

THE VOX AIR

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17 Wing Winnipeg / 17e Escadre Winnipeg

MARCH 16, 1994 / FREE

BUDGET 94 AND 17 WING

By Col Bert Proulx

The Minister of Finance, Paul Martin, tabled the government's budget on 22 February, 1994 and with it came some dramatic changes to the Department of National Defence and the Canadian Forces.

Over the next five years the government will cut \$7 billion from DND. Some bases will close and others will be reduced. At least 16,500 jobs will be cut over the next four years, as 8,100 military positions and 8,400 civilian positions will disappear.

Bases set to close are CFB Cornwallis, CFB Chatham, CFB Toronto, and 7 Wing Ottawa (Uplands), and stations closing are CFS Shelburne, CFS Aldergrove, CFS Carp, and CFS Mill Cove. Major reductions and consolidations will affect 12 Wing Shearwater, and 16 Wing St. Jean. Reductions will also affect many other bases, stations and units.

Like other bases, 17 Wing Winnipeg has been affected by the many changes to DND. However, because Winnipeg has extra room in the form of under-utilized hangars, we will see a net gain in personnel.

Unfortunately we will soon see 1 Construction Engineering Unit move to Moncton, N.B. 1 CEU has been based in Winnipeg for many years and

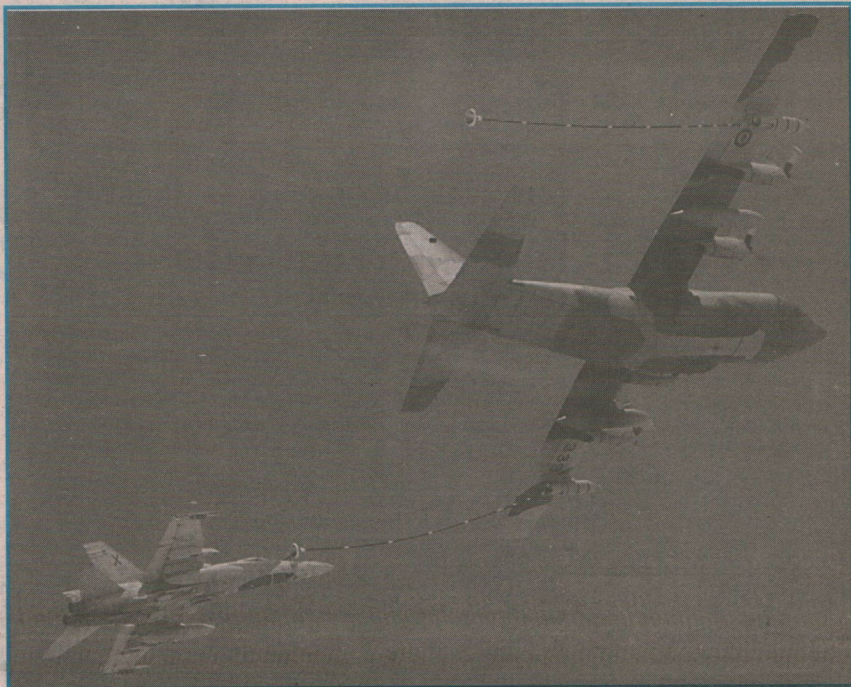
has been a valuable part of the base. With its move, 1 CEU will take 65 people to New Brunswick.

However, with the airfield closing at 18 Wing Edmonton, 435 Transport and Rescue Squadron will relocate to Winnipeg. This move will bring a total of seven aircraft to Winnipeg, including five KCC-130 Hercules air-to-air refuelling (AAR) tankers and two CC-130 Hercules transports for search and rescue.

Accompanying the seven Hercs will be 15 crews for SAR, AAR, and strategic airlift, and the necessary groundcrew to maintain the aircraft. Also coming to Winnipeg is the Air Movement Squadron, including three Mobile Air Movement Sections, which will be integrated with the Wing Traffic Flight as 1 Air Movement Squadron.

As well, there is a high probability that more schools will be coming to Winnipeg. The Air Force Staff Course, set to move to St. Jean, will remain here. With the CF Staff School in Toronto closing, it is likely that an Air Force Staff School will be formed in Winnipeg and possibly amalgamated with the Air Force Staff Course.

It was also announced that the strength of the 2nd Battalion Princess Patricia's Canadian Light Infantry will be increased by between 150



A Canadian Forces CF-18 Hornet gets refuelled in flight by a KCC-130 Hercules Air-to-Air Refuelling (AAR) tanker. With 435 Squadron moving to 17 Wing in 1994, seven Hercules, including five for AAR, will soon be flying from Winnipeg. (Photo by Sgt B Dyck)

and 200 soldiers.

As well, with the gains in personnel, the numbers of civilian employees of DND in Winnipeg should not be significantly affected.

Given all the reductions and closures, Winnipeg is fortunate to gain from the changes that will affect communities from coast to coast. Winnipeg and

all other bases will be affected as DND will go through the type of basic restructuring that much of the private sector has had to undergo in the recent past.

17 Wing is already on the road to re-engineering our operations, and this will continue as we strive to improve the way we do business.

We may be saddened by the closures and reductions to places we have fond memories of, or hopes of moving to, but these are exciting times and I hope we can all look forward to a bright future within a leaner and more efficient Canadian Forces.

Official Opening of the Digital Video Training Facility

By Capt Andre Sicard

In DND, an organization which thrives on abbreviations, the adoption of a new one might normally go unnoticed, but in this case the potential impact on the airforce

warrants drawing your attention to it. DVT is not the latest ozone depleting substance nor is it the long sought cure for the common cold. DVT stands for Digital Video Training, a cost effective method of meeting some of the airforce's train-

ing needs.

On 17 Jan 94, two years of effort culminated in COS Training and Reserves, BGen RW Slaughter, cutting a blue ribbon signifying that 402 Squadron's Digital Video Training Facility was officially open.

While the General, Col JRB Proulx (17 Wing Comd), Col Hunter (DCOSDP), LCol CV MacIntyre (CO 402 Sqn), LCol DD Peart (SSOIT) and Maj PG Rawlings (402 Sqn Trg O) looked on, Capt Sicard (OPI for DVT) gave a demonstration of the capabilities of the computerized Dash-8 interactive learning program. This program, designed by Jay Silber Productions for Flight Safety International, consists of 11 learning units (electrics, fuel system, power plant, hydraulics, landing gear & brakes, flight controls, pneu-

matic system, pressurization, air conditioning, ice & rain protection & avionics) plus an introduction section on how to use the program. It covers all aircraft systems with colour schematics, detailed photographs, videos and audio descriptions. Some portions of the program are fully interactive in that any combination of switch selection will result in the appropriate display on gauges and/or schematic diagrams. The learning unit dealing with the electrical system is a good example of the advantages of this interaction, in that all combinations of failures of the Dash-8's 2 DC generators, 2 AC generators, 3 inverters, 2 TRUs and 2 batteries, can be experimented with at a touch of the screen.

The system's hardware consists of a file server, 6 student work stations with touch

screen VGA monitors and audio systems, an administration work station, network laser printer and an Uninterruptable Power Supply (UPS) to allow for the orderly shutdown of the system in the

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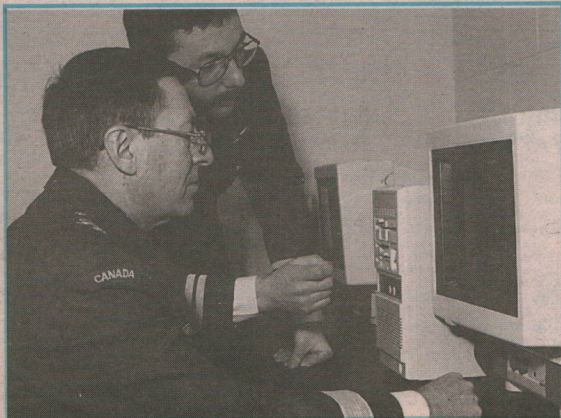
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CRIME PREVENTION TIPS FROM THE SECURITY AND MILITARY POLICE

As we all know, Credit Cards are a part of our daily life-style. Following are some tips to ensure their security:

- a. We must ensure that we keep these cards in a secure area when in use and when not in use;
- b. Do Not store your credit cards in the glove box of your vehicle;
- c. Do Not lend your cards to anyone, unless you are prepared to pay for "whatever they purchase";
- d. Keep a list of ALL your credit cards, licences and birth certificates etc. at your residence;
- e. It is Not a good idea to have all your identification in

your wallet. If you must carry all your ID, then ensure that photostat copies of your passport, birth certificate and drivers licence are locked up at your residence or in a safety deposit box;

f. For those persons who use money machines, Do Not leave your PIN number inside your wallet or purse; and

g. When deciding what numbers to use, for a PIN, do not make the numbers too easy.

