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17 Wing Winnipeg / 17e Escadre Winnipeg

APRIL 13, 1994 / FREE

## WELL DONE 17 WING!

By Col Bert Proulx

On Friday, 18 March 1994, we had the privilege of being visited by the Chief of Defense Staff, General de Chastelain, and by the Commander of Air Command, Lieutenant General Clements. In the morning, the CDS met with the Commander, all Wing Commanders and Wing Chief Warrant Officers, and the entire afternoon was devoted to 17 Wing.

The issues raised by all the Wings were similar: uncertainty as to FRP, late postings, pay freeze and for some, the closure of their units. We, at Winnipeg, are fortunate as we are a gaining unit, and therefore our challenges are different and less traumatic than for others.

The visit to the Wing consisted of morning coffee at the Officers' Mess, lunch at the Warrant Officers' and Sergeants' Mess, followed by briefings on the Wing, contracted flying training, and re-engineering of the process at 402 Squadron Maintenance. He then had the opportunity to meet the Reengineering teams for 402 Squadron and Wing Supply. This was followed by coffee in 16 Hangar with all ranks, a static display of the Dash-8 Nav trainer, and a flight in the Slingsby aircraft.

The CDS was impressed by the number of initiatives that are taking place at 17 Wing, and particularly with the work that is being done by our Re-engineering teams. He left him with the impression that the military can be competitive with the industry when given

a chance to compete on a level playing field. We are certainly leading the pack in new modern management techniques.

What impressed me the most during his visit was the attitude and leadership of all personnel. Rather than complain about issues, you were doing something about resolving problems at every level, and many of your initiatives will result in millions of dollars being saved per year, while improving the standard. This is what I call leadership at its best.

As we moved about the Base, I made sure that all of your accomplishments were made a point of discussion. In my bragging of your achievements, I have included your contribution to various programs, and your overall dedication, enthusiasm and "can do" attitude.

At the conclusion of the visit, General de Chastelain expressed his pleasure with the Base, and what he saw; the activity, the results, and, most importantly, the enthusiastic attitudes he found wherever he went. I was confident that this attitude, in true 17 Wing Winnipeg fashion, would impress him as much as it does others who visit and witness your efforts.

There was a great deal of work done in preparing for this visit. The entire Base and all facilities looked great. To everyone who made this visit such a success, I thank you. Because of you, this visit was an OUTSTANDING success. Well done 17 Wing Winnipeg.

PROSPICE



402 Sqn SAMEO provided Gen deChastelain with an interesting staff vehicle. The unit prepared an aircraft towing vehicle or "mule", with th CDS pennant, general plates, and painted CDS on the door. Ge deChastelain was driven from Wing HQ to 16 Hangar by Cpl Ash Prasad of 402 Sqn. (Photo by Pte Dave Payne, 17 Wing)



The CDS, Gen de Chastelain, receives assistance with strapping into the Slingsby aircraft from Ken Carr of Canadair. The CDS went for a 45 minute flight in the Slingsby, piloted by Carr, during his visit to 17 Wing on 18 March 1994. (Photo by Cpl Ken Allan, 17 Wing)

## CANBAT 2: LIFE IN THE BOSNIAN LANE

By Lieutenant(Navy) Doug Maybee, Senior Public Affairs Officer, Canadian Contingent, UNPROFOR

Bosnia. The word conjures up a host of memories for Canadian soldiers who have served here.

Bosnia is a land gone awry in a civil war based on ethnic nationalism and hatred between the warring factions, a hatred that is very visible for Canadian peacekeepers who face the challenges of this war on a daily basis.

The ethnic differences between the warring factions here and elsewhere in ex-Yugoslavia have caused neighbours to turn against each other, to kill one another in a savage civil war when once upon a time they inter-married, socialized and worked alongside one another.

These days the risk of danger to peacekeepers in Bosnia is enormous. Convoys get attacked regularly by snipers bullets and bursts of small arms fire, by mortar bombs and rocket-propelled grenades. Even white ambulances with big red crosses get fired upon.

In the few days spanning January 22nd to January 30th, three Canadian convoys came

under fire in central Bosnia and a grenade exploded in an observation post at the Canadian camp in Visoko, narrowly missing the peace-keeper on watch.

The first of the three attacks against Canadian convoys in five days occurred just after dusk a mere three kilometres from the Visoko camp on Wednesday, January 26th. The twelve vehicle convoy was returning to base after transporting a group of Canadian peacekeepers to the Sarajevo airport for UN leave.

Master Corporal Chad Wagar, 27, a forward air controller from '5 Régiment artillerie léger du Canada', Valcartier was a crew commander in an M113 tracked armored personnel carrier in that convoy.

"We were proceeding along the edge of a hillside just after dark at around supper time. I started to notice the APC in front of me was having mechanical problems. It wasn't long before it stopped."

To make room for the convoy's Husky tow truck to get up to the broken APC, Wagar motioned the APC directly behind him to carry on by. Suddenly, half a dozen bullets whizzed past his head and hit the ground on the

hillside to his left. His instincts took over. He swung the 50 calibre machine gun around in the direction of the fire and tried to find the target. Another burst of fire passed close by as the APC behind Wagar's took position in front. The Husky lumbered up to hook on the broken APC when a third burst of bullets hit the dirt on the hillside. Moments later as the convoy was getting set to leave, there was a fourth and much larger burst, this time of about 25 rounds that passed precariously close overhead. About one minute or so after that, an RPG-7, a rocket

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# CANBAT 2: LIFE IN THE BOSNIAN LANE

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propelled grenade, exploded about 10 metres shy of Wagar's APC.

"My vehicle shook and black smoke from the rocket's impact explosion came right up the hill in an instant," Wagar said.

All the while, Wagar and his driver, Cavalier Greg Beaudoin, an 18-year-old militiaman from Trois-Rivieres, scanned the valley searching for the target. Their view was limited. It was dark and houses separated them from the target. Wagar's vision was limited to what he could see through the narrow openings in the armament surrounding the 50 cal. Beaudoin had to raise his head out of his hatch to see above the vehicle's radiator to help Wagar find the source of fire, but there were too many houses.

"They used dirty tactics," Wagar said. "They were hiding behind innocent civilians. I can't fire against non-combatants."

My first thoughts were to get down. Beaudoin did the same. I'll never forget the grating sound the seat pin made after Beaudoin pulled it to lower himself into the vehicle. I heard it well over the sound of the engine. His reaction was lightning fast.

Next, I thought, 'I gotta find this guy before he hits somebody.' I can't honestly remember if I was afraid. I do remember being pissed off at being shot at.

Beaudoin and I worked well together. We talked continually back and forth - 'What do you see? Did you see anything?' Neither of us could find the target."

Wagar said that his reactions to enemy fire came from battle drills.

My training made me react properly. I didn't cower down. My instincts told me to find out where the fire was coming from and to find the target. The training we got before coming over here was as close to the real thing as you can get. That helped. We did

live fire exercises, moving in teams of two, firing real bullets as we went along. Excellent.

It wasn't long before Wagar and Beaudoin passed over the same ground. Sixteen hours after the assault, they were back together again in their APC escorting another re-supply convoy.

"It was an all-in-a-day's-work feeling when we drove by," Wagar said. "But we still wanted to see the RPG's point of impact and whether there were any bunkers where the fire came from, but there were none to be seen."

There were two other

## My vehicle shook and black smoke from the rocket's impact came up the hill in an instant...

incidents later in the week involving attacks against convoys in which two Canadian peacekeepers were injured. Both were re-supply convoys to the Drin and Bakovici mental hospitals near Fojnica, central Bosnia. And in both cases, the attacks came from HVO, or Bosnian Croat army positions.

On the afternoon of January 27th, Corporal Martin Gazaille, a Montreal reservist attached to the '12e Regiment blindé du Canada' in central Bosnia suffered an abrasion to his left wrist and a Swedish soldier received a mortar fragment in his upper right forearm when the resupply convoy they were in was halted by mortar and small arms fire.

On January 30th, Corporal Dominic Lapointe, 21, a combat engineer with the '5e Regiment du Genie de combat', Valcartier, took a bullet in his right foot. He was driving a 10 ton truck loaded with coal when the convoy was showered with bullets some five kilometres from Fojnica.

