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VOL. 43 ISSUE 8

17 Wing Winnipeg / 17e Escadre Winnipeg

APRIL 26, 1995 / FREE

## VE-DAY: 50 YEARS LATER

By Capt Neil Kinley

Peace came to Europe on May 8, 1945. After six long years of war and millions dead, Germany surrendered to the Allied Forces on what would become known as VE-Day, for "Victory in Europe". Although war would continue in the Pacific until August, this was a day of celebration.

The streets of London filled with people on May 7, 1945 celebrating the end to one of the most trying times in the history of the United Kingdom. The same thing happened in the streets of cities and towns across the U.K., and Canada.

In Ottawa people gathered on Parliament Hill. In Winnipeg, people dropped what they were doing to head downtown to Portage Avenue and Memorial Boulevard to join in the celebration.

On May 7, 1945 Winnipeg streets filled with people from all walks of life. Military personnel, business people, school students, secretaries, nurses, housewives, and labourers all joined and gathered downtown. Bands played and people partied.

The husbands, brothers, fathers, and sons would soon be coming home. Tens of thousands of Manitobans served in the Royal Canadian Navy, the Canadian Army, and the Royal Canadian Air Force. Many others served in the Merchant Marine, or worked in factories for the war effort.

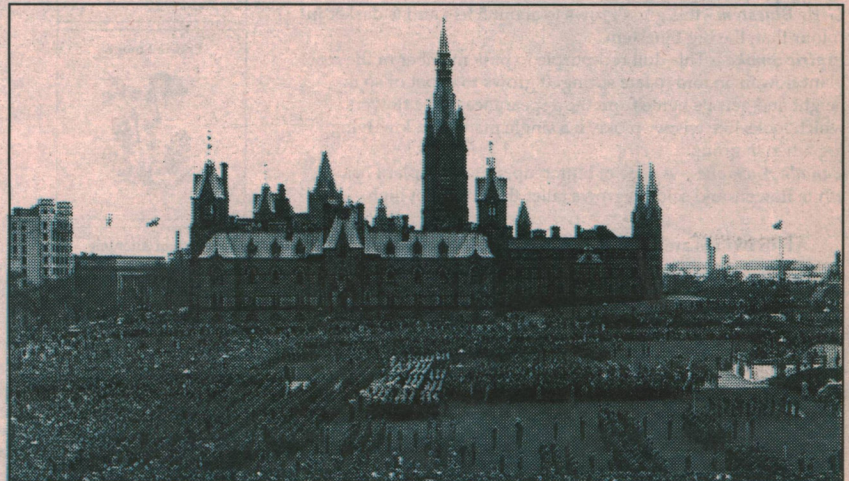
Units such as the Fort Garry Horse, the Royal Winnipeg Rifles, the Queen's Own Cameron Highlanders of Canada, and the 12th Manitoba Dragoons distinguished themselves in combat in Europe. The corvettes of the RCN were full of prairie boys, and the RCAF was well stocked with Manitobans in all trades.

Now that 50 years have passed since VE-Day, anniversary celebrations are planned in many countries. Moscow, London and Ottawa have major events planned, as does the Netherlands. Canadian troops liberated Holland in 1945 and many Canadians, including the Air Command Band, based at 17 Wing Winnipeg, are travelling to the Netherlands to participate in the activities.

Winnipeg also has a major VE-Day celebration planned for the weekend of May 5-7, 1995. This involves several activities, including a Memorial Service at the Cenotaph on Memorial Blvd., and a Unity Parade from Memorial Blvd. to the Forks, on Sunday May 7, 1995.

The Unity Parade will see veterans, military personnel from all Winnipeg units, sea, air and army cadets, scouts and guides, students and the people of Winnipeg take to the streets as they did in 1945. Everyone is invited to participate and join in the march/walk to the Forks.

At the Forks there will be military displays, military bands performing, a stage show organized by Nite Out Entertainment, a Military Finale by the 2 PPCLI, and a fireworks demonstration. Again, everyone is invited to attend the free celebrations at the Forks.



The solemn VE Day ceremony conducted on Parliament Hill 8 May, 1945. (Public Archives of Canada)

## VE-DAY KICK OFF

By Capt Neil Kinley

The Lt.-Gov. of Manitoba, the Honourable Yvon Dumont, kicked-off the VE-Day 50th Anniversary celebrations in Winnipeg on 7 April 1995. The Kick-Off, on north steps of the Manitoba Legislature, was a lead up to the VE-Day activities planned for 5-8 May 1995.

The VE-Day Committee arrived at the Legislature riding in an APC courtesy of the 2 PPCLI. The Committee includes HCol Jack McKeig (Fort Garry Horse), HCol Bob Smellie (Royal Winnipeg Rifles), HCol Ben Van Ruiten (17 Wing), Doug Ludlow (Queen's Own Cameron Highlanders of Canada Association), and Willy Williamson (Royal Canadian Legion).

Also on hand were Col Joe Sharpe, Wing Commander, LCol Don Grant, Chief of Staff Manitoba-Lakehead District, LCol Dennis Tabbernor, CO Royal Winnipeg Rifles, and CWO Ray Elphick, WCWO.

The Lt.-Gov. asked the Committee to continue their work and carry on with the planned activities. He then joined the Committee and LGen Scott Clements, the Commander of Air Command, in the APC, and were chauffeured away by the Patricia's.

The Lt.-Gov. was very impressed with the short trip in the APC.



