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VOL. 44 ISSUE 2

17 Wing Winnipeg / 17e Escadre Winnipeg

January 31, 1996 / FREE

CDS & DEPUTY MINISTER VISIT WINNIPEG

By Capt Neil Kinley (WPAFFO)

The new Chief of Defence Staff, Gen Jean Boyle, and the new Deputy Minister of National Defence, Louise Frechette, visited Winnipeg on January 15-16, 1996. They were attending meetings at Air Command Headquarters for most of the day on January 16, but also found some time to visit 17 Wing.

A luncheon for Winnipeg based military personnel was held in Bldg 21, where 17 Wing and AIRCOM personnel got a chance to talk with the CDS and DM. No formal speeches were made to the 200 personnel on hand, but Gen Boyle let the Wing Commander know that he would return to visit 17 Wing soon and talk to personnel and listen to their concerns.

The CDS was caught up in meetings after lunch, but the DM was "rescued" from the meetings and sent airborne with 435 Sqn. She was outfitted in a flying suit, flight jacket, and parka, and accompanied by BGen Ray Henault, AIRCOM Chief of Staff Operations, went flying on a SAR training mission.

The CC-130 Hercules conducted training over the local area, including having two SAR Techs parachute from the aircraft over St. François Xavier, Man. The 435 crew, including the CO, LCol Roger Lamothe, were pleased to have the opportunity to show the DM what they do on a day-to-day basis.



The CDS, Gen Jean Boyle, is cornered by some Winnipeg military personnel during the luncheon on 16 Jan 96. He was in Winnipeg attending meetings at AIRCOM HQ. (Photo by Cpl Mischa Rothoehler, 17 Wing)



LCol Roger Lamothe, CO 435 Sqn, escorts the DM, Louise Frechette, in to a CC-130 Hercules during her visit to 17 Wing on 16 Jan 96. The DM went for an hour long flight with the SAR standby crew before catching a flight back to Ottawa. (Photo by Cpl Mischa Rothoehler, 17 Wing)

Camp Astra

Battle Management Information Systems Demonstration

Modular tents, camouflaged netting, armoured command post vehicles and jeeps are common sights in Wainwright, but when they are found in the Air Command parking lot they raise a few eyebrows. Camp Astra, as it was known to Air Command personnel, was an opportunity to demonstrate the Air Force command and control capabilities in support of a deployed Air Force headquarters. The demonstration was specifically timed to coincide with the Commander's Combined Training Session to allow senior personnel to view the system in a realistic scenario.

The primary system on display was the deployable version of the Battle Management Information System (BMIS), known as the Modular Deployable Package or MUDPAC for short. The main objective of BMIS is to provide a secure Command and Control Information System for the operational support of Air staff at all levels within Air Command. This is

accomplished by integrating the flow of data between the Command, Groups, Wings and Squadrons in all operational phases from peacetime to wartime. The functional areas covered by the system include operations, maintenance, resource management, base support, combat support, weather and theatre movement.

BMIS is comprised of a computer network consisting of a VAX minicomputer, laptop personal computers, satellite ground terminal, uninterruptible power supply and generator. The system provides a number of capabilities including a graphical display of geography and points of interest throughout the world; a computerized briefing system; office automation tools such as word processors, spread sheets and databases; and worldwide secure communications using the INMARSAT B ground satellite terminal and

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THE ANNUAL DFS FLIGHT SAFETY BRIEFING

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Satellite ground terminal.

CAMP ASTRA

Continued from page 1

commercial communication lines.

The System for Tracking Airlift Requests (STAR) was also on Display. It is a computerized scheduling system under development for Air Transport Group. Airlift requests will be submitted electronically and automatically loaded into a central database; serials will be scheduled using a mouse and displayed on an electronic "white board". After scheduling, the Quarterly Airlift Plan (QAP) will be printed at the click of a button (with a mouse of course).

To assist users in selecting appropriate airfields,

particularly for international missions, the system has an airfield atlas containing more than 12,000 airfields worldwide. It can also generate flight itineraries for any type of aircraft, worldwide.

The system has been used operationally at the Air Command Operations Centre (ACOC) since September and is expected to come into use with the Air Transport Operations Centre (ATOC) starting mid January 1996.

A special thank you to 2PPCLI Signals Platoon for providing the Command Post vehicles, camouflaged netting, expertise and manpower demonstration. Snow was provided unexpectedly by mother nature.



ASK MR GREENTREE

In my last column, I suggested a New Year's resolution about using less disposable products and, in response, I received a question about supplying concrete examples for the lunchroom. So here goes:

1. If you eat in a cafeteria - don't automatically grab the styrofoam bowl or cup and plastic spoon. Take the porcelain and the metal cutlery instead. If your cafeteria does not supply non-disposable "eatin' stuff", ask the management to do so.
2. Whenever possible, use your own coffee cup - even in canteens. See if commercial suppliers (e.g. Canex) will allow you to use your own cup.
3. Bring re-useable containers for your brown bag lunches. [If you have to reheat food in a microwave, be sure any plastic container is microwave safe as some containers will melt or give off harmful products.]
4. Don't grab handfuls of napkins or paper towels. In many cases, over half of the

paper products taken end up being thrown away unused.

There are probably many more examples but I've a limited space and do not want to lecture you.

Question: "I heard that some companies use radiation on their food. Isn't this dangerous?"

Answer: Although my waistline says otherwise, I am not an expert on food so I had to do a little research on this one.

The technical name for this process is called "irradiation" and involves exposing food to X-rays or gamma rays for a very short period. This exposure kills insects and some micro-organisms and, as a result, can replace many chemicals used in fumigating or added to the food to prevent spoilage. [Interestingly enough, irradiation can also slow the ripening of some fruits and vegetables.] On the "downside", irradiation can change the taste of some foods - such as dairy products - and can affect the vitamin A, C, and E content of others.

So how wide-spread is this practice? In 1991, 24 countries were using the process. Many of those, like Australia, adopted the process early in an effort to stop the accidental importation of foreign insects while others, like Canada, allowed irradiation to reduce spoilage. Others, including the U.S.A, have since allowed irradiation and the sale of irradiated products - provided they are clearly labelled as irradiated. In the U.S.A, consumer tests have shown that the products sell well. In Canada, no irradiated products are currently offered on the retail market so there are no data available on consumer reaction.

But, is irradiated food dangerous or radioactive? In a word no. X-rays do not linger in the food and are really only dangerous to living creatures. The only danger lies in the actual processing and then only to the workers running the X-ray machines.

As usual, if you have any questions, feel free to ask me at loc 6774. "See" you next time.

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Radio Canada International

By Wojtek Gwiazda

The CBC has announced that funding for Radio Canada International (RCI) will cease on 31 March 1996. RCI and your Canadian Forces Network/Réseau des Forces canadiennes (CFN/RFC) will be silenced.