Still at the wheel of his truck, he accelerated with the rest of the convoy to get clear of the danger before he was able to get treatment. He was

then whisked to the Drin hospital where he was stabilized before being taken back to Visoko for further treatment at the Canadian field hospital there.

On the way back to Visoko, the M113 tracked ambulance and its two Cougar escorts took fire from the same HVO positions. The Cougars returned fire this time in self-defence, dusting HVO bunkers that were visible from the road.

Lapointe was subsequently evacuated to Canada for orthopedic surgery and rehabilitation.

Despite these trials and tribulations that CANBAT 2 has to face, morale is quite good, says Padre Brian Millson, the Anglican padre at CANBAT 2.

"Morale is particularly good among people who have just come back from UN leave," added Millson. Mail and phone calls home are other morale boosters, even if it can take a long time to get mail.

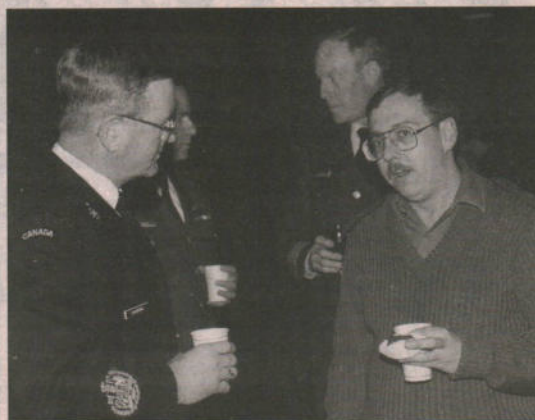
"No one has anything against the Posties here, it's just that it can take from two weeks to a month for the mail to arrive sometimes," Millson said.

Because of limitations on the number of phone lines in and out of the Canadian camp in Visoko, soldiers have only one 12-minute free call home every two weeks. After that, they have to pay up to \$2.00 US per minute from Bosnia to Canada.

Undoubtedly, the greatest morale booster is when the troops sense they are fulfilling their UN mandate.

"Morale seems to skyrocket when the men and women here are doing what they came to Bosnia to do and that is getting humanitarian aid to those who need it most," said Millson.

# Well Done 17 Wing!



A coffee break with the CDS and CFCWO was organized for Wing personnel of all. CPO1 Carroll is cornered by Cpl Jack Bass, a Safety Systems Tech with 402 Sqn/SAMEO. (Photo by Cpl Ken Allan, 17 Wing)



The CDS, Gen deChastelain signs the guest book at Wing HQ, as the WComd, Col Proulx and the WCWO, CWO Scott look on. (Photo by Cpl Ken Allan, 17 Wing)

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What are the benefits of self-paced training? Self-paced training allows the students, at their own pace, to be active participants in the learning process. It provides for a high learning retention rate which results from immediate feedback as the self-paced learning process evolves. It allows for both individualized and standardized instruction which is student-centered as opposed to instructor-centered. Possibly the most important

benefit of self-paced training is that, by enhancing the learning process and orienting it to the student, individual motivation for learning is increased.

This is in contrast to the traditional lecture method of learning in which the students are passive participants, learning at the instructor's pace. The lecture method, at its worst, provides little or no immediate feedback and can result in poor learning retention. This is not to say that self-paced learning is the cure-all solution for training. Rather, it is best used as a complement to other methods, including lectures, which do have their place in the learning environment. For example, self-paced training has proven to be most valuable and effective in intellectual or knowledge training as opposed to skills training.

Although self-paced training is generally computer-oriented, other methods can also be used including: paper-based products, video instruction, and in the future, Virtual Reality-based instruction

packages. These options allow for another benefit of self-paced training - they can all be delivered to the student where and when required.

The Canadian Forces School of Military Engineering (CFSME) is currently developing a self-paced training program and the early results are impressive. It is projected that over a five year period, there will be a substantial return on the initial investment in developing self-paced training. Furthermore, the School has proven that self-paced training can result in greater efficiency by allowing for time and space flexibility in terms of how, where and when training takes place.

The future of training in the Canadian Forces will continue to evolve as new technologies and teaching methods make learning more efficient, accurate and standardized. Training System is dedicated to taking advantage of these new developments in its contribution to the operational capability of the Canadian Forces.

# MILITARY POLICE DISPATCHERS

Provided by SAMP Squadron

During the past year the Military Police have received numerous inquiries concerning the identities of the people who answer the telephone at the complaint desk (local 5204). Last year, we incorporated a "Dispatcher" system, similar to civilian police agencies. This was done

to effect better policing, by providing continuity at the "complaint" desk, and allowing one more MP to be "on the road". These dispatchers are members of the Corps of Commissionaires who have received specialized training in Military Police procedures.

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## CANADA 125 MEDAL

BGen H.C. Armstrong, Commander CFTS presenting Capt C.S.G. Macdonald, CO CFTMPC, with his "CANADA 125 MEDAL" on 16 March 1994. (Photo by Cpl D.E. Desrochers, 17 Wing)



## 17 WING'S SENIOR "SUBBY" GETS HIS RATE

It was a calm February day until SLt Art Cramer was summoned to the WAdminO's office. He had just enjoyed four weeks of leave and thought he was in deep trouble for something. However, LCol Bailey was not disciplining Art, but promoting him to Lt(N). Emergency first aid was required, due to a hyper-ventilating new Lt(N). Congratulations Art! (Photo by Cpl S. Gervais)

# Daffodil Day a Success!

By: Capt Neil Kinley (WPAffO)

Normally military life is not associated with flowers. However, on March 23, 1994 a truck loaded with flowers visited all parts of 17 Wing/CFB Winnipeg making deliveries.

This was the Canadian Cancer Society's Daffodil Day, which signifies hope in the fight against cancer. The Cancer Society sells bunches of daffodils to raise money and awareness for the fight against one of Canada's worst killers.

Once again 17 Wing participated and responded generously. Wing sections purchased 1170 bunches of daffodils, including 497 bunches that were delivered to Cancer patients. In all \$4095 was presented to the Canadian Cancer Society.

The canvassers in all units and sections did an outstanding job this year. Some canvassers deserve particular recognition for their efforts, including MWO



The WComd, Col Proulx, presents a cheque for \$4095 to the Manitoba branch of the Canadian Cancer Society. Accepting the cheque are Betty Hutton, the Fundraising Chairperson, and Murray Gibson, the Director of Fundraising. (Photo by MCpl Ed Dean, 17 Wing)

Batchelor of Air Command who collected \$1,113, Sgt Aubin of 402 Sqn who collected \$339.50, Ms Montizambert of Wing HQ who collected \$266, Capt Smith of CFANS who collected \$220.50, and MCpl Gurney of the Wing Hospital who collected \$206.50.

The efforts of 17 Wing are greatly appreciated by the Canadian Cancer Society. In fact, again this year the Wing was one of the largest contributors in the Daffodil Day campaign.

Well done 17 Wing!

## BANNER YEAR FOR WESTVILLE NS

1994 will be a Banner year for Westville, N.S. when it will celebrate its 100th Birthday.

In conjunction with celebrations, the Westville Homecoming Society has a full schedule of events planned during June 30- July 7, 1993, including a full reunion of all former students and teachers, a dance, variety concert, family picnic, church service, Town/County tour, etc. The Town's annual Canada Day celebrations will be on going during this time as well.

The Committee is hoping to

reach as many former Westville persons who attended or taught ANY grade-in the Westville school system so they may send their name and address and in turn we will forward our Newsletter outlining our itinerary. We want to make this information available early to assist those who are able to plan their summer vacation "to come see the old gang".

Please send your name and address to:  
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Westville Homecoming Society

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# CANADIAN FORCES AIR NAVIGATION SCHOOL

## WINGS GRADUATION

### 3 CANADIAN FORCES FLYING TRAINING SCHOOL

Captain Marcel Viel,

On February 25th, 1994, 15 students from the Advanced Flying Training Helicopter School and the Advanced Flying Training Multi-Engine School received their Canadian Forces pilot wings from Lieutenant-General Clements, Commander Air Command.

The presentation of Wings was held at the 3 Canadian Forces Flying Training School, located at the Southport Aerospace Centre. Families and friends of the graduates were present for the occasion.