The Security and Military Police Squadron wish to pass on these Crime Prevention tips and in addition, we have listed below an identification chart that may be used to help you

Identify your belongings, in the event of a theft and or in case of a Fire at your residence. Anyone wishing to pick up more of these Ident sheets is asked to drop by building 95,



An elderly woman waits her turn to look at some clothing that was donated to needy people in the small village of Rodaljice, Croatia. This village is a Croatian enclave inside the self declared republic of Serb Krajina. These people require United Nations protection as they live in constant fear of ethnic cleansing. Food and clothes were donated by Canadians and sent for distribution to sector south, under the responsibility of the 1st Battalion of the Royal 22nd Regiment. Humanitarian efforts such as this demonstrates the care and compassion that Canadians have for the people of the former Yugoslavia. In the background there is a happy but unidentifiable Canadian peacekeeper. (Photo by Sgt Mike Bonin)

OPERATION IDENTIFICATION:

Can you identify your property, if it is stolen???

If something is lost or stolen, report it to the Police Immediately. The best way to Identify your property is by either recording the serial number:

ber or by putting your own ID number on each article. We recommend that you use either your SN or Drivers Licence number. You may either stamp or engrave

the number on the article in question. Should the item be stolen, then by having your number on it, Police would be able to return the items to you, if recovered.

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MAKE	COLOUR	LICENCE #	SERIEL #	YEAR

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ITEM	MAKE	SERIAL #	ORIG COST	YEAR

BICYCLES - WEAPONS

MAKE	COLOUR	SERIAL #	COST	YEAR

Please mark and record you property as soon as possible.

(A few examples are: Cameras, Sporting Goods, Watches Furs, Binoculars TVs,

Stereos, Radios, Computers and Household Appliances).

ITEM	MAKE	SERIAL #	COST	DESCRIPTION

In addition, we encourage you to take either pictures or a video of items such as Jewellery, Paintings, Antiques or items that

have a family heirloom meaning. When using the video, describe the mentioned item, you can also tell of its history etc.

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TRAINING SYSTEMS & THE FEDERAL BUDGET

From BGen Armstrong,
Commander CFTS

With the tabling of the Federal budget, we in Training System now have a clearer picture of the road that lies ahead. We can finally lay rumors to rest and get on with the job at hand - to continue being a leader in the "Pursuit of Excellence" in all areas of training and service.

The budget has affected the entire Canadian Forces, and the Training System is no exception. We will now carry on our important mission less five members of our team: CFB Cornwallis; Canadian Forces Recruit School, Cornwallis; Canadian Forces School of Music, Borden; École Technique des Forces Canadiennes, St-Jean; and the Vimy Band, Kingston.

It is important that we take a moment to note the valued contribution made to the CF by these five organizations and to outline how we will operate without them.

The major role of CFB Cornwallis has been to support

ten-week (eight-week since March 93) English language basic recruit training. The base has a long and distinguished history with the CF dating back to May 1, 1942 when it was established as a naval training base. With the downsizing of the CF and consolidation of training, it will be closed in 1994-95.

It is proposed that a private and independent International Peacekeeping Training Centre be established using some of the facilities of the base. The Centre will be supported by Department of National Defence and the Department of Foreign Affairs and will provide research and education in peacekeeping in all its forms.

The Recruit School was assigned the responsibility for initial training of all anglophone NCM enrollees in the CF. The School welcomed new recruits to the CF with a programme of mentally and physically demanding activities, which over the years, prepared tens of thousands of young men and women for challenging careers in the military.

As the size of the CF declines, two dedicated Recruit Schools can no longer be justified. The Recruit School at Cornwallis has not been operated at or close to full capacity for some time. To be more efficient and effective, the training of all recruits will now be consolidated at BFC St-Jean upon the closure of CFB Cornwallis.

The CF School of Music was established as the Royal Canadian Navy School of Music at CFB Esquimalt in 1954 and moved to Borden in 1987. It graduated an average of 200 candidates annually, providing professionally trained musicians to military bands across Canada. Not only did it train musicians, but also directors and assistant directors of music.

These talented musicians proudly represented the Canadian Forces across Canada and around the world in the nine CF bands. The reduction from nine bands to four - one for each of the Atlantic, Quebec, Central and Western regions, has removed the need for a full-time school.

Training may now include continuing musical development with these bands as well as other training options.

Au début, l'École Technique des Forces canadiennes a donné l'entraînement d'électronique de base de technicien radio. En 1971, elle est devenue responsable pour l'entraînement de cours d'électronique orienté vers la pratique (CEOP) et de technicien de véhicules.

Suite au budget, l'entraînement CEOP sera donné à l'École d'électronique et des communications des Forces canadiennes à la BFC Kingston et l'entraînement de technicien de véhicules sera donné à l'école du génie électronique et mécanique des Forces canadiennes aura lieu en 1995.

The Vimy band, originally formed in 1968 as the Air Tactical Command Band and renamed in 1974, became the first military band ever invited to perform at the famed Concertgebouw in Amsterdam, Holland.

The Vimy band regularly performed at Ontario high

schools, universities and concert halls in addition to its military duties. It represented Canada and the CF in Europe, music festivals, as well as, the NATO Musikfestivale in Kaiserslautern, France.

A newly formed unit based in Ottawa, to be named the Canadian Forces Band, will assume the functions of the Vimy Band as the military band for the central region.

To all military and civilian personnel at these distinguished organizations, thank you for your dedication and loyalty which we will certainly miss. We promise to maintain the professionalism with which you carried out your "Pursuit of Excellence" in training and service. A special word of thanks also to all the families who have acted as a pillar of support in these changing times. You can all be proud of your significant contribution to the Canadian Forces. On behalf of all of us in Training Systems, thank you once again for your commitment and support.

OFFICIAL OPENING...Continued from page 1

event of a power failure. The software consists of a Flight Safety International Dash-8 DVT package licensed for six students, including software and courseware and uses a Novell Netware version 3.11 operating system.

This hardware/software combination allows members of 402 Sqn or CFANS, using the work stations, to review all aircraft systems on their own time and at their own pace. This flexibility is one of the main advantages of the DVT over conventional recurrent training. It is no longer necessary to gather all squadron aircrew at the same time for classroom training. With many of our members being part-time reservists, this flexibility is welcomed. As an

additional plus, the DVT system has the potential to be used for Dash-8 technician refresher training or trouble shooting.

Over the past few years computers have been introduced into many aspects of 402 Squadron activities. From administrative support to computer flight planning to checkout rides in the DASH-8 manufacturer's simulator, computers are helping the squadron better meet its taskings in a cost effective manner. Recognizing the potential of this type of computer based training, 402 Squadron welcomes its newest addition with the opening of the Digital Video Training Facility.

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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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TEAM STATISTICS

NHL REGULAR SEASON FINAL STANDINGS

A DIVISION

TEAM	GP	W	L	T	Pts	GF	GA
DCOS	10	8	1	1	17	47	29
Transport	10	6	4	0	12	41	42
733 Comm Sqm	10	5	4	1	11	45	30
Hawks	10	5	5	0	10	34	40
CEU CE	10	4	6	0	8	24	26
PPCLI	10	1	9	0	2	18	35

B DIVISION

TEAM	GP	W	L	T	Pts	GF	GA
AIRCOM	10	7	3	0	14	34	28
Sarges	10	6	3	1	13	44	35
CFANS	10	6	4	0	12	44	26
Supply	10	4	4	2	10	38	35
WG Security	10	3	4	3	9	39	42
Oldtimers	10	0	8	2	2		

NHL TOP 10 GOAL SCORERS

NAME	TEAM	GP	G	A	Pts
Campbell	Sarges	18	16	23	39
Antal	Hawks	15	20	16	36
Slievert	PPCLI	10	17	16	33
Hodges	1 CEU	17	17	15	32
Fairfax	733 Comm Sqm	18	15	17	32
McKenna	1 CEU	15	13	15	28
Alford	DCOS	14	19	8	27
Muchmore	MP's	19	16	11	27
Durrutte	TN	15	16	10	26
Purdy	733 Comm Sqm	17	15	11	26

PREVENTABLE OR NON-PREVENTABLE

By Sgt George Molnar

After a vehicle collision, our minds often go through a series of emotional repertoire before the reality of what really happened sinks in: DENIAL - No. It didn't happen. This can't happen to me; ANGER - Damn! If the other driver had only observed that traffic sign; CONSOLATION - Well, maybe it's not as bad as it felt; DEPRESSION - Oh, look at my beautiful car; and finally, ACCEPTANCE - Oh, well. At least it wasn't my fault.