In cooperation with the Director Physical Education Recreation and Amenities

Add your voice to the thousands of editorials, letters and faxes that have flooded Ottawa from around the world protesting this decision. Here are the facts.

RCI's first broadcasts at Christmas, 1944, were to Canadian military personnel in Europe. From 1951-93, RCI provided personnel, programming, technical and administrative expertise to

English, French, Russian, Ukrainian, Arabic, Mandarin, Spanish and Creole from transmitters in Sackville, N.B. and in Cyprus, England, Germany, Austria, Korea, Japan and China.

RCI English and French language lessons, and programs about Canadian technology, culture and society are broadcast on hundreds of local networks and stations in

COUNTRY	BUDGET (millions)	STAFF	LANGUAGES
Radio Canada International	\$ 16.5	120	8
Radio France International	\$ 179.7	578	16
Radio Nederland	\$ 68.8	267	4
Radio Australia	\$ 27.8	163	9
Swiss Radio International	\$ 49.5	134	8
Deutsche Welle	\$ 373.2	2000	39
BBC World Service (radio)	\$ 286.1	2100	42
Voice of America	\$ 359.3	1800	47

1995-96 funded 50-50 by CIBC and Dept. of Foreign Affairs

(DPERA), RCI's CFN/RFC provides bilingual 24/7 satellite service to CF personnel on UN duty in Haiti, Rwanda, Golan Heights, Bosnia, Croatia and NATO bases in Germany, Belgium and the Netherlands, as well as CF-dedicated shortwave programs to Europe, Africa, the Middle East and the Caribbean. Programming includes Canadian Forces Magazine and "Report to Peacekeepers," plus the best of the CBC/SRC schedules, live sports broadcasts from private stations across the country, and messages from home.

IF RCI CLOSES, NO ONE CAN PROVIDE THE PROGRAMMING AND ENGINEERING CAPABILITY TO DUPLICATE CFN/RFC.

Civilians can fax directly to the Prime Minister (613)995-5556. CF personnel can make their voices heard through the chain of command to the OPI for CFN/RFC, Dr. Wayne Lee, DPERA, NDHQ, by message, or by fax (613)995-2425

CFN/RFC Radio & TV at Canadian NATO bases. Since 1993, RCI has provided the present satellite/shortwave radio service.

There are 600 million shortwave receivers in operation worldwide, and 126 international radio broadcasting organizations, including 101 funded by national governments. Should RCI close, Canada will be the only G7 nation without an international radio service.

RCI broadcasts 240 hours of programming per week in

more than 80 countries.

RCI also provides 24/7 English and French programming including "Canadian Forces Magazine" and "Report to Peacekeepers" to Europe and the Middle East by the direct-to-home Eutelsat Il-F6 satellite, and will add satellite service to Africa and Russia in early 1996.

RCI and the CF have served together for 51 years, and your support will help ensure that we continue for many years to come.

402 Sqn Op Phoenix



A 402 Sqn technician services a CT-114 Tutor. Op Phoenix, the restructuring of the maintenance efforts of 402 Sqn, has been one of the more successful change programs within the CF. (Photo by 17 Wing Imaging)

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17 WING & 435 SQN RECEIVE COMMENDATIONS



BGen Bert Proulx, Commander Air Transport Group, presents a Commander Air Command Commendation to 435 Sqn and a Commander ATG Commendation to 17 Wing. LCol Roger Lamothe, CO 435 Sqn, accepts on behalf of the Squadron, and Col Joe Sharpe, W Comd, accepts the commendation to the Wing, while LCol Tom Bailey, W Ops O, CWO John Kamperman, 435 Sqn Chief, and LCol Lamothe look on. (Photo by Cpl Jeff Robichaud, 17 Wing)

By Capt Neil Kinley (WPAFFO)

During the hot days of June 1995 the forest fire risk in much of Manitoba and Northwestern Ontario was high. Fires burned dangerously close to several communities, and the military was called upon to evacuate the citizens of the isolated northern communities of God's Lake Narrows, Man. and Bearskin Lake, Ont.

On June 15, 1995 fire was within a few kilometers of Bearskin Lake and 435 Squadron was tasked to fly in and evacuate the residents. Very quickly two CC-130 Hercules aircraft were

launched and after a few chaulks 386 residents of the community were flown to safety.

For their rapid response and professionalism the Commander of Air Command awarded a commendation to 435 Sqn. Also citing the professionalism and quick response, the Commander of Air Transport Group awarded a commendation to 17 Wing for this operation.

The Commander of ATG, BGen Bert Proulx, presented the Commendation to 435 Sqn on behalf of the Commander of Air Command. BGen Proulx, a former Commander of 17 Wing, also made the presentation to the Wing.



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CFANS UPDATE

By Capt A.R. Plot

While preparing for a typical CFANS navigation training flight, 2Lt Boggins donned his parka, toque, Arctic mitts, and thermal boots, all over his paraphernalia of body clothes, including three pairs of socks, thermal underwear, and other items to keep out Mr. Freeze. He does not mind, however. He knows that living in Winnipeg can mean bundling up from time to time during the winter. What he did not expect was that all of this preparation was needed in the 'heated' aircraft, not just outside!

Yes, welcome to a typical prairie winter folks, where men are men, and women are women (but you can never tell which is which because all you can see is bundles and layers of clothing. We got to experience the wonders of WIND CHILL, that black art of mixing mathematics and meteorological observations, just to let you know that it is too cold to go outside (just in case you were too stupid to notice when you stuck your head out the door!). The average layman does not need to

worry too much about the figures though, just know that over 1600 is cold, over 1800 is real cold, over 2000 is bitterly cold, and over 2200 is a normal day in January/February. Anyway, enough about the weather.

What is happening at the school? Actually, not too much exciting has gone on recently. All of the courses are plugging away, getting one day closer to that wonderful day known as graduation with each sunrise. To many, it does not seem to happen fast enough. I understand that 9502, our next graduating class has not only the number of days left to go, but hours and minutes as well. Course 9507 tried it too, but found it too hard to spin those

large numbers on the Jeppeson, so they gave up.

There is one little tidbit though. If anyone was wondering why 2Lt Curt Wright has bandages over his mouth, it came from his last flight, when he discovered the hazards of drinking coffee on the aircraft. Everything was going well; he got some coffee from the dispenser, making sure not to fill it too much, carefully carried it back to his station, put in his creamer and sugar, stirred it up, and licked off the stir stick. This is the point where he had problems. It turns out that it was not a stir stick after all. Apparently, nobody warned him about the dangers of putting a set of dividers (the metal thing with

two very sharp needles on it, for the navigationally un-enlightened) into your mouth. Sadder, but wiser, Curt can now give advice to others on this largely un-talked about problem. To add insult to injury (so to speak), Curt lost marks on his flight for having red on his chart and log. Apparently, bleeding is not an excuse to break this inviolate rule of training flights. Sorry Curt.