Mayor Carlson presented the City of Portage la Prairie trophy awarded to the student with the highest overall flying results. Lieutenant Dave Miller from the Advanced Flying Training Helicopter Course and Lieutenant Brian Riedle from the Advanced Flying Training Multi-Engine were the recipients. Colonel Proulx, Commander 17 Wing, presented the Wing Commander's trophy for Officer Development to Lieutenant Stephane Roux.

From the Helicopter School, Lieutenants Shaun Cameron and Peter Fedak are posted to 408 Squadron (18 Wing Edmonton) where they will fly respectively the Kiowa and the

Twin Huey Helicopter. Lieutenants Jean-Pierre Regnier, Paul Holland and Louis Valotaire will fly the Sea King Helicopter with 443 Squadron (CFB Esquimalt). Lieutenant William Radiff is posted to 442 Squadron (19 Wing Comox) where he will fly the Labrador Helicopter. Lieutenant Stephane Roux is posted to 430 Squadron (CFB Valcartier) to fly the Kiowa Helicopter. Lieutenant Lise Bourgon is posted to 423 Squadron (12 Wing Shearwater) to fly the Sea King Helicopter. Lieutenant Dave Miller is posted to 427 Squadron (CFB Petawawa) where he will fly the Twin Huey Helicopter.

Of the Multi-Engine graduates, Lieutenant Gary Sereda and Lieutenant James Byrne are posted to 407 Squadron (19 Wing Comox) where they will fly the Aurora. Lieutenants Pat O'Dwyer, Bob Bherer and Jack Simpson are posted respectively to 436 Squadron, 424 Squadron (8 Wing Trenton) and 413 Squadron (14 Wing Greenwood) to fly the Hercules airplane. Lieutenant Brian Riedle is posted to 402 Squadron (17 Wing Winnipeg) where he will fly the Dash 8 aircraft.



COURSE 9304: Top row from left to right; Lt Brian Riedle, Lt Paul Holland, Lt William Radiff, Lt Dave Miller, Lt Jean-Pierre Regnier, Lt Lise Bourgon, Lt Gary Sereda, Lt Peter Fedak, Lt Jack Simpson, Lt Stephane Roux, Lt Pat O'Dwyer. Bottom row from left to right; Lt Shaun Cameron, Lt Bob Bherer, Maj R.W. Gottfried, Col J.R. Proulx, LtGen G.S. Clements, LtCol I.K. Milani, Maj W.W. Norris, Lt James Byrne.

## CFANS Update

With all the recent hoopla surrounding Wayne Gretzy's pursuit of Gordie Howe's NHL goal scoring record, just as prestigious mark was going relatively unnoticed closer to home. Despite being slowed by a recent knee injury, Capt Bert Fenton has eclipsed "Big Al" Watt's seemingly untouchable record of 986 hours on the CT-142 Dash-8. "That's more than a few cups of coffee," quipped Fenton upon smashing the previous navigator flying mark on the Gonzo. "The record is nice," elaborated Fenton, "and it's always an honour to be compared with a great one like Al. But what would really make me feel appreciated is some financial compensation to keep me in line with my fellow record breakers." Good luck with that, Bert.

On a recent weekend, the "Biters" of course 9306 were the victims of a hoax which saw them follow some rather dubious advice without hesitation. Commented one of the gag's perpetrators, Capt Remi Landry, "Maybe they ought to consider changing their mas-

cot from a mosquito to a sheep after all that baaahd advice that they followed."

An internal shuffle at the school, in anticipation of post-



"Hey Kurt! Thank goodness an instructor showed up. I didn't know if we should go flying or what!"

ing season, has seen Capt Rick "Sweet Pea" Hone move from the Maritime section to the School's Standards department. In an apparent attempt to start off on the right foot, Rick immediately scheduled monitors on fellow instructors. Upon hearing that these impromptu staff evaluations

were not as popular as he had anticipated, an apologetic Hone confessed, "To be honest, the monitors were mostly for my benefit. I've been away on course so much I thought it would be an excellent opportunity for me to brush up on the syllabus."

In sports news, the illustrious CFANS hockey team overcame an early two goal deficit to post a 4-2 victory in the Intersection "B" championship game. "OK! OK! So it's not the NHL and most of the fellows do wear boots. Big deal," Retorted Capt Ian Hesselgrave when asked about the quality of play in the "B" league.

On the posting front, veteran instructor Capt Darach McDonnell received his posting message to Air Command last week. Said McDonnell of the news, "I was happy to hear I was going East. I'd just hoped it would be a little further than across the airfield."

A couple of sure signs that PER season is upon CFANS. Not only have the Flight Commanders been seen working late, but many instructors have been "seen" late.

## 722(SAINT JOHN) COMMUNICATION SQUADRON 90th ANNIVERSARY CELEBRATIONS

722(Saint John) Communication Squadron, formerly 5 Indep Sigs Squadron will be holding its 90th Anniversary Celebrations on the weekend of 10-12 Jun 94. All former members are cordially invited to attend. For planning purposes those members who plan to attend this event are requested to contact Sgt Locke at the Squadron Orderly Room 506-636-4977 ASAP.

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**ANNUAL GENERAL MEETING**

1900hrs 25 May 94 at Club 90

Open to all members of the Winnipeg Military Community. This is your opportunity to input into the programs and activities of the Military Family Resource Centre.

**AGENDA**

1. Call to order
2. Chairperson's Report
3. Treasurer's/Auditors Report
4. Executive Director's Report
5. Old Business
6. New Business
- 6a. Election of New Board Members
7. Open Discussion
8. Adjournment



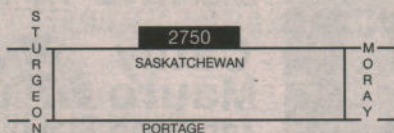
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**WINTER CARNIVAL**

On 5 Feb 34, the first of what will probably be many winter carnivals was held around building 90. The day was an unqualified success, as all of the participants had a great time, even with the temperature around -28C, however, the sun was shining and the temperature did not seem to deter the spirit.

The WComd kicked the whole day off with a brief speech followed by lighting of the torch, the flame was carried in by the Winnipeg Military Community Association (WMCA) chairperson, Major Rod MacDonald. The day was quite busy, there were full day events such as volleyball, floor hockey and bowling, and there were the traditional winter carnival activities such as smooch racing, snow-shoeing, log sawing and snow golf.

There were several awards presented at the end of the day, by the WAdminO, LCol Bailey, this included: Overall Champion - CFANS, and the best team spirit - WSup. Also, all the teams were given an opportunity to win something little at least. The emphasis was on FUN and PARTICIPATION, and it is felt that this was achieved.

Thanks are extended to the CANEX, WMCA, in particular Capt Truant, the Peri Staff and all of the sections and lodger units that participated. The WMCA looks forward to 1995, when the second annual Winter Carnival will be held.

Stay tuned for more important announcements concerning WMCA and you.



Golf Anyone!



Padre Roy in fine form in the bowling competition.



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LCol Bailey presents to Cpl MacDonald, the trophy for the Best Team Spirit.



LCol Bailey presents to Capt Landry, the trophy for Overall Champions.

# RIGHT HAND ON THE THROTTLE

By Lt Dan Deveau,  
Wing Personnel Selection

It's Spring and the urge to visit the back shed and commune with my motorcycle is just about unbearable. I eagerly await the street sweepers like some demented Californian awaiting the return of the swallows to what's left of Capistrano after the quake.

While I, like so many other motorbike enthusiasts, can hardly wait to hit the road, it's worthwhile reminding ourselves of a few basic safety tips to ensure both a safe and enjoyable season;

## A. Make sure your equipment is up to the job.

Now is the time to take care of those maintenance chores and closely inspect tires, suspension, chain/shaft and mechanical items. Along with

an oil change, it is critical that all bolts and fasteners be checked and secured. You are only as good as your equipment.

## B. Wear a helmet!

Winnipeg has an unbelievable number of people riding without proper protective gear, and incidentally, an unbelievable number of motorcycle head injuries.

Boots, gloves and leather or heavy clothing is important, but a DOT or SNELL approved helmet is a must. The wind in your hair is great, but a bumblebee between the eyes at 100 KPH isn't.

## C. Be visible.

We all fancy ourselves to be Scott Russell winning the Daytona 200, but if they can't

see you, they can't avoid you. Adopt an upright riding position around town and wear bright colours. The more visible you are, the more your chances of not being the "invisible" motorcyclist.