It wasn't my fault! This also raises the argument: Was the accident preventable on my part? Could I have avoided the collision if I had done anything differently? "Maybe I should have slowed down sooner," or "When I wasn't certain, I should have stopped." Finally, "I should have kept my eyes on the road instead of looking away at that particular moment."

Or, I could have taken a

different route. Yea, right! I could have also taken the bus.

A lot of reasonable and unreasonable alternatives reel through our minds, but by then it's much too late. So, the trick is to make the correct judgement right from the start.

CASE IN POINT; I went to the Safety Office and parallel parked on the right hand side of the one way street, across from the Junior Ranks parking lot. I had a choice of parking spots one behind the other, and I took the rear one since it was closest to the office I was going to visit.

A beer truck was nosed into the parking lot across the street restocking the Mess and a flicker of concern crossed my mind: If the truck backs out and fails to steer properly, it'll back right into the driver's door of my car. "Naw," I shrugged the thought off. "It'll never happen."

While inside the Safety Office, someone came running with the news that the truck

had backed into my car.

Could this collision have been prevented by me?

When the legal implications are considered in this case, it doesn't take a lawyer to determine who was at fault. As Defensive Drivers, however, we are less concerned with legalities and more concerned with avoiding that collision in the first place.

Could I have avoided that accident? I say yes!

When I parked, it did occur to me that there existed a remote possibility of a collision, and I did have a choice to avoid it. But for the sake of expedience, I made the wrong choice.

The accident wouldn't cost me or my insurance a cent, however, now I have to drive my car in a damaged condition until a new door is ordered in a week or so. Then, I'll lose my car for two days until the part is installed. And in the end, the car will never be the same with the sound of a draft in one corner and a squeak somewhere else.

Always consider preventability: Are we doing everything reasonable to avoid that collision? For example, what are the chances of someone driving into me if I park here rather than there? What are the chances of someone running that red light? Should I poise my foot over the brakes across the intersection?

The best way to avoid that collision is to make the proper judgement in time. Ask "Have I done everything reasonable to keep my car out of harm's way?" Because if a collision does occur, even if it's not our fault, we do end up paying one way or the other.

SSM PRESENTATION



Cpl Palmer was presented with the SSM during WFood's Medal Parade.

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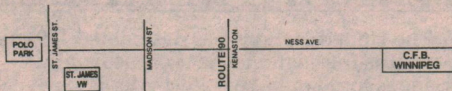


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I THOUGHT YA' KNEW

By Barry Sweeney

IN THE NAME

1993 was the breakout year for Ce Ce Peniston. Her Finally album was certified gold and four singles, including the smash We Got A Love Thing reaped hit status. Her newly released I Thought Ya' Knew (A&M), the all important sophomore set, is loaded with dance appeal which is highlighted by the slammin' I'm In The Mood.

The Hi-NRG Hit By Love should smoke its way into fol-low up status for singles release. This track, with its staccato beat, solid rhythm and easy paced vocals could turn into a dance floor favorite.

With a running time in excess of one hour, the album moves through a variety of moods and rhythms as it ranges from the ballad beauty of Forever In My Heart and the jazzy I'm Not Over You to the sensuous Whatever It Is. Ms Peniston delivers a highly accessible 14 song album that shows depth and a versatility well beyond that of her golden debut Finally.

Other songs that could have an impact at rack and radio as well as dance clubs include Through These Doors, Let My Love Surround You and Maybe It's The Way.

In The Name of the Father is a powerful movie that tells the story of an innocent man forced to make a false confession to a truly horrifying crime. The soundtrack to this movie (Island) is equal in scope and power to the movie and is a dynamic and moving set. Led by U2's Bono, who relates a chilling title track and augmented by the Jimi Hendrix Experience on Voodoo Child the album is hauntingly told through pop and rock music. Total diversity is shown through Gavin Friday's Billy Boola and the inclusion of music by Bob Marley, The Kinks and Thin Lizzy elevate pop music to a whole new emotional level.

FAST FACTS

Doris Troy, who had a top 10 hit in 1963 with Just One Look was backing vocalist on Pink Floyd's Dark Side of the Moon an album that logged more than ten years on the charts.

Remember to support your local food bank.

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CFANS Update

By Capt Brad Coates

After completing the basic phase of the Navigation course, the students of 9305 are now proceeding on to the Transport and Maritime streams for the remainder of their training. Due to the staggered nature of the different training phases, current 9305 Course Director Capt Chris Roy will be keeping his four students specializing in Maritime navigation while 2Lt Sylvain Collard and Ocdt Andy Cornell will be joining up with the "Biters" of 9306. Said an apprehensive Collard on the prospects of becoming a Biter, "Capt Roy told me that joining 9306 was the equivalent of jumping onto a sinking ship, and I'd better bring my own bucket." Equally as excited about the expansion of 9306 was the Wing PERO: "Geez, now that they've got a couple of big guys on their course, we'll have to purchase some more weights for the gym."

Of late workmen have been seen walking the halls of Building 84 making needed infrastructure modifications throughout the school. To informed observers, however, it seems that a significant portion of the work has been focused around the Aircraft and Electronics Systems (A&ES) office. Rumour has it that all the hot air coming from Capts Mohan and Bergsma has over taxed the

existing air conditioning system (amongst other things) and significant upgrading was required to avoid disaster. Commented fellow

from the instructors domination of us, rocks really must have been heavier when they were students." Perhaps not, Greg, but students sure were fitter.

Also of note on the sports front, the CFANS hockey team broke out of a four game losing streak last week and is now headed to the playoffs. Despite the claims of Capt Marc "The Goon" Moffatt, staff members remain skeptical about the recent run of bad luck being in sympathy for the Jets.

Talk about honours, 2Lt Barry Cross appears to be that one student in a generation that is so highly sought after that, instead of posting him to a squadron, they post the squadron to him. According to Cross, 435 Squadron has chosen to relocate to Winnipeg in order comply with his desire to remain in Manitoba. Said Cross, "Growing up on the West Coast I've really come to appreciate a ski hill where I can fit in."



A&ES

instructor Capt Mike Moore, "the old system was a little too quiet. This one is much better."

With Capt Glen Northrup away at Staff School, the CFANS squash ladder has opened up with a surprising number of students and staff alike vying for top billing. Despite a considerable age advantage, the students have been largely shut out of the win column in staff/student matches. This has not gone unnoticed and has sparked much debate (concern) in the student lounge. Said Greg "was that an avalanche or just me heading down the ladder" Skotnicki, "Jeepers! Judging



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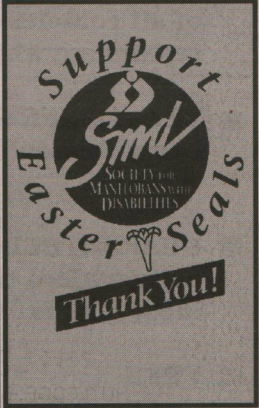
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A NEW HOME FOR THE MFRC

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By Capt Neil Kinley, WPAffO

"This location in the centre of the PMQs is ideal," says Don Brennan, the energetic Executive Director of 17 Wing's Military Family Resource Centre, as he talked about the bright and spacious new location of the centre.

"Now we are right in the middle of our clientele and out from behind the barbed wire."

The MFRC officially opened its new doors at 350 Doncaster Street, in the heart of the South Site PMQs, on February 15, 1994. Prior to operating out of both sides of the newly renovated side-by-side PMQ, the MFRC was located at the corner of Kenaston Blvd. and Taylor Ave., sharing a building with Wing Transport in a fenced compound.

Over 200 people visited the MFRC during its Open House, including military personnel, spouses, children, sponsors, and local media. The new location must have helped, as the previous two Christmas Open Houses drew three and 70 people respectively.

The new home of the MFRC was opened by the Wing Commander, Col Bert Proulx, who wielded the knife in the official ribbon and cake cutting ceremony. On hand to offer support and see the newly renovated PMQ were Col Lee, Deputy Commander of Air Reserve Group, Col Davidson, the Air Command Padre, LCol Gillanders, the Air Command Headquarters CO, and LCol Calvin, CO of the 2nd Battalion Princess Patricia's Canadian Light Infantry.