Sailors, soldiers, and airmen at last year's 50th Anniversary of D-Day Memorial Service at the Cenotaph in Memorial Park. Winnipeg military units, including 17 Wing/CFB Winnipeg, 2 PPCLI, HMCS Chippawa, Fort Garry Horse, Royal Winnipeg Rifles, and Queen's Own Cameron Highlanders of Canada will participate in this year's VE-Day activities on 7 May 95. (Photo by Cpl Lou Penny, 17 Wing)

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# ASK MR GREENTREE

Last month, a presentation was made on the new landscape plan for the North and South sites. This presentation is now being, or soon will be, displayed at Air Command, various messes and several other locations. Among other things, the presentation covered the naturalization plans for many areas - plans which involve letting grass grow longer and mowing less frequently, restoring natural areas and adding trees and shrubs.

To help people in learning more about the native plants we are hoping to see as a result of these naturalization plans, I will be including drawings of several plants in each column until the snow flies again (or to the end of September - whichever is later!)

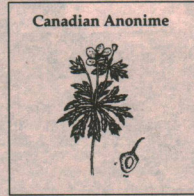
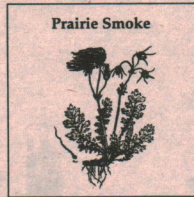
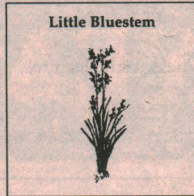
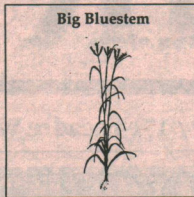
This column's species are:

**Big Bluestem** - a tall growing grass which can reach nearly 8 feet in good conditions. Later in the season, these plants have a blue or light purple tinge to them.

**Little Bluestem** - this grass grows to about 5 feet and is darker in colour than the Big Bluestem.

**Prairie Smoke** - This dull red-purple to pink member of the rose plant flowers in mid to late spring. It grows to a foot or so in height and gets its name from the appearance of the flowers which looks like wispy smoke, if a single plant, or a low-lying fog when in groups.

**Canada Anemone** - A type of buttercup, this short plant has white flowers and seldom grows taller than two feet high.



All drawings are from *The Wildflower Gardener's Guide* by Henry W. Art

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As always, if you have any questions or comments on this column, the landscape plans or any environmental issue, please contact the Wing Environmental Officer at loc 6774.

## VE-DAY 50TH ANNIVERSARY ACTIVITIES

- FRI. 5 MAY COMMUNITY SERVICE AT CALVARY TEMPLE
- SAT. 6 MAY VE-DAY DINNER AT HOLIDAY INN CROWNE PLAZA- SPONSORED BY WPG DUTCH COMM. 6:30 P.M. DINNER AT 7:30 P.M.
- SUN. 7 MAY INTERDENOMINATION SERVICE - 12:15 P.M. AT HMCS CHIPPAWA (BATTLE OF ATLANTIC)
- VETERANS MEMORIAL SERVICE - 2:30 P.M. CENOTAPH ON MEMORIAL BLVD
- UNITY PARADE - 3:30 P.M. FROM MAN. LEGISLATURE TO THE FORKS \*EVERYONE IS INVITED TO MARCH/WALK\*
- MILITARY DISPLAYS AT FORKS - 3 - 8 P.M. VINTAGE AND MODERN VEHICLES & EQUIP
- MILITARY BANDS AT FORKS - 3 - 9 P.M. MASSES MILITARY BANDS PERFORM
- STAGE SHOW AT THE FORKS - 5 - 7 P.M. TOP MANITOBA MUSICIANS ORGANIZED BY NITE OUT ENTERTAINMENT
- MILITARY FINALE - 8:30 P.M. SOLDIERS OF 2 PPLI WITH MASSES BANDS GUNS OF ROYAL CDN ARTILLERY
- FIREWORKS DISPLAY - 9:30 P.M. CELEBRATING VE-DAY AND THE KICK-OFF TO MANITOBA'S 125TH BIRTHDAY WEEK
- MON. 8 MAY CITY WIDE CHURCH BELLS - NOON ALL CHURCH BELLS IN WINNIPEG

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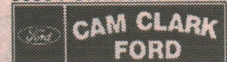
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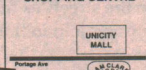
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DEADLINE 28 APR 95/DATE DE TOMBÉE 28 AVRIL 95  
NEXT ISSUE 10 MAY 95/PROCHAINE EDITION 10 MAI 95

# CFANS Update

By Capt A.R. Plot

Well, here it is the end of April, a time when the cold weather and snow are just dim, bad memories. This is a time of warm, sunny weather, with only a southerly wind of mild, gentle breezes, a time of ... (OK, OK, I know this is Winnipeg I'm talking about, but a guy can dream can't he?)

Anyway, let's take a look down the hallowed halls of CFANS to see what has been going on lately. We shall start with the students.

First of all, there is 9464, the last remaining vestiges of the once mighty 9404. As you read this, they are in the last stages of their maritime phase of the Navigation course. I am sure that they were enjoying every minute of it, and there is no truth to the rumour that 2Lt Dave "Woody" Wood was seen burning effigies of the Maritime Instructors (although nobody has come up with an explanation of why Capt Wilson's tires keep having holes in them). I understand

that the boys in '64 are hedging their bets and keeping in the good graces of their Course Director, Capt Chauvette, the new School Admin O. It seems that they feel that having a connection on the administrative side of things could only help should the unthinkable happen (no I don't mean if they got posted to Greenwood, but I'm sure that he could be useful then too).

Next, we peek in on 9405, who were too busy to get any quotes from. In order to try to graduate them at the same time as 9464, it has been necessary to cram twelve weeks worth of work into eight. Since 9405 has so many bright, hard working, dedicated individuals (to hear them talk anyway — 2Lt Pat "Mr Nav" MacNamara will be more than happy to fill you in if you have an hour or two), I am sure that they will not have a problem. Who needs sleep after all?