## D. Finally, drive defensively, and don't overdrive your ability or motorcycle.

As much as I wish my bike was a Ducati 916, it's not and it will remind me at the worst possible time if I forget. When your out, particularly at the beginning of the season, believe with all of your heart that every automobile driver has declared open season on motorcycles. Perfect paranoia is perfect awareness.

I wish you a happy and a safe cycling season, and hope to see you on the road.

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## MUSEUM ON THE MOVE

Effective April 11, 1994 Staff of the Manitoba Children's Museum will relocate to their new offices at 45 Forks Market Road Winnipeg, Manitoba R3C 4T6

Phone: 956-1888 Administration & Bookings  
Information Line 956-KIDS  
Fax: 956-2122  
Office Hours: Mon to Fri 8:30am-5:00pm

On April 4, the Manitoba Children's Museum at 109 Pacific Ave closes and will reopen to the public at its new location on June 1, 1994 at 10:00am.

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SUN 0900-2000 DIM

## LE GROUPE ENVIRACTION

### À TOUS LES PARENTS ET À TOUS LES PARENTS-MEMBRES DU SÉCRÉTARIAT DE L'ANNÉE INTERNATIONALE DE FAMILLE

En janvier 1994, dans le but de souligner de façon particulière l'année internationale de la famille, EnvirAction, seul organisme franco-manitobain se préoccupant de la sensibilisation et de la conservation de l'environnement, a cru qu'il serait très à propos de faire quelque chose pour célébrer cet heureux événement.

À la suite d'une rencontre avec David Dandeneau, président du Secrétariat de l'année internationale de la famille et EnvirAction, nous nous sommes entendu et, ensemble, avons "pondu" l'activité suivante:

Nous proposons que chaque comité membre du Secrétariat de l'année internationale de la famille encourage toutes les

familles et leur communauté à se définir, au moins, une activité écologique à laquelle tous les membres de leur famille s'engageraient à pratiquer, à mettre sur pied, à participer, à organiser... Peu importe l'activité, le seul critère serait que tous les membres de la famille et de la communauté y participent.

L'écologie et la famille font un tandem hors pair. Tous les deux ont comme but commun, l'harmonie, la solidarité, le respect.

De plus, on demande que les familles fassent part de ces activités auprès de leur comité-membre du Secrétariat de l'année internationale de la famille qui nous transmettront, à leur tour, cette information.

Nous comptons pouvoir publier un compte rendu de ces activités dans La Liberté. Ces reportages pourraient aussi faire l'objet d'un article qui serait publié dans l'Écologique - bulletin trimestriel d'EnvirAction. (Il n'est jamais trop tard pour s'y abonner.)

Nous comptons sur vous pour nous transmettre un compte rendu de votre activité et pour vous aider à démarrer votre activité écolo-familiale, voici quelques suggestions d'activités à partir desquelles vous pourrez créer votre activité écolo-familiale personnalisée, créer sur mesure.

Nous souhaitons à toutes les familles une bonne et heureuse année!!!

## IDÉES D'ACTIVITÉS ÉCOLOGIQUES FAMILIALES

1. Préparer et disposer d'une aire de compostage communautaire qui servirait à faire du compost de feuilles à l'automne, les arbres à Noël, etc.

2. Mettre sur pied un projet de fabrication de boîtes de compostage adaptée aux besoins des familles de la région.

3. Planter des oeillets d'inde dans votre potager - au lieu d'employer des pesticides et des herbicides nocifs.

4. Organiser un marché au puces où les bénévoles seraient dirigés vers une oeuvre de charité quelconque.

5. Organiser une équipe de nettoyage des rives d'une rivière, d'un ruisseau ou d'un étang situé dans votre localité.

6. Fabriquer un nichoir d'oiseaux. Établir un sentier

de nichoirs pour les merles bleus, espèces d'oiseaux en danger. On vous suggère la référence suivante: Nichoirs d'oiseaux, de Raymond Cayouette et Jean-Luc Grondin, Société zoologique du Québec.

7. Semer, dans votre jardin de fleurs, des plantes sauvages de la prairie, indigènes de votre région.

8. Utiliser de la vraie vaisselle lors de vos sorties et des pique-niques.

9. Établir un système de recyclage et de récupération des articles recyclables.

10. Inviter une ou un écologiste, une personne-ressource, un ou une expert-conseil à venir animer un groupe de famille et portant sur un sujet écologique particulier de votre région.

11. Organiser une fête en organisant un cyclothon, une sortie en canot ou encore une partie de ski de fond. Ces activités pourraient aussi faire partie ou remplacer des diverses activités, moins écologiques, tels les ski-doo, les bateaux-moteurs ou l'utilisation de voitures.

12. Participer aux activités de la journée de la Terre - du 18 au 24 avril et venez en grand nombre à la présentation, en primeur, au Collège de Saint-Boniface, concernant les états de nos parcs manitobains le 21 avril prochain.

13. S'abonner à l'Écologique et le lire en famille. On écrit ensuite à EnvirAction pour commenter ou on envoie une impression, une idée qui intéresserait les lecteurs.

## LE VOYAGEUR

Afin de marquer de façon spéciale la 25<sup>e</sup> année du Festival du Voyageur, nous sommes fiers de vous présenter une pièce de théâtre intitulée "Le Voyageur". La pièce, troisième volet de la trilogie manitobaine du dramaturge Marcien Ferlandm évoque la période de la traite de fourrures.

Ce drame historique fait revivre en premier plan, le couple Jean-Baptiste

Lagimodière et Marie-Anne Gaboury (première femme blanche à s'installer dans l'Ouest), la colonie de Selkirk, la guerre entre les compagnies rivales et le célèbre voyage aller-retour de Lagimodière de la Rivière-Rouge à Montréal (octobre 1815 à juillet 1816).

L'accent est mis surtout sur l'humour et l'incroyable courage des voyageurs québécois et la disparition de la sous-culture du voyageur avec tous

les problèmes sociaux qui en découlerent.

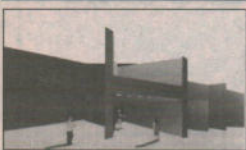
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12 et 15 avril Les Louis Boys  
28 et 29 avril Philippe André  
21 et 22 avril Louis St-Cyr et Daniel Perrault

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21h00 Le Téléjournal

21h22 Le Point

22h00 Manitoba Ce Soir

(en reprise)

## Dance et Musique

Dans votre journal, sous la rubrique française, il y a une annonce intitulée "Dance et Musique". Depuis ce temps, il y a eu des petits changements qui sont primordiaux. James Carrey et Richard Doucet ont fait le texte suivant:

## Musique • Musique • Musique

Saviez-vous que, deux membres de la force régulière de la base animent une émission de radio et ce, tous les Vendredis. Pour syntonsier la radio communautaire francophone du Manitoba, branchez-vous au 91.1 FM.

Cpl James Carrey, employé au 733 Comm Sqn anime l'émission "SENS-UNIK" de 16:00 à 18:00hrs. Vous y entendrez de la musique à saveur francophonie ainsi qu'une chronique théâtre décrivant une pièce présentée à Winnipeg durant la semaine.

Cpl Richard Doucet, quand

à lui, est affecté à la maintenance des DASH-8 au 402 sqn. Il est présentement l'animateur de Dance music le plus hot en ville. Son émission "Lazer" est diffusée de 21:00 à 01:00hrs.

Ne manquez pas de les contacter pour leur faire part de vos demandes spéciales. Le numéro de téléphone de la station est le 231-3691 or 231-FM91.

Pour de plus ample renseignement, vous pouvez communiquer avec:

Cpl Richard Doucet, 833-5175 où Cpl James Carrey, 833-5408.

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Bienvenue à tous nos membres

Pour plus d'information,  
veuillez contacter la FAFM, 235-0670.

## CONFÉRENCES POUR LES AINE.ES

Offert en collaboration avec le Collège universitaire de Saint-Boniface, la bibliothèque publique de Saint-Boniface, la Fédération des aînés franco-manitobain et "Creative Retirement Manitoba", cette série de conférences s'adresse aux aînés qui aimeraient en savoir plus sur des aspects importants de leur santé et de leur bien-être.

Les sessions d'information ont lieu les mercredis de 10h15 à 11h45 à la bibliothèque publique de Saint-Boniface, 131, boul Provencher.

