THREE OF HEARTS

**William Baldwin**  
Sun-Mon Aug 29-30  
Restricted Adult

### C • O • M • I • N • G

- \* Jurassic Park \* The Firm \*
- \* Dennis the Menace \*
- \* In the Line of Fire \*

## IF YOU ARE NEW TO 17 WING WINNIPEG THIS IS FOR YOU

**At Canex Catering**  
We will cater to  
your every need from  
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At Canex catering we pride ourselves in making your function with us the most enjoyable function you've ever had, and the most trouble free. Our mission is to make you the toast of your party without all the hassles involved, leaving you to enjoy the company of your guests.

**Call Julie McPhail  
Catering Supervisor 833-6700**

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WE ARE PLEASED TO PROVIDE  
FOOD SERVICE AT THE  
FOLLOWING LOCATIONS**

### Air Command Cafeteria

Located on Main Floor of Air Command Building  
Hours of Operation: 7am -3:30pm  
Mon-Fri 837-2753

### Wingers (Formerly Snack Bar 16)

Located in Hanger 16  
Hours of Operation: 7am-1:30pm  
Mon-Fri 837-5980

### Club 90 Bar & Grill

Located in Building 90  
Hours of Operation:  
Grill 8am -1:30pm Mon-Fri 837-4525  
Bar - 11:30am - 12:00pm Mon-Thurs  
11:30am - 1:30am Fri  
3:00pm - 1:00am Sat  
832-6081

## 17 WING REGISTRATION FAIR

11 Sep 93 0900 - 1700 hrs  
Bldg 21 North Side

ONE STOP SHOPPING FOR ALL

ALL BASE CLUBS & ORGANIZATIONS

Videos & Demonstrations

Winnipeg Community & Recreation Centres on location

A chance to sign up for everything and find out what your community is doing for you.  
For additional info call Alison at 488-4640.

## 17 WING FAMILY DAY

Date: 21 August 1993  
Location: 17 Wing, South Side, Lipsett Hall  
Shuttle buses from North Side Bldg 90  
Participants: All 17 Wing Winnipeg Military personnel & their dependents are welcome  
1330 hrs Registration for activities  
1400 hrs Youth games/ professional displays  
Food concession available: chips, hot-dogs, pop  
1800 hrs Teen dance (till 2000 hrs)  
2000 hrs Adult dance (bar open)  
2400 hrs End of activities

**VOLUNTEERS NEEDED**

Two hour time block, interested, phone 833-6984  
Food donations accepted for Winnipeg Harvest at entrances to dances

## 17 WING MIXED BOWLING LEAGUE

Registration Night  
8 Sep 93 - 1900 hrs  
Club 90 - Whytewold Rd  
For additional info call  
MCpl Dunbar at  
833-6065

## Thrift Shop open at 34 Bourkewood Place

Tues/mardi 6pm - 8pm  
Thur/jeudi 1pm - 3pm  
Sat/samedi 10am - 3pm

Marché aux Puces ouvert:  
Bourkewood, 34

## Pacific Command Medical Reunion

The Medical Reunion is being held at Victoria, B.C., September 4 & 5, 1993

For Serving and Retired Members of the Military Medical Services.

Personnel wishing to attend should contact:

Jim or Anne Scott  
523 St. Charles St.  
Victoria, B.C.  
V8S 3N8  
(604) 370-2359

For those not able to attend this Reunion but interested in future reunions, please send us your name and address.

## COMPUTER SKILLS

Are required in Today's Business Office

**FREE**

To Residents of St. James-Assiniboia S.D. #2  
Non-Residents First Approx. \$250.00  
(\$25.00 Refundable Registration Fee)

**COURSE OFFERING**

1. Introductory Data Processing (Using Microsoft Works)
2. Lotus 1-2-3 Ver. 2.3 with WYSIWYG
3. WordPerfect
4. Wordperfect 5.2 for Windows



### AFTERNOONS Sept. - Jan.

All Classes are 110 hours & run Monday and Wednesday or Tuesday & Thursday 2:45 - 5:00pm Certificate upon completion.  
To enroll for Sept. call  
Mrs. Loma Lockhart, Wayne Rae or Lynn Allan.