The most relaxed in the crowd is 9407. Even their Course Director, Capt

Bouchard was seen to smile once. Having just pulled off their Basic Phase checkrides (all passes after a few scary moments — congratulations to all), they are in the nebulous Intermediate phase. With the pressure off, they have settled down to the relaxing pace of the endless A&ES lectures, gyro theory, computer basics, and how Omega works. After the hectic pace of the last few weeks before a checkride, anything seems easy.

9408 is in the wonderful part of the course where they practice the joyful Airplot with celestial position lines. Yes, they are happy in the thought that, should it be required, they can find their way around by using the stars. If you get really good, does this mean that if lost in the woods, all you need is a clear night and a watch? Anyway, with the ominous basic phase checkride looming off in the distance, I am sure that the members of '08 will be talking to their cohorts in '07, to get some pointers in what to do. They had better talk to '07

soon though. Once the post-checkride mind dump has kicked in, they will not be able to help much.

9502 - the quiet group off in the furthest recesses of the school (even the SANC offices are not as close to the edge of the earth), has been learning the joys of Airplot. Between remembering the volumes of Air Regulations crammed into their heads, the intricacies of plotting an aircraft position, and not being sick while flying, these indomitable students have been quite busy.

Our newest batch of young, aspiring Navigators is 9503. We extend a warm welcome to them. I say "warm" because four of the students are from Singapore, and were greeted on their first few days in Canada with snow and near-record cold temperatures. Ah, the stories they will be able to tell once they get back home! Anyway, we wish them luck on the course. I can give you the scoop on how to succeed in the course: work hard, do your homework, prepare for flights,

and most important of all, DON'T MAKE SYLVIA IN OPS MAD AT YOU!!!

On the instructor side, there will be a number of large changes coming up, with postings in and out, plus the inevitable shuffles that accompany it. Full details will come later, but for now, the most obvious change is that with Capt Chauvette gone to the Admin office, Capt Hatton has been (by default?) appointed as the new Section Commander of OD. I'm not saying that it went to his head, but he was overheard muttering "Mine, it's all mine!" Nobody has had the heart to tell him that being in charge of a section with only yourself in the section is no great feat.

Oh well, that's enough for now, stay tuned for more ~~xxx~~ information on the next CFANS Update.





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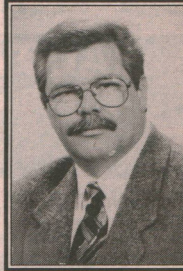
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# PROJECT GENESIS

## Air Force looks to new ways of doing business

Taking a lesson from successful businesses which have reorganized and become more efficient, the Air Force has initiated a project to examine all facets of its operations.

Project Genesis is headed by Colonel Roy Mould formerly Commanding Officer of the Aerospace Engineering and Test Establishment in Cold Lake, Alberta and staffed with personnel from Winnipeg, North Bay, Cold Lake and Ottawa.

Col. Mould and his team have a mandate to determine how the Air Force can carry out operations more effectively, with less money.

BGen. Ray Dziver, Chief of Staff, Support, at Air Command Headquarters Winnipeg is on the Project Genesis Steering Committee and three other local Air Force members have been seconded to the project.

Major Kevin Yamashita, Major Peg Brandon and Major Ron Harmer, all staff officers at Air Command Headquarters, are now on the Project Genesis team.

Initiated following the 1994 National Defence White Paper, Project Genesis is not a response to further defence cuts announced in last month's federal budget, says Col. Mould.

"The February budget just underscored the importance of what we had already set out to do," says Col. Mould. "The Air Force simply won't be getting any more money in the future: financial restraints are an on-going reality. Project Genesis will help respond to that reality, while still maintaining core Air Force capabilities."

The nine-person Project Genesis team is examining every aspect of Air Force operations, starting with those in Fighter Group.

"We're not just looking at where we spend money," says Col. Mould, "but more importantly, at how we spend it. Project Genesis has a tremendous scope—we're examining both operational activities and everything that goes into supporting operations."

Colonel Joe Sharpe, Commander of 17 Wing in Winnipeg, was briefed on the project last month at a special session called by LGen. Scott Clements, Commander of Air Command, to deal with the Air Force budget. Wing Commanders are assisting the team with their preliminary study and will help direct the eventual implementation of the project.

Col. Mould predicts that Project Genesis will result in fundamental changes within the Air Force. He says the old ways of doing business no longer make sense, and that personnel at all levels are beginning to realize the necessity for change.

Military personnel are discovering what Canadian businesses discovered some time ago—to survive in the 90s and beyond, organizations must continually seek ways to achieve the most effective operations for the least cost.

"We have to get smaller, smarter," says Mould. "If we don't, we'll be much less effective at carrying out our operations."

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# Notes from the 17 Wing Judo Club

On Sat Feb 11/95 the Inner City Judo Club hosted their annual judo tournament which drew in lots of contestants and was a great success thanks to Sensei Gary Sova Yondan, head instructor.

The 17 Wing Judo Club was again well represented, entering 24 judoka. The tournament site had three fighting areas, namely mat 1, mat 2 and mat 3. With 24 judoka entered and three mat areas going all at once my coaching duty was going to be hectic. As things turned out, Kelvin Francis Nidan, club instructor, and Ralph Sanders and Dana Larose, both brown belts, ended up assisting me in coaching. They did a great job and I thank them. In all, we made several notes on every judoka and talked to most after each bout. From these notes etc, we will endeavour to discuss and talk over our notes and our findings to see if we can correct any faults or problem areas that we noted at the tournament. At the club level we can now evaluate our judoka's performances and physically go through the problem areas. Steve Broughton, shodan and club instructor, refereed all day and when not too busy he gave some coaching assistance.