Noter que toutes les sessions sont gratuites.  
13 AVRIL: ATELIER DE

### CRÉATIVITÉ

Vous voulez réveiller la créativité qui dort en vous? Assister à cet atelier dans lequel jeux théâtraux, improvisation, et expression non-verbale seront à l'honneur. Carole Freynet-Gagné, animatrice.

27 AVRIL: LE  
CHOLESTÉROL

On entend beaucoup parler. Il y a en a paraît-il du bon et du mauvais. Qu'on est-il au juste? Venez vous renseigner sur ce sujet important avec Agnès Mao-Tougas, diététiste.

Pour de plus amples informations, contactez Danielle Chagnon au 986-4334.

## BATCAN 2: LES GARDIENS DE LA PAIX CANADIENS EN BOSNIE

Source :

Lieutenant (M) Doug Maybee  
Officier supérieur des affaires  
publiques, Contingent canadien  
de la FORPRONU

Bosnie. À lui seul, ce mot évoque une foule de souvenirs chez les militaires canadiens qui y ont servi.

La Bosnie est une région dévastée par une guerre civile issue d'un nationalisme ethnique et d'une haine entre les factions belligérantes. Une haine nettement visible aux yeux des casques bleus canadiens qui sont confrontés aux horreurs quotidiennes de ce conflit lorsqu'ils tentent d'acheminer l'aide humanitaire aux plus démunies des victimes de ce conflit, les gens.

Les différences ethniques et raciales qui divisent les factions belligérantes en Bosnie, et ailleurs dans l'ex-Yougoslavie, ont amené des voisins qui, jadis, se mariaient, s'amusaient et travaillaient ensemble à se révolter les uns contre les autres et à s'entretuer dans cette guerre civile d'une rare cruauté.

Par les temps qui courent, la sécurité des gardiens de la paix en Bosnie et plus que jamais compromise. Les convois d'aide humanitaire sont régulièrement la cible de tireurs embusqués et engagés par des tirs d'armes légères, de mortiers et de lance-roquettes. Même les ambulances blanches aux immenses croix rouges ne sont pas épargnées.

En l'espace de quelques jours à peine, soit du 22 au 30 janvier 1994, trois convois d'aide humanitaire canadiens étaient engagés par des tirs dans le centre de la Bosnie tandis que dans un incident distinct, un militaire canadien l'échappait belle lorsqu'une grenade a explosé dans le poste d'observation qu'il occupait au camp canadien de Visoko.

La première des trois attaques dirigées contre les convois canadiens est survenue à peine trois kilomètres du camp de Visoko, tout juste après la tombée de la nuit, le mercredi 26 janvier. Le convoi de 12 véhicules revenait au camp après avoir conduit à Sarajevo un groupe de casques bleus canadiens commençant leur période de congé de l'ONU.

Le caporal-chef Chad Wagar, 27 ans, un contrôleur aérien avancé au 5e Régiment d'artillerie légère du Canada à Valcartier, était le chef d'équipage d'un transport de troupes blindé M113 à chenilles au sein de ce convoi.

<<Nous roulions en bordure d'une colline peu après la tombée de la nuit à l'heure du souper. J'ai alors remarqué

que le TTB qui nous précédait éprouvait des problèmes techniques. Peu après, il s'immobilisait en bordure de la route.>>

Pour permettre au véhicule de récupération Husky du convoi de se rendre auprès du TTB en panne, le cplc Wagar a fait signe au TTB qui suivait de le doubler et de poursuivre sa route. C'est alors qu'une demi-douzaine de projectiles ont fendu l'air au-dessus de sa tête avant d'éclater sur la colline à sa gauche. C'est à ce moment précis que ses instincts ont pris le dessus. Il a immédiatement

pointé la mitrailleuse de calibre .50 dans la direction d'où provenaient les coups de feu afin de repérer l'objectif. C'est alors qu'une deuxième rafale le rata de peu, les projectiles éclatant à nouveau sur la colline derrière lui alors que le TTB qui suivait prenait position devant le sien. Le Husky s'approchait lentement du TTB en panne afin de le remarquer lorsqu'une troisième rafale éclatait sur la colline.

Quelques instants plus tard, comme le convoi s'apprêtait à partir, une quatrième rafale beaucoup plus soutenue cette fois-ci, soit environ 25 projectiles, leur siffla dangereusement près de la tête. Une minute ou deux après, une grenade de RPG-7 éclatait à environ 10 mètres du TTB de Wagar.

<<Mon véhicule à vibré de toutes parts et la fumée noire causée par l'éclatement de la grenade nous à enveloppé en un instant>> de dire Wagar.

Pendant tout ce temps, Wagar et son chauffeur, le cavalier Greg Beaudoin, un réserviste de 18 ans de Trois-Rivières, ont scruté la vallée à la recherche de l'objectif. La visibilité était restreinte. Il faisait noir et des maisons les séparaient de l'objectif. Wagar ne distinguait rien en regardant par les ouvertures dans le blindage entourant la mitrailleuse de calibre .50.

Pour sa part, le cavalier Beaudoin devait sortir sa tête de son écoutille afin de pouvoir regarder au-dessus du radiateur du véhicule et aider le caporal-chef Wagar à déterminer la provenance des tirs, mais c'était peine perdue en raison du trop grand nombre de maisons dans le secteur.

<<Ils ont recouru à des tactiques déloyales,>> de dire

Wagar. <<Ils se cachaient derrière d'innocents civils. Je ne peux tirer contre des non-combattants.>>

<<Ma première réaction fut de me baisser. Celle de Beaudoin aussi. Je n'oublierai jamais le son de frottement que la goupille du siège à produit lorsque Beaudoin l'a tirée pour s'accroupir dans le véhicule. Ce son a nettement dominé celui du moteur de notre TTB.

**<<Mon véhicule à vibré de toutes parts et la fumée noire causée par l'éclatement de la grenade nous à enveloppé en un instant>> de dire Wagar.**

Sa réaction fut immédiate.>>

<<Puis, je me suis dit qu'il fallait que je trouve cet individu avant que l'un de nous soit atteint. Honnêtement, je ne me souviens pas si j'étais effrayée. Je me souviens cependant avoir été en maudit de me faire tirer dessus.>>

<<Beaudoin et moi formions une bonne équipe. Nous nous parlions sans arrêt: Que vois-tu? As-tu vu quelque chose? Nous n'arrivions pas à repérer l'objectif.>>

Le caporal-chef Wagar a déclaré que ses réactions face au tir ennemi lui étaient dictées par les drills de combat.

<<Mon entraînement m'a permis de réagir correctement. Je ne me suis pas terré au fond de mon véhicule. Mes instincts

**<<Ils ont recouru à des tactiques déloyales,>> de dire Wagar. <<Ils se cachaient derrière d'innocents civils. Je ne peux tirer contre des non-combattants.>>**

me disaient de repérer la provenance des tirs et de trouver l'objectif. L'entraînement que nous avons suivi avant notre départ était ce qu'il y a de plus près de la réalité. Cela nous a aidés. Nous avons participé à des exercices de tir réel, en nous déplaçant par équipes de deux, tirant des balles réelles à mesure que nous avançons. Nous avons reçu une excellente formation.>>

Beaudoin et Wagar n'ont pas mis de temps à passer au même endroit. En effet, 16 heures plus tard, ils étaient à nouveau réunis dans leur TTB escortant un autre convoi d'aide humanitaire.

<<Nous avions le sentiment que tout cela faisait partie d'une journée normale de travail au moment de passer sur les lieux de l'embuscade,>> de dire Wagar. <<Mais nous

voulions néanmoins voir l'endroit où les projectiles du RPG ont éclaté et s'il y avait ou non des casemates d'où les tirs auraient pu provenir. Mais il n'y en avait aucune dans les environs.>>

Deux autres incidents se sont produits durant cette même semaine lors d'attaques contre des convois au cours desquelles deux militaires canadiens ont été blessés. Il

s'agissait, dans les deux cas, de convois qui se rendaient aux hôpitaux pour handicapés mentaux de Drin et de Bakovici situés non loin de Fojnica dans le centre de la Bosnie. Et dans les deux cas, les attaques étaient l'œuvre des forces HV0 ou de l'armée croate bosniaque.