**STURGEON CREEK COLLEGIATE**

2665 Ness Avenue 888-0684

"A Great Place To Grow & Learn"

## 94th Winnipeg Brownies Girl Guides of Canada

Sparks: A program for girls 5 years old  
Brownies: For girls 6 - 9 years old  
Guides: For girls 9 -12 years old  
Pathfinders: For girls 12 -15 years old

Registration will be held Wed 8 Sept 93 from 1800 - 2000 hrs at Jameswood School, 1 Braintree Cres for Brownies and Sparks and at Strathmillan School, 339 Strathmillan for Brownies and Guides.

Registration will also be held at the Open House on the Base from 0900 - 1700 hrs for Sparks, Brownies, and Guides. Interested Pathfinders may inquire at the Open House, when we will have details on their meeting place and time.

Sparks and Brownies meet Monday nights at 1800 hrs, at Jameswood School and Strathmillan School.

Guides meet Thursday nights at 1800 hrs at the Mount Royal Christian Centre.

## 104th Group Southside - Lipsett Hall

Scouts: Tuesdays 1900-2100 hrs  
Cubs: Wednesdays 1900-2030 hrs  
Beavers: Thursdays 1800-1915 hrs  
Registration: Thursday, 9 Sep 93, 1900-2030 hrs, Lipsett Hall  
Saturday, 11 Sep 93, 1000-1600 hrs,  
Registration Fair, Bldg 21 (North)

Group Committee Meeting: Thursday, 2 Sep 93, 1900 hrs Lipsett Hall. Group needs Leaders & Parents - call Dennis Becker 488-7290.

## EMPLOYMENT OPPORTUNITY

### Position

Executive Director, 17 Wing Winnipeg, Military Family Resource Centre (MFRC)

### Education

Graduation from a recognized university with a degree in one of the following: Management, Business Administration, Community Development or an acceptable combination of education, training and experience.

### Official Language Proficiency

Proficiency in both English and French is a definite asset for this position.

### Experience

A proven manager of a professional group with a minimum of five years experience. Supervision, administration, budgeting and effective team building with staff and Board/Staff relations are essential. Working knowledge/experience with the Canadian Forces.

### Personal Suitability

Effective inter-personal skills. Initiative.

### Reliability/Security

Enhanced Reliability Check.

### FORWARD RESUME TO THE ATTENTION OF:

Chairperson, MFRC Board of Directors 926 Dale Blvd  
Winnipeg, MB R3R 2H9

Employment to commence approximately 15 Sep 93.

## TERRY FOX RUN

To encourage people to make donations for the 13th annual Terry Fox Run on Sunday, September 19th the Terry Fox Run has developed a donation opportunity.

"People who are unable to participate in the Run, but who still want to donate money to cancer research in Terry's memory can now simply pick up a pledge sheet and use it to send in a donation." explained Colleen Plumton provincial director of the Terry Fox Run.

One of the most notable changes on the sheet is the addition of the box 'For Individual Donation' which can be checked off. The donation is attached to the sheet and submitted to any Chartered Bank between September 1 and October 20, 1993. Cheques should be made payable to the Terry Fox Run. After October 20th, donations should be mailed to the Provincial Terry Fox Foundation office. These instructions are outlined at the bottom of the pledge/donation sheet.

Terry Fox continues to be a symbol of pride and joy for everyone. The Manitoba office of the Terry Fox Foundation looks forward to hearing all the innovative methods of transportation used in the 13th annual event. The limits are your imagination.

For more information contact, Colleen Plumton, Provincial Director, The Terry Fox Foundation,  
942-6885 or 1-800-TFOX (8369)

# Suite Hospitality

A quiet comfortable apartment hotel located in a residential neighbourhood along the Rideau Canal. All accommodations are spacious one bedroom suites with private balconies. Guests are welcome to enjoy the indoor pool, sauna, whirlpool and healthclub, next door at our sister hotel the CARTIER PLACE. Daily maid service, indoor parking and friendly staff are just some of the reasons why we know you'll enjoy your stay with us.