In all, we had a busy day and our 24 judoka brought home 15 medals as follows:

BOYS		GIRLS	
3	Gold	4	
1	Silver	3	
2	Bronze	2	

We did better than 50% and my congratulations go out to all the competitors on a job well done.

As I have said in print before; one must learn to accept defeat before you accept victory. For those judoka who did not win a medal...don't give up. Your turn will come if you keep practicing and training hard. I know that we all want to win; however this is not always the case. Remember there is/are lessons to be learned in defeat. You may have lost the tournament bout, but in that loss you have also gained several important and valuable issues:

- 1...In accepting defeat (which is tough) we build character and fortitude;
- 2...Develop sportsmanship;

3...It teaches us that a better opponent beat us by better skill and maybe some luck. However, a bout can go either way at the blink of an eye. It makes us realize that there is always someone better than you. Therefore we must analyze what might have gone wrong to lose:

- Did I try my best?
- Did I lose my focus or become distracted?
- Was my physical condition up to par?

There are many reasons, and only you will really know. You must accept the defeat and start training for the next tournament hoping you have learned a lesson in your defeat.

Losing sometimes has some positive benefits just as winning has. Being a winner...one might get a swelled head and think that he/she knows everything and therefore has nothing more to learn - NOT TRUE - or you might think that you don't have to train as hard any more - NOT TRUE.

Consider this:

You are only a winner for the match at that tournament and only for the day, not forever. The next tournament is all brand new and you must prove yourself all over. Therefore, don't let a victory cloud your attitude; just keep training and working hard and be able to accept victory or defeat as part of your judo philosophy and education. Cherish the victory at that moment because it will pass with time and the tournament will become but a memory.

As your sensei; I do not hold my winners in a higher esteem than the losers. You are all students of judo and I am proud of all of you. As time goes on, the winners and losers will be forever changing.

In conclusion...we must continue to practice our techniques, train hard, listen and respect your sensei's advice and direction and believe in our founder's philosophy...mutual welfare, good spirit. If we follow all these simple rules we will all be rewarded and be winners in our selves.

To complete my report on the tournament; here listed are the names of our judoka and what medal he/she won:

## BOYS

Chuck Murray	Gold
Tyler Hunt	Gold
Chris Warrack	Gold
Bryan Kjartanson	Silver
Ken Jones	Bronze
Andrew Brine	Bronze

## GIRLS

Shannon Heron	Gold
Sarah Warrack	Gold
Joanie Larose	Gold
Maren Marks	Gold
Sarah Broughton	Silver Jr. Div
	Bronze Sr. Div
Jessica Delaney	Silver
Tania Larose	Silver
Vanessa Aubut	Bronze

## Special Medals

Billey Bolen	Fastest Ippon
Maren Marks	Outstanding Girl

## Yours In Judo

Sensei Brian Jones - Yondan




17 Wing Judo Club

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**Date:** Tuesday afternoons  
**Location:** Westwin Community Centre (as of May 2)  
**Time:** 2:00 - 3:30 p.m.  
**Cost:** Free

## Parent and Child Playgroup

Get to know other parents while your child interacts with children his or her age.

**Date:** Wed Mornings  
**Location:** Westwin Community Centre (as of May 3)  
**Time:** 9:30 - 11:00 a.m.  
**Cost:** \$2.00 per week or \$20.00 for 10 weeks with the 11th week free

## Need an afternoon off for an appointment, or to do your grocery shopping?

Lipsett Hall Nursery School offers drop-off child care on Tuesday afternoons from 1:00 - 4:00 p.m. We will provide care for children 18 months to six years. The fee is \$3.00 per hour for the first child and \$1.00 more for a second child in the same family. All children must be pre-registered and reservations must be made 24 hours in advance. To reserve your spot, please call the Nursery School at 833-6846 no later than Monday afternoons for that week's session.

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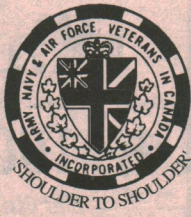
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The Military Family Resource Centre will again be offering Nursery School programs at the Lipsett Hall Nursery School commencing September. The registration fee is \$15.00.

There is also a strong possibility that a Nursery School program and other children's programs will be offered at the new Westwin Community Centre. A decision on this will be made in the near future.

To register for Nursery School at Lipsett Hall or the Westwin Community Centre call 833-6846 or drop in to Lipsett Hall any morning. The interest level for having a nursery school in the Westwin Community Centre will be a factor in the final decision.

## Employment Preparation Workshops

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- What transferable skills you have.
- Discover how your present skills are useful in different types of jobs.
- Develop effective job search skills

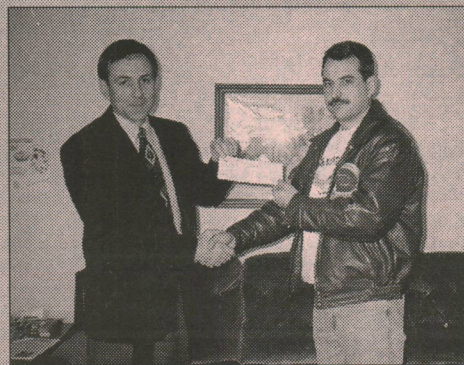
### Workshop 1

Goal Setting and Resume Writing  
 Wednesday, 24 May @ 1-3 p.m.

### Workshop 2

Interview Questions  
 Wednesday, 31 May @ 1-3 p.m.

## 17 Wing Lotto Winner 16 March '95



Del Badiuk is being presented a cheque for his winnings by MFRC Director Don Brennan.