Le 27 janvier en après-midi, le caporal Martin Gazielle, un réserviste de Montréal rattaché au 12e Régiment blindé du Canada dans le centre de la Bosnie, a subi des contusions au poignet gauche tandis qu'un militaire suédois était atteint par des éclats de mortier à son avant-bras droit lorsque le convoi de réapprovisionnement dont ils faisaient partie, a été immobilisé par des tirs de mortiers et d'armes légères.

Le 30 janvier, le caporal Dominic Lapointe, 21 ans, un sapeur au sein du 5 Régiment du génie de combat à Valcartier, a été atteint d'une balle au pied droit le 30 janvier. Il était au volant d'un camion de 10 tonnes chargé de

charbon lorsque le convoi dont il faisait partie a été criblé de balles à quelque cinq kilomètres de Fojnica.

Toujours au volant de son véhicule, le caporal Lapointe a accéléré avec le reste du convoi afin de quitter au plus vite la zone de danger avant de recevoir les premiers soins. Il a alors été conduit d'urgence à l'hôpital de Drin où il a été stabilisé avant d'être ramené à Visokok pour y recevoir des traitements plus exhaustifs à l'hôpital de campagne canadien de l'endroit.

Alors qu'ils se rendaient à Visoko, l'ambulance M113 à chenilles qui transportait le caporal Lapointe, ainsi que les deux Cougar qui l'escortaient, ont été engagés à partir des mêmes positions HV0 que précédemment. Cette fois, les équipages des deux Cougar

ont riposté en guise d'autodéfense, balayant les casemates des troupes HV0 qui étaient visibles de la route.

Le caporal Lapointe a par la suite été ramené au Canada pour y subir une intervention chirurgicale orthopédique et y suivre une période de réadaptation.

Aux dires du Père Brian Millson, aumônier anglican du BATCAN 2, le moral des troupes est très bon malgré les épreuves et les difficultés qu'elles traversent.

<<Le moral est particulièrement bon chez ceux et celles qui reviennent de leur période de congé de l'ONU.>> d'ajouter le Père Millson. <<Le courrier et les appels à la maison contribuent aussi à remonter le moral même si le courrier met beaucoup de temps à nous parvenir.>>

<<Personne n'a rien contre les commis des postes ici; c'est seulement que le courrier met parfois de deux à quatre semaines pour nous parvenir.>> d'ajouter le Père Millson.

En raison du nombre restreint de lignes téléphoniques à destination et en provenance du camp canadien de Visoko, nos gardiens de la paix n'ont droit de placer qu'un appel gratuit de 12 minutes toutes les deux semaines après quoi, ils doivent verser jusqu'à deux dollars américains par minute pour appeler de la Bosnie au Canada.

Il n'y a pas de doute que le moral est à son comble lorsque les troupes ont le sentiment de remplir leur mandat de l'ONU.

<<Le moral remonte en flèche lorsque les hommes et les femmes qui sont cantonnées ici font ce qu'ils sont venus faire en Bosnie, soit acheminer l'aide humanitaire à ceux et celles qui en ont le plus besoin,>> de dire Millson.

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## 26th Field Regiment Royal Canadian Artillery Cadets of the Virden Legion Cadet Corps

A Reunion to be held on Saturday 21 May and Sunday 22 May 1994 for the Virden Legion Cadet Corps, Virden Collegiate Cadet Corps and the famed Manitoba Dragoons. There will be many activities such as "Freedom of the Town", banquet and dance, a Tattoo, the official renaming of the

Virden Legion Cadet Corps to the 12th Manitoba Dragoons Cadet Corps, and much more.

The Virden Legion Cadet Corps will celebrate its 40th Anniversary.

Contact: Capt Henry Kyle, Special Events Officer, Virden Legion Cadet Corps, Box 814, Virden MB, R0M 2C0, Tel. (204) 748-2823.



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## Wing Comptroller Profile

Private Sarah Flynn arrived in Winnipeg in Jan 93 from her TQ3 Finance Clerk Training and quickly made her niche in the Invoice Section. Sarah is known for her common sense approach to office politics, a knack which may be attributable to the fact that she has an adult life before joining the CF. Whether it results from her working for Canadian Tire or her experiences in Germany as a dependant and a Base Supply employee, one can always rely on Sarah to put things into perspective. Indeed, while Pte Flynn may strike some people as a quiet,



Private Sarah Flynn (Photo by Cpl D.E. Desrochers, 17 Wing) reserved individual, those of us who know here, enjoy her

dry sense of humour and quick rejoinders. In her spare time Sarah lets her hair down and enjoys taking in cultural events at the Centennial Concert Hall, doing ceramics and has taken up karate — a fact she occasionally reminds her supervisor of! Pte Flynn has recently moved over to the Pay Section, where she will be busy answering customer queries and keeping things from getting too dull.

## Wing Comptroller Profile

Miss Gina Neufeld, an NPF civilian employee, commenced employment with the W Compt Branch on 1 April 1974.

She has brought with her a vast knowledge of manual and computerized accounting. Since beginning employment, Gina has been involved with two different computer systems and numerous program upgrades.

Gina's interests include wild life art, curling, reading and, we must not forget that Gina is



the most "AVID" Blue Bomber fan in Winnipeg!

She is truly a valuable employee and an asset to the W Compt Branch.

(Photo by Cpl D.E. Desrochers, 17 Wing)

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### 35 YEARS OF SERVICE

Col Proulx, WComd, presents the WGSO, Peter Armstrong, with the Long Service Medallion, representing 35 years of public service. The WCPO, Garth King, looks on. Armstrong served in the CF as a pilot for 30 years, reaching the rank of Major before retiring and becoming the WGSO. Congratulations Peter! (Photo by Pte Dave Payne, 17 Wing)

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# NEARLY AN ACCIDENT

By Sgt George Molnar

Close call! Near miss! Near hit! These are all well known phrases with a single meaning: Nearly a nasty accident. We shrug it off and say, "Boy, I was lucky that time."

If we take the time to reflect on such occasions, we may find that a close call could well be a warning that we are lacking in proper driving techniques. It could well be that luck or fate made the difference between catastrophe and a big sigh of relief.

**CASE IN POINT:** The bus was heading west on the icy two lane road and two vehicles were approaching from the opposite direction. As they converged on the intersection the lead vehicle, without warning and without signalling, made a left turn in front of the bus.

The bus driver's foot pounced on the brake and pumped. The bus merely shuddered and its weight hur-

led it forward on the road's icy surface.

The car stopped in the path of the bus, the driver possibly stunned with confusion.

Frantic thoughts raced through the bus driver's mind: must put the gear into neutral; must drive around the vehicle; the second vehicle is in the way; head on crash; hit at a glancing blow. The driver of the second vehicle, anticipating the impending predicament, pulled off the road to the right and the bus was able to swerve around the vehicle blocking his way.

In the end, the incident was chalked up as a close call.

However, should a close call occur in the first place? As human beings it's natural that we will make mistakes. We can learn from such mistakes and close calls can be used as teaching aids. If we keep alert at all times while driving, we should be able to anticipate traffic situations and act in time to avoid the pitfalls that

could lead to a collision. Driving is a full time occupation. Safety should not depend upon luck.

Special recognition to Pte Lemesurier of WTrn Section for his quick thinking in avoiding the above collision.



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Where: Lipsett Hall Pool  
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Days: Sat & Sun  
Time: 1100 - 1145hrs  
Cost: \$16.10

### REGISTRATION:

Registration will be held Tue, 12 Apr 94 at Lipsett Hall from 1800-2000hrs. Personnel who are unable to register at this time can register by reporting to the Recreation Council clerk located at the Westwin Recreation Centre monitor's office on the 14th or 15th Apr 94 between the hours of 0900-1100 only. These days will be the only times you can register.

Note: All military/dependants registering for swim classes must be in possession of a privilege card. Associate/civilians registering for swim classes must have a rec pass. All military report to pay office for a privilege card and associate/civilians report to the westwin recreation council clerk on Mon, Tue, Thu or Fri between the hours of 0900-1100hrs.