Tune in again next time for another exciting episode in the adventures of CFANS, where we will learn what Capt Roy really did on his Air Force Staff Course, and why he does not want to talk about it. Who knows, we might even be able to crack the secret on whether or not the Celestial instructors really do know how to do the P-Z-X triangle, or is it really all smoke and mirrors. Anyway, check us out next issue for these and other mysteries of navigation.

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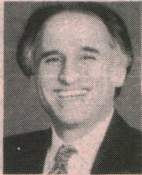
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MFRC ANNOUNCEMENTS

350 Doncaster Street, Winnipeg MB R3N 1W8 489-7003

Stress Management

Join us for an evening of learning stress management skills and strategies. The Instructor Crandall Overton, has many years of experience in this field and is looking forward to this opportunity to share some ideas on successfully managing the stresses of everyday living. For more information call the MFRC at 489-7003.

TIME: Wednesday 21 February 1996 6:30 - 9:30 p.m.
PLACE: Westwin Community Centre

REGISTER BY 16 FEBRUARY

Child Care Registry

As a service to caregivers and parents the MFRC maintains a child care registry. Names on the registry include licensed group care, licensed and unlicensed family day care and teenage caregivers. Phone Mavis at 489-7003 for further information or if you have suggestions on how the MFRC can support your role as caregiver. You must drop in to 350 Doncaster (Mon - Fri, 8:30 a.m. - 4:30 p.m.) to sign a disclaimer and get names off the registry.

Mom's Morning Off

Speakers and demonstrations are arranged for this group while the children are cared for in the playroom. Bring a snack for your child.

LOCATION: Lipsett Hall Nursery School
TIME: Wednesday Mornings from 9:30 - 11:00 a.m.
FEE: \$2.00 per week or \$20.00 for 10 weeks with the 11th week free

LOCATION: Westwin Community Centre
TIME: Thursday Mornings from 9:30 - 11:00 a.m.
FEE: \$2.00 per week or \$20.00 for 10 weeks with the 11th week free

New & Expectant Mom's Club

This group will give you the opportunity to meet other parents with which you can share your joys, concerns and stresses of parenting. The Public Health Nurse joins the group once a month to answer your health questions.

LOCATION: Westwin Community Centre
TIME: Wednesday afternoons from 1:30 - 3:00 p.m.

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Child Care Co-op

The MFRC child care co-op allows parents to exchange care of children on an occasional flexible basis. A military police check is done on co-op members. Basic guidelines and membership conditions keep the co-op running smoothly.

NEXT MEETING: Tuesday, 13 Feb, 9:30 a.m.
LOCATION: 350 Doncaster St.

Drop Off Child Care

This program offers casual child care for children 18 months to six years. Run your errands knowing your child is receiving quality care. Reservations must be made 24 hours in advance.

LOCATION
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TIME
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4:00 p.m. Friday mornings
from 9:00 - Noon

FEE
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TIME
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The goal of National Youth Week is to inspire young people across Canada to contribute to their communities year-round, and to allow communities to acknowledge the strengths and resourcefulness of youth. During National Youth Week the positive profile of youth in Winnipeg will be highlighted through community events and forums. In order to facilitate these events, the National Youth Week Winnipeg Partners are recruiting young people as resources to make National Youth Week an outstanding success.

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2. Delegates - commitment of minimum two hours a week required from 1 April to 10 May 1996

The successful candidates will be
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- have demonstrated the ability to design and complete projects and activities on schedule

Please indicate which position you are applying for. Candidates may apply for both positions. Applications should indicate your age and grade level, any experience you have had in community activities ie sports, band, drama, student council, volunteer/community work.

Honorariums will be provided to candidates
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Military Family Resource Centre
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National Youth Week Winnipeg Partners
The Youth Community Partnership Project
(Partners in Canada's Drug Strategy)
Child and Family Services
Winnipeg Military Family Resource Centre

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CANADIAN FORCES RECRUITING CENTRE (CFRC) WINNIPEG CONDUCTS A PRIMARY RESERVE RECRUITER'S COURSE

On 30 Sep and 1 Oct 95 17 candidates from nine Primary Reserve units attended an annual Primary Reserve Recruiter's Course at CFRC Winnipeg. The aim of this course was to provide training in the skills necessary to effectively perform the functions of a Primary Reserve Unit Recruiter. This includes attracting applicants, providing information to the public, determining basic eligibility requirements, and conducting pre-enrolment procedures. All candidates passed and participated extensively in the course. After successful completion of the course, members are then required to refine their recruiting skills by being employed as a unit recruiter for a period of six months. At that time they are awarded the Recruiter Occupational Specialty Qualification. In addition, candidates are required, when practical, to receive at least two evenings or a weekend of contact training at CFRC Winnipeg. Congratulations are extended on behalf of CFRC Winnipeg to all graduates of this course.



Primary Reserve members on course

CFRC PROFILE

NAME: Warrant Officer Pete Fortier
MOC: 711 Medical Assistant
POSITION: Medical Coordinator
FAVOURITE SAYING: "Okay, I've got a good joke for you"

Pete joined the CF in 75 and must love Manitoba's cold weather, as he has had three postings in Winnipeg. Since 92 he has been CFRC's sole Medical Coordinator, doing enrolment medicals for the Primary- Reserve and the Regular Force. He is also actively involved outside of work and is the Mayor of the Westwin Community Council, District Commissioner for Scouts in the Fort Rouge district, and has been the Minor Bantam football trainer for the last three years. He and his wife have two sons, and his wife is a Sergeant with Base Supply.

Although Pete is extremely busy doing up to seven medicals per day at CFRC, he does find the time to bike to work ten kilometres daily in the summer and let his two dogs walk him daily at home. He is also known for playing the odd practical joke at work, which of course are all forgiven. Although it's not polite to disclose someone's age, we at CFRC would like to take the opportunity to wish a happy 40th birthday to Pete. Have a good one!



WO Pete Fortier in medical fatigues at CFRC Winnipeg



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EXERCISE RIVER WALK 96



Soldiers of A Coy preparing snow defences.



Lt Wright looking more handsome than usual.

ALPHA COMPANY



Cpl Fletcher in the snow cave built by soldiers of A Coy.