"We get incredible support from the Wing Commander," says Monika Maxwell, the Chair of the Board of the MFRC. "And we really received great help from the Wing in getting set-up in our new location, especially from Maj Thingvold and CE, Maj Senechal and Wing Transport, and Capt Morin and Wing Telecom."

All day long the Centre was packed with visitors, who had come to see what the MFRC offered.

The visitors enjoyed cake and other goodies, and were eligible for draws on several prizes, all donated by local businesses. They saw a great new facility, the programs the centre operates, and an exceptional group of employees and volunteers.

"The staff is a very keen and dedicated group of people, who are very enthusiastic to do their work," says Maxwell. "They are really nice people who are willing to help out anybody. They are an incredible team!"

With 1994 being the International Year of the Family, the MFRC will play a more prominent role in the military community. "I would like to change the perception that the MFRC is just a crisis centre," says Maxwell. "We offer crisis intervention, but that is a part of what we do."

The Centre currently provides a variety of programs and services to ensure military families have a positive experience while living in Winnipeg. The MFRC has six depart-



The W Comd, Col Proulx, cuts the cake, while the MFRC's chair of the Board Monika Maxwell looks on, at the official opening of the new location of the Military Family Resource Centre at 350 Doncaster Street on February 15, 1994. (Photo by Sgt Lindsay Price, 17 Wing)

ments to do this. The Outreach/Resource department welcomes new families to Winnipeg and maintains a resource and information library.

The Quality of Life department offers various courses and programs including self-defence for women, family budgeting, nutrition, stress management, employment preparation, prenatal classes and parenting issues. It also operates a food bank for military families in need.

The training and placing of volunteers, keeping of an odd job registry, and producing the Community Connections Newsletter are handled by the Volunteer/Info department. The Counselling department provides confidential short-term and crisis intervention for individuals, couples and fami-

lies. The Community Child Care and In-House Children's departments run play groups, home child care, a toy lending library, nursery school, babysitting courses, babysitting, and a creative tots program.

"Our profile is getting higher now that we are in the heart of the community," said Brennan. "That shows in the numbers of people who visit. People are coming in to volunteer every day, which never happened at our old site."

The MFRC is open Monday to Friday from 8:00 a.m. to 4:00 p.m., and the staff are always happy to see both new and familiar faces.

"We are here, with programs to serve military families," says Brennan. "Come and see what we have to offer."

MFRC SUPPORTERS

The MFRC would like to thank the following local merchants for their generous donations and support:

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- Robin's Donuts - (Roblin Blvd)
- McDonald's Restaurants
- Subway - (Grant Ave)
- Dairy Queen - (Grant & Kenaston)
- Fit N' Firm Fitness Centre
- Merlin Travel - (Tuxedo Park)
- First Place - (Tuxedo Park)
- Merle Norman - (Corydon Ave)
- Safeway Foods- (Tuxedo Park)

- Grabba Jabba Coffees - (Corydon Ave)
- International, Inn/Best Western
- Totally Tropical/Manon Roy
- Salisbury House - (Corydon Ave)
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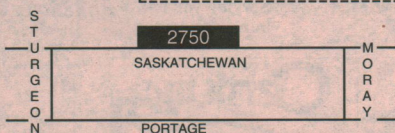


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Basic Space Indoctrination Course

The 1987 Defence White Paper foresaw an "increasing emphasis of space activities in support of national defence aims." Subsequently, a CDS space policy paper was published which prescribed the goals of the CF in space and called for "an adequate cadre of trained personnel to meet DND and CF space and space-related activity requirements." This led to the amendment of the Officer Air Environment Specification (OAES), which today identifies specific knowledge requirements for air element officers with regards to space operations.

The Basic Space Indoctrination Course (BSIC) was created at the CF School of Aerospace Studies (CFSAS) in January 1988 to address the OAES knowledge requirements associated with space

operations. Successful completion of the BSIC allows the graduates to recognize the impact of space systems on operations conducted by their applicable occupations.

The BSIC is a five-day course conducted ten times per year. We recently held BSIC serial 9403 from 21-25 Feb 94. The BSIC curriculum includes lectures and briefings in space sciences, space studies, space support, space control and force enhancement. The following is a list of the lectures taught: DND Space Policy & Plan, Space Environment, Astro dynamics, Canadian Civil Space, Rocket Propulsion, Space Law, Command Overview, Foreign Civil Space, Commonwealth of Independent States Space, Satellite Design, Satellite Control, Remote Sensing,

Space/Ground-based Missile Warning, Space Surveillance Network, Space-based Surveillance, Space Physiology, Navigation, Search and Rescue, Satellite Communications, Space Weapons, and Spacecraft Survivability.

Guest lecturers from industrial and military programmes augment each serial with discussions on real-life space operations. BSIC 9403 had the opportunity to receive an excellent briefing from Lt Col Kelso (USAF), Air Force Institute of Technology, Wright-Patterson Air Force Base, Ohio. Dr Kelso compared and contrasted the launch capabilities of the United states and the CIS.

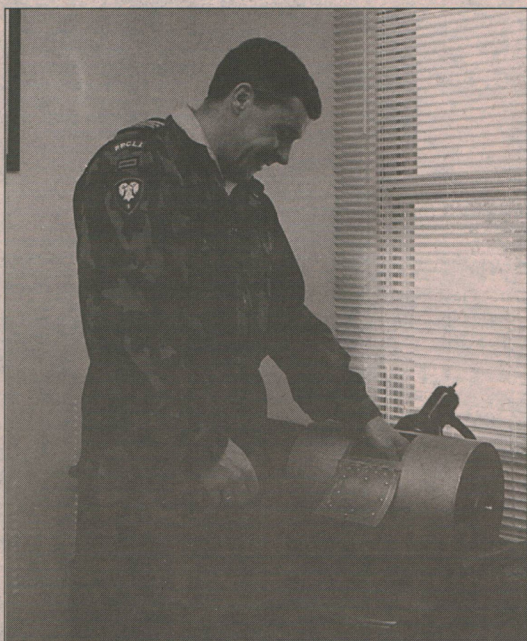
While the course is normally fully loaded by air operations and direct support officer

career managers, last minute vacancies sometimes arise. These vacancies are filled locally by the Course Director who manages a "standby list" on a "first come - first served" basis. The next two serials will take place from 18-22 Apr 94 and 30

May to 3 Jun 94. If you would like to be placed on this list, or would like more information on the BSIC, contact the Space Flight Commander, Major Dan Blain, or the Space Course Director, Capt Brad Fournier, at local 6755.



Val Hudson, left, the MFRC Quality of Life Coordinator, receives a food hamper from Leslie Carter of the 2 PPCLI Officers' Wives Association during the Centre's Open House. The hamper goes to the MFRC's Food Bank, which distributes food hampers to military families in need. (Photo by Sgt L. Price, 17 Wing)



ICol Calvin, CO 2PPCLI, picks the name of a lucky winner from the drum at the MFRC Open House on February 15, 1994. Prizes were donated by local businesses in support of the MFRC. (Photo by Sgt Lindsay Price, 17 Wing)

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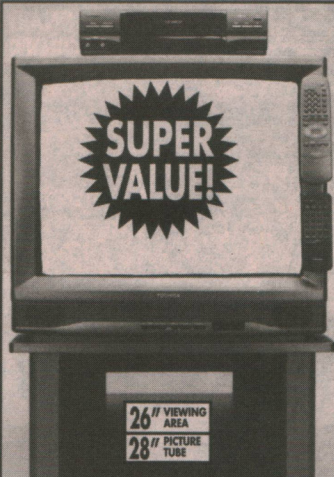
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WING COMMANDERS

The W Comd, Col Proulx, presented SSMS to 32 people on 10 Feb 94. The group includes: FRONT (L-R) Cpl Hurshman (402 Sqn), Sgt Dubuc (LTC), MCpl Colwell (W Sup), Cpl Norris (W Admin), Col Proulx, Maj Groen (CFANS), LS Blancher (W Admin), Sgt Duffy (W Tn), and Cpl McGillivray (17 ARAF). MIDDLE (L-R) Cpl Hopkins (WPERO), MCpl Johnson (402 Sqn), Sgt Greenwood (402 Sqn), Cpl Satterley (402 Sqn), MCpl J Maxwell (402 Sqn), Cpl Lewis (402 Sqn), Cpl Jorgensen (W Sup), Cpl Osgood (17 ARAF), MCpl Adams (402 Sqn), OCdt Clink (W Tel), Cpl Plourde (17 ARAF), Cpl Wright (17 ARAF), Cpl Frederick (402 Sqn), and Cpl Parks (402 Sqn). BACK (L-R) MCpl Dufault (402 Sqn), Cpl Belanger (402 Sqn), MCpl McKean (402 Sqn), MCpl M Maxwell (402 Sqn), MCpl Fritsch (402 Sqn), Cpl Cooper (402 Sqn), MCpl Sallis (402 Sqn), Cpl Daignault (402 Sqn), Cpl Lukasik (402 Sqn), and Cpl Banville (W Tn). (Photo by Cpl S Gervais, 17 Wing).