### Managing Stress and Change in the 90's

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**Wednesday 4 May 1994**

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- Kildonan Park Guided Walk 10 Jul 94 (10km)
- Kil-Cona Park Guided Walk 14 Aug 94 (10km)
- 3rd Annual Oktoberfest Volksmarch 11 Sep 94 (10km)
- Oak Hammock Conservation Area Guided Walk 25 Sep 94 (10km)
- Birds Hill Provincial Park Guided Walk 2 Oct 94 (12km)

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**Thank you!**

## EME NATIONAL CELEBRATION WEEKEND REUNION 13-15 MAY 1994

1994 represents the fiftieth anniversary of the fine Corps of Royal Canadian Electrical and Mechanical Engineers (RCEME). The weekend celebration will bring EME people from across the country and will feature the unveiling of the RCEME Monument. All past and serving members are encouraged to attend this weekend celebration.

Registration forms and additional information may be obtained from the EME 50 Cell, CFSEME CFB Borden, LOM IC0 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!

## SEA CADET CORPS REUNION

22 RCSCC Undaunted will be celebrating the 75th Anniversary of the corps, to be held in conjunction with the 75th Annual Inspection on the weekend of 20-22 May 1994. If you have any information, memorabilia or recollections about the corps' history (cadets, officers, activities, parade locations, summer training, cruises), or to put your name on the mailing list for further details about the reunion, please write to the the address shown below. Be sure to include your present address and the dates that you were in Undaunted.

LCdr Leslie R. Young, CD, 75th Anniversary Committee, 22 RCSCC Undaunted, 1820 - 24 Street S.W., Calgary, Alberta T2T 0G6 or by FAX: (403) 246 -1510

## INFERTILITY AWARENESS ASSOCIATION OF CDA WINNIPEG CHAPTER

The Winnipeg Infertility Support Group is expanding its operation to include 8 week sessions for those people starting their crisis with infertility. In addition to weekly meetings, we will offer monthly open meetings that will look at a variety of topics. Everyone is welcome to these sessions.

All sessions are held Wednesday evenings from 7:30 to 9:00 in the Radio Board Room at CKY-TV Polo Park.

For more information, please call: Candace Propp 669-4913, Melissa Sikora 582-9418, Kim LeBlanc 837-2495

### OPEN SESSIONS:

April 20 "Why Can't I Get Pregnant Again?"

## Spring Break is Over! • Summers on its Way! COME OUT AND JOIN OUR Low Impact + Step Aerobic Exercise Program at Lipsett Hall

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SUNDAY 17 APRIL 94 AT 12:30  
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\* All participants require a 17 Wing Privilege Card  
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## GIGNATIC MINTO MARKET

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## 437 (T) Husky Squadron 50th Anniversary

MAY 27 TO MAY 29, 1994, in Trenton, Ontario.

All former and currently serving members are invited. The programme for the weekend will include a meet and greet, a golf tournament, a CC-

150 Airbus tour, a banquet and much more! Contact Major Francois Fortin at (613) 965-2172 or write to c/o 437 (T) Sqn, CFB Trenton, Astra, Ont., KOK 1B0. Attn: 50TH Anniversary Committee.

## 285 CANADIAN FAMILIES ARE LIVING A UNIQUE EXPERIENCE They are hosting an AFS Exchange Student...

As we celebrate the year of the family, AFS Interculture Canada would like to honour the 285 Canadian families who are at this very moment providing a unique experience. These families have opened their doors to students from all over the world with whom they are now sharing their daily lives. Through their generosity, they are helping to build a better and more understanding world.

The students are between the ages of 15 and 18, are carefully selected in their home country and arrive in Canada ready to integrate fully into their new family, school and community. The length of their stay is eleven months.

AFS Interculture Canada's host families are not paid; however the bonds they form

with a young student from another country are irreplaceable. They have the opportunity of sharing our Canadian values and culture while providing an unforgettable experience for themselves.

Throughout the year, host families can count on the support of local volunteer committees and have access to a 24 hour emergency telephone line.

AFS Interculture Canada is now looking for families to host a foreign student starting this August. Families who wish to obtain more information about this program should contact their local AFS volunteer representative, Ruth Carter at (204) 383-5304 or the national office, toll free, at 1-800-361-7248.

# CHAPLAIN'S CORNER:

*Ideas for Revitalizing and Energizing Yourself  
Things you can do to cope more effectively...*

From Lt(N) Kling,  
Chapel of the Good Shepherd

Now, after all that information on stress and the way it may trap you - after all those ideas about how to get out of the trap, how to handle your stress more creatively and make it work for you—after all of that, you've still got the most essential questions before you:

What can you do about your stress? What should you do about it? What will you do about it?

Here are some examples of creative changes that others have found reenergizing for them. Some of these ideas you might find helpful to you in your search to relieve your distress-to turn the tables on stress and make it work for you rather than against you. Use these as stimulators. Dream up your own creative set of activities designed to get you the results you desire.

### You can develop self-understanding:

- 1) Listen to the voice of your body.
  - 2) Make a list of your present goals.
  - 3) Write a diary or journal.
  - 4) Analyze your successes.
  - 5) Get feedback from others on how they see you.
  - 6) Make use of the helping professions.
  - 7) Keep track of your "stress quotient".
  - 8) Find out what is controllable in your life and what isn't.
  - 9) Be honest with yourself.
- ### You can improve your mind:
- 10) Read about stress and human growth.
  - 11) Learn about stress.
  - 12) Be sensitive to all dimensions of life.
  - 13) Take a course.
  - 14) Go to the public library.
  - 15) Think about great ideas.
  - 16) Clear your mind.
- ### You can develop healthy attitudes:
- 17) Develop the attitude of gratitude.
  - 18) Think positively.

- 19) Learn to accept what you cannot change.
- 20) Learn to love yourself.
- 21) Don't be afraid of failure.
- 22) Practice living in the present.
- 23) Get friendly with leisure.
- 24) Reward yourself.

### You can control your emotions:

- 25) Admit to yourself how you feel.
- 26) Practice self-expression.
- 27) Work off your anger.
- 28) Face your fears.
- 29) Experiment with acting your way to a new feeling.

### You can strengthen your body:

- 30) Learn to relax.
- 31) Get proper rest.
- 32) Get regular vigorous exercise.
- 33) Eat a nutritionally balanced diet.
- 34) Lose weight.
- 35) Control all your input.
- 36) Dress the way that feels right.
- 37) Practice good posture.
- 38) Utilize medical checkups.

### You can improve your personal relationships:

- 39) Seek out good friends.
- 40) Share yourself with significant others.
- 41) Contact new people.
- 42) Do something for others.
- 43) Take charge of getting involved.
- 44) Give the other person a break.
- 45) Don't criticize and blame others.
- 46) Give in occasionally.
- 47) Make clear choices.
- 48) Face painful questions directly.

### You can lift your spirit:

- 49) Work toward deepening your life.
- 50) Keep things in proper perspective.
- 51) Don't do wrong.
- 52) Learn to let go.
- 53) Allot time for daily meditation.
- 54) Engage in organized religious activity.
- 55) Encourage your gentleness.
- 56) Learn to play again.
- 57) Laugh.

### You can control your job:

- 58) Remember, no job is tense.

- 59) Focus on one thing at a time.

- 60) Don't try to be perfect.
- 61) Define the purpose of work.
- 62) Take some time off.
- 63) Take a nap at work.
- 64) Redefine your job.
- 65) Quit.

### You can improve your environment:

- 66) Find security.
- 67) Spend time in a new environment.
- 68) Change residences.
- 69) Rearrange and redecorate your home.
- 70) Cut down excessive noise.
- 71) Control the TV set.

### You can live a healthy lifestyle:

- 72) Be yourself.
- 73) Arrange to have variety in your life
- 74) Take one thing at a time.
- 75) Don't let things drift.
- 76) Plan for maximum comfort.
- 77) Learn to vary your pace.
- 78) Set up desirable futures.
- 79) Take time to be alone.
- 80) Plan relaxed vacations
- 81) Practice relaxed driving.
- 82) Develop a hobby.
- 83) Develop your own list of coping devices.

Is any one of these answers just right for you? Probably not, but one, or a combination of coping ideas might stimulate some ideas for you, might suggest for you some ways you can begin to shake yourself up, shake up your habits, shake yourself out of the dumps. Now is the time for you to begin formulating a plan that you think will help you be more creative in managing your stress, that will lead you to a greater sense of freedom in your life. You must create your plan. You must choose the changes you want to make. Both the challenge and the rewards are yours.