The soldiers of Alpha Company, 2PPCLI (minus our esteemed arm wrestlers) ventured to Birds Hill Park for three days of winter indoctrination. After a slow drive in cold HLVWs across a blustery Perimeter Highway, the company set out with snowshoes, rucksacks, and toboggans along Highway 59 for a fifteen km march to the scenic provincial park. Although the weather was cold, the morale of the troops on the march was kept high by the constant reverse flow of the company headquarters and the quasimodo-like gait of one (not to be mentioned at this time) Warrant Officer. Once in the park, the platoons moved to separate bivouac areas and reacquainted themselves with ten-man tents, roving sentries, and snow trenches. Tent routine highlights included exploding IMPs (individual meal packets), and the always entertaining sight of the platoon on stove watch. Snow defences, improvised shelters, and basic winter skills such as tracking, snaring, and most important, how to write a proper "canteen" ADREP, filled out the training timetable. The bangy boards (skis to you non-military types) were also used for a trek during extremely high winds on Wednesday afternoon. A few brave members of the platoon ventured up to the highest hill in Manitoba to test the compatibility of military skis for downhill skiing. The dreaded march back on Thursday morning turned out to be just a very cold HLVW ride, much to the delight of Pte Michaud, who won eighteen dollars in a pool by correctly guessing the pickup point for the trucks. In all, Birds Hill Park beats the H out of Shilo. On a final note, A Company is still searching for CSM Kearsly and Lt Proctor (total combined weight, about 65 kilos), who were last seen blown away by a strong gust of wind on Wednesday night.



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WING COMMANDER'S COMMENDATION



The W Comd, Col Sharpe, presents Cpl Jean Pachkowski of Wing Supply with a Wing Commander's Commendation for her immediate intervention of a hazardous P.O.L. fuel spill. Her accurate assessment and quick action allowed for the immediate response of emergency personnel. Cpl Pachkowski's actions minimized a very dangerous situation. (Photo by Cpl Jeff Robichaud, 17 Wing)

On the 18 Sep 95, Cpl Jean Pachkowski of Wing Supply detected the presence of an unusually strong odor of gas fumes near the P.O.L. compound. Although unfamiliar with P.O.L. operations she immediately reported her findings to her supervisor, strongly emphasizing the seriousness of the situation. The appropriate personnel were alerted, and as a result they discovered a valve problem in the pump house. It was determined approx 6300 liters of fuel was spilled in the area.

Cpl Pachkowski's astute observations and prompt action in reporting this incident, halted a hazardous situation and alleviated the potential for disaster. Her actions demonstrated an extremely high level of concern for fellow service personnel and the environment.

Thanks to Cpl Pachkowski's early intervention, the environmental experts can determine minimal excavation be carried out to clean up the area. Her actions will result in substantial cost reduction to DND.

The potential hazard this incident presented was monumental in proportions. Any one of a hundred scenarios could have occurred to create an explosion, resulting in possible death or the loss of the entire P.O.L. compound and its contents.

For her diligence and professionalism Cpl Pachkowski was awarded a Wing Commander's Commendation for her actions. Col Sharpe made the presentation on 10 Jan 96.

*Just walking
to the
Video Store....*



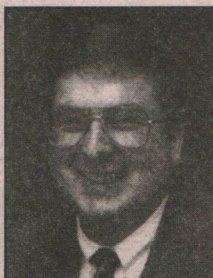
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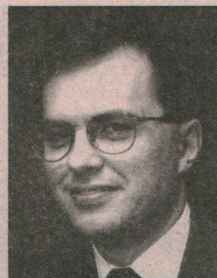
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Exercise Washington

By Capt Mike Lagace

"Hello- 911 Operator- this is off-duty officer Mike Lagace. I'm following transit bus #236. I believe I saw a guy holding a rifle to the bus drivers head."

Thus in the early hours, as the sun was just rising, on the 10th of October began Exercise "Washington"- terrorists had taken over a bus load of U.S. athletes and were now holding them hostage.

Six Canadian Forces members volunteered to assist the Winnipeg Police Services with a scenario never experienced by the Winnipeg Police before. Including one female, the soldiers had come prepared to kidnap the bus and its 16 volunteers.

With the Pan Am Games coming to Winnipeg in 1999 this exercise could be a reality. Although four years away, Staff Sergeant John Speirs, training coordinator for the police specialty unit, is planning ahead.

"The Games are coming closer- units such as ERU (Emergency Response Unit) and Hostage Negotiators need more training and this is one way" commented Speirs.

Warrant Officer Dan Haslip, Intelligence Officer, recently returning from the former Yugoslavia, leading the "terrorists" and the negotiations, related, "I was captured by Bosnian soldiers and had fresh intelligence on me. If they had found it on me I believe I would have been shot. Knowing what to say and how to say it saved me and my driver."

Needless to say, WO Haslip made negotiations difficult for the police.

The bus was directed to Kings Park, just south of the University of Manitoba. The park was cordoned off and residents had to change their usual jogging routes for this day.



Let the Ex begin! Master Warrant Officer Wayne Ball (right) prepares a claymore mine as part of their perimeter defense while Sergeant Keith Scott guards for police.



Takedown! Negotiations fail so the Emergency Response Unit presses into action when hostages are shot by the "terrorists."

Equipped with automatic rifles and explosives these well-trained extremists set up a first-line assault perimeter of claymore mines.

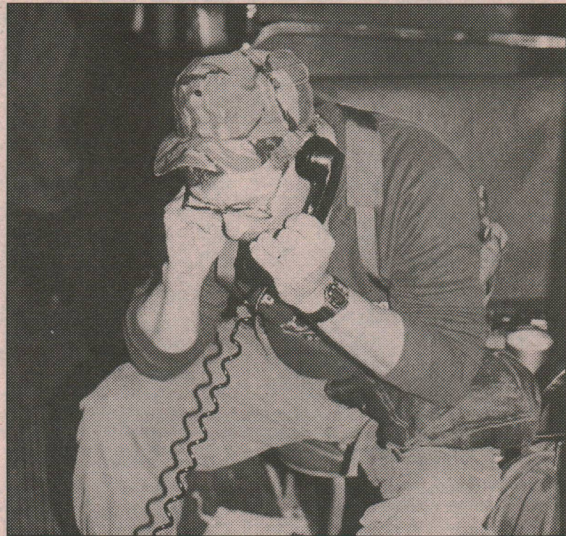
The first-responding cruisers were used to high-speed pursuits, stabbings and robberies. The well rehearsed actions by the terrorists was something quite unfamiliar. With cautious curiosity they maintained a secure inner perimeter and called in the specialists.

Within the hour over 50 specialist officers converged. Along with the Emergency Response Unit (ERU) were members from the Hostage

Negotiators, Bomb Squad, Canine Unit and Communication Specialists.

Inspector Eric Hrysyk, a 23-year member of the Winnipeg Police, in charge of the Specialty Units, remarked, "This type of exercise comes only every two years. I intend this to happen twice a year to make the units effective".