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# Community Spotlight



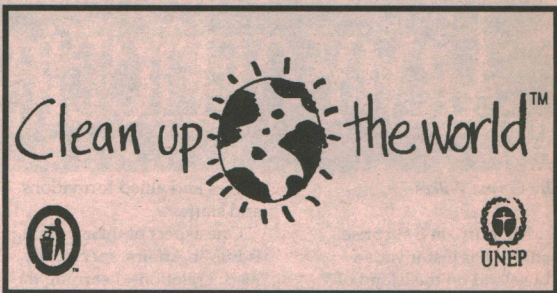
Sensei (Teacher) Kim Marshall instructs the proper technique of Jodan Oi Zuki to his young adults class.

**Sgt Kim Marshall**

Story and photo by  
Cpl Ken Allan

Sgt Kim Marshall is one Military Police member that goes beyond the basic unarmed combat techniques that they teach in his trade. Kim is also a 1st Dan Black Belt in Okinawa GojuRyu Karate. He is the ShoDan at 17 Wing Goju Karate Club located in the north-side gymnasium. Back in June 1993 he received his Black Belt after testing in front of a panel of five Black Belts that included Sensei Hing Poon Chan a 4th degree Black Belt. Sensei Chan is highly regarded in Canada, so Kim had to be exceptional during his testing. When he opened the club in September 1993 there were 14 members. That number has grown substantially since then to 100 members. The youngest are the Little Dragons aged 4-6, and for the adult class there are no age limits. "I am proud to offer more than kicking and punching. I also teach the philosophical view of humility and respect and that violence should only be used as a last resort"; says Kim. Classes are every Tuesday and Thursday night and every Saturday morning at the Gym. See you there, I'm sure you'll get a "kick" out of it.

If you or someone you know is active in the community why not give me, Cpl Ken Allan, a call at 5236.





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# ARMY OFFICERS TRAIN IN PUBLIC AFFAIRS

By Corina Wilkes

Minburn, in a surprise attack, has just invaded Luseland on the island of Manitou. Tasked to remove Minburn forces from Luseland, the United Nations Emergency Force Manitou (UNEFM) was formed by the Security Council.

Part of exercise STALWART WARRIOR, 47 Army students from Canadian Forces Command and Staff College in Toronto spent one week at CFB Borden. They put into practice their knowledge of the operations planning process at corps level. This exercise is one of many designed to prepare them for command and staff duties at division corps, command and national headquarters.

The exercise aims at challenging participants in a scenario that emphasizes the operations planning process (OPP). The headquarters exercised were three identical corps HQ - Blue, Gold and Green. The students filled a different appointment in the same corps for each of two problems giving them practice in different areas of work.

The students are selected senior officers from Canada and seven other countries around the world. They are taking part in a course at the Staff College designed to train them for key peacetime and wartime command and staff appointments in the Canadian

Forces and allied formations and staffs.

One aspect of their training is Public Affairs, specifically media relations. Learning the importance of media relations in the military includes being able and confident in front of reporters and cameras.

## THE DEFINITION

Public Affairs in the military is essential in the expansion of the public's awareness, knowledge and understanding of Canada's defence policy, programs and activities. This includes making the public understand the Canadian Forces and encouraging effective internal communications.

## THE TRAINING

Prior to arriving at Borden, the students received public affairs instructions on interview techniques, tips and tactics and some do's and don't's of media relations. The bare necessities of a practice that can take years to master.

Understanding the journalist is essential in the completion of a successful interview, and was also an important focus of their training.

Prepared for a grueling week of long hours, hard work and numerous obstacles, the students did not expect the constant presence of the media, who arrived in Borden shortly before the students, "to set up camp."

## THE MEDIA CENTRE

The media centre was established and consisted of four military and one civilian Public Affairs Officers (PAffOs) from all over Canada, two cameramen, and a real reporter. One PAffO was assigned to each of the three corps, to prepare them to meet the media, and when appropriate played the role of journalist.

Media's job was to interview, report and assist the students using techniques designed to help officers understand the media. They learned to make themselves understood, through media relations training and practice. News conferences, interviews, newscasts, and articles prepared daily, gave the students practical experience using effective media relations.

"It is not something to get

straight into, training and practice are essential," said Major Gordon Messinger, a British exchange student on the course.

During the exercise, each student was interviewed individually and six lucky corps commanders had the pleasure of holding a news conference. The scene of heated discussions, disruptive reporters and pressing questions. One reporter was even physically removed from one news conference making for humorous news articles, televised newscasts and an interesting debrief showing how NOT to deal with the media.

## WHY PUBLIC AFFAIRS?

It is the duty of all to allow themselves to be interviewed and tell their stories. The role of the PAffO is to prepare

members of the Canadian Forces to meet the media.

There are a lot of misconceptions about what the military does, and officers must use interviews as an opportunity to get out a positive message. A good interview gives the reporter all of the information he/she needs to write a story while using it to relay a specific message.

We plan to take a fundamental building block approach to the media relations course," said Colonel Taylor, Land Forces Directing staff at the College. "If we don't include this training at this level in their career, there is a risk of a shock of being in front of the media."

## PUBLIC AFFAIRS IN THE MILITARY

Not unlike a civilian organization, officers and non-commissioned members in the military have to be wary of everything they say. Due to security most importantly the political impact, every word spoken is under a microscope.

"It was a valuable exercise to have the media there to practice us," said Major John Collin a student from 1 Canadian Division Head Quarters in Kingston. "I wouldn't want to have to prepare by myself."

Corina Wilkes is a placement student at DND Public Affairs Ontario, in Toronto.