PRESENTATIONS



The W Comd, Col Proulx, assisted by the WCWO, CWO Scott, inspect the flights during the Wing Commander's Parade on 10 Feb 94. (Photo by Cpl Stephane Gervais)



W COMD PARADE

By Capt Neil Kinley
WPAffO

Many Wing personnel were presented with awards and medals during the Wing Commander's Parade on February 10, 1994. The presentations includes 32 Special Service Medals, 3 First Clasps to the Canadian Forces Decoration, 18 CDs, 2 Wing Commander's Commendations, 3 A1 Instructor Categories, and 2 Commissioning Scrolls.

The SSM recognizes Canadian Forces members who "performed a service under exceptional circumstances." There are four bars to the SSM, signifying the type and location of service. Bars for peacekeeping, service with NATO, and service at CFS Alert are now being issued, while a bar for UN service in Pakistan was issued in 1992.

The CD is awarded for completing 12 years of dedicated service with the CF, while the First Clasp to the CD is awarded for 22 years of service.

The A1 Instructor Category is awarded to navigation instructors at CFANS who have achieved the highest standard of instruction. Commissioning Scrolls, which are an important achievement in a young officers career, are presented after completing basic training and commissioning as a 2Lt.



W Comd, Col Proulx, presented A1 Instructor category to Capt Hone of CFANS, during the W Comd Parade on 10 Feb 94. (Photo by Cpl S Gervais)



The W Comd, Col Proulx presented the First Clasp to the CD to MWO Black (LTC) and Cpl Hopkins (WPERO), during the Wing Commander's Parade on 10 Feb 94. (Photo by Cpl Stephane Gervais)



W Comd, Col Proulx, presented A1 Instructor category to Capt Mohan of CFANS, during the W Comd Parade on 10 Feb 94. (Photo by Cpl S Gervais)



The W Comd, Col Proulx, presented A Wing Commander's Commendations to Dave Evitt of W Telecom, and an Air Command Commander's Commendation to Cpl Johnson of W Tn. Evitt received his commendation for his dedication and hard work at ITRC. Johnson received his commendation for his contribution to Operation Tempest, which was conducted in Florida in Sep 92 following Hurricane Andrew. (Photo by Cpl S. Gervais, 17 Wing)



W Comd, Col Proulx, presented the Commissioning scroll to 2Lt Guenette of CFANS, during the W Comd Parade on 10 Feb 94. (Photo by Cpl S Gervais)

COMMANDER'S PARADE

The W Comd, Col Proulx, presented 18 CDs during the Wing Commander's Parade on 10 Feb 94. The recipients include: FRONT (L-R) Sgt Albino (AIRCOM Band), Cpl Smith (WCE), Cpl Ross (402 Sqn), Col Proulx, Cpl Vanderlinden (W Tn), Cpl Broad (W Tn), and Capt Simard (402 Sqn). BACK (L-R) MCpl Everett (W Tn), Cpl Cameron (17 ARAF), Sgt Jorgensen (W Admin), MCpl Stewart (402 Sqn), Cpl Cooper (402 Sqn), Capt Mohan (CFANS), MCpl Shirran (WCE), Cpl Babcock (W Tn), MCpl Adams (WCE), Cpl Jerrett (W Sup), Maj Purdy (CFANS), and Cpl Banville (W Tn). (Photo by Cpl S. Gervais, 17 Wing)

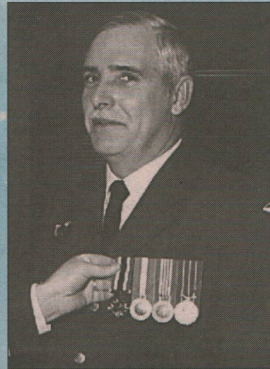
*Congratulations
to all the recipients!*



PRESENTATIONS



The Special Service Medal was presented to MWO Laferriere during the Medal Parade for Wing Foods.



LCol Meindl, Regional Commander 7CFQAR, presented the SSM to WO Ron Elson. (Photo by Pte D. Payne)



The Special Service Medal was presented to Sgt Ouelett during the Medal Parade for Wing Foods.



The Special Service Medal was presented to WO MacCormick during the Medal Parade for Wing Foods.



LCol Meindl, Regional Commander 7CFQAR, presented the SSM to WO Lou Viens. (Photo by Pte D. Payne)



The Special Service Medal was presented to MCpl Boose during the Medal Parade for Wing Foods.



The Special Service Medal was presented to Sgt Heidebrecht during the Medal Parade for Wing Foods.



LCol Meindl, Regional Commander 7CFQAR (formerly 401 CFTSD), presented the SSM to WO Claude Provencher. (Photo by Pte D. Payne)



The Special Service Medal was presented to Cpl Cannon during the Medal Parade for Wing Foods.

JUDO CLUB NEWS: A FEW WORDS BY SENSEI BRIAN JONES SANDAN

Many of the club members plus readers of our articles may think that everyone must compete in Judo. Not everyone wants to compete nor is competition compulsory. It is just another aspect or piece of the whole pie. If the whole pie was ten pieces and you elected not to compete for any reason, your Judo profile would be 9/10 instead of 10/10. It would be an experience that would be missing from your Judo career. Because Judo has many facets of learning, being void in one area is not necessarily going to affect your TOTAL Judo. However, competition is the hardest part of Judo physically and this virtue alone, develops confidence, stamina, style and good sportsmanship attitudes just to name a few. It also allows a Judoka (student) to expand their talents and knowledge beyond the Dojo (club) level. Within the Dojo, Judoka get to know

each other very well and their favourite techniques. In competition, because of the exposure to many different Judoka, you will not know their favourite techniques or strategies. Competition now becomes a battle of techniques and strategies as well as skill.

Judo is considered to be one of the most complex of all sports. Judo techniques and skills are based on the principles of physics. Timing, inertia, leverage and balance are but a few of the principles. Other factors are, for every throw you learn, there is a counter throw. For most chokes/strangles there are escape techniques. For hold downs there are counter hold downs and escapes. Need I say more, it just goes on and on. Therefore as you can imagine, learning Judo requires a lot of hard work and dedication. Also whether it be in competition or a good workout at the

Dojo, any mistake big or small by either Judoka can cost one dearly.

For non-Judoka, think of a Judo match as a chess match. Each move must be thought out and methodically executed. However, because Judo matches are fast and furious, throws explode in an instant, and one does not obviously have time to spend on thinking or planning. Anything up to the actual throw happens in a split second and action/re-action moves become instinctive or reflex actions. A match could last as little as a few seconds, or go as long as five minutes of gruelling action, exhausting the Judokas both mentally and physically. Depending upon the outcome of the match, a Judoka can be elated and excited or totally dejected.

Dejection may be due to the fact that his or her loss was because he or she did not do as well as expected, or simply due to the fact that she or he did not win. Win or lose, you always learn from your experience. You must realize that you have to be able to accept failure before you can accept success. It takes many failures to be successful, and this is why we must not give up. To give up is TOTAL FAILURE. Persevering and working harder will benefit a Judoka both physically and mentally plus

you will thank yourself later in making this decision.

Because Judo is so complex and diversified, we can spend a lifetime "trying" to master all its wonderful aspects. One does not have to compete in tournaments to earn various belt levels. Starting at white belt, then yellow, orange, green, blue, brown and finally black of which there are 10 dans. However, competition does allow both Sensei/Judoka to see how his or progress is developing, usually more rapidly, mainly because of the various elements involved in competitive Judo and the exposure to different Judoka outside the Dojo. In either case Judo does develop both the mind and body. Within all Judo circles, Judokas have a legacy of being well disciplined and for showing respect to each other plus their seniors. Another nice and unique part or custom of Judo is that every Judoka wears a coloured belt.

The colour he or she wears signifies their skill level in the sport and is accepted around the world.