Although this exercise was designed for the Hostage Negotiators the exercise was complicated when hostages were shot. In reality an attack on the bus would be imminent. Thus in this exercise the ERU was called in to play "hard ball".



Warrant Officer Dan Haslip negotiates with the Winnipeg Police Hostage Negotiation team. The best he could get was a free lunch from McDonalds.



Constable Tim McGill of the Winnipeg Police Emergency Response Unit covers terrorists during the assault to save hostages.

An exercise of this nature with the military would have taken days to complete however with the civilian reality of overtime budgets this exercise had to wind down within five hours.

For the sake of expedience all terrorists were captured. WO Haslip was lastly removed from the bus yelling,

"I HAVE DIPLOMATIC IMMUNITY"

.... that being the last words heard and he was lined up against the compound fence by Sergeant Mitch McCormick "executing" Dan's rights with an M-16 rifle shot to the chest (blanks, of course).

MANITOBA LAKEHEAD DISTRICT



Presentation to Chief of Staff

MGen Clive Addy, Commander of LFWA, presented LCol Don Grant, Chief of Staff for Manitoba Lakehead District, with his 1st Clasp Canadian Decoration last November at Minto Armouries during the Change of Command ceremony for the new District Commander, Colonel Dennis Tabburner.

Air Reserve Promotion



Col W.C. Thompson, DCOS Trg, Air Command Headquarters and CWO R.D. Frosst, SO PD 3, Air Command Headquarters present MWO K.M. Cox with that rank effective 15 January 1996. Congratulations Kathy, from all the staff at DCOS Trg.

Executrek Comes to Thunder Bay

By Captain Mike Lagace

As the Winnipeg-based Dash 8 aircraft extended its landing gear to accept the Thunder Bay runway, fifteen local leaders in the community and business prepared to leave Thunder Bay Airport at 6:30 in the morning!

Why would executives get out of bed and at the airport at such an uncomfortably early time of the morning?

EXECUTREK TO CAMP RIPLEY, MINNESOTA!

Dressed in their best bush gear, the adventurous group was destined to experience (and enjoy?) a day in the life of an army reservist. The mission—show them the true value military training gives their employees.

Camp Ripley is located two hours north-east of Minneapolis and is a major training facility for the US National Guard. For this October weekend in 1995 it was now home to 120 reservists from the Thunder Bay area.

Last spring, the Commanding Officer of the Lake Superior Scottish Regiment (LSSR's), Major Don Strang contacted the regional coordinator for the nationally-based program of Executrek, Lieutenant-Colonel Malcolm (Mal) Symonds, former Commanding Officer of Winnipeg-based 402 Squadron and present Director of Science Engineering for Bristol Aerospace. After that first contact the wheels for this operation were set in motion.

Maj Strang put LCol Symonds to task.... getting local business and community executives to participate in a day of training with the Army Reserves.

Months of arrangements were confirmed; letters of invitation were sent out; companies were accepting the opportunity to see training at its heart... in the field.



A few of the lion-hearted executives volunteered to tackle the five-storey rappell tower. As they prepared their Swiss seats they had little time to contemplate their decisions.



Cliff Friesen, President of Bearskin Airlines, contemplates feasting in haybox food. He was overheard asking for those honey-roasted peanuts they serve in first-class.

The president of Lakehead University said "yes!". The president of Bearskin Airlines said "yes!". Soon the list filled and representatives were coming from construction, investigations, government,

colleges and real estate. The first-ever Thunder Bay Executrek was a reality.

The one and one-half hour plane trip landed on the Camp Ripley tarmac.... the bus was ready and they were off on



Conquering her fear! Dawn Powell, from the Thunder Bay Chamber of Commerce, edges out from the top of the five-storey rappell tower into the unknown, successfully completing the descent down.

their whirl-wind tour... and the fresh Autumn day was gorgeous... the chill of an Autumn morning made way for perfect weather—clear, calm and warm.

Thunder Bay reservists were training in rifle, anti-tank weapons, obstacle course manoeuvres, rappelling (taught by Lieutenant Tim Groulx and hosted by the National Guard) and how to eat army food... perhaps the toughest of all training!

The whole tour took them to rifle and tank ranges and a rappell tower. The more adventurous of the invitees tackled this rappelling tower... six stories high... and beat a natural fear of heights (with the oldest executive

being 70-years-old).

Supper arrived (their second army meal of the day) and the tour was coming to an end. A quick look at the reservists sleeping quarters (described as spartan but clean, at best) and a last look at the computerized indoor range (probably the best virtual-reality game you could ever imagine) completed a full day of learning what their employees are doing on their days off.

Training for the Thunder Bay reservists didn't miss a beat. Their message was given to their civilian bosses, loud and clear:

"Support your employees—their training in leadership skills will make them better leaders for your companies!"

Canadian Forces School of Meteorology

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GRADUATED 13 DEC 95

Front Row (L-R) CWO R. Anderson, Mr. B. Hartman, Col George, Mr. L. Richard, MWO S. Croteau
Centre Row (L-R) Sgt S. Vivian, WO P. Davis, Cpl B. Glass, Cpl S. Mefford, Cpl M. Mills, Cpl D. Keeping, Cpl P. Wilkinson, Cpl M. Smith, Sgt J. Grenier, MCpl S. Sigurdson
Back Row (L-R) Sgt R. Dwyer, Cpl J. Braman, Cpl D. Horner, Cpl B. Chafe, Cpl T. Graham, Cpl R. Pothier, Cpl D. Phillips, Cpl Lundrigan, Cpl E. Way, Cpl B. Tkachuk, MCpl D. Skinner.



SUICIDE PREVENTION: IT'S EVERYBODY'S BUSINESS

Suicide is a tragic loss of life. It also affects anyone who knows the victim and has a profound impact on the morale of all CF members who are aware of the event.

Over the past few years, there has been an average of 12 suicides annually in the CF, with young NCMs being at greatest risk. These figures are no higher than for the general Canadian population. Yet, for something as devastating as suicide, even one is too many.

Suicide is a complex issue. Most individuals have more than one reason for attempting it. Most people who attempt suicide do not want to die. Rather, it is a desperate act aimed at stopping the pain of living. Evidence clearly shows that if a person is prevented from committing suicide, he or she is very thankful afterwards.

Every suicide raises the question of whether or not the death could have been prevented. It would seem that many suicides could be prevented since most are preceded by warning signs. All CF members should be familiar with these signs and know what to do to help prevent this needless loss of a life. Suicide prevention is everybody's business.

Sudden changes in behaviour in an individual may indicate underlying emotional problems. These could include an abrupt increase in absenteeism, reduced job performance, lack of interest and withdrawal, changed relationships with fellow workers, increased irritability or aggressiveness, and increased or heavy use of alcohol or drugs.