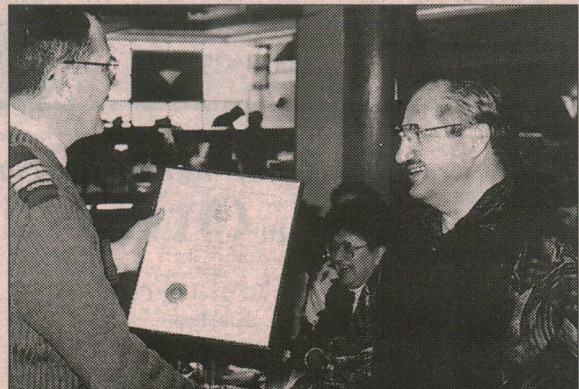


Army officers from Canada and seven other countries receive training in public affairs and media relations.

# CFSAS



Ms. Joan Dale receives an appreciation award for her time and effort supporting the United Way campaign from LCol David McCoubrey, Commandant, Canadian Forces School of Aerospace Studies.



Mr Dan Labay is presented with a Certificate of Appreciation, signed by Prime Minister Chretien, for his retirement from the Civil Service. Mr Labay worked in Gimli from 1963-1965 and then in Winnipeg since 1965. He has been the CFSAS Graphic Artist since the school's inception in 1988. Presentation was made by LCol David McCoubrey, Commandant, Canadian Forces School of Aerospace Studies.

# 50th Anniversary of VE Day



VE Day celebrations in Ottawa 8 May, 1945. (Public Archives of Canada)



A German officer conducts a line-check on the telephone link established jointly by Canadian and German forces following the German surrender in Holland 5 May, 1945. (Public Archives of Canada)



Surrender of German forces in the Netherlands at Wangeningen General Teichilt (2nd from left) General Charles Foulkes (4th from left) and HRH Prince Bernhardt of the Netherlands (6th from left) 5 May, 1945. (Public Archives of Canada)

## Rwandan Postcard: International Women's Day

By Lt(N) Kent Page

Across Canada and throughout the world, women celebrated International Women's Day on March 8 in an effort to sensitize women and men to the special problems related to the social and economic development of women in modern society. Perhaps nowhere in the world however, was there such a moving, poignant ceremony as the one which took place at Ntarama, Rwanda. Here, the ceremony also focused on the plight of women and children who were victimized during last year's genocide.

The United Nations Mission in Rwanda (UNAMIR), through its mandate, is responsible to assist Rwandans in the rebuilding of their country. This is done in many ways including the obvious ones such as providing security to Rwandans and ensuring the safe distribution of humanitarian supplies. But this assistance can also manifest itself in other projects which may not be so obvious.

On March 8, I found myself assisting the Rwandan Government's Ministry of Women and Family Development by providing video and still photographic coverage for Rwanda's International Women's Day. By helping to provide the coverage, UNAMIR was able to assist the Rwandan government in bringing women's issues to the fore through newspaper and television coverage. Why can't they do it themselves, you ask? Well, when you consider that Rwandan Television can only broadcast for two hours per week, you may begin to understand that a "scarcity of resources" is a reality in Rwanda.

So, on March 8, we drove an hour south of Kigali down an old dirt road to the infamous village of Ntarama. The crowds had already begun to gather under the trees as the warm sun beat down upon the ceremony site - a beautiful church tucked away in a forest, surrounded by a collection of small buildings and green fields. A beautiful, serene sanctuary of peace and tranquility.

However, the story of Ntarama is one of pure horror. Ntarama was chosen as the site for this year's celebration because it was here that approximately four thousand women and children were massacred last April during Rwanda's genocide. They thought, as would all men and women, around the world, that within the safe confines of the churchyard, they could find safety and protection from the fighting and killing that was raging throughout the country. Instead, they only found terror and death.

What occurred here is unthinkable. After everyone from the surrounding communes had gathered in the sanctuary of the church grounds, the men left the women and children behind and went off to defend them from the interahamwe.

The women and children hid in the church and the other buildings in the area, locking the doors from the inside, praying for their lives. For five days, they hid in silence and fear.

Unfortunately, on the fifth day, there was an attack against the church and the murderous frenzy of the interahamwe could not be thwarted by simple locked doors. Intent on massacre, the killers used picks and hammers to cut holes into the mud walls of the church. Then they tossed grenades in through the openings. Finally, they broke into the church, macheteing the remaining survivors. In Ntarama, as in the rest of the country, the people had made a fatal mistake by going to the church. The genocide was so well-organized, that more people died in churches and parishes in Rwanda than anywhere else.

A fifteen year old girl who survived the attack described the scene. "Most of the people who died were killed by machetes. All around me, people were being killed and wounded. Eventually I decided to drop down among the dead. I was hit by a brick on my face and the blood made me look dead. I laid there, barely breathing, until the slaughter was over."

Thousands of Rwandans showed up for the memorial ceremony to pay their respects for the slain women and children. Guests of honour included the President of Rwanda and Rwanda's Special Representative of the Secretary-General for Rwanda, Shaharyar Khan.

Speeches were made denouncing the discrimination against women in education and employment, prayers were held for those who had died and those who had been traumatized, children recited poems and women sang songs. But the most moving scene was the procession of women of lost husbands, sons and daughters during the war who paraded past the church with its blood-stained altar, smashed stained glass windows and desecrated interior. They were followed by hundreds of children who were orphaned by the war. In silence they filed past the church where skeletons still lay between the pews, to a platform on which they laid wreaths on the five hundred skulls lined up row on row awaiting burial - a chilling memorial to all those who had died.

In Rwanda, women are called "inkingi", the Kinyarwanda word for pillar, because women are considered to be the pillars of the country. On International Women's Day, a moving ceremony was held Ntarama to celebrate the spirit of Rwanda's Inkingi, and to remember the horror that they have been through.