An old proverb "Nothing worth doing comes easy". Learning the skills of Judo is no exception. To achieve high goals in Judo, whether it be learning the sport or the competitive side, it takes a lot of work from both Sensei and

Judoka. Our skill levels are indicated by the colour of the belt that we wear. This belt must be earned by hard work and continuous improvement in all skill levels to the required standard. Because each belt represents a standard of performance of both skill and knowledge, each Judoka must realize that each belt must be "EARNED", by following the grading criteria set forth by a Sensei in accordance with the MJBBA (Manitoba Judo Black Belt Association). Time by itself does not warrant or justify a belt promotion. We as Judoka must Honour/Respect the grading system as being fair. Also Judoka must respect the Sensei's judgement when grading others. Because a Sensei must be accountable to his club, club member parents and to the MJBBA, promotion is taken very seriously. As a Sensei promoting a Judoka is a very rewarding pleasure.

NOTE

Brian Jones is a 3rd Degree Black Belt (Sandán). Sensei Brian has four assistant black belts (Shodans). The Head assistant is Kelvin Francis. Brian has been involved in Judo for almost 40 years and has taught for 30 of those years. Brian has a vast wealth of experience in the sport, he competed for 13 years and is a qualified referee.



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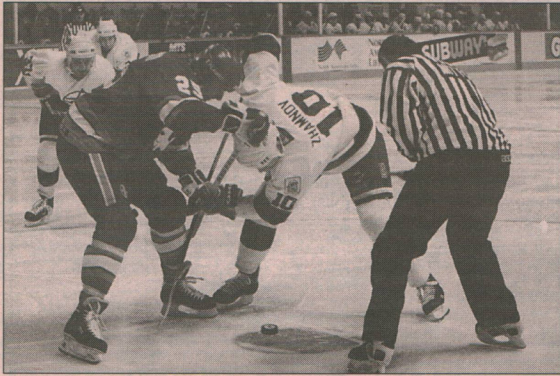
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Alexei Zhamnov of the Winnipeg Jets faces off against the Calgary Flames Joe Nieuwendyk in a game on February 20, 1994..



The Air Command Band performs 'Oh Canada'. Cpl Jeff Dorey provides the vocals while Capt Gaetan Bouchard conducts Canada's finest military band.



W Comd, Col Bert Proulx, is presented with a plaque by Hartley Miller, the Winnipeg Jets Manager of Ticket Sales, in recognition of the contributions made to Canada and Winnipeg by the CF and 17 Wing.

THEY SHOOT - THEY SCORE: WINNIPEG JETS HOST 17 WING

By Capt Neil Kinley, WPAFFO
and Photos by Pte Dave Payne

The Jets were flying, but the Flames were hotter. That sums up the action at the Winnipeg Arena on February 20, 1994 when the Winnipeg Jets played the Calgary Flames in a National Hockey League game. Besides the Flames, the Jets hosted another team that Sunday afternoon.

The Winnipeg Jets hosted the Canadian Forces, specifically the men and women from 17 Wing/CFB Winnipeg and all military units in the Winnipeg area. The Jets provided tickets for the game to the Wing, regularly priced from \$21 to \$24, for only \$9.

When the game began the Winnipeg Arena was almost filled to capacity with 13,500 hockey fans, including 1650 military personnel, civilian employees and their families.

That means that over 12 percent of the crowd were from with 17 Wing or other military units in the Winnipeg area.

Before the game the Jets made a presentation to the Wing Commander, Col Bert Proulx, for the important contribution that the CF and 17 Wing/CFB Winnipeg makes to Canada and Winnipeg.

Immediately following the presentation, the Air Command Band set up on the ice and flawlessly played 'Oh Canada'. Corporal Jeff Dorey provided the vocals for the 38 member band, dressed in the light blue of Canada's Air Force.

The Jets also thanked all the CF units from Winnipeg and Portage La Prairie that attended the game by announcing the units on the scoreboard several times during the game.

Once the National Anthem

and presentations were completed, the Jets and the Flames took to the ice and played an entertaining game of hockey.

The Jets, in the middle of a long losing streak, came out skating and battled the Flames evenly for two periods. However, some major defensive breakdowns resulted in Calgary scoring a couple of late goals, and winning 5-2.

Overall, it was a very entertaining game which was well worth the price of admission. It was also a great opportunity for Winnipeg's military team to go out in force and watch good NHL hockey at a reasonable price.

Special thanks to the Winnipeg Jets Hockey Club for recognizing the important contributions made by the CF and 17 Wing, and giving the military community this opportunity.

NOTES AROUND THE NHL

By Cpl Majore, Stat Man

Splitting the league into two divisions has resulted in more competitive hockey and fewer blowouts...

The A/C Oldtimers stood in 8th place in goals against for the first half of the season despite not winning a single game...

The second half of the season has taken a toll on the HAWKS. Since going undefeated in the first half

they have stumbled since then, going 4-6-0...

PPCLI must be on EX how else would one explain a dismal 1-7-0 record. (Watch for a resurgence in the playoffs)...

Another team to look out for is DCOS/CE. They average 4 goals per game yet sport one of the best records over the full season at 14-5-1...

The goaltender for the Oldtimers has scored more points than 5 of his fellow

teammates...

CATCH THE DIVISION FINALS FOR

'A' Division on Mon 28 Mar 1200-1300 at Keith Bodley Arena and;

'B' Division at 1200-1300 Tues 29 Mar at Keith Bodley Arena

Look for DCOS CE to square off against 2 PPCLI and WING SUPPLY to meet the SAMEO SARGES.

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Available July through August, 1994.



Winnipeg Military Community Council
Presents...

Spring - Easter Craft Sale

Saturday 19 March 94

9:00 a.m. - 4:00 p.m.

2PPCLI Drill Hall (South site)

Children's face painting,

Activities and come & meet our easter mascot
and get your photo taken. Free admission

Contact: Allison MacDonald, Opi/Scty 488-4640

17 Wing: Dog Obedience Club

The next session of classes
will begin on April 10, 1994.

The following classes are
offered:
PUPPY (Kindergarten) - For
puppies 3 - 4 months for
socialization and to correct lit-
tle 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.
NOVICE - To fine tune the
obedience from beginners and
to start competitive C.D.
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, C.D.X.
UTILITY - This is the highest

Level of obedience. U.D.
CONFORMATION - To pre-
pare 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, with use of
food and praise.

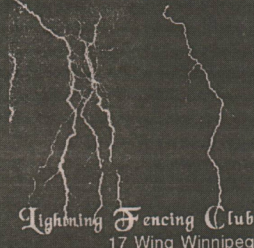
DURATION - 8 One-hour
classes
COST - \$48.00 (includes GST)
plus community association
fee \$8.00, military must show
card.

PLACE - Building 21 off
Sharp blvd, north side
entrance

REGISTRATION - March 27,
1994. DO NOT bring your
dogs. Please bring proof of
vaccinations.

TIME - 6:30pm to 8:00pm
CLUB CONTACT - Margaret
Steingart, 885-2962.

10 week beginner
Foil Fencing Course
Equipment provided
• N.C.C.P. certified coach
Friday evenings, starting 25 March
19h00 - 21h00 at Lipsett Hall.
Everyone welcome
• For information call 489-3404



Lightning Fencing Club
17 Wing Winnipeg

The Festival of the
Written Arts Announces
Ten Writing Workshops
for Spring 1994 at the
Rockwood Centre in Sechelt
on B.C.'S beautiful Sunshine
Coast

April 15, 16, 17:

Shaping and Polishing Short
Fiction with Caroline
Woodward and Self-
Publishing Round Table with
a Layout Designer, a
Photographer, an Illustrator, a
Printer, a Distributor and a
group of Self-Published
Authors

April 22, 23, 24:

Writing Science Fiction with
Jeanne Robinson and Spider
Robinson and Documentary
Fiction Writing with Andreas
Schroeder

April 29, 30 and May 1:

Travel writing & Photography
with Isabel Nanton and
Graham Osborne and How to
write Feature Stories that
REALLY SELL with Daniel
Wood

May 21, 22, 23:

Creating a Picture Book with
Deborah Turney-Zagwyn and
song-writing with Barney
Bentall

May 24, 25, 26, 27:

Writing Poetry with Patrick
Lane and A Crash Course in
Short Fiction Writing with
Susan Musgrave

For a brochure or more infor-
mation:

Writers in Residence,
Festival of the Written Arts,
Box 2299, Sechelt, B. C. VON
3A0 Tel: 604-885-9631 or
Fax: 604-885-3967

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1600 to 2200 Mon thru Fri.
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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

ATTENTION!