Sudden changes in attitude or

personality may also be a telltale sign of problems. This could show up as a sudden loss of interest in appearance or hygiene. Or it could lead a cautious individual to become a reckless risk-taker. These and other similar changes are cause for concern.

Making final arrangements is another common act of someone thinking about suicide. In younger people, this might include giving away prized personal possessions. In older individuals, it might involve updating a will, attention to personal financial planning, and the like.

Some warning signs are more direct. Eight out of ten people who take their own life give definite clues before doing so. Suicide hints or threats must therefore be taken seriously. These could be statements such as: "I won't be around much longer for you to put up with me"; "My family would be better off without me," or "I think I'm going to end it all. I can't stand this anymore."

If you think someone is seriously contemplating suicide, there are some things you can do. Five very specific steps are noted below. These have appeared previously in CF

publications, but they are extremely important and bear repeating. You should:

- ASK the individual directly if they are thinking of suicide.
- LISTEN to what they have to say without judging.
- BELIEVE what the individual says and take all threats of suicide seriously.
- REASSURE the person that help is available.
- ACT immediately. Make contact with others to ensure the person's safety.

Don't try to deal with the situation yourself. Medical staff, a Social Work Officer, a Chaplain, and the individual's CO are all people you can turn to quickly for help.

SUICIDE PREVENTION: ASK, LISTEN, BELIEVE, REASSURE AND ACT.



LE SUICIDE, ÇA REGARDE TOUT LE MONDE

Le suicide est une tragédie personnelle, bien sûr, mais qui affecte profondément tous ceux qui connaissent de près ou de loin la victime.

On compte en moyenne 12 suicides par année dans les FC, principalement parmi les MR. Ce taux n'est pas plus élevé que dans l'ensemble de la population, mais les conséquences du suicide étant si dramatiques, chaque suicide est de trop.

Le suicide est un problème complexe. Les raisons qui poussent une personne à se suicider sont multiples. Mais la plupart de ceux et celles qui tentent de se suicider ne veulent pas mourir. Ils cherchent plutôt désespérément un moyen d'arrêter de souffrir. En effet, il est prouvé que ceux qui ont pu être sauvés en sont très reconnaissants plus tard.

Chaque suicide soulève la même question: <<Aurait-on pu prévenir cette mort?>> Il semble que bon nombre de suicides pourraient être évités puisque la plupart sont précédés de signes avant-coureurs. C'est pourquoi tous les membres des FC devraient connaître ces signes et savoir comment venir en aide à une personne en détresse. La prévention du suicide, ça regarde tout le monde.

Des problèmes émotifs peuvent se traduire par des changements soudains de comportement: une augmentation notable de l'absentéisme, une baisse de rendement, un manque d'intérêt et un repli sur soi-même, des changements dans les relations avec les collègues, une augmentation de l'irritabilité ou de l'agressivité et une augmentation ou un excès dans la consommation d'alcool ou de drogues.

Des changements soudains d'attitude ou de personnalité peuvent aussi être de bons indices: un laisser-aller dans son apparence et son hygiène; une personne prudente qui se transforme en casse-cou, etc.

Posez-vous aussi des questions si une personne prend des dispositions définitives: un jeune qui commence à donner ses biens les plus précieux, ou une personne plus âgée qui refait son testament ou porte une attention particulière à sa planification financière, par exemple.

Certains signes de détresse sont plus directs, cependant. Huit fois sur dix, les personnes qui s'enlèvent la vie ont menacé de se suicider ou y ont fait allusion avant. Prenez au sérieux toutes les déclarations du genre: << Vous n'aurez plus à m'endurer bien longtemps >>, << Ma famille serait mieux sans moi >> ou << J'en peux plus. J'ai envie de tout lâcher >>.

Si vous croyez qu'une personne songe sérieusement au suicide, vous pouvez l'aider. Lisez attentivement les cinq étapes ci-dessous. Elles ont déjà paru dans d'autres publications des FC, mais elles valent la peine d'être répétées.

- DEMANDEZ sans détour à la personne si elle songe au suicide.
- ÉCOUTEZ la réponse sans porter de jugement.
- CROYEZ ce que la personne vous dit et prenez toutes les menaces de suicide au sérieux.
- REASSUREZ la personne sur la possibilité d'obtenir de l'aide.
- AGISSEZ sans tarder. Communiquez avec d'autres personnes aptes à veiller sur sa sécurité.

N'essayez pas de régler la situation vous-même. Informez-en rapidement le personnel médical, un travailleur social, l'aumônier ou le supérieur de la personne.

LA PRÉVENTION DU SUICIDE: DEMANDEZ, ÉCOUTEZ, CROYEZ, RASSUREZ ET AGISSEZ.



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12 & A	13 BURRITO	14	15 FREE PEANUTS	16 YOU CHOOSE THE MUSIC	17 SATURDAYS
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CF STEWARDS GIVE \$1,000 TO SUN YOUTH

By France Précourt (Le Servoir, CFB Montreal)

For most of us, the holiday season is a time for celebrations, a time to be happy. For some others, unfortunately, it isn't so. That's why the Canadian Forces stewards got together to offer a brighter Christmas to the poor. On Friday, November 17, CP02 Vernon Phillips, PO1 Michel Trudel and Mr Gerry Cassidy visited Sun Youth to deliver on behalf of all Stewards both serving and retired a cheque for \$1,000.00.

Stewards' Conference Sets the Ball Rolling

It all began at the Fifth Annual Stewards Conference, held at the Longue-Pointe Garrison from 17 to 19 August

1995. The stewards had come together to discuss the steward's role in the Canadian Forces today, but they found time during their deliberations to think about those around us who have very little if anything at all. They had soon collected the tidy sum of \$1,000.00. They now had to find a charitable organization to manage and distribute the money, and Sun Youth struck them as an appropriate choice.

As they delivered the cheque, CP02 Phillips and PO1 Trudel thanked all those who, in one way or another, contributed to the success of the project that began at the conference. "We want to thank CFB Montreal's LCol Gaudreault, Major Goyette, MWO Cormier, Mr Roger Gauthier and the Transport Section. Special thanks to all

the stewards armed forces wide serving or retired whose generosity made this gift possible."

The Mission of Sun Youth

Established in 1954, Sun Youth has not changed its mission: to help those in need. As its name implies, young people are at the heart of Sun Youth's concerns. Summer camps as well as sport and recreational programmes are specifically designed for young people. Sun Youth has also outfitted a special bus with video and computer equipment to show kids why staying in school and getting an education is a good idea and to raise their awareness of the down-side of crime.