## 1995 GOVERNOR GENERAL'S AWARDS

IN COMMEMORATION OF THE PERSONS AWARDS

Nominations are now being accepted for the 1995 Governor General's Awards in Commemoration of the Persons Case. The annual Awards recognize long-standing and substantial contributions made by individuals to promote the equality of women in Canada.

Initiated in 1979 to celebrate the 50th anniversary of the Persons Case, the Awards commemorate the lengthy political and legal effort waged by Canadian women, which culminated in the decision rendered by the British Privy Council on October 18, 1929, declaring women to be persons and thus eligible for appointment to the Senate.

There have been 86 recipients of the Awards to date, including the late Thérèse Casgrain, who worked tirelessly to obtain the vote for women in Quebec; Mary Two-Axe Early, Aboriginal women's rights activist; Joan Jones, champion of the advancement of black women; Alice Girard, dedicated promoter of the nursing profession; and the Honourable Florence Bird, Chair of the Royal Commission on the Status of Women, whose report in 1970 paved the way for the further advancement of women in Canada.

The Governor General's Awards in Commemoration of the Persons Case are presented in a ceremony held in Ottawa each fall. Nominations may be submitted by individuals, women's groups, community and business groups; and others. The deadline for submission of nominations is May 15, 1995.

For more information about the Awards selection criteria and nomination procedure, contact: Governor General's Awards in Commemoration of the Persons Case, Status of Women Canada, 360 Albert Street, Suite 700, Ottawa, Ontario K1A 1C3, telephone (613) 995-7835, fax (613) 943-2386, TDD (613) 996-1322.

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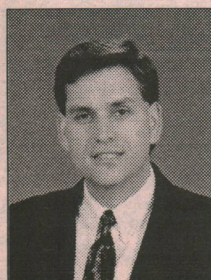
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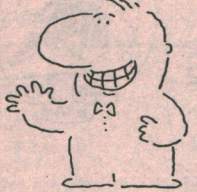
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# A WORD FROM THE CHAPLAIN EASTER...HUH?

Aaaa...our first long weekend of the spring! What do we owe this wonderful pleasure. Easter...? So what is so special about Easter that we manage a four day weekend? Well, if you look up the word "easter" in the Oxford American Dictionary, it says it is a Christian festival. Then it goes on to describe Easter Sunday, Easter bonnet, bunny, egg, and an Easter Lilly. Confused yet?

Maybe Easter is a time to step back and consider how my life is being lived out. Try this little experiment: Consider just the last few hours, see if you can pick out two or three things that motivated your

actions. You may be surprised at what you find! Perhaps fear - for yourself or for your family - has influenced you. Possibly you were moved by concerns over finances or health, either yours or that of a loved one. Sometimes a desire to be liked or loved by others can influence us; in other cases jealousy or even a desire to control others may be a deciding factor. These are only some of the things that effect our behavior significantly everyday.

Maybe Easter is about journeying with someone who has been through all these trials and tribulations, someone who has suffered at

the unfair hand of society but was always willing to reach out to us wherever we found ourselves in life, even if it meant giving up His life for us.

Maybe Easter is about letting ourselves be touched by the witness and actions of this man called Jesus. In all our struggles in today's very demanding world, maybe just maybe, Easter is about trying something very old, among all the other things we attempt in making our lives easier, opening our hearts up to a new possibility, inviting God to shoulder some of these challenges and allowing ourselves to experience a new power in our hearts.



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## T A X BREAKS

### MORE TAX FILING MYTHS

**MYTH #2 - Tax returns must be completed in ink.**

This is false. Only the signature requirements on the various forms must be in ink. Otherwise feel comfortable about filing a tax return in pencil.

**MYTH #3 - All taxpayers who fail to file a tax return by April 30 will be penalized.**

Also false. Those taxpayers who owe money to Revenue Canada must pay a late-filing penalty if they fail to submit their return by midnight, April 30. If you expect a refund there is no penalty for late filing.

**MYTH #4 - Using a tax practitioner absolves a taxpayer from any future dealings with Revenue Canada.**

Once again false. Whoever signs the tax return is responsible for the figures and resulting taxes payable. If you leave all your tax affairs to your accountant, be aware of the fact that when the taxperson knocks, it is you he/she will be scrutinizing, not your accountant.

Tax Breaks has been brought to you as a public service by:

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# Blessures au dos: ergonomie et prévention

Tout le monde sait que pour réduire les risques de blessures au dos lorsqu'on souève un poids, on doit fléchir les genoux et garder son dos bien droit. Le problème c'est qu'il existe trop peu d'emplois dans lesquels on peut employer cette technique. C'est pourquoi certaines des stratégies de prévention contre les blessures au dos ne fonctionnent pas. En effet, les employés ne peuvent pas mettre en pratique la formation simplifiée qu'ils ont reçue sur la bonne position à adopter. Cela explique aussi le nombre toujours élevé de demandes d'indemnisation. Les statistiques montrent que 30 % des accidents du travail sont liés à des problèmes de dos. Au Manitoba, les indemnités de salaire et les frais médicaux résultant de lombalgies et de blessures au dos peuvent totaliser jusqu'à 10 % de toutes les demandes d'indemnisation, soit environ 12,6 millions de dollars pour l'année dernière.

Certains emplois comportent plus de risques que d'autres. Dans les hôpitaux par exemple, les blessures au dos sont à l'origine de plus de 40 % des demandes d'indemnité pour période d'inactivité.

La formation: de l'argent bien dépensé

Les programmes de formation du personnel devraient comprendre des renseignements sur l'anatomie, la mécanique corporelle et l'utilisation de l'équipement.