The JRC(N) will be selling
a 12 foot Columbia Satellite
and Cheyenne IR/D (inte-
grated 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 nor-
mal 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.

Calling all Meteorological Officers and Technicians...

Calling all Meteorological
Officers and Technicians who
served with Canada's NATO
forces in Europe over the past
40 years. A reunion is
planned for 8 Wing/CFB
Trenton 22 - 24 April 1994.
For further information,
please contact the:

Organizing Committee,
c/o Canadian Forces
Forecast Centre,
8 Wing/CFB Trenton,
Astra, ON,
KOK 1B0.
Phone: (613) 965-2760;
Fax: (613) 965-3359.

THE GINGER GROUP HAIR DESIGNS

6 -1855 Pembina Hwy. (Southwood Plaza)
is donating 10% of all Hair Services
for the month of March to:
**THE CHILDREN'S WISH FOUNDATION
OF CANADA**

For more information contact:
The Ginger Group Hair Designs
Phone: 261-5818 or
The Children's Wish Foundation
949-WISH (9474)

The proceeds of this fundraiser will help
The Children's Wish Foundation,
a non-profit charitable organization,
fulfill its mandate of granting a favourite wish
to children with high-risk, life threatening illnesses.

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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"

What you should know from A to Z about being the wife of a military man...

**Hurry Up & Wait: An
inside look at life as a
Canadian military wife**, a
new book by Dianne Collier,
is being released shortly by
Canadian publisher Creative
Bound Inc. Hundreds of mili-
tary wives, across Canada
and overseas, have con-
tributed to this book, which
details the military lifestyle
from marriage through to
retirement and life after the
military.

In his foreword, Major-
General Lewis Mackenzie
describes the book as a
"delightful collection of anec-
dotes, survey results and
sage advice from wives and
kids of all ages who have
been there. Anyone who has
spent time in the military or
married to it will find them-
selves with a kink in their
neck from all the nodding in
agreement after a few hours
of reading..."

Dianne Collier's career as a
military wife spans over 26

years. In addition, she has
worked for themilitary for
over 15 years, currently as a
Commanding Officer's secre-
tary at 1st Battalion, The
Royal Canadian Regiment in
Petawawa. Dianne is one of
the founding members of the
Board of directors of CFB
Petawawa's military family
resource centre.

**To Order: *Special Price* -
\$2.00 off on pre-publication
orders placed on or before
April 30, 1994: \$15.95 + \$1.12
GST = \$17.07. On orders
received after May 1: \$17.95
+ \$1.26 GST = \$19.21**

Readers interested in
obtaining a copy of "Hurry
Up and Wait: An Inside look
at life as a Canadian military
wife" by Dianne Collier can
send a cheque or money
order to the publisher:
Creative Bound Inc.
151 Tansley Drive
Carp, Ontario K0A 1L0
Tel (613)831-3641
Fax (613)831-3643

"ANGER"

By Padre S.G. Hopkins,
W Chap (P)

The story in the Gospel of John Chapter 2, verses 13-22 challenges our perceptions of Jesus, questions our understanding of what we believe the Christian person is like, and brings us face to face with our own emotion of anger. The episode of the cleansing of the temple or perhaps more properly stated, the "overturning", gives us a glimpse of the role of Jesus in establishing a new worship and a new order. It was surely the blazing anger of Jesus rather than the weapon which He carried which really cleared the Temple courts of the noisy, motley throng. How effective are we in expressing our anger?

Perhaps we need to understand the fierce anger of Jesus to set us free from our misconceptions of anger, to enable us to examine our unreal belief systems, and to strengthen us in our struggle to be real people with integrity and compassion. I believe we have more

difficulty with the emotion of anger than any other emotion. Someone said that "anger is fear with teeth." Part of our difficulty is that we would like to believe that we are intellectual animals - that is, that we are governed by our intelligence - well, we are not! We are ruled by our emotions which are energy in motion. That is our response to our experience of what is happening.

The energy of "anger" probably has a greater influence on our behaviour and mental and physical health than the drive for love. Just as we deny pain, so we tend to disguise our anger. We need more breakthroughs than breakdowns. Our language is replete with masked expressions for anger ranging from pleasant-sounding but clearly substitute phrases to complete denial of anger. We use words like disgusted, heartbroken and depressed instead of saying, "I hate you." If I asked you to tell me what the opposite of love is you might be tempted to say 'hate' or 'anger', but the

opposite is apathy or indifference. The hate is "love turned angry" - a sign of investment, or of effect.

One of the most loaded indirect expression of anger is, "I am disappointed." It hides anger from the speaker and the listener. Guilt is more difficult to cope with than anger. Anger is also disguised in variations of depression, actions, passive-aggressive behaviour, accidents, bodily reaction, etc... I believe anger stems from helplessness and hopelessness. Jesus was certainly able to effectively communicate anger. The meek and mild image is a product of our imaginations. We too can learn to be in touch with our emotions and grow to become real people, full of integrity and compassion. I trust in your Lenten meditations you are preparing yourself to believe in hope over despair and if you wish to have more information on dealing with anger please call us or other caregivers. Perhaps we will see an "overturning" in our lives.

JEANE SAUVÉ COMMEMORATED

Canada Post Corporation is honoured to announce that on International Women's Day, March 8, 1994, it has issued a stamp commemorating the late former Governor General Jeanne Sauvé.

The 43 cent commemorative stamp is a retrospective of Jeanne Sauvé the journalist, the Member of Parliament, the Speaker of the House of Commons and Canada's first woman Governor General.

Marie Jeanne Mathilde (Benolt) Sauvé was born in Prud'homme Saskatchewan on April 26, 1922 and 1925, her family moved to Ottawa and received her education at the University of Ottawa.

In 1952, Jeanne Sauvé began her distinguished career as a journalist and as a broadcaster for the Canadian Broadcasting Corporation. She hosted public affairs programs *Fémina* and *Opinions* and also wrote many editorials for *La Presse* and the *Montreal Star*.

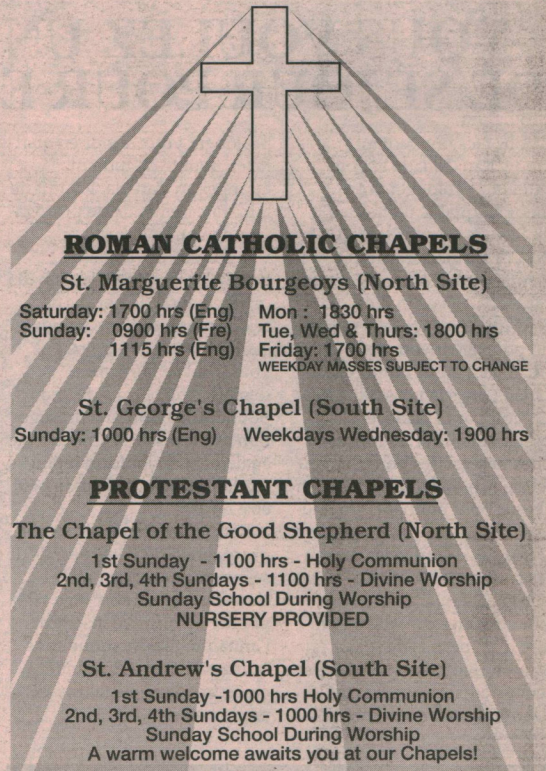
Jeanne Sauvé began her

political career in 1972 by winning a Liberal seat in Parliament.

From 1972 to 1979 she served successively as Minister of State for Science and Technology, Minister of the Environment and Minister of Communications. Madame Sauvé was chosen to be the first woman Speaker of the House of Commons in 1980. On May 14, 1984, Madame Sauvé also became the first woman Governor General of Canada. Despite failing health, Madame Sauvé served admirably until her retirement in 1990. She died three years later on January 26, 1993.

This special stamp pane was designed by Jean Morin and Tom Yokobina of Montreal.

These commemorative stamps are available until September 7, 1994, only at selected postal outlets across the country or by mail order from the National Philatelic Centre (call toll-free: 1-800-565-4362).



ROMAN CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North Site)
 Saturday: 1700 hrs (Eng) Mon: 1830 hrs
 Sunday: 0900 hrs (Fré) 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

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The Chapel of the Good Shepherd (North Site)
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 2nd, 3rd, 4th Sundays - 1100 hrs - Divine Worship
 Sunday School During Worship
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 2nd, 3rd, 4th Sundays - 1000 hrs - Divine Worship
 Sunday School During Worship
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OUR		OUR
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 at 1:30-3:30pm
 Junior Ranks Mess

Come out for a hot dog lunch and easter egg hunt outside. Please dress your child appropriately for the weather. Make sure they bring their own basket to collect their goddies. And please remember, parents are responsible for their child's supervision. Please register your child by signing up on the list in the Junior Ranks (S) or by calling the mess at 833-6285.