Sun Youth also helps people in distress following a disaster or crisis. They can find a few



Presenting the \$1,000.00 cheque. From left to right, PO1 Michel Trudel, Mr Pat Patterson, Director Emergency Services at Sun Youth, CP02 Vernon Phillips, Chairman Seminar Committee and Mr Gerry Cassidy, Steward retired.

days lodging for people who have lost their home in a fire. They also provide new and used clothing as well as food to those who meet their criteria for assistance, that is to say anyone on welfare or who is unemployed, or students who have run out of money.

The gift of our stewards shines brightly and is an inspiration to us all. Any donation, no matter how small, makes a difference. Think about it... and you'll find that, like our stewards and like the people at Sun Youth, you won't remain indifferent!

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Recent 17 Wing Judo Club Activities

By Brian Knudsen

On November 25th, the first St. Boniface judo tournament was held at Windsor Park Collegiate. It is a measure of the continuing popularity of judo that new tournaments are appearing to meet the need of the participants in judo to refine their competition skills. The new St. Boniface tournament is specifically for young competitors. Participants had to be under the age of 21.

17 Wing had sixteen competitors, nine of whom brought home medals:

Girls

Under 44 kg Jessica Delaney (green belt)
Under 46 kg Sarah Warrack (orange belt)

Junior Boys (12 and under)

Under 32 kg Andrew Boyce (white belt)
Under 35 kg David Onyebuchi (white belt - GOLD)
Under 35 kg Kevin Duffield (white belt - SILVER)
Under 35 kg Luke Saddler (white belt - BRONZE)
Under 35 kg Michael Chapman (white belt)
Under 43 kg Brent Schmidt (white belt - BRONZE)
Under 50 kg James Mullin (white belt - SILVER)

Juvenile Boys (ages 13 to 15)

Under 50 kg Barry Knudsen (blue belt)
Under 59 kg Ken Jones (orange belt - BRONZE)
Under 59 kg Shane Carter (white belt)
Under 61 kg Wade Jones (yellow belt - SILVER)
Under 74 kg Tyler Hunt (orange belt)

IJF Junior

Under 78 kg Charles Murray (orange belt - BRONZE)
Under 78 kg Ken Kohinski (green belt - BRONZE) (combined with Boys Over 74 kg.)

Special congratulations should go to David Onyebuchi who, while still a white belt and in only his second tournament, won a gold medal.

Other representatives of the 17 Wing club were Steve Broughton, club president, who was officiating. Also officiating, and doing so for the first time, were two of the club's brown belts, Dana Larose and Tim Dittrich. Congratulations to Dana and Tim for getting into an aspect of the sport which is so difficult and so important. Kelvin Francis and Brian Kohinski coached the team. The entire club is proud of all the members who were out to represent us.



Youth Competitive Team - St. Boniface Open 95

PARENTS OF SICK KIDS SUPPORT GROUP

You may have already seen the advertisement placed in the paper about Parents of Sick Kids Support Group. I'd like to take the time to describe the support group and give parents a better understanding of what the support group is all about.

Memberships are \$10.00. All money is donated to a charity members choose. Tax receipts are issued to each member.

When membership fees are donated, member will receive an Information Package with pamphlets and medical hand-outs of your kid's condition, as well as information on any medication your kid may be on, a monthly newsletter and especially support.

Members participation in meetings, kid's days, BBQ's, pot luck dinners, etc. is optional. The bulk of activities occur during the warm summer months. These special events are planned by all members.

Winter months are reserved for the support meetings and lectures. On occasion, guest speakers may speak during one of the monthly meetings. Lecture topics may vary. Kids may attend the support meetings. The kids may all play together while the parents have coffee and chat. This creates relaxation for the kids as well, a time to overlook

their problems and develop social skills. They also learn that every kid is special.

We will need to know your kid's name, age, birthday, condition and any medication they may be on. As well as member's name address and phone number.

Every member may contribute stories, etc. to the monthly newsletter. I encourage it.

Calendars are made for each member to purchase in September. Calendars will have all kids pictures in them. T-shirts, mugs, hats and pens have the support group logo on them and are available anytime for purchasing.

Support meetings are for members to discuss their problems and concerns, share their joys and frustrations, laugh and cry, have questions answered, and anything else we wish to share. They are for support, socializing and relaxation.

Our kids are very special, and as frustrating parenting a sick kid may be, the kid needs to feel special, safe and protected. Parents, for the love of their sick kid, need to take time out for themselves, talk about their kid's condition, and feel special and strong themselves.

Everything that is shared during the meetings is to be kept in the strictest confidence.

For more information call:

PARENTS OF SICK KIDS SUPPORT GROUP

Valerie Sheppard
398 Doncaster St

Winnipeg, Man. R3N 1W8
Phone: 489-2304

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RECRUITING FOR THE NAVY IN THE PRAIRIES... WHAT GIVES???

By Lieutenant (Naval) Jim Ross, DCO,
CFRC Regina

So what is someone in the Navy doing in the prairies? When you think about it, there is a great deal of similarity between the wide-open spaces of the prairies and the vast open seas. It may be this similarity that is attracting people from the prairie provinces to life at sea. The unique aspect of the prairies that can be related to naval life, is that there are no fences and the horizons seem endless and uninterrupted. This may seem like a trivial thing, but for those who have

been raised on the prairies, the navy provides that "fenceless" open feeling and may be a consideration for those who are interested in a possible career in the CF.

The Recruiting Centres are often the first point of contact for potential applicants. Not only do we provide the public with information on career opportunities, we also represent the CF. Regina is primarily an agricultural centre and the people are more accustomed to seeing farmers, cowboys and even cattle, than anyone in a navy uniform. Not surprisingly then, we are sometimes approached by inquisitive individuals asking when the next bus is departing or if we are lost because the ocean is 2500 km that way. It is during these situations that a perfect opportunity exists to inform the public what we are doing and to educate them about the military... of course this is after we clarify the bus schedule and

reassure them that we do not have any destroyers in any of the local waterways!

So are there employment opportunities in the navy for people from the prairies? Recruiting quotas for the regular force has always had its peaks and valleys. Both scheduled and unscheduled attrition have affected the overall manning requirements. The recruiting system must ensure the CF has the required number of motivated and skilled individuals to meet the projected CF requirements into the next century. With the introduction of the CF Total Force policy, the recruiting organization assumed the added responsibility of processing applicants for the primary reserve. To answer this question, "YES". There are employment opportunities in the navy for people from the prairies. In the recruiting centres, we provide information to the public on all career opportunities, both

in the regular force and the primary reserve components. We provide advice and guidance on career options that would best suit their interests and desires. The naval environment is alive and thriving in the prairie provinces though both the Naval Reserves and the Sea Cadet Corps organizations. Both elements cater to the needs and interests of a wide variety of people, both young and old. It is through such organizations as these, opportunities for employment and development of skills are gained and simultaneously inspire some individuals for a potential full-time career in the CF. Although they may not have immediate access to all the equipment that are sometimes taken for granted, through dedication and ingenuity, you would be amazed how you can create a makeshift destroyer and navigate very keen and eager individuals though a field of dreams.

