

Historic Moment in GTA

by Howard Smith

On November 22nd, a historic milestone was reached when contracts, valued at more than \$11.5M, were signed with the Manitoba Telephone System. These contracts, for Centrex service in Winnipeg and Brandon, bring savings to the Federal Government of close to \$400,000 per year while providing more than 7000 government employees an up-to-date telecommunications service.

This signing comes after many years of dealings with MTS which has permitted the local GTA office to implement such things as the first centrex service in Canada (1969) through to voice response trials at the present time.

In addition to bringing a degree of price stability for GTA clients in the Manitoba District, it paves the way for future contracts which will provide decreased costs for

various forms of terminal equipment.

The contract was signed for MTS by Roger Balance, Vice President, Marketing and by Howard Smith, Director, GTA on behalf of the Government of Canada. During the ceremonies, Howard paid tribute to Ron Bailey, Manager, Manitoba District, whose efforts were instrumental in bringing about the terms of this contract. ❖

Editor's Note



At this time of year, kiddies are looking forward to receiving extraterrestrial quantities of booty, and adults are looking back on all the lovely socks, ties and eau de oil slick bath beads collected over the decades, wondering whether it will ever end. Children will soon be squealing with delight, parents will be heard to exclaim, "Oh boy, another eighteen dozen socks. You can never have too many socks." Any Granny will say, "What was that I bought you. A missile launcher. Hold it up. You know I can't see that far."

All in all, the holiday season is a time to gaze back into the past and remember the fine traditions that families pass on from generation to generation without ever stopping to think whether or not they make any sense. It's just one of those things close relatives do to each other out of affection.

I know there were certain traditions or routines in our family that I will never forget. Our family celebrates a December 25th Christmas. To me, this meant travelling to Montreal every year, usually on December 24th from another well-known Central Canadian province to be with Aunty, Uncle and the cousins. The roads way back then were not what they are today and Montreal and Toronto were much farther apart. Something to do with continental drift. Of course the winters were much colder then, it snowed more, and my primary school was eighty-six miles away over a treacherous, uncharted mountain range. It seems my parents' school was on another continent altogether, so I had it pretty soft when you really think about it. Aren't memories grand!

Anyway, the trip itself was always exciting. My sister and I would play a game to see how many times we absolutely needed to go to the bathroom between the house and the end of the driveway. Dad almost always got a kick out of that one. He was forever saying what fun it was to travel with the kids.

But the down and dirty traditional stuff never really started until we arrived in Montreal. After pretending to be shy with Aunty, Uncle and the cousins for a while, we would have dinner and then get ready for a night out on the town — at the local country church. All the kiddies took turns in the tub, scrubbing behind our ears, washing both sides of our hands, and getting all spiffed up for the evening service.

This meant donning a plaid, clip on bow-tie that frequently interfered with my ability to swallow and caused me to make odd gurgling noises. It came with a matching sports jacket. Wow, what a fashion plate. (Dressing children this way is one of those things generations do to each other.) And Mom would always say, "Did you brush your hair?" Did I buff my head would have been more to the point. It is a little known fact that children growing up in the sixties were not allowed to have hair until they reached the age of ten. Well, when all the plaid was lined up in the right direction, Granny would say the same thing she said every year, "My, aren't you a dashing young blade." The first time she said it, I thought she had called me 'baldy', but then I figured my own grandmother would never do a thing like that. I assumed it was the equivalent to the bees' knees.

The country church service was always pretty entertaining. The old duffers in the choir would croak out the more difficult carols, while the junior choir would attack — literally — the simple ones like "Away in a Manger". It was years before I figured out what they were singing, since little folk tend not to get hung up on following the words or the tune. Some just waved to the congregation and didn't sing at all. I chalked this up to down home country hospitality. Or maybe it was their way of signaling for help, of saying "hey, I don't want to be up here with these tone-deaf, bald-headed kids." Who knows.

... continued on page 2

IN THIS ISSUE . . .

Word from the Director	
General	2
Profiles	3
Food	4
Health & Fitness	5
Wine	5
People	6
Sports	7
On the Road	8
Music to Your Ears	9
United Way Update	9
Stop the Press	10



Word from the Director General

PLANNING

Is planning a useful exercise? What purpose does it serve? What is it? Is it something we need?

The first question is an easy one to answer. The answer is, of course, yes. We spend time planning our holidays, our weekends, our leisure time, so naturally we have to spend time planning our work.

In the course of our work, we all perform a number of routine tasks. But everyone has at one point said to himself or herself, "Some day, when I have time, I'm going to do this or that," without ever finding the time to follow up on our ideas.

Often, we get so wrapped up in our day-to-day activities, that we neglect to focus on the one thing that could help us make our ideas happen: planning.

Simply ensuring that the day-to-day gets done, that the in-basket is empty at the end of the day, is not enough to ensure the success of an organization.

As everyone knows, our department, our sector and our region are going through a period of significant change. To be able to meet the challenges this implies, we must plan how we will adapt to our changing environment. For it to be successful, this process has to begin with every employee in the region. We have accomplished a great deal in the last two years by including all employees in the planning exercise, but there is still much more we can do.

In order to reach our goals and objectives, we must first begin by identifying our collective and individual needs. The best tool we have at our disposal to do this is the planning process.

Effective planning will enable the region to continue to provide a high level of service to our clients, and at the same time respond to the needs of our employees. To ensure that planning becomes a tool that helps us do our work better, I am asking you to ensure that your contribution or input takes into account the priorities of the department, those of the region and your own job priorities, and at the same time remains sensitive to the needs of the public we serve.

We must approach planning the same way the department does, using the three fundamental pillars — economic, social and cultural — that are so important for the future of our country.