## "Daily and Monthly Rates"

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tel: (613) 238-8040 • fax: (613) 238-3842



**Cartier Towers**  
APARTMENT  
HOTEL

# Peacetalks

- Letters to Canadian Peacekeepers

A woman in Charlottetown, P.E.I. is warming the hearts of Canadian United Nations Peacekeeping troops overseas. Kathryn McDonald has started a voluntary newsletter. The idea came to her after she made 125 blue ceramic Peacehearts, that she sent to the Canadian Peacekeepers over in the former Yugoslavia last August. It was her Canada 125 project.

She was then inspired to start a newsletter. "I am as touched by their response as they were by the whole project", Kathryn said.

"Peacetalks" is a way for families & friends to share their thoughts & personal experiences - while they're apart. She wanted to let the Canadian Peacekeepers know that they hadn't been forgotten.

If you or your family would like to submit letters to the editor, stories or photos or if you are interested in placing your name on the newsletter mailing list please send your submissions, name and address to the following:

Peacetalks  
#1 - 75 Dorchester St.  
Charlottetown, P.E.I.  
C1A 1C8  
or  
Peacetalks  
c/o Blue Beret Support Group  
1957 Corydon Ave.  
Winnipeg, MB.  
R3N 0L1  
488-7956 or 896-5138

The Blue Beret Support Group would like to thank Kathryn for her extraordinary effort and the unique work she is doing for our troops overseas.

**Pre Scholars Nursery School**  
699 Haney St. Charleswood

Now Accepting registration for Classes starting Sept. 15/93

For 3 & 4 year olds

For Information  
Phone Helen  
586-4180



The Blue Beret Support Group is still going strong in promoting the blue ribbon to raise awareness of the United Nations Peacekeeping troops. We have gotten authorization to decorate Kenaston Blvd. & the airport for the return home of the Battalion. Once again the route will "Blossom in Blue". This is your chance to re-use your blue bow or if anyone is interested in ordering one you can contact the persons below.

We would like to thank Mrs. Lafontaine of North Bay, Ont. for instilling the idea of the blue ribbon to us.

You may have noticed the

blue ribbons have a new look. It now has a Canadian flag in the centre to acknowledge Canada's role in U.N. peace-keeping duties. We also have a pin or magnet available, it's a silhouette of a soldier with a blue background and states "Proud Canadians give peace a chance", if anyone is interested in ordering the above please contact.

Cathy Sargent 488-7956  
Yvette Brooks 896-5138  
Janice Davis 837-5678

## POSTING SEASON IS HERE!

We specialize in appliance servicing for your move, we offer a flat rate of \$40.00 plus tax for all your major and electrical appliances. Satisfying Winnipeg and the Military community for over 22 years.

Please, we need 24 hours notice.

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**Cathy Mauro**  
488-9000  
(24 HOURS)

Guaranteed 10 minute call back

### ROMAN CATHOLIC CHAPELS

**St. Marguerite Bourgeoys (North Site)**  
Saturday: 1700 hrs (Eng) Mon: 1830 hrs  
Sunday: 0900 hrs (Fre) Tue, Wed & Thurs: 1800 hrs  
1115 hrs (Eng) Friday: 1700 hrs  
WEEKDAY MASSES SUBJECT TO CHANGE

**St. George's Chapel (South Site)**  
Sunday: 1000 hrs (Eng) Weekdays Wednesday: 1900 hrs

### PROTESTANT CHAPELS

**The Chapel of the Good Shepherd (North Site)**  
1st Sunday - 1100 hrs - Holy Communion  
2nd, 3rd, 4th Sundays - 1100 hrs - Divine Worship  
Sunday School During Worship

**St. Andrew's Chapel (South Site)**  
Every Sunday - 0900 hrs - Eucharist (ACC)  
1st Sunday - 1000 hrs Holy Communion  
2nd, 3rd, 4th Sundays - 1000 hrs - Divine Worship  
Sunday School During Worship  
A warm welcome awaits you at our Chapels!