Encourage them to graduate with a purpose.

If your sons or daughters would like to earn a degree while doing something meaningful, maybe you should encourage them to look into the challenges offered by the Regular Officer Training Plan (ROTP) of the Canadian Armed Forces. Through this plan, we subsidize their education at the Royal Military College in Kingston, Ontario or a selected Canadian university.

The Forces offer equal opportunities for men and women with a wide range of exciting career options.



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If they would like a challenge and you think they can make a difference, encourage them to consider the Canadian Armed Forces.

For more information about ROTP, call us at 1-800-856-8488.



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A WORD FROM THE CHAPLAIN

"CAN WE MAKE SENSE OF OUR SUFFERING?"

By Maj S.G. Hopkins,
Wing Chaplain (P)

It has been suggested that we could bear our burdens, especially suffering, if we could make some sense out of the ordeal. This struggle to do so is not peculiar to our period of history nor your personal situation. The portrait of the "Suffering Servant of Yahweh" found in the Second Servant Song of Isaiah (Ch 49:1-7) offers us the opportunity to perceive a picture of ourselves as we reflect upon our personal meaning in the midst of our pain.

In the opening verse we hear these words, "Listen to me, distant nations, you people who live far away." Can you identify with that statement? Are we not distant or far removed in time and space from living in true community in this world of terror and despair? Many of us are involved in peacekeeping and humanitarian missions. We find ourselves as a global village estranged from one another and in constant conflict. In our very own being, we are fragmented and fragile. The body, mind, emotion and

soul are often lacking unity and in conflict. The "breath of life" seems to be a gasp away and it is difficult for us to have hope. The scroll continues "before I was born, the Lord chose me and appointed me to be his servant." At first, these words may seem to be so religious that you find them strange and not relating to your understanding. But, consider that the person being described is deeply conscious of their predestined calling, "from the womb". Are we

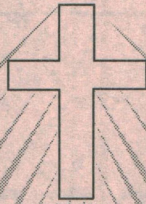
not also seeking to find some purpose and the clues being hidden in the earliest formation of our personality?

We are more likely to come to an awareness and an acceptance of ourselves in researching the "roots" of our being than we are in horoscopes, 800 numbers, or crystal balls. It is not necessary to be analyzed or complete a questionnaire to be yourself. In our wandering through the deserts of emptiness and the mazes of confusion, we

become lost in our sufferings and look for quick-fix cures. Perhaps, as we return to the "ground of our being", come to terms with our past, are we then prepared to come alive as the children of God. The story continues with metaphors telling us that we are like an arrow hidden in a quiver having unlimited potential, that, in spite of our frustration and despair, there awaits a road to freedom.

We are not created by circumstances; we create circumstances. We teach

people how to treat us. We can chose how to colour our world, how to put a positive spin on our situation. Yahweh will be with you as you use your imagination and have a vision to be you. You will see light at the end of the tunnel and it will not be another truck coming. A new day will break on the horizon and you will have much to offer to others and this world. A path will be tread from defeat to victory and you will have a song to sing. Thus, you will make sense out of your suffering.



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St. George's Chapel (South Site)

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Tues & Fri: 1000 hrs

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Junior Bible Club-Wednesdays-1630 hrs. (9-12 yrs. old)

Young Adult Group - Sundays - 1400 hrs. (14 & up)

Bible Study - Tuesdays - 1930 hrs.

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Divine Worship-1115 hrs. Holy Communion-1st Sunday

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CANADA TAKE it to HEART

(NC) Between February 12 and 19, people throughout this country are being given the opportunity to take Canada to heart. It's all part of a special Growing Together Week...a partnership that includes National Citizenship Week, the anniversary of the Canadian flag (February 15), Heritage Day (February 19)...and all Canadians.

Pride in Canada can be expressed in many different ways. You could wear a maple leaf pin on your lapel, hold a discussion on the responsibilities of Canadian citizenship, raise a flag at your home or workplace, volunteer to work for a worthy cause, or collect for a local charity. Participate in Growing Together Week with activities that reflect and honour your community's character, heritage, and traditions.

Whatever you choose to do during this week, take the opportunity to join with family, friends, and neighbours to salute what is special and unique about where you live and about our country. Learn about how your community, and thousands of others, contribute to Canada and to our collective sense of belonging.

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La Division scolaire franco-manitobaine et la Fédération provinciale des comités de parents invitent les parents, les grands-parents, les enseignants et enseignantes et toute autre personne intéressée à l'éducation française à <<piquer une jasette>> en compagnie d'Irénée Fourrée-Partout et de son fidèle assistant Roger Fournier.

Ce projet conjoint DSFM-FPCP vise à fournir aux parents, ainsi qu'aux grands-parents, aux enseignantes et enseignants et toute autre personne intéressée à trouver des outils pour encourager chez les

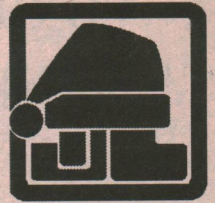
enfants l'utilisation de la langue et de la culture franco-manitobaines. Dans un premier temps, Irénée Fourrée-Partout met en scène des situations bien connues de toutes et tous et fournit par le biais de l'animation des approches utiles et pratiques. Le deuxième volet de cette animation aura lieu aux mois de mars, avril et mai avec la projection du film <<Mon amour, my love>>.

La FPCP et la DSFM invitent donc toute personne intéressée de près ou de loin à l'éducation en français à venir <<piquer une jasette>> aux dates suivantes:

Le 28 février à l'École Lavallée
Le 29 février à l'École Lacerte
Le 4 mars à l'École Précieux-Sang
Le 6 mars à l'École Taché
Le 7 mars au Collège Louis-Riel

Les activités débutent à 19h30

Pour de plus amples renseignements à ce sujet, prière de contacter Madame Diane Bruyère, coordonnatrice des programmes et services culturels - DSFM: 982-8950 et Madame Chantal Bérard, Fédération provinciale des comités de parents: 237-9666.



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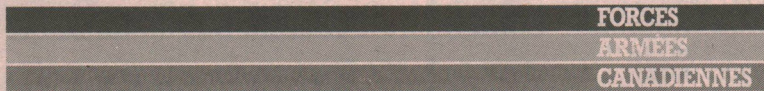



toute autre université reconnue. Au collège militaire, ils ont un vaste choix de programmes, tous offerts en français.

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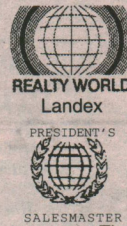


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