## ROMAN CATHOLIC CHAPELS

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

Sunday: 1000 hrs (Eng) Weekdays Wednesday: 1900 hrs

## PROTESTANT CHAPELS

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1st Sunday - 1100 hrs - Holy Communion  
 2nd, 3rd, 4th Sundays - 1100 hrs - Divine Worship  
 Sunday School During Worship  
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### 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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----------------------------	---	------------------------------

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## CFS Meteorology Profile

Chief Warrant Officer Mike Cousens, MMM CD1, a Meteorological Technician and School Chief Warrant Officer at CFS Meteorology in 17 Wing Winnipeg joined the Royal Canadian Navy in January 1964. His first 19 years were in the Halifax area, which consisted of postings to HMCS/CFB Shearwater(2), HMC Dockyard(3) and 10 years at sea onboard HMCS's Kootenay, Nipigon, Saguenay, Protecteur and the HMV Britannia with the Queen in 1967. With his green uniform he headed west to the Canadian Forces Forecast Centre in Trenton, for a period from 1983-86 as MWO i/c. For



a different way of life and uniform (pressed combats and

carried a pace stick) he went further west to the Officer Candidate School (CFOCS) in Chilliwack, as the Sergeant-Major of "C" Company from 1986-89.

After being out of trade for 3 years, it was decided to really keep him in the dark, he was given a light blue uniform and posted to 22 Radar Control Wing in North Bay, as MWO i/c of Wing Weather Services Office from 1989-91 (the "hole", good posting).

In 1991 he was promoted to CWO and posted to his present position. In 1974 he received the Order of Military Merit. He is married with two children and one grandson.

## 435 SQUADRON'S 50TH ANNIVERSARY REUNION

The CO of 435 Sqn cordially invites all past and present members of 435 Sqn to participate in the celebration of the CHINTHE'S 50th Anniversary Reunion to be held in Edmonton 6-8 May 1994.

### Events:

#### Fri 6 May

- Meet & Greet at the Edmonton Convention Centre

#### Sat 7 May

- Burma Star Association

### Meeting at the Westin Hotel

- Parade, Air & Ground Display at Namao
- Dinner & Dance at the Edmonton Convention Centre

### Sun 8 May

- Farewell Brunch at the Westin Hotel

### Costs:

Weekend including hotel, \$265 per couple, \$205 single.  
Weekend without hotel, \$125 per couple, \$65 single.

A 435 Sqn history book and

wine will be available for sale during the reunion.

### Transportation:

Military airlift has been requested to transport currently serving members to and from Edmonton. Air Canada has agreed to provide special rates for those who cannot fly srvice air.

For more information, call 435 Sqn at AV 530-4192/4172 or at (403)973-4192/4172.

## 17 WING WINS BASKETBALL NATIONALS



The 17 Wing Men's basketball team recently captured the National Championship at CFB Gagetown NB. Col Proulx, WComd and Cpl Steve Buckett hold the championship pennant.

The National Champions include (Left to Right): MWO Al Brazeua, Cpl Rob Worthy, Lt(N) Tony Lopez, Pte Troy Wiggins, Pte Roland Wilson, Capt Chuck Walton, Cpl Steve Buckett, & MCpl Bran Courchesne. Missing from the photo is Maj Bruce Robinson.

(Photo by Cpl D.E. Desrochers)

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Motorcycle Black Leather Suit, woman, jacket size 12, pants size 10; \$150.00 OBO, call 885-2572.

Motorcycle Black Leather Suit, man, jacket size 38, pants size 10; \$150.00 OBO, 885-2572.

Airforce Mess Kit. Jacket: size 40", Pants: 33" waist, 32" leg. Price: \$125.00 OBO. Contact Maj TM O'Shea at 897-0085 or Mrs O'Shea, loc 6385.

### WANTED

Donations of items to be sold in the Manitoba-Lakehead District Annual Gigantic Flea Market 23-24 April 1994. Items can be new or used. Will be picked up at your home or can be dropped off at Bldg 13, room 112. All proceeds are donated to the Children's Hospital Research Foundation. Contact Capt Howard at 489-0560.

### FOR RENT

Spacious single bedroom apartment across from Assiniboine Park (5 min from North Base). Parking & laundry available, \$418.00 per month. Call 694-0774.

For rent, Osborne Village area. #1 Evergreen Place, 24th floor, single bedroom, 1.5 bathrooms facing downtown Winnipeg. 1000 sq.ft. hardwood floors, patio, cable, heat, air cond., water, dishwasher and garberator, all included. Visit management 9 to 5 Mon to Sat or call 453-5617.

### FURNITURE FOR SALE

Handmade Stain Glass Pool Table Lamp, never used. Asking \$75.00 OBO, call 888-1786.

For sale, Twin Box Spring Mattress & solid wood frame with head & footboard. Phone 831-1118.

9 Piece solid walnut antique Dining Room suite, excellent condition. Phone 831-1118.

### MISC FOR SALE

2 Sets of 4 place setting dishes, white w/black, dishwasher/microwave safe, never used. Asking \$40.00 OBO, call 888-1786.

### MISC FOR SALE

For sale, Kenmore heavy duty washer/dryer, 3 years old. Asking \$400.00 OBO, call Lisa 885-4862.

Women's Pink PB18 12-speed Peugeot Bike (w/crossbar), good condition. Asking \$100.00 OBO, call 888-1786.

Aquarium set, 2 of everything plus lots of scenery, 40 gallon tank and stand. Asking \$300.00 OBO, call 888-1786.

### VEHICLE FOR SALE

Honda CM450 1983, windjammer, backrest, luggage carrier, travel trunk, low mileage; \$950.00 OBO, call 885-2572.

1991 Westfalia STD, low low mileage, cruise control, dealer maint, excellent condition. Asking \$22,000.00, phone 831-5241.

1993 Palamino Tent Trailer, sleeps 4, comes with stove, sink and ice box, excellent cond., \$3900.00. Call 837-2885.

1984 Chevy truck with camper, comes with stove, toilet & fridge, sleeps 4, \$4500.00 for the unit. Call 837-2885.



## Focus on Training System

### HARNESSING THE TIGER

By BGen Armstrong

I believe that the Commander's Conference held at CFB Borden, 3-4 March, was a great success.

The conference served as a forum to expose a new, challenging future for the CFTS and brought together senior civilian and military staff from every element of the Command. The theme of the conference, "The Way Ahead", was addressed by several guest speakers followed by numerous workshops - all of which provided us with a firm basis to begin the detailed planning required to meet the challenges that lay ahead.

Integral to our future success will be the creation and employment of "Tiger Teams" of professional Training System personnel. These teams will be tasked with identifying more effective organizational structures and functional roles, for a wide range of Training System organizations, as well as, new approaches to recruiting and

training.

I am well aware of the discomfort which accompanies change of the magnitude we face. Our people are our most valuable asset. You can rest assured that your concerns are my number one priority as we pull together to more effectively contribute to the combat effectiveness of the Canadian Forces.

The teams will be extremely busy for the next few months as the timeline for NDHQ submission approaches. The restructuring initiatives will stress achievability, cost effectiveness, unity of command, and a lean but strong chain of command.

I intend to submit business case analyses on the majority of the Tiger Team initiatives to senior NDHQ management by early fall. We will have a very busy time ahead of us in the next few months, but let us not forget, that embedded in these changes is a tremendous opportunity for the future of both Training Systems and its personnel.

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For sale: Chain-link fence, 160 ft., 4ft. high. 18 T-posts, 2 gate posts and gate. Call 831-5611.

### HOUSE FOR SALE

Private sale: Winnipeg. On quiet bay in Crestview, asking \$101,500, 3 or 4 bedroom bungalow, 2 baths, C/A, C/Vac, professionally finished basement, fenced yard, close to schools, mall, and 17 Wing Winnipeg. Phone 831-1416.

Private sale: Crestview area. Exquisite 1300 sq.ft. executive semi-detached, formal dining/living room, 2 bath, family room on 2nd floor with lg window, wood fireplace, cathedral ceiling, 3 bedroom. Wall to wall carpeting, new fence, deck, and garage. Close to North Base, school and shopping. For \$89,500, phone 885-9396.

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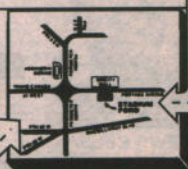
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