PRIDE		FAITH
IN		IN
OUR		OUR
PAST		FUTURE

Welcome...

**ST. JAMES LEGION**  
Branch No. 4  
Royal Canadian Legion  
1755 Portage Avenue  
Winnipeg, Manitoba

**Bingo**  
Every Wed. - Fri. & Sat.  
8:00 pm

**Line Dancing**  
every Tues.  
8:00 - 10:00 pm

**Dancing To Live Bands**  
Thurs. Fri. & Sat.  
9:00 pm - 1:00 am

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



## COUNTRY CLUB APARTMENTS

ARE A VACATION EVERY DAY!

Enjoy a vacation at home as part of your normal monthly housing cost in a spacious affordable apartment with FREE Country Club privileges:

- Picnic and Bar-B-Q Area
- Tennis Courts • Racquetball
- Saunas • Billiards
- Lounge/Fireplace/Patio Doors to a Deck overlooking the Outdoor Pool

UNDER NEW MANAGEMENT

THE CLUBHOUSE  
110 Quail Ridge Rd.  
987-7600

## NEW ARRIVALS



Puzzled about Manitoba License Plates?

- Fire insurance?
- Contents?
- Pleasure items?
- Life Insurance?

Obtain them at your Base Insurance Office in the Main Rec Centre



Call us or drop in to:  
Baldwinson Agency

BLDG 90 (REC CENTRE)  
WHYTEWOLD RD  
MONDAY TO FRIDAY  
8:30AM TO 4:30 PM  
889-2204

## Le terrain de jeu: un lieu pour apprendre aux enfants les relations interpersonnelles

(NC)—Le terrain de jeu est un microcosme de notre société, un univers où l'enfant apprend à s'orienter dans le monde et à établir des relations avec ses semblables.

<<C'est souvent au terrain de jeu que, pour la première fois, l'enfant découvre les réalités du monde extérieur. L'expérience est positive dans la majorité des cas. C'est là qu'il se fait une véritable idée de la place qu'il occupe dans la société et de la façon dont il doit agir envers les autres>>, déclare Elaine Goraj, la directrice du programme <<Toujours prudent... jamais mal pris>>, un organisme national de mise en garde contre les dangers de la rue fondé en 1987 et financé par La Fondation pour la protection des enfants Canadien Tire.

Chaque jour, on entend aux nouvelles que des actes de violence, toujours plus nombreux, sont commis dans les terrains de jeu et les cours d'école. C'est pourquoi de plus en plus d'enseignants essaient d'apprendre aux jeunes à régler leurs différends à l'amiable, sans le concours des adultes. Ils leur apprennent la <<Résolution de conflits>> et la <<Médiation entre pairs>> pour les aider à trouver ensemble des solutions à leurs problèmes.

On enseigne aux enfants que les conflits ne sont pas de mauvaises choses en eux-mêmes et qu'au contraire, ils font partie de la vie. On leur montre des techniques de gestion constructive des conflits et on leur donne des moyens efficaces pour résoudre leurs problèmes interpersonnels de façon courtoise.

Les parents peuvent préparer leurs enfants à

affronter les éventuels conflits qui les attendent sur les terrains de jeu de diverses façons. D'abord, ils peuvent leur montrer à différencier un comportement positif d'un comportement négatif, et ensuite les aider à élaborer des stratégies pour aborder les conflits et ceux qui cherchent à se faire remarquer.

Les parents peuvent entre autres:

- Encourager leurs enfants à noter leurs expériences dans leur journal intime.

- Dresser avec leurs enfants une liste des comportements que ceux-ci trouvent agressifs et inacceptables (brutalité, autoritarisme, transgression des règlements, insoumission, critique, tromperie, mensonge).

- Faire des jeux de rôle avec leurs enfants, présentant différentes situations et des façons de se défendre face à quelqu'un qui fait preuve de brutalité.

- Discuter des façons de se comporter avec un enfant qui veut toujours avoir raison ou un enfant qui cherche à semer le désordre.

En conclusion, Elaine Goraj ajoute: <<Chose très importante, les parents peuvent essayer d'inculquer à leurs enfants une bonne image de soi. Quand un enfant est bien dans sa peau, il y a moins de chance qu'il soit une victime ou un agresseur et il est plus apte à entretenir de bonnes relations avec ses pairs.>>

Pour en savoir davantage sur la mise en garde contre les dangers de la rue, écrivez à: Programme <<Toujours prudent... jamais mal pris>>, 2180, rue Yonge, 8e étage, Toronto (Ontario) M4P 2V8.

## Activités francophones militaires de la 17ième Escadre de Winnipeg

Pour tous les nouveaux-arrivants francophones de la 17ième Escadre et ceux qui ne le savent pas, il y a un groupe de francophones bénévoles qui vous présentent une variété d'activités coordonnées par leurs efforts.

### MINI FRANCO FUN DES PETITS VOYAGEURS!

Hé! les francophones avec de jeunes enfants! Vous cherchez des ami-e-s! Venez nous rejoindre pour partager, discuter et échanger avec nous, vos idées dans une atmosphère de détente avec vos enfants. Le Mini Franco Fun est un mouvement qui consiste de rencontres de petits enfants d'âge préscolaire avec leurs maman ou papa. Ces rencontres se passent une fois par semaine, au 54 Bourkewood, les vendredis matins de 9h30 à 11h30, et ont deux buts principaux:

a) Encourager nos enfants à parler français.

b) Leur permettre de rencontrer et socialiser avec d'autres enfants.

Pour de plus amples renseignements, s.v.p. rejoindre la présidente, Mance Legault au 885-1378. Subventionné par Franco-Fonds. Nos remerciements au CSF pour l'utilité du local au 54 Bourkewood.

### Soiree sociale francophone Souper-rencontre

A tous les nouveaux-arrivants la bienvenue!

A chaque mi-mois une rencontre d'épouses militaires francophones et invité-e-s se réalise à différents endroits de la ville, pour déguster des arts culinaires à de bons restaurants.

Si vous désirez rencontrer de nouvelles ami-e-s et rire avec nous, n'hésitez pas de rejoindre, Anne-Marie Cloutier au 832-2183, qui se fera un plaisir de vous ajouter à notre liste d'appel.

### Petit déjeuner francophone

Vous trouvez le temps long et êtes fatigué de faire du ménage?

Voilà la solution à ton problème, viens nous rejoindre tous les vendredis matins au petit déjeuner francophone. Afin de rencontrer d'autres personnes et de faire des nouvelles connaissances. Vous pouvez rejoindre Linda Pelletier au 489-7260 pour de plus amples informations.

*Tous ses programmes sont offerts grâce aux efforts de plusieurs francophones de la 17ième Escadre. Chapeaux à vous tous! S'il y a parmi vous, des gens qui aimeraient contribuer à la continuité de ses programmes, ou si vous avez des suggestions, n'hésitez pas de rejoindre une des personnes ci-haut mentionnées. Vos contributions seront bien appréciées.*

## CENTRE DE FORMATION LINGUISTIQUE COURS DE FRANCAIS CONTINU - 9301

Comme à pareille date l'an passé, un cours intensif de langue française est sur le point de commencer, et déjà, on sent l'enthousiasme et la détermination des nouveaux stagiaires. Pour ces francophiles chevronnés ce cours est l'ultime effort pour devenir fonctionnel dans la langue de Molière.

Nos intrépides soldats de la langue française auront comme armes le programme du Cours de Français des Forces Canadiennes (CFFC), le Nouveau Bescherelle, French The Easy Way, 501 French Verbs, la Grammaire française, le dictionnaire français Robert-Collins, English Grammar for Students of French and Key French Grammar & Vocabulary, sans oublier tout l'équipement audio-visuel disponible dans chacune des six classes du Centre.