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VOUS VOULEZ UN PERMIS DE SÉJOUR POUR ÉTUDIANT

Vous êtes un étudiant étranger au Canada et vous souhaitez prolonger votre séjour en qualité d'étudiant? Ou bien, vous avez le statut de visiteur temporaire au Canada, et vous voulez passer de votre statut actuel à celui d'étudiant? Voici quelques renseignements qui pourraient vous être.

Citoyenneté et Immigration Canada offre la possibilité de recevoir par la poste les renseignements et les formulaires nécessaires pour demander ou prolonger le permis de séjour pour étudiant. un nouveau Centre de traitement des demandes examine les demandes courantes reçues PAR LA POSTE.

Si vous êtes actuelle titulaire d'un permis de séjour pour étudiant, vous constaterez que la date d'expiration est inscrite sur le document. Pour

prolonger votre séjour en qualité en qualité d'étudiant étranger au Canada, il suffit de faire une demande de prorogation de votre permis.

la trousse de demande Comment présenter au Canada une demande de permis de séjour pour étudiant explique clairement les situations où vous pouvez faire une demande de permis de séjour pour étudiant ou une prorogation dudit permis. On y donne également de l'information sur les cas où la demande peut être refusée.

Pour faire une demande de prorogation de votre permis de séjour pour étudiant au Canada, vous n'avez qu'à téléphoner au numéro inscrit dans l'annuaire téléphonique sous Immigration et à demander qu'on vous envoie la trousse par la poste.

Remplissez la formulaire et assurez-vous d'y joindre les frais de traitement et postez ensuite le tout dans le fournie à cette fin. Une réponse officielle vous parviendra quelques semaines plus tard.

RAPPEL: Vous devez faire votre demande de prorogation de statut d'étudiant au moins quatre semaines avant la date d'expiration du permis. Si vous ne respectez pas ce délai et que vous fréquentez un établissement d'enseignement au Canada sans détenir un permis de séjour pour étudiant valide, vous commettez une infraction en vertu de la Loi sur l'immigration et risquez que votre demande de prorogation soit refusée. Vous vous exposez en outre à faire l'objet d'une mesure de renvoi.

EXPOSITIONS à ST Boniface.

Les Fouilles archéologiques à la fourche se déroulent entre 9h et 16h du jeudi au lundi. Pour plus d'infos appeler le 942-6393. L'Heure du conte pour les enfants de 3 à 5 ans a lieu tous les mercredis et vendredis à 10h30 à la bibliothèque de ST Boniface. Pour s'inscrire composer le 986-4332. Le zoo du parc Assiniboine a réduit son prix d'entrée à 1\$ par personne pour l'automne et l'hiver. Les enfants de moins de 2 ans sont admis gratuitement.

Les activités au Centre culturel franco-manitobain

MUSIQUE

les 17 et 18 mars Le Foyer présente Riff Raff
* coût d'entrée: 3\$, spectacles à 21h15

ARTS VISUELS

Images et personnages: 20 ans d'oeuvres d'art au Ccfm, jusqu'au 23 mars.
Depuis son ouverture en

1974, le Centre culturel franco-manitobain a servi de toile de fond à l'expression créatrice de nombreux artistes manitobains. Plusieurs styles se côtoient dans cette exposition qui vous permettra de redécouvrir des talents bien de chez-nous. Nous vous invitons, à travers la collection de Ccfm, à poser un regard sur cette contribution faite à la communauté.

DANCE ET MUSIQUE. SOYEZ A L'ECOUTE!

Il y a une émission de radio (91.1 FM) situé au CCFM, qui diffuse de la "Dance Music" chaque vendredi soir de 21hrs à 23hrs. Cette émission est appelée "Lazer" et est animée par un membre des Forces. Le contenu est 100% de musique "a date".

Cette émission sera animée par le PTE Richard Doucet, qui travaille au Dash 8 repair. Pour ceux qui aiment la musique Francophone, il y a une autre émission le vendredi de 16hrs à 18hrs.

Cette émission est aussi animée par un autre militaire. C'est James Carrey qui animera cette émission.

Give all the hope you can.

Please be generous during the March Drive Campaign.



THE KIDNEY FOUNDATION OF CANADA

AIDE URGENTE DEMANDÉ ÉDITEUR POUR LA PAGE FRANCOPHONIE-

SVP contactez le Voxair au 889-3963 au laissez un message.

CE SOIR - LE TÉLÉJOURNAL - LE POINT

Dans les stations régionales (horaire établi à l'heure locale)

MANITOBA

18h00 Manitoba Ce Soir
Anim.: Pierre Chevrier
Producteur-délégué: Philippe Vrignon
21h00 Le Téléjournal
21h22 Le Point
22h00 Manitoba Ce Soir (en reprise)

SASKATCHEWAN

18h30 Ce Soir
Anim.: Marie-Josée Tardif
Producteur-délégué: André Duchesneau
21h00 Le Téléjournal
21h27 Le Point
22h00 Saskatchewan Ce Soir (en reprise)

MARITIMES

18h00 Ce Soir
Anim.: Abbé Lanteigne
Réal.-coord: Martial Thibodeau
23h00 Le Téléjournal
23h25 Le Point

QUÉBEC EST DU QUÉBEC

18h00 Ce Soir
Anim.: Jean Martin
Réal.-coord: Pierrette Savard
22h00 Le Téléjournal
22h25 Le Point

ONTARIO OUTAOUAIS

18h00 Ce Soir
Anim.: Pierre Granger
Producteur-délégué: Denis D'Amour
22h00 Le Téléjournal
22h25 Le Point

ALBERTA

18h00 Ce Soir
Anim.: Natalie Chung
Producteur-délégué: Éric Batalla
20h00 Le Téléjournal
20h25 Le Point
23h00 Alberta Ce Soir (en reprise)

COLOMBIE-BRITANNIQUE

18h30 Ce Soir
Anim.: Marie-Josée Tardif
Producteur-délégué: André Duchesneau
19h00 Le Téléjournal
19h22 Le Point
22h30 Ce Soir (en reprise)

Info Coeur Saviez-vous que...?

- Trois millions de Canadiens souffrent de maladies cardiaques ou cérébrovasculaires.

duction, en service hospitaliers et médicaux et en médicaments.

- Environ 40% des décès surenant chaque année au Canada sont attribuables aux maladies du coeur et aux accidents cérébrovasculaires.

- Cette année, la foundation des maladies du coeur du Canada a versé 30,1 millions de dollars pour la recherche et 9,1 millions de dollars pour l'éducation.

- Près de 75 000 Canadiens meurent chaque année d'une maladie du coeur ou d'un accident cérébrovasculaires.

- Les résultats de ses efforts sont éloquentes. Au cours des 40 ans d'existence de la Foundation, le taux de mortalité dû aux maladies cardiaques a diminué de 50%.

- Les maladies cardiaques et les accidents cérébrovasculaires coûtent chaque année au pays près de 17 milliards de dollars en salaires et en pro-

Appuyez le progrès. Appuyez la Foundation des maladies du coeur.

Ecrivez votre chèque ou mandat de poste au nom de au nom de La Liberté.

Adressez-votre enveloppe à: La Liberté C.P. 190 Saint-Boniface MB R2H 3B4

Nom: _____

Adresse: _____

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TOUS LES VENDREDI MATIN:

info Linda Pelletier au 489-7260.

CLUB DE JUDO: INFO:

Sgt Steve Broughton au 833-5214 ou 897-0630.

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info Edie Grégoire au 489-7807.

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PROMOTION



Congratulations to L/S Albert seen here receiving her new rank from Captain Letain and MWO Laferriere. L/S Albert was promoted on 26 Jan 94.

SSM PRESENTATION



The Special Service Medal was presented to Cpl Buzinski during the Medal Parade for Wing Foods.

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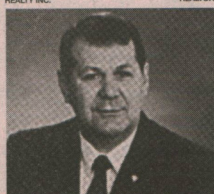
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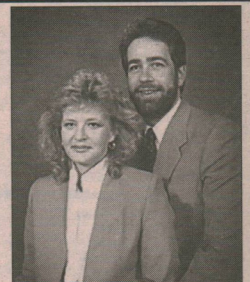


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