L'achat d'équipement approprié et conçu en fonction de l'environnement coûte souvent moins cher que les demandes d'indemnité pour période d'inactivité en raison de douleurs au dos. Les ergonomistes recommandent de faire l'essai de l'équipement avant de l'acheter et les personnes qui l'utiliseront doivent être consultées avant l'achat. L'environnement de travail doit être bien conçu. Il est important pour un conseiller possédant des connaissances en ergonomie ou en aménagement du cadre de vie d'étudier toute modification apportée à l'environnement de travail.

Ensemble, la formation et l'ergonomie représentent la meilleure stratégie qu'une entreprise puisse adopter pour prévenir les blessures au dos. Selon des spécialistes en ergonomie de l'Association pour la prévention des accidents industriels (APAI), tant que les facteurs de risque dans le milieu de travail ne seront pas éliminés, le nombre de blessures au dos ne diminuera pas. Enseigner aux employés la bonne technique pour soulever des poids ne donnera aucun résultat si l'environnement de travail n'est pas modifié.

Les concepts ergonomiques peuvent être adaptés à toutes les entreprises, quelle que soit leur taille. Les entreprises plus petites peuvent faire appel à des comités conjoints sur la sécurité et la santé des

travailleurs ou aux délégués à la sécurité et à la santé des travailleurs. Bien souvent, les employés peuvent proposer des idées simples et peu coûteuses concernant les modifications à apporter. Si on a besoin d'aide supplémentaire, on peut recourir à d'autres ressources comme les organismes gouvernementaux et les experts-conseils.

On peut tout d'abord communiquer avec la Direction de la Sécurité et de l'hygiène du travail du ministère du Travail. Celle-ci offre diverses ressources sur la prévention des blessures au dos, comme des documents imprimés et des vidéos. Elle dirige en ce moment un projet pilote dans sept lieux de travail au Manitoba, lequel vise à implanter les concepts ergonomiques dans les bureaux et le milieu industriel. Ce projet met l'accent sur la formation du personnel et des cadres. Celle-ci porte sur les facteurs de stress, les techniques pour soulever des poids, l'analyse du lieu de travail ainsi que sur l'évaluation et l'application de solutions ergonomiques. Le programme a été bien reçu par les cadres et les employés. Les deux parties réalisent que l'étude de la conception des tâches et des pratiques de travail, l'adaptation des appareils aux utilisateurs et l'enrichissement des connaissances générales en matière d'ergonomie permettent de réduire les

périodes d'inactivité et le nombre de blessures et de maladies.

Bien que les connaissances sur la manière de soulever un poids soient de plus en plus poussées, les bonnes positions à adopter relèvent du bon sens. Le fondateur du Canadian Back Institute, M. Hamilton Hall, affirme que tout le monde s'entend pour dire qu'on doit garder le poids proche de son corps. Cependant, la façon dont on doit soulever est une autre histoire.

Il est plus sage...

- de placer les objets entre les épaules et les jointures lorsque vos bras pendent le long de votre corps;
- de tourner vos pieds plutôt que votre corps lorsque vous devez déposer un objet;
- d'utiliser un chariot ou de demander de l'aide lorsque vous devez transporter une charge lourde ou difficile à manipuler.

Se pencher et soulever des objets le matin met plus de pression sur votre colonne vertébrale qu'à n'importe quel autre moment de la journée. C'est pourquoi il est important de faire des exercices d'étirement avant de commencer à travailler. Certaines entreprises offrent des programmes d'exercices pour le dos ou des séances d'étirement. Ces exercices accroissent la souplesse du dos et peuvent aider à prévenir les blessures. De plus, les employés semblent

plus éveillés après avoir fait des exercices d'étirement. Étant donné que la plupart des blessures au dos surviennent au début de la période de travail, même cinq minutes d'étirement peuvent avoir des effets bénéfiques. Certains hôpitaux ont engagé des professionnels en éducation physique pour mettre sur pied des programmes d'exercices adaptés aux exigences physiques des différents emplois. L'approche de la <<formation des formateurs>> représente une solution moins coûteuse.

Améliorez votre stratégie de prévention

- Assurez-vous le soutien de superviseurs, qui peuvent consolider les engagements de l'administration concernant les mesures à adopter pour prévenir les blessures au dos, ainsi que renforcer les pratiques de travail sécuritaires.

- Encouragez les employés et les superviseurs à participer aux projets de modification de l'environnement de travail. Les parties doivent partager le même objectif: la sécurité des lieux.

- Encouragez les employés à discuter ouvertement des difficultés auxquelles ils font face et des changements qu'ils proposent. Ces personnes connaissent leur poste mieux que quiconque et fournissent les meilleurs conseils sur les changements à apporter.

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Source: Santé et Bien-être social Canada

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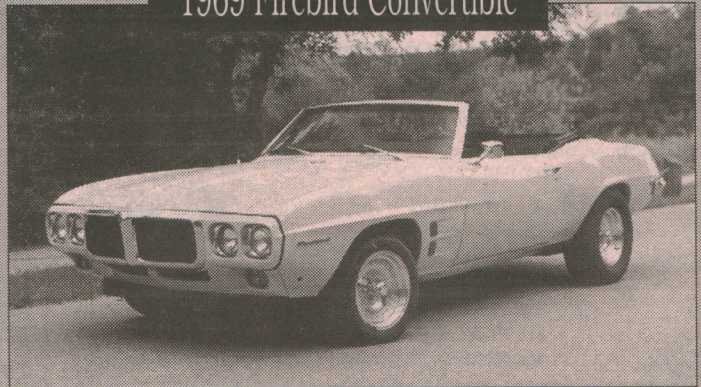
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