En plus de ces armes, ils auront comme alliés sept professeurs et un professeur doyen (la bande des huit). Cette équipe de "franc-tireurs" les accompagnera en leur enseignant les ruses et subtilités de la langue française: le, la, les, ma, ta, sa, mon, ton, son, et autres véhicules linguistiques couramment utilisés; sujet; verbe;

complément direct, indirect, participe passé avec être ou avoir; présent, passé, passé composé etc, et bien sûr le masculin, et le féminin (ennemis jurés de nos valeureux(es) étudiants (es)).

Malgré les conjugaisons ardues, les innombrables choix de temps de verbe de la langue française, et l'apprentissage d'un nouveau vocabulaire de plus en plus colossal, nos stagiaires gardent un moral inébranlable. Ils regardent d'un oeil sûr, les futures activités pédagogiques, et anticipent avec rigueur les voyages socio-culturels: Bien que le festival du Voyageur en ait vu bien d'autres, la ville de Québec ne perd rien pour attendre, car les francophiles du centre de formation linguistique sont bien décidés à conquérir et à maîtriser cette belle langue, qui au dire de certains historiens bien pensants, nous serait parvenue de la France.

A l'abordage. Molière n'a qu'à bien se tenir!

Bonne chance à tous!

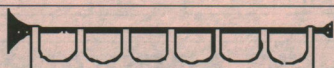
## 17e Escadre Centre de ressources des familles militaires

Le programme satellite de garderie privée (PSGP) vous offre la garde d'enfants de 12 semaines à 12 ans dans un foyer privé, licencié et contrôlé. Les gardiennes ont un entraînement en garderie ainsi qu'un certificat en premiers soins.



Les services sont disponibles de jour, de soirée ou de nuit.

Occasionnellement, les services d'une gardienne dans votre foyer sont également disponibles. Pour plus d'informations, S.V.P. appelez 833-6870.



### LA PLUME DORT

par

le capitaine Daniel Lachance

Cette chronique a pour but de nous aider à améliorer notre français.

Dans l'exercice suivant, il faut remplacer l'expression fautive par l'expression juste:

#### LES ANGLICISMES RELIÉS À L'EMPLOI (La solution se trouve à la page 15)

1. Il travaille à l'office
2. Une opportunité
3. Une clause optionnelle
4. Ily a une ouverture au bureau
5. Voyager par affaires
6. Passer des remarques
7. Le patronage
8. Un plan de pension
9. Il a des préjugés contre moi
10. Ses qualifications son bonnes

**SOLUTION - LES ANGLICISMES  
RELIÉS À L'EMPLOI**

1. Il travaille au bureau
2. Une occasion
3. Une clause facultative
4. Il y a un poste offert au bureau
5. Voyager pour affaires
6. Faire des observations
7. Le favoritisme
8. Un régime de retraite
9. Il a des préjugés contre moi
10. Ses compétences sont bonnes

**BONJOUR!**

Nous apprécions vos commentaires et suggestions concernant notre page d'information. Vous pouvez nous communiquer vos idées en appelant au 889-3963 ou au 488-3668 et demandez Nicole.

Au plaisir de vous entendre.

**CHERS FRANCOPHONES.**

Nous sommes à la recherche de plusieurs personnes qui voudraient nous aider à l'évolution de la page "la Francophonie" pour le journal "le Voxair" de la 17<sup>ème</sup> Escadre de la base de Winnipeg.

Pour plus d'information contacter: Nicole Whebell au 889-3963 ou au 488-3668.

**Apple Meadows - St. James-Assiniboia**

**AFFORDABLE FAMILY LIVING**

- \* Peaceful park-like seclusion
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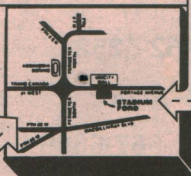
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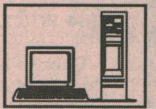
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