It is critical that we support the arts, that we support and regulate broadcasters, that new telecommunications policies and regulations guarantee access to a world class network, that careful management of the radio frequency spectrum meets our present and future needs, and that our policies, research and support encourage creators to develop new applications for communications technologies.

After the holidays, we will begin to work on the New Year Operational Plan (NYOP). We should start thinking now about what we need to include in the plan to make sure we are well-positioned to begin the next fiscal year.

I am confident that after a holiday rest,

we will all return ready to jump into the planning process — using the experience acquired planning shopping trips, Christmas parties . . .

I wish you all very happy holidays and the very best in the New Year.

Roger Collet

Editor's Note from page 1

After church, we would go home and be wised off to bed with visions of sugar plums dancing in our heads. Now, what exactly is a dancing sugar plum? I wouldn't know a dancing sugar plum if one walked right up to me at the prom and asked me to boogie. It just goes to show that if you don't ask questions, you'll never find out anything. In any case, whatever these dancing things were, they usually kept me up all night. That and wondering if my hair would ever grow back.

Christmas morning would come and go with great fanfare. A few nanoseconds took care of hours of careful wrapping of gifts. Granny would haul in so much in the way of bath beads, dusting powders, creams, soaking salts and such that I wondered what she would be like without the preservatives.

The highlight, naturally, was the preparation and gobbling of the turkey. I'm sure every family has their own approach to dressing and cooking a turkey. I liked to dress ours in plaid sports jackets with little bowties to get Granny to say, "My, aren't you a dashing young blade." It would have been easy for her to confuse us, since there was

an alarming resemblance between turkey skin and my head when I was that age.

Like I said, everyone has a different way of doing things. Experience taught us it was better to start out with a dead turkey. (Live ones tended to be less co-operative about the whole process.) We called it "the bird", the same way funeral directors refer to "the deceased". I assumed we were doing it out of respect for the expired gobbler.

Well, there was never much respect for "the bird" when we threw ourselves upon it like a pack of wild hyenas on carrion — pardon the comparison. The turkey had to be big enough to feed nine of us, so I figure it must have weigh close to 300 pounds, give or take a drumstick. I bet I ate twenty or thirty pounds myself. We would eat it for about a year afterwards, in soups, salads, stews, a la king, a la queen, a la Duchess of Windsor.

I guess the thing I like most about this time of year is that I can look back on my childhood and remember everything just like it happened yesterday. Enjoy your memories and your holidays!

Tim Hibbard



Season's Greetings



PROFILES

by Shannon Soderquist



JAN SKORA

Jan Skora was the Deputy Director General for Central Region until December 4, 1989. He has since re-located to Ottawa to the position of Director, Regulatory Policy & Planning.

A Little History. . .

Jan confirms the fact that he was born. The grand event took place in Granby, Quebec.

Jan's D.O.C. history began in 1974 as he had a D.O.C. contract in the Cable TV Branch in Ottawa. From 1974-76, he was a Cable TV engineer in Headquarters. In 1976, Jan moved to Winnipeg "for a couple of years" to see what Western Canada was like.

Jan became a turncoat from 1980 to 1985 as he fled to the CRTC in Winnipeg as the Regional Director. As a result of rash of retirements in D.O.C. management in 1985, it was suggested jokingly to Jan that he should rejoin the department, and Jan took Bill Johnston's suggestion and was hired as Deputy Director General.

Memories. . .

Jan has noted three memorable events at D.O.C. To begin with, his first day of work began by having Andy Cobham giving him orders on what had to be done that day. Then Stan Davis (DD Manitoba at the time) approached him to say: "Jan, nothing personal, but I'm resigning" "I Would things ever settle down to normal?"

The Red Deer Ball Tournament of '88 rates high with Jan as he was drafted by the Grande Prairie D.O. team to play. He claims he only played mediocre but the Grande Prairie team says he did very well. The best part of the tourney though was when the G.P. Bud-Lites agreed amongst themselves to let the other teams win. Jan still won't admit that it was his ideal!

Another highlight for Jan was the Calgary Olympic games. It was an incredible display of the region coming together to support the Calgary office in doing a bang up job of managing radio users during the Olympics. It warms the heart!

In 1986, Jan found himself in Honolulu thanks to a business trip! Fortunately it was his wife's company that took them there

and Jan's only jobs were to be baggage handler and to be a "proper spouse". Other than being wined and dined, his most memorable experience was seeing his wife off each morning as she went in full business attire to her meetings and he hopped over to the beach!! Revenge is so sweet!

A mechanic is born!

If Jan can find some free time, he enjoys spending it in the outdoors — providing it is not 50 below celcius. He also enjoys laying around! Trying to repair the car and the house are among Jan's hobbies — but who has time for hobbies? He is in a severe deficit position regarding repairs.

The Christmas season is enjoyed very much in the Skora household as every Christmas Eve they organize a horse drawn sleigh ride through the bush for relatives and neighbours. It is very popular as both big and small have the opportunity to "settle the score" with their favourite relative once a year by pushing them off the sleigh — all this is done in fun! After the ride, everyone retires to Jan's place for copious amounts of food and "beverages" to celebrate their triumphs.



BRENDA TARASIUK

Brenda Tarasiuk is the Supervisor of Administrative Services in the Saskatoon District Office. She was born in the small town of Birch Hills and has always been a Saskatchewan resident.

Introduction to D.O.C.

In July of 1989, Brenda transferred to D.O.C. from Indian and Northern Affairs Canada (INAC). Her first day of work with D.O.C. saw her in the office for one hour before she was boarding a plane on her way to the Winnipeg Regional Office. Her initiation to D.O.C. was a week of Mansis training as well as being introduced throughout the Regional office. What a way to break the ice!

Brenda is married and has two daughters. She and her husband make a point of getting away once a year for an extended weekend without their children. This