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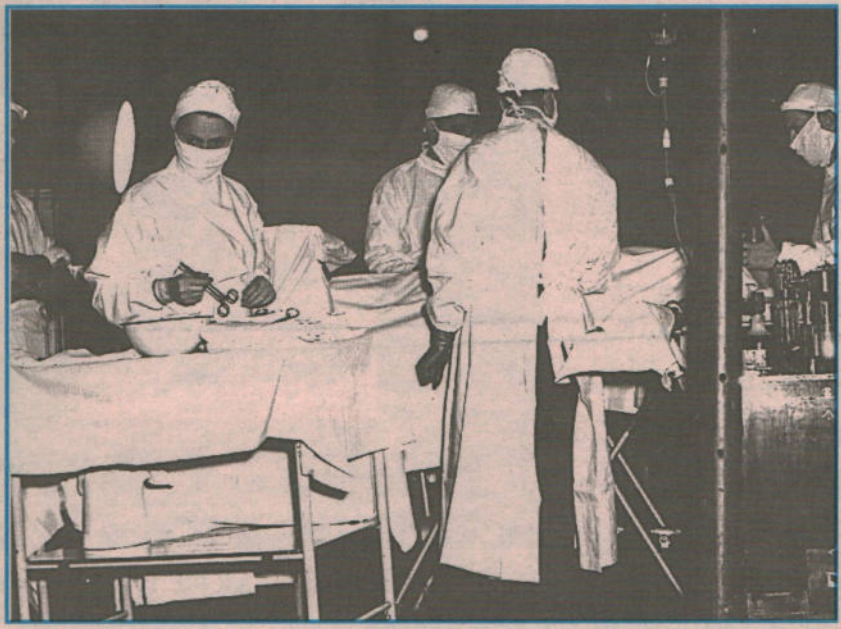


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VOL. 42 ISSUE 4 17 Wing Winnipeg / 17e Escadre Winnipeg MARCH 2, 1994 / FREE



R.C.A.F. MASH

By Major W.A. March

By the summer of 1943, preparations in England for the upcoming "Second Front" in Europe began to reach a fever pitch. New Canadian air force units were formed, or transferred overseas, to fill the requirements put forward by Allied commands as they geared up to provide air support to the planned invasion. More and more of these units were attached to the Second Tactical Air Force (2TAF) until by August 1943, approximately fifty per cent of this formation was composed of squadrons and personnel from the RCAF. Up until this time, Canadian medical support to the RCAF had consisted of medical officers assigned directly to their respective squadrons, however, the increase in the number of Canadian units belonging to 2TAF meant that a higher level of medical services would be appropriate. Therefore, on 16 August 1943, an Air Ministry Order was published which authorized the formation of No. 52 (R.C.A.F.) Mobile Field Hospital (MFH).

Formed at RAF Station Detling, Kent, No. 52 MFH was one of two mobile field hospitals attached to No. 83 Group of 2TAF and was to be the principal RCAF medical contribution to this organization. It was a totally self-contained, mobile unit, equipped with sufficient transport to carry all of its assigned equip-

ment and patients. Totally under canvas, the hospital could be taken down, or set-up in a matter of hours as it followed close behind the combat units. The MFH would receive the sick and wounded, army as well as air force, from collecting zones and then treat the patients until they were fit to return to duty or transferred to more permanent medical facilities. It formed the first link in the evacuation chain and also provided specialist attention for aircrew when the need arose.

Throughout August 1943, staff began to trickle into the hospital. As the approved staff consisted of four medical officers, two nursing sisters, an administrative officer and approximately 70 other ranks, it took several months before they had all arrived for duty. During this period, under the direction of the Commanding Officer, Wing Commander, J.M. Growse, all available personnel undertook intensive training throughout southern England. Medical personnel undertook courses specializing in the types of casualties they could expect while non-medical staff underwent training on camp defence, small arms, gas and on how to avoid booby-traps. Everyone participated in practice moves until the hospital became proficient in convoy driving and procedures. Busy as they were there was still time to indulge in that favourite Canadian pastime overseas hockey.

Unfortunately, No. 52 MFH did not do well during its formative months and results such as a 9 to 1 defeat at the hands of 410 Squadron were not uncommon. The solution to this problem, even for a medical unit, was typically military as the hospital War Diary noted: "Team from this unit seemed in poor physical condition. Organized P.T., 1 hour daily for whole unit, initiated. Regular parades daily will be held in future."

Finally, on 6 June 1944, all of their training paid off as the invasion was launched. On D plus 2 (8 June), the advance surgical team from the MFH landed at Bernieres-sur-Mer and immediately began to treat casualties. Located near an airfield, the surgical staff operated under harassing fire from German snipers and the occasional bombing. Eleven days later the remainder of the hospital landed on the beach at Courseilles-sur-Mer in the midst of a welcoming German air raid. Included with the main party were two RCAF Nursing Sisters whose arrival in Normandy was described in a Canadian Press news dispatch in the following manner: "Tin hats on, battledress trousers tucked into rubber boots, ...Dorothy Mulholland of Georgetown, Ontario, and D.C. Pitkethly of Ottawa, walked down the ramp of an assault craft on to a Normandy beach this morning, the first Canadian service-women to land in France." Soon these

AIR COMMAND BAND'S DE LA MUSIQUE DU COMMANDEMENT GALA CONCERT

TO BENEFIT RED CROSS AU PROFIT DE LA CROIX-ROUGE

Winnipeg's Air Command Band will perform a gala concert at the Walker Theatre, to benefit the Winnipeg Red Cross Society, on Thursday, March 10, 1994 at 7:30 p.m. with special guests, Winnipeg's Easy T's. Tickets available from Select-A-Seat

and the Winnipeg Red Cross Society. Admission for adults is \$10.00; for students and seniors, \$8.00. For further information about the Air Command Band, please contact the Public Relations Section at (204)833-5053.

La Musique du Commandement aérien de Winnipeg donnera un concert gala au 'Walker Theatre', au profit de la Croix-Rouge de Winnipeg, jeudi le 10 mars 1994, à 19 h 30. Elle accueillera des invités spéciaux, les 'Easy T's' de Winnipeg. Les billets sont en vente aux bureaux de 'Select-

A-Seat' et de la Croix-Rouge. L'entrée est 10,00\$ pour les adultes, et 8,00\$ pour les étudiants et les personnes âgées. Pour plus de détails au sujet de la Musique du Commandement aérien, veuillez communiquer avec le Bureau des relations publiques au numéro (204)833-5053.

PROCEEDS TO THE ANNUAL WINNIPEG RED CROSS

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Thursday
 March 10, 1994

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with the kind permission of Lieutenant-General G.S. Clements, Commander Air Command Canada

two nurses would be hard at work as the hospital became fully operational.

Over the next five months, the hospital moved a total of seven times as it followed the Allied armies across France and Holland. In the second week of October, the unit arrived at Eindhoven in Holland sharing winter quarters in an abandoned German naval hospital with a British MFH. A hospital routine was quickly established which

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CADETS SALUTE THE ROYAL CANADIAN AIR FORCE

"A 70th Anniversary Celebration"

Pipe and concert bands of sea, army and air cadets will perform a special concert tour to celebrate the formation of the Royal Canadian Air Force.

The concerts will be performed at the Jubilee Auditorium in Edmonton, Wednesday April 6th, 1994, the Centennial Concert Hall in Winnipeg, Thursday April 7th, 1994 and the Centre of the Arts in Regina, Friday April 8th, 1994. The tour is funded in part by the Saskatchewan Lotteries Trust Fund and the Air Force Heritage Fund.

This will be the third year that the senior cadet musicians in Prairie Region will present a concert to demonstrate the aims of the Canadian Cadet Organizations. Last year's concert was attended by the

Deputy Commander, Major-General L.W.F. Cuppens who made the following observations:

"As those who experienced the programme will attest, the cadets surpassed themselves...the musical scores that were presented, the quest to have everyone participate and achieve recognition and even the demonstration of bilingualism left me with a most favourable impression of the cadets of Prairie Region...a very emotional reaction on my part—the music was inspiring."

The musical program includes music of Ralph Vaughan Williams, a medley of songs from the "ALADDIN" sound track, arrangements of Hoagy Carmichael tunes as

well as a mini tattoo in a tribute to the 70th Anniversary of the Royal Canadian Air Force.

The bands are comprised of ninety of the best cadet musicians from cadet units across Prairie Region, who will be assisted by Regular Force musicians from Canadian Forces Bands and the Canadian Forces School of Music.

Tickets are ten (\$10) dollars for adults and five (\$5) dollars for seniors and youth under 19. Tickets are available from Select A Seat at 780-7328.

For more information Contact:
Major Howard Mar
(204) 833-5183 or
Lieutenant (Navy)
Norm Peters
(204) 833-5336

TWO BOOKS INITIATE MASSIVE VERNON REUNION!

When Canadian author Cordell Cross wrote 'Stand By Your Beds' and his second novel 'Form Three Ranks On The Road!' - he had no idea he'd be nominated to become the Chairman of the Vernon Army Cadet Camp Reunion - 1994. Cross's novels deal with army cadets attending the Vernon Army Cadet Camp in the 50s, and the antics the boys get involved with have made the books best sellers across Canada.

"So many people bought the books and called for a reunion,

in April 1993, the President of the Army Cadet League of British Columbia, Major Roy Rigby-Jones called and asked if I could put the reunion together," states Cross. "I accepted, and since then, my life has been one of telephone calls and more telephone calls. I've even got a phone glued to my ear when am sleeping."

"Over 138,000 people have attended the Vernon Army Cadet Camp since 1949 and thousands of them are serving in the Canadian Forces. We're asking them to come back 22,

23, 24 July 1994 to share their memories.

Cross states that the reunion promises to be one of the largest, if not the largest military reunion to be held in Canada. Invited guests include the Prime Minister, the Governor General, the Vice-President of the US and a member of the Royal Family.

The Reunion address is: Vernon Army Cadet Camp Reunion-94, PO Box 88560, V3W 0X1- or they can call the HOTLINE at (604) 268-9977."

FBDB HAS IMPACT ON JOB CREATION INCREASE

During 1993, the Federal Business Development Bank provided \$714 million in loans to small and medium-sized businesses, representing an increase of 17.4% over last year. Businesses receiving these new loans expect to create at least 4,300 new jobs for Canadians.

A nation-wide sample of FBDB clients reveals that this job creation impact turns out to be even greater than initially expected. The study finds that FBDB loan clients actually cre-

ate 58% more jobs than expected at the time the loan was made.

In the Prairie and Northern Region, including Alberta, Saskatchewan, Manitoba and Northwest Territories, FBDB authorized \$103 million in new loans during 1993. In total, FBDB loan clients employ 20,200 people in this region.

The Federal Business Development Bank also provides business management support to ensure the continued growth and success of

small businesses. This was used by thousands of entrepreneurs during 1993 to improve management practices, undertake strategic and financial planning and to improve competitiveness.

The FBDB is a Crown corporation that provides a wide variety of business services to promote the development of business in Canada. For more information contact: Susan McDougall, Media Relations Manager (416) 954 6511.

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INTERNATIONAL YEAR OF THE FAMILY

The United Nations has designated 1994 as the International Year of the Family. Plans for Family Year - 1994, Manitoban's involvement in this very special year, are well underway and all

Manitobans are invited to get involved.

For further information please call the Family Year - 1994 Secretariat at 945-2532 or outside of Winnipeg at 1-800-282-8069.

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FOLLOWING THE CANADIAN FORCES

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CONGRATULATIONS!



Congratulations! BGen Diamond, AIRCOM COS Ops, presents MWO Ritchie with his new rank of CWO which became effective 1 January 1994.



LCol JMJ Leclerc, W Ops O, congratulates 2Lt Greg Dixon on his promotion as Maj J.S. Patry, D/W Ops O affixes the new rank on his shoulder.

Life is a Safe Highway

The idea of becoming involved in an accident which causes injury or death is no more than a fairy tale to some motorists, until they become one of the statistics recorded in a pamphlet recently produced by Transport Canada. Interestingly this brochure was one that reinforces the idea we are all subject to mortality no matter who we are.

According to the information released by Transport Canada, during the first six months of 1993 there were 1,433 road users killed across Canada. This is a 5% decrease compared to the number of fatalities recorded during the same time last year. This total was also an 11.7% decrease in the number of traffic related deaths for the same period of time over the last three years.

By the close of 1992, there was a noticeable decline in the total number of collisions and casualties. The number of collisions resulting in a fatality or injury for '92 was 171,723. This number indicated a decrease of 1,397 casualties from the previous year and is the lowest recorded total in the past eight years.

Personal injury as a result of a reportable vehicle crash declined by a slight margin (208) to 248,990 injured. In keeping with a noticeable and favourable trend the sum of fatalities (which came to 3,485), marked a fifteen-year low in that particular category.

However, with all of the

1992 Canadian Motor Vehicle Traffic Collision Statistics

Collected in cooperation with the Canadian Council of Motor Transport Administrators
TP 5322

Transport Canada / Transports Canada / Canada

great accomplishments motorists made in this country throughout 1992, it would appear they still have a little left to learn. For example, clear (cloudy or sunny) days accounted for 77% of the total personal injuries and 79% of the total fatalities.

To put this in perspective the average motorist would have a 70% increased chance of being killed and a 63% increased chance of being injured on days when the driving conditions are excellent as compared to rainy or foul weather days.

When weather conditions are accompanied with the statistics which indicate most accidents in 1992 occurred during day-

light hours and in summer months, the theory of an epidemic that causes some sort of sun-blindness in midsummer seems almost rational. What these statistics actually tell us is motorists are simply not always as cautious and alert in good weather.

The fact is speed plays a large role in most accidents. On clear days a driver is more at ease on the road. As a result of this comfort the motorist will be inclined to increase the vehicle's speed. When the speed increases so does the chance of an accident.

In 1992, the number of traffic collisions causing fatalities in rural areas were almost 52 percent higher than those of urban areas where the speed limit was 60 km/h or less.

When one reads the statistics, however, it becomes apparent, and almost pleasing, to see most motorists are finally beginning to get the message. Thanks to police drinking driver counter measure programs, community based initiatives and of course, publications such as this, average citizens are starting to realize a vehicle can be a dangerous weapon.

Your local police are responsible for the safety of the public. Much of the real responsibility, however, remains with the individual. One simple step is to cut down the odds of injury by wearing your seat-belts.

REQUIRED IMMEDIATELY

An Editor for the Francophone page.
For more details, contact the Voxair office at 889-3963, or leave a message.

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R.C.A.F. MASH

Continued from page 1...

...allowed the staff to incorporate an intensive welfare program for the patients which included a library, games and various clubs operating with "donated" equipment. The hospital routine was rudely shattered on 1 January 1945 when the Luftwaffe attacked the airfield at Eindhoven. By the end of the day over 40 casualties suffering from bullet wounds and burns had arrived at the hospital. There they were to remain for longer than normal because the German attack had destroyed many of the air evacuation aircraft. Two days later, things were back to normal and the seriously injured patients were flown to England.

The hospital moved three



more times before the end of the war until it came to its final location in Germany at Luneburg, some 70 miles east of Bremen. The unit became non-operation on 8 August 1945 when it was ordered to return to Dunsfold, England, where it was disbanded. The only medical facility of its

kind in the RCAF, the wartime record of the MFH was short but active. For the casualties, the sick, and the returning prisoners-of-war who passed through its canvas walls, No. 52 (R.C.A.F.) Mobile Field Hospital was a welcome piece of home so far away from Canada.

SECOND CAREER!!

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SUGGESTION AWARD PROGRAM



Maj T. Brook presents to Capt C. Villeneuve the Certificate of Appreciation for his participation in the Suggestion Award Program.

Central Flying School Profile

Mrs. Susanne Forsythe has been employed by the Department of National Defence since December 1973. Prior to commencing employment at Central Flying School in August 1983, Susanne was employed as CO's Secretary at CFS Beausejour, Secretary to the Commander of Militia Area Pacific in Vancouver, and B Compt's Secretary at CFB Cold Lake. Susanne was awarded the Public Service Merit Award for her outstanding fund raising activities in support of the Beausejour Hospital and volunteer work with the Army Cadet organization in Vancouver.

Susanne's main area of responsibility at CFS is as Commandant's Secretary but she also provides administrative support to the Unit Ops/Admin Officer, and to the

Standards Flight Commander, the Chief of the Instrument Check Pilot School and their staffs. She thoroughly enjoys the variety of duties associated with her position, as well as the camaraderie at CFS. Susanne ensures that birthdays and special occasions are honoured by organizing staff get-togethers. She has also assisted the CFS Entertainment Officer in organizing unit parties and retirement dinners. Her congenial personality, combined with her dedicated pursuit of personal and professional excellence, have made her an invaluable member of the CFS team.

Susanne was born and raised in Fort Frances, Ontario. She and her husband Tim, a member of the CF, have been married for over 27 years and have two daughters. Her pre-



sent hobbies include gardening, home decorating and working part time in her daughter's business.

(Photo by Cpl S. Gervais)



VOLUNTEERS GEAR-UP FOR 1994 PITCH-IN CAMPAIGN

Canada's largest voluntary program to clean-up the environment, PITCH-IN WEEK, will be held May 2-8, 1994. Approximately 2 million Canadians are expected to participate.

In 1993 just under 2 million volunteers cleaned litter and debris from along highways, parks, ravines, beaches and other areas. Projects took place in 1,220 communities under the direction of 3,156 volunteer coordinators. PITCH-IN WEEK has become the largest voluntary action program in Canada.

The 1994 Campaign encourages groups to organize TRASH-A-THONS as a way of

raising funds for conservation and local projects.

Any group can organize a TRASH A THON to raise funds for local projects as well as PITCH-IN while cleaning up the environment. "PITCH-IN CANADA will supply the pledge forms and Certificates of Participation."

PITCH-IN CANADA is a national, non-profit, organization working to promote the reduction, reuse and recycling of waste. Working with all levels of government, industry, public sector organizations and the media.

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BEACHES, an educational program for schools and CIVIC PRIDE, a program to reduce the cost of waste management by initiating effective waste handling practices.

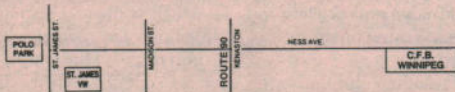
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WSAMP Sqn personnel being presented with the Safe Driving Plaque by WComd. From left to right WO W.R.Temple (MSE Safety); Pte P.Bone; Cpl S.MacLean; Col J.R.B.Proulx(WComd); MWO G.Johnston (A/WSAMPO). (Photo by Pte Dave Payne.)

SECOND TIME AROUND

The User Unit/Squadron Safe Driving Award is presented to the formation with the highest mileage while remaining accident free during the preceding quarter. For the second time in a row the Wing Security and Military Police Squadron has won this award. They were recently presented with the Safe Driving Plaque by the Wing Commander.

During the past two quarters (Jul-Dec 93) SAMP Sqn personnel have been on the road for a total of 96,286 kilometres without having a traffic accident. This is a commendable feat at first glance and is even more remarkable when you consider the weather conditions these people often have to drive in.

The WSAMPO and his personnel have done their part in keeping down the accident rate at 17 Wing. All other squadrons and units should take note. Take up the challenge, make each trip accident free.

CFANS Update

By Course 9306

After hours of negotiations, Brad Coates finally relinquished control of the CFANS contribution to the Voxair to the World Famous Biters of Course 9306. It is suspected that CBC (Captain Brad Coates) suffered another injury which has affected his ability to type and play good squash.

In other news, the Flight Commanders along with the Administration Officer were heard grumbling over the crackdown of cigarette smuggling. Consequently CFANS will see a reduction in the number of scheduled away trips to Oka and Kanesatake.

In squash news, Glen Russel, a legend in his own mind, has been so impressed with his own level of play that he has yet to play anyone else whom he thinks might be better. As well, Capt Mohan was quoted yesterday as saying, "Coates, that chump, he couldn't play his way out of a wet paper bag" before losing the coveted 'beer' match to novice player and weak hearted 2Lt Skotnicki.

In flight safety news, course 9307 has been forced to turn short of the turning point on

numerous trips due to a lack of endurance. The problem has apparently been caused by excessive baggage packed in a flight suit labelled Sevigny.



However, this problem may be overcome by scheduling 2Lt Black on the same detail.

Smiling Bill Foster was seen last week saying hello to someone. Later that day Bill was overheard saying "My God that was difficult, I don't think I'll do that again!"

Meanwhile, CFANS awaits the newly revised NPH and CFP 100 soon to be released by Andy Cornell. This may come as a surprise to Silvain

Collard who has yet to open his old ones. "Oh well, you needs manuals when you're going transport", he was heard saying. Kent Molyneux quickly responded with a lengthy explanation on the importance of manuals. Sylvain Collard was then seen on top of the solarium ready to jump.

Although most courses find the basic phase filled with more than enough classes, course 9401 has decided to get a jump on memo writing. Perhaps if they performed all their duties (ie. emptying full recycling bins) they would find less free time for writing.

On the social scene, course 9306 has finally got one. Course 9308 is still looking.

Congratulations are in order to the recent graduates of Course 9302 and Captains Mohan and Hone for their recent successes. Good luck in your future endeavours.

Metropolitan Dental Group

711 The Boyd Medical Centre
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ATTENTION!

The JRC(N) will be selling a 12 foot Columbia Satellite and Cheyenne IR/D (integrated receiver/descrambler) by a sealed bid. The highest bidder will take it regardless of the amount bid and the cut off is 1 Apr 94. Inquiries can be made to the Mess Manager at Loc 5427 or it can be viewed at the Junior Ranks Mess. Sealed bids can be dropped off at the Mess Manager's Office during normal working hours (07:30 to 15:00). The highest bidder will be notified on the 1st of Apr 94 by the PMC of the Mess.

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CHILDREN'S PROGRAMS

4 yr olds: Mon., Wed., and Fri., from 9:00 - 11:15 a.m. at a cost of \$67/month.

3 yr olds: Tues. & Thurs. from 9:00-11:15 a.m. at a cost of \$50/month.

Our Nursery School Program offers the pre-school child a chance to socialize in a happy, friendly environment. Activities include learning centres, stories, songs, free play, arts and crafts, drama and large muscle play. For more information or to register, please contact the Nursery School at 833-6846.

CREATIVE TOT SHOP

This program is held at the Lipsett Hall Nursery School on Wednesday afternoons from

1:15 - 2:45 p.m. and costs \$25 for a ten week session. This program is the first step toward nursery school. Here's a chance for parents and young children to come together to create and play. The toddler/preschooler can explore the world of arts, music, movement and story. Parent participation is required. For more information or to register, please contact the Nursery School at 833-6846.

NEED AN AFTERNOON OFF FOR AN APPOINTMENT, OR TO DO YOUR GROCERY SHOPPING?

Lipsett Hall Nursery School offers drop-off child care on Tuesday afternoons from 1:00 - 4:00 p.m. We will provide care

for children 18 months to six years. The fee will be \$3.00 per hour for the first child and \$1.00 more for a second child in the same family. All children must be pre-registered and reservations must be made 24 hours in advance. This is a pilot program and will be offered until the end of March. At that time we will assess whether the program will continue and possibly expand to offer more times.

To reserve your spot, please call the Nursery School at 833-6846 no later than Monday afternoons for that week's session.

BABYSITTING COURSE

The MFRC is once again offering the Manitoba Safety Council's babysitting course.

Participants should be 12 years or older. Topics include: Fire safety training, basic first aid, child development, babycare and activities for children. Demonstration of practical experience will be required before issuing a certificate. The course will be held on 12 March from 10:30-12:30 p.m. and 19 March from 10:30 - 4:00 p.m. Fee is \$15.00. Please register by calling the Nursery School at 833-6846.

PARENTS & TOTS PLAY GROUP

On Saturday Mornings at Lipsett Hall. If you can't make it during the week here's your chance to visit with other parents while the children play.

Call 833-6846 for more information.

Draw Results

The MFRC celebrated their Grand Opening 15 Feb 94 at their new location in the heart of the southsite PMQ's at 350 Doncaster St. (Telephone: 489-7003)

Our congratulations go out to the following lucky "draw" winners:

- Cory Ward
- Andrew Brine
- Neil Kinley
- Yvonne Boisclair
- Cindy Young
- Linda Pelletier
- Anne Marie Cloutier
- Manuella Terkelson
- Carol King
- Lorna Conway
- B. Tucker
- Elise Huffman
- Sandra Henneberry

MFRC OUTREACH DEPARTMENT

By Rae Rankin,
Outreach/Resource Coordinator

The recently established Outreach Department hit the ground running back in December 1993. This area is multi-faceted and responds to a variety of military family issues; the first of which is arriving at a new posting with no community contacts. The MFRC response to this concern favours the personal touch by offering a home visit to each newly arrived family. The objective is to share MFRC and Winnipeg community resource information in an attempt to expedite the settling in

process.

Another concern is the isolation and loneliness experienced by spouses/significant others of military members on extended TD's/deployment.

Warm Line has been created to offer a compassionate telephone contact to ensure these people remain connected with MFRC and Base resources and to foster a genuine sense of community to counter any feelings of loneliness and isolation.

Knowledge empowers. To this end the Outreach Department maintains a Resource Library rich with pamphlets containing informa-

tion relevant to family life in the '90's. The library will be expanded to include books and tapes available on loan to community members.

The Outreach Department also offers group briefings to familiarize people with the wide spectrum of programs and services available through the MFRC.

Please feel free to drop in to our new location at 350 Doncaster, in the heart of the Southsite Qs or phone us at 489-7003 if you know of anyone who would benefit from a visit or a telephone call. Suggestions are always welcome. It's your centre!



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Grand Opening Thanks

Our heartfelt thanks go out to the following local merchants whose support made for a festive celebration.

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- Robin's (Ness location)
- Robin's (Roblin location)
- McDonald's
- Subway (Grant location)
- Dairy Queen (Grant location)
- Fit N Firm
- Merlin Travel (Tuxedo Park)
- 1st Place (TuxedoPark)
- Merle Norman (Corydon location)
- Radio Shack (Tuxedo Park)
- Mona Lisa Florist (Corydon location)

- Park Avenue (Corydon Location)
- Safeway (Tuxedo Park)
- Grabba Jabba (Corydon location)
- International Inn/Best Western
- Leigh Morgan / Rep: Linda Van Evera
- Rejeanne Blain
- Totally Tropical Interiors/Rep: Manon Roy
- Salsbury House (Coydon location)
- Kings Court of Flowers Inc.
- Gerry's Pastry & Bake Shop (Ness location)
- Magic Room (Corydon location)



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The parent organizations of Assiniboine, Bannatyne and Robert Browning Schools of St. James-Assiniboine, invite you to discover an education option intriguing educators world-wide. Canada is considered a world

leader in teaching children a second language. After 23 years, the Canadian French Immersion Model has proven itself to be successful that a number of countries already model it.

WHY FRENCH IMMERSION?

- Programs exist in every province - beneficial to those relocating
- Immersion programs are an effective way to learn a new language
- Improves communication skills in general
- Provides an advantage in the increasingly competitive global workplace
- Expands cultural horizons
- Adds a new dimension to learning
- Acquisition of additional languages is much easier
- Free busing for residents of St. James-Assiniboine and Headingly

REGISTER THE WEEK OF MARCH 1-4, 1994

Kindergarten and Grade One

(Early immersion) offered at Assiniboine 885-2216, Bannatyne 888-1101, and Robert Browning 837-8381. Information evenings at each school are on Feb 22 at 7:30pm. Come see the schools and meet the teachers, principals and students at various grade levels in the program.

Grade 4

(Middle immersion) can be offered at Bannatyne 888-1101, providing a minimum of 23 registrants request the program.

Grade 7

(Late immersion) offered at Golden Gate 837-5808. Information evening Wed Feb 16 at 7:30pm.

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MILLION DOLLAR VOLUNTEERS HONoured

Scouts Canada Manitoba Council recognized the efforts of sixty-two outstanding Manitobans at an awards ceremony in Brandon on January 29, 1994.

It has been calculated that adults in Scouting "donate" well over \$1,000,000 worth of time and talent each year, based on about 100 hours each at minimum wage. In fact many leaders give much more than a couple of hours each week, and their skills are far more than "basic", and are often almost invaluable. The volunteers honoured this year are a good representative sample of just such people.

Among those honoured were the following individuals who are members of the Canadian Armed Forces: LCol Mark Tysiaczny and WO Ken Arsenault both of whom received the Medal of Merit, and MWO Milt Cawley, who received the Medal for Good Service.




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SPECIAL SERVICE

By: Capt Neil Kinley (WPAffO)

The Wing Commander's Parade on 16 December, 1993 was unique. The parade fell on the same date as the Junior Ranks Christmas Party, so all personnel on parade were senior NCMs or officers. The Wing Commander made use of this occasion to present several Special Service Medals (SSM), to Wing personnel.

The SSM was first issued in 1984, to recognize Canadian Forces members who "performed a service under exceptional circumstances." This service has to be in a particular location and of a certain duration, although not necessarily in an area of active operations.

There are now four bars to the SSM, signifying the type of exceptional service completed. Bars for peacekeeping, service with NATO, and service at CFS Alert are now being issued, along with the Pakistan Bar, which was issued in 1992 for service in 1989 and 1990 with the United Nations Mine Awareness and Clearance Training Program.

Photos by Sgt F. L. Price, 17 Wing.



The W Comd, Col Proulx, presents the SSM to LCol Bailey, W Admin O, during a Wing Commander's Parade.



The W Comd, Col Proulx, presented the SSM to Sgt Martin, 17 ARAF, during a Wing Commander's Parade.



The W Comd, Col Proulx, presents the SSM to MWO Anderson, CFS Met, during a Wing Commander's Parade.



The W Comd, Col Proulx, presents the SSM to CWO Cousens, CFS Met, during a Wing Commander's Parade.



The W Comd, Col Proulx, presented the SSM to Sgt Landry, CFS Met, during a Wing Commander's Parade.



The W Comd, Col Proulx, presents the SSM to WO Cooper, WCE, during a Wing Commander's Parade.



The W Comd, Col Proulx, presents the SSM to WO Robinson, W Tn, during a Wing Commander's Parade.



The W Comd, Col Proulx, presented the SSM to MCpl Wargul, CFANS, during a Wing Commander's Parade.

17 WING HOSPITAL STAFF RECEIVE SPECIAL SERVICE MEDALS



L to R: Cpl Shultz, Sgt Sakalawski, Maj Brook, PO2 Rigby, MCpl Boudreau, and WO O'Connell.



L to R: Cpl Taylor, Cpl Hines, and Cpl Haskins.

FITNESS AWARD



Canadian Forces Physical Fitness Award for Aerobic Excellence is awarded to Cpl T. Shultz of 17 Wing Hospital by Maj Brook.

E PRESENTATIONS



The W Comd, Col Proulx, presented the SSM to WO Temple, W Tn, during a Wing Commander's Parade.



The W Comd, Col Proulx, presents the SSM to WCWO Bob Scott, for his service with NATO, while posted in Germany.



Senior NCMs and officers from 17 Wing were on parade on 16 December, 1993. The parade included several SSM presentations.



The W Comd, Col Proulx, presented the SSM to Sgt Pelletier, W Tn, during a Wing Commander's Parade.



The W Comd, Col Proulx, presents the SSM to Sgt Molnar, W Tn, during a Wing Commander's Parade.



The W Comd, Col Proulx, presents the SSM to WO Bonde, W Sup, during a Wing Commander's Parade.



The W Comd, Col Proulx, presented the SSM to Cpl Brown, CFANS, during a Wing Commander's Parade.



The W Comd, Col Proulx, presents the SSM to Sgt Burt, WCE, during a Wing Commander's Parade.



The W Comd, Col Proulx, presents the SSM to Sgt Grenier, CFS Met, during a Wing Commander's Parade.

PROMOTION



Guggie has made it! Cpl Andre Guggenberger on his recent promotion, presented by Maj Ron Stewart.

SUPPLY PRESENTATION DAY



Cpl Gilbert, W Supply, is shown receiving his silver seal for Aerobic Excellent from Maj Ron Stewart, W Sup O. Well done Kevin!

QL4 SUPPLY TRAINING COURSE



The recent graduates of the QL4 Supply training course are, left to right, Pte Pat Mastrangelo, Pte Real Dumonceaux, WO Henrik Bonde - Chief Instructor, Maj Ron Stewart - W Sup O, MCpl Woodman - Minto Reserves, and Pte Kendra O'Neill - ARAF. Also at the same presentation Pte Mastrangelo and Pte Dumonceaux were presented with their first strips.

733 COMMUNICATION SQUADRON 17 WING TELECOMMUNICATION SQUADRON

By Cpl Brenda Sadick

Has everyone thawed out from that deepfreeze we had a few weeks ago? At first it looked like we were going to get off with a mild winter considering we didn't get any snow until mid November, and even then there wasn't much of it. Now the question is "will March come in as a lion or a lamb?"

We at 733 Comm Squadron/17 Wing Telecom

Squadron are feeling a little restless waiting for spring, all except perhaps Cpl Brian Lahner who, as a winner of 17 Wing Most Deserving Service Member spent one glorious week (11-16 Jan) in sunny Meridia, Mexico, San Jose, Costa Rica, Teguciagalpa, Honduras, Kingston, Jamaica, Nassau, Bahamas, as well as Richard Gebaur AFB, Elgin AFB and Scott AFB. And he has the nerve to come back to

Winnipeg with a tan!

Other noteworthy people in the Squadron are Cpl Al Ring who received this past quarter's (Sep-Dec) Unit Most Deserving Person Award and MCpl Darlene Stewart who received the 73 Communication Group Commander's Commendation on 20 Jan.

Cpls Pat Goulding and James Carrey were promoted to their new ranks 9 Nov and 7 Jan, respectively. We have recently welcomed back Cpl Steve Mont from a UN tour to Cambodia and said goodbye to Pte John Peters who is currently on a course in Kingston Ontario preparing for his UN tour to Yugoslavia where MCpl Dave Sirduk and Cpl Roman Joseph are presently serving their UN tour.

Our Squadron Hockey team is doing well. They've made "A" Division, and our volleyball has finally won their first game.

The Squadron and all sections within are very busy. If you would like to know more about the goings on in the Comm Squadron, you can read all about it in our quarterly newsletter, Communication Breakdown. For a copy of the Newsletter, contact Cpl B. Sadick, Editor, at local 5007.



Major Albright and Corporal Goulding



Major Albright and Corporal Carrey

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ALL RANKS • ALL RANKS**GOLDEYES SCUBA CLUB
ICE DIVING COURSE**

Have you ever wondered what goes on underwater when there is a one metre layer of ice on the lake? Do you have an uncontrollable urge to immerse yourself in ice cold water in the month of March? Then have we got the course for you!!!

The Goldeyes Scuba Club will be conducting an Ice Diving Course in March 94, details are listed below:

WHAT:

Ice Diving Course

WHERE:

Classroom: Westwin Pool, Bldg 90

Open Water:

West Hawk Lake, MB

WHEN:**Classroom:**

2000 hrs, Thursday nights, 10, 17 & 24 March 94

Open Water:

26 & 27 Mar 94, timings will be given during the course

COST:

Cost of the course will depend upon the number of students enrolled, but is not expected to exceed \$80.00 per student. In addition students will be responsible for their own

transportation, accommodation and food for the open water dives at West Hawk Lake.

PREREQUISITES:

To participate in this course you must:

- hold a valid Scuba Diver certification issued by a certifying agency recognized in CFAO 50-10;
- provide a Log Book verifying that you have at least ten open water dives;
- provide proof of a recent (within the past year) medical examination, certifying you fit to dive;
- provide your own scuba equipment, including a wet/dry suit for the open water dives. Tanks, regulators and buoyancy compensators are available for rent from the Club (for Club members only) and suits are available for rent at local dive stores.

ADDITIONAL INFO:

For additional information on this exciting and challenging course and to register contact Ronn Cooper at 833-5357(work) or 831-1458(home).

PETTY'S HITS; JONES' HI-TECH

By Barry Sweeney

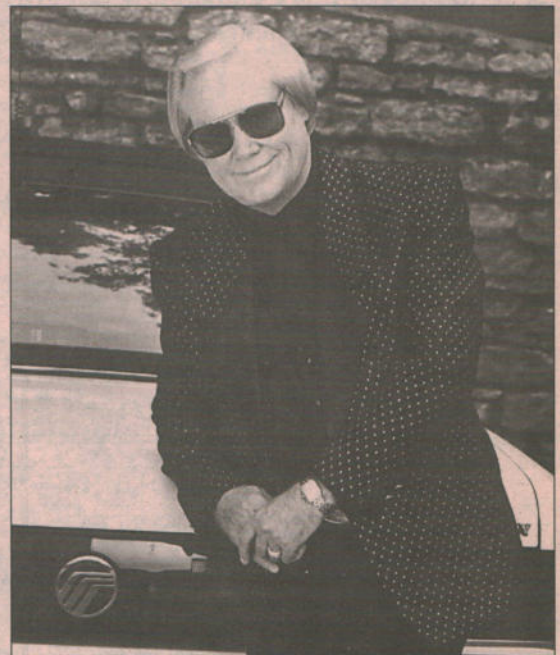
From his humble beginnings in the Florida-based Mudcrutch and his backing work on Stevie Nicks' Bella Donna album to his role in the movie Made In Heaven and his work with the Traveling Wilburys Tom Petty is a man for all seasons.

His recently released Greatest Hits (MCA) package is an 18 song performance that reaches back in musical history to his 1976 American Girl and covers through to his current chart rocking Mary Jane's Last Dance. The 'hits' pak is almost like an anthology spanning from the mid-70s and with Something In The Air waiting in the wings, well into 1994. The songs are pulled from eight previous albums, including his highly successful Full Moon Fever and Into The Great Wide Open. Petty clicks with his full-tilt boogie I Won't Back Down and the raucous Runnin' Down A Dream along with the backbeat rhythm of Learning To Fly and his remake of Thunderclap Newman's '69 opus Something In The Air, which you may remember from the movie "The Magic Christian".

This is a great album absolutely loaded with Petty's hits. The only thing that could have made this album perfect would have been the inclusion of the two chart duets he did with Stevie Nicks on Stop Draggin' My Heart Around and Needles & Pins.

GEORGE JONES

It's been about 40 years since



George Jones scored the first of his hundred or so chart singles with Why Baby Why.

He's a Hall of Fame inductee whose name has become synonymous with country music. He's received his share of bad press because of his no-shows but, even during that period, it was unanimously agreed that he was the king of country phrasing. Not to sound trite but Jones really is like a fine wine that gets better with age. A fact borne out in his High-Tech Redneck (MCA)

Enjoying a top-20 romp with the tongue-in-cheek title track Jones serves up a chilling Visit and a pair of songs that tell about how love stays on even when the affair ends via

Tear Me Out Of The Picture and I've Still Got Some Hurtin' To Do. The positive side of love is highlighted through The Love in Your Eyes and Forever's Here To Stay, he duets with Sammy Kershaw on Never Bit A Bullet and wraps up the set with his homage to Conway Twitty / in Hello Darlin'. Jones has never sound better.

FAST FACTS

Jones, who won Male Vocalist honors in 1962 & 63, duplicated that win two decades later when He Stopped Loving Her Today became the biggest country record ever.

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Percy Roseberry
Roger Dahl
Gilles Lemay
Ted Tréboutat
Yvon Boisbert
Garry Lind
Gilles Boivin
Mick Phillips
Roger Poulin

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CRAFT NIGHT

March 16, 94 at 7:00pm

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need to let the instructor know how many people will be
attending so she can bring enough supplies.

We are currently compiling a phone list for the 2PPCLI JRLA.

If you did not receive a phone call informing you about the
Meet & Greet that we just had, please phone us and get your
name and number on our list. You were not missed on purpose.

The "Friends Cooking Together" cook book is still
for sale, \$4.00.

For more information or to register for the Craft Night,
please phone Bonnie Jolly, 832-7324.

OUTDOOR SKATING RINKS

OPEN SKATING HOURS OF OPERATION

NORTH SITE

1800 to 2100 Mon, Tues,
Thurs, Fri.
1300 to 2100 Sat, Sun.

SOUTH SITE

1600 to 2200 Mon thru Fri.
1000 to 2200 Sat, Sun.

Outdoor rink facilities are
not supervised. Children
under 12 years of age shall
not be left unattended
To book timings for
practices, group events, etc.,
Contact: Cpl Badiuk
loc. 5370

436 Transport Squadron

Fiftieth Anniversary

436 Transport Squadron
will commemorate 50 years
of service during the peri-
od 23 to 25 September 1994.

The celebrations will
take place over the three
day period at 8 Wing
Trenton, Ontario.

All former serving
members of the Squadron
and Burma Star members
as well as families and
guests are invited to share
with us in these celebra-
tions.

Any questions should be
directed to 436 Transport
Squadron, 8 Wing Trenton,
Astra Ontario, KOK 1B0.
Telephone (613)965-2602.
Fax (613)965-7275.

ATTENTION

The National Library of
Poetry has announced that
\$12,000 in prizes will be
awarded this year to over 250
poets in the North American
Open Poetry Contest. The
deadline for the contest is
March 31, 1994. The contest
is open to everyone and
entry is FREE.

Any poet, whether previ-
ously published or not, can
be a winner. Every poem
entered also has a chance to
be published in a deluxe,
hardbound anthology.

To enter, send ONE origi-
nal poem, any subject and
any style, to The National
Library of Poetry, 11419
Cronridge Dr., P.O. Box 704-
YC, Owings Mills, MD 21117.
The poem should be no more
than 20 lines, and the poet's
name and address should
appear on the top of the
page. Entries must be post-
marked by March 31, 1994.
A new contest opens April 1,
1994.

Silver Heights Community Club

2080 Ness Avenue

Spring is just around the corner and
its time to think about soccer and baseball.

REGISTRATION DATES ARE:

Sat. March 5 - 10:00am-2:00pm

Wed. March 9 - 6:30pm-9:00pm

Sat. March 12 - 10:00am-2:00pm

Late Registration:

Wed. March 16 - 6:30pm-9:00pm

Subsidies available. Check out our other programs too.
Watch for details of our Family Dance in early April.

EME NATIONAL CELEBRATION WEEKEND REUNION

13-15 MAY 1994

The Corps of Royal Canadian Electrical and Mechanical
Engineers (RCEME) was formed as a separate engineering
corps of the Canadian Army in May 15th 1944. 1994 represents
the fiftieth anniversary of this fine Corp.

Its members have served in all theatres in World War II,
Korea, Persian Gulf, throughout Canada, in Nato and on most
United Nations peacekeeping missions.

The National Celebration Weekend is the major event of the
50th Anniversary and it will be conducted at the Canadian
Forces School of Electrical and Mechanical Engineering
(CFSEME) Borden ON running from 13 to 15 May 1994. The
weekend celebration will bring EME people from across the
country and will feature the unveiling of the RCEME
Monument.

The Electrical and Mechanical Engineering (EME) Corp has a
strong, proud history which he are honoured to celebrate and
all past and serving members are encouraged to attend this
weekend celebration, the likes of which will not come to pass
for another 50 years.

Registration forms and additional information may be
obtained from the EME 50 Cell, CFSEME CFB Borden, LOM 1C0
or telephone 1(705)423-3839 or Fax 1(705)423-3800. ARTE et
Marte.

THE REUNION TO REMEMBER, register now and don't
miss it!

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Portage Place 947-3347

Shops of Winnipeg Square 942-4555

Polo Park Shopping Centre 772-2200

St. Vital Centre 256-2847

Drop in to Smithbooks or phone
them and order by credit card.

Tickets are also available from offices of the

Canadian Mental Health Association,

Manitoba Division - 775-8888 and

Winnipeg Region - 982-6104.

Tickets available starting March 1st.

"CELEBRATE WITH US -
75 YEARS OF SERVICE TO CANADIANS"

A WORD FROM THE CHAPLAIN

By Lucien A. Roy,
Wing Chaplain (RC)

Our Canadian society is in the middle of a major debate regarding the "right to die". If there is such a right, it has always been my feeling that it is not a right I feel I would have to fight very hard for: death seems to come so easily on our highways, on our lakes and in our hospitals. Furthermore, with so many people dying on the streets of the former Yugoslavia, with so many innocent children dying in house fires, on our Native Reserves should we not start demonstrating and fighting for the "right to live", the right to see an end to conflicts that kill people, the right to safe streets, the right to be protected against disease that kills.

But it so happens that with the death of Sue Rodriguez, a poor lady who is a wife and a mother, our world seems much more concerned about the "right to die". Furthermore, what is unsettling is to see so many coming out on the side of "the right to die" in this debate. It can

almost be assumed that in a House of Commons secret vote on the issue, our Members of Parliament might just favour a "right to die" legislation.

To be honest, I must say that this situation disturbs me more than it frightens me because I find myself in the middle of the following debate:

"Is life really this bad? The sad truth is that, for some people, it is. We hear that death is rampant in Bosnia that many potential victims of the on-going bloodbath simply lose the will to live and survive. In our own surrounding, people with terminal illness suffer so much from physical pain, from loneliness and from public apathy that they are fighting for the last right they feel they could have ie. "the right to die."

"But that is not all: in truth, what is this situation telling me? It is telling me that this is a cruel world if one is hurting; there is not much sympathy out there if one is hurting; people do not really care if one is hurting. And all of this is going on in our world, my world, a world in which all of

us have been placed in order to make it better. And if it is true that the quality of life in this world can be measured by the will to live in it, there is only one thing we say: 'we are failing, and we are failing badly'.

Is not what the Sue Rodriguez of our society are telling us; are they not asking us: 'can we not find around us love, care, understanding and people who give of themselves for us to see that there is goodness and that there are persons who believe and who believe that we can bring something to their lives and are cheering us by telling us that we are worth the effort of keeping us alive. Let us really understand them: in their call for the "right to die", they are really reaching out for the "right to live" with dignity and to the people who will help them and I cannot help but feel guilty that some have given up on this. Can we not help them live and live better? Is this not meaning of our lives? Are we not to share with them Christ's own dream: 'I have come that they have life and have it to the full.'"

UN MOT DE L'AUMONIER

Lucien A. Roy Aumonier
catholique 17e Escadre

Notre société canadienne est entrée dans un grand débat: il s'agit du "droit à la mort". Pourtant, il me semble qu'il y ait assez de gens qui meurent dans des conflits de toutes sortes autour du monde, qu'il y ait assez de jeunes gens qui meurent sur nos routes, qu'il y ait assez d'Autochtones qui meurent dans des conditions déplorables sur nos Réserves pour nous faire réclamer la fin de ce carnage et le "droit à la vie"

Mais on sait que c'est l'agonie et la mort récente de Sue Rodriguez qui a lancé le débat et ce qui est inquiétant est de voir tant de personnes qui se rangent du côté du "droit à la mort" et c'est tellement vrai qu'il est à craindre que le prochain débat au Parlement canadien sur le sujet le fasse pencher du côté d'une législation favorisant le "droit à la mort"

Pour être honnête, je dois

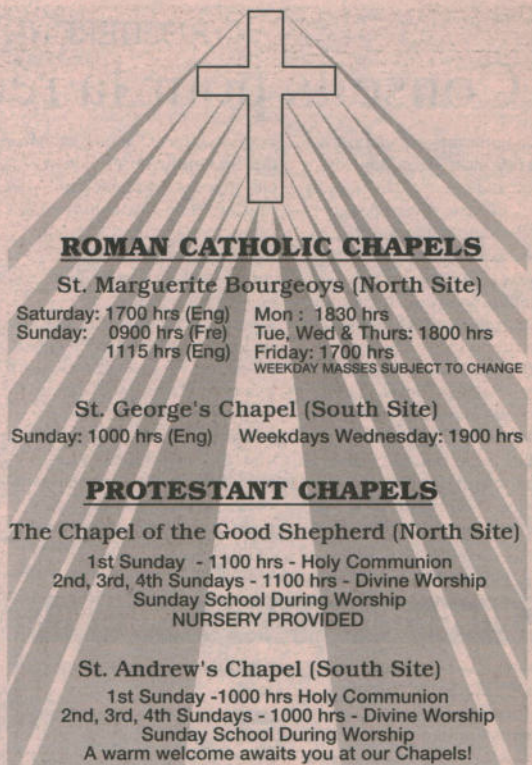
dire que la situation m'alarme et me déçoit beaucoup plus qu'elle m'effraie et je me retrouve au beau milieu d'un débat à l'intérieur de moi-même:

"Est-ce que la vie est si pénible? La triste vérité est que, pour certains, la vie est très pénible, pour ne pas dire insupportable. Le bain-de-sang en Bosnie est devenu tel que beaucoup ont perdu la volonté, le goût et l'énergie de survivre. Au milieu de nous, il y a des malades qui souffrent tellement dans leurs corps de douleurs physiques et dans leurs coeurs de l'ennui et de l'apathie générale qu'ils sont prêts à réclamer le "droit à la mort"

Je me trouve interpellé par cette situation. Notre monde est cruel si on est malade, faible et sans défense et il y a peu de sympathie pour ces personnes. Si c'est vrai que la qualité de vie dans notre société se mesure à notre "joie de vivre", on ne figure pas

bien à l'examen.

Je crois vraiment que nous comprenons mal le message de ceux et celles qui ne veulent plus vivre: ce sont des gens qui ont démissionné et qui sont résignés au fait leur situation ne peut s'améliorer. Avons-nous cessé de croire que nous pouvons rendre le monde meilleur pour nous et pour ceux et celles qui souffrent et que celle ou celle qui demande et cherche "à vivre avec dignité" quelque soit leur situation. N'est-ce pas là notre défi de l'heure que nous pouvons entreprendre dès maintenant autour. Ce serait tout le sens de notre vie tel que vu par Jésus: 'Je suis venu pour qu'ils aient la vie et qu'ils l'aient en abondance'



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
 NURSERY PROVIDED

St. Andrew's Chapel (South Site)
 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!

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IN		IN
OUR		OUR
PAST		FUTURE

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

Meat Draws
 Every Sat. 2 pm - 5 pm

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RECHERCHE D'EMPLOI: QUELQUES TRUCS

Conseils pour la rédaction d'un curriculum vitae

De nombreuses personnes sont déconcertées à l'idée de devoir rédiger leur curriculum vitae. Elles ne savent pas ce qu'elles devraient y inscrire ni par où commencer. Les experts recommandent de consulter de la documentation appropriée avant de rédiger un curriculum vitae. Des brochures et des guides sur ce sujet sont disponibles à la bibliothèque et au Centre d'emploi du Canada de votre localité; vous pourrez également obtenir des conseils gratuitement auprès du CEC. Voici quelques principes directeurs qui vous permettront de rédiger le parfait curriculum vitae.

D'abord, sachez que les employeuses et les employeurs reçoivent des dizaines de curriculum vitae pour chaque offre d'emploi. Ils décident dès le premier coup d'oeil, en une vingtaine de secondes, s'ils vont s'attarder davantage à celui qu'ils ont devant eux. En conséquence, vous devez toujours mentionner vos qualifications les plus importantes dès les premières lignes. Ce principe vous aidera à choisir la formule appropriée pour rédiger votre curriculum vitae. Vous pouvez rédiger des versions multiples d'un même curriculum vitae. Un ordinateur vous

permettra d'en varier la présentation en fonction de l'emploi recherché. Si vous ne pouvez disposer d'un ordinateur, vous n'avez qu'à taper à la machine deux ou trois versions distinctes qui feront ressortir, dès le début, différents points forts, selon l'emploi recherché. N'oubliez pas de conserver des exemplaires de chaque version de votre curriculum vitae.

On a vu des curriculum vitae d'une page très efficaces! En fait, un bon curriculum vitae ne devrait normalement pas dépasser deux pages. Un effort de concision vous aidera à faire ressortir vos réalisations. Utilisez l'espace et les marges efficacement de manière à aérer le texte et à faciliter la lecture. Servez-vous de papier blanc de bonne qualité. Respectez la grammaire et

l'ortho-graphe!

Soyez clairs, simples et concis; utilisez des mots concrets et précis; préférez la forme active.

Votre lettre d'accompagnement doit être parfaitement adaptée à l'offre à laquelle vous répondez, tout particulièrement lorsque vous n'avez pu rédiger un curriculum vitae sur mesure pour la circonstance. Pour mettre en relief vos réalisations pertinentes, indiquez-les sous forme d'énumération, comme s'il s'agissait d'un résumé de votre curriculum vitae. Mentionnez tout au plus deux ou trois points, autrement l'effet recherché serait annulé.

Enfin, il paraîtrait, d'après les experts, qu'on a autant de chances d'obtenir une entrevue que de gagner à la loterie. Autrement dit, si vous commu-

niquez avec un nombre suffisant d'employeuses et d'employeurs et que vous laissez votre curriculum vitae, vous finirez bien par obtenir une entrevue.

Ici, l'apport personnel importe énormément. Mettez tout le monde à contribution — votre famille, vos amis, vos voisins, vos connaissances et vos collègues... Communiquez directement ou par téléphone avec toutes les personnes qu'on vous aura indiquées et laissez-leur votre curriculum vitae afin qu'elles ne vous oublient pas. Même lorsque vous faites de la recherche <<à froid>>, votre première démarche doit consister à téléphoner au gestionnaire compétent et à lui parler... Dans un deuxième temps seulement, vous pourrez lui envoyer votre curriculum vitae.

Canada d'Hier et d'Aujourd'hui

Une fille du Canada En 1907, cette jeune femme représentait le Canada au Exeter Carnival en Angleterre et a mérité le premier prix. À cette époque où peu d'immigrants venaient au Canada, on profitait d'événements de ce genre pour encourager l'immigration. Cette année, Immigration Canada célèbre son 125^e anniversaire. Au cours des ans, les immigrants sont venus en grand nombre et les Canadiens peuvent être fiers que la population actuelle compte des ancêtres dans tous les pays du monde. En 1992, 6 267 immigrants sont venus d'Angleterre, plaçant ce pays au 10^e rang des pays sources

d'immigration sur un total de 247.



Archives nationales du Canada

UN COEUR EN BONNE SANTÉ EN CINQ TEMPS

Prendre en main sa santé cardiaque et cérébrovasculaire ce n'est pas sorcier. Il suffit d'être à l'écoute de son corps et d'adopter un style de vie plus sain.

1. Vivre sans fumée

Le tabagisme multiplie les risques de maladies cardiaques et d'accidents cérébrovasculaires. Demandez l'aide de votre médecin. Parlez à vos enfants des dangers du tabagisme. Vous avez le droit de réclamer des espaces sans fumée au travail, au restaurant et dans les autres lieux publics.

2. Choisir une alimentation saine

Choisissez des produits laitiers à faible teneur en matière grasse, des viandes plus maigres et des aliments préparés moins riches.

APPRENEZ À RECONNAITRE LES SIGNES AVANT-COUREURS

Crise cardiaque

- Tension artérielle élevée, malaise, grande chaleur ou oppression dans la poitrine.
- La douleur peut se répandre aux bras et au cou, et peut être intermittente.
- Souffle court.
- Nausée, vomissement, indigestion.
- Faiblesse, fatigue, teint terreux.

Affaiblissement cérébrovasculaire

- Affaiblissement soudain, engourdissement facial, engourdissement d'un bras ou d'une jambe.
- Perte de la parole, difficultés d'élocution et de compréhension du discours
- Étourdissements, instabilité ou chutes soudaines.
- Faiblesse de la vue, perte de la vue ou vision double d'un oeil.

Si vous reconnaissez chez vous ces symptômes, prévenez immédiatement

limitez votre consommation de sel, d'alcool et de caféine. Mangez sainement, ça aide à se sentir bien dans sa peau et c'est bon pour le coeur.

3. Surveiller sa tension artérielle

Votre tension artérielle peut être élevée sans même que vous ne vous en rendiez compte, car il n'y a aucun symptôme apparent. La seule façon de connaître sa tension artérielle est de la faire mesurer. Une tension artérielle trop élevée peut vous mener à l'infarctus ou à un accident cérébrovasculaire mais il y a des moyens de l'éviter. Si votre tension est trop élevée, suivez les conseils de votre médecin.

4. Faire de l'exercice

L'activité physique contribue à la santé de votre coeur

et de vos vaisseaux sanguins. Elle vous permet également de mieux contrôler votre poids, votre taux de cholestérol et votre artérielle. Choisissez des activités agréables et faciles à pratiquer. Redécouvrez l'activité physique, pour l'amour de votre coeur!

5. Prendre le temps de relaxer

En apprenant à contrôler le stress dans votre vie, vous réduirez les risques de maladies cardiaques et d'accidents cérébrovasculaires. Faites l'essai de techniques de relaxation, de programmes de réduction du stress et pratiquez des activités physiques sur une base régulière. Apprenez à fixer vos priorités, à mieux gérer votre temps. Ne surestimez pas vos forces.

Centre culturel franco-manitobain

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8 mars Michelle Grégoire

Quartet (Original et moderne)

15 mars Lianne Fournier

(Traditional et original)

22 mars Travis Hreno

(Traditional)

29 mars Brian Klowak

(Contemporain et swing)

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3 et 4 mars Éric Lussier

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MARCH ACTIVITIES

Manitoba Children's Museum • Info Line (204) 957-0005

Spirit of the Children, a Celebration of Aboriginal Culture, Heritage and Art. **SAT, MAR 5 & SUN MAR 6** Opening Ceremonies: The first day of programming, Mar 6, with a Blessing, Smudge ceremony and Drum Song. Over the weekend, traditional dancer, Marie Pierre, will perform a demo of Hoop Dancing. **Dream Catchers:** Children will make dream catchers and learn how to catch the negative ones allowing only the positive ones to go to the sleeper. (Adult assistance required.)

SAT & SUN, MAR 12 & 13 Honey Hill and the Rainbow Bridge Band: Honey Hill and the Rainbow Bridge Band will share their voices, accompanied by the Drum and other instruments. **Wish Chains:** Create colourful and individual strings of wishes using beautifully coloured feathers and beads.

SAT & SUN, MAR 19 & 20 Standing Wolf will share many stories with children; teaching legends of kindness & respect. **Legends and Stories:** Children will learn how imagine and create their own stories of how and why things came to be as they are now.

SAT & SUN, MAR 26 & 27 Watch and learn several Aboriginal dances. **Sat, Mar 26,** Barb Nepinac and her family wearing both Traditional and Jingle dress, will perform a Friendship Dance. **Sun, Mar 27,** Ian Hotoonami will perform an Eagle Dance dressed in spectacular eagle regalia.

Happiness Bracelet: Children will name things they enjoy and create their own bracelet. All performances take place in the Multi-Purpose Room at 1:00 & 3:00 pm. Craft activities take place on a drop-in basis in the Graphics Studio from 11:30 am - 4:00 pm and are free with

your admission price. **SPRING BREAK** - From March 28 to April 3, spring break activities will feature daily artist-led workshops which highlight several aspects of Aboriginal culture. Activities take place in 1/2 hour workshops in the Multi-Purpose Room. **Weekdays:** 10am & 11am, 2pm & 3pm. **Weekends and Holidays:** 12:00 noon, 1pm, 2pm, 3pm. **MON, MAR 28** Storytelling Workshops: Standing Wolf invites children of all ages to join him in creating wonderful NEW legends.

TUES, MAR 29 Creative Movement: RWB teacher, Catherine Wright, encourages children to translate and express words & ideas through creative movement.

WED, MAR 30 Traditional Songs: Honey Hill will work with children and a variety of percussion instruments.

THURS, MAR 31 Aboriginal Games: Naturalist, Angela Faye, will lead children in sensory games.

FRI, APR 1 Traditional Dancing - Dancer Vicki Whitehead will teach visitors of her dancing regalia and the history of the dances and will lead the children in a Friendship Dance.

SAT, APR 2 Bannock and Popcorn Making: Children can try their hand at making two Aboriginal-based foods: bannock and popcorn.

SUN, APR 3 Leather Work: Local artist, Mae Louise Campbell will show the children how to braid leathers to make a beautiful headband.

A Traditional Blessing and Smudge ceremony will take place at 4:00pm to honour the closing of the programming.

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WO/SGT'S MESS VALENTINE'S DAY DANCE



17 Wing Winnipeg Warrant Officers' and Sergeants' Mess held their Valentine's Day Dance 12 February 1994. Three "Weekends for Two" were generously provided compliments of the International Inn, Holiday Inn Airport West and the Viscount Gort Hotel. Our congratulations go out to the lucky winners CCWO Guy Parent and wife Helene, WO John Kelly and friend Laurette Jardine and Sgt Wayne Webster and wife Carol

FIRST HOOK PRESENTATION



Major Sénéchal, WTnO presents Pte Ian Carr with his first hook, effective 10 Feb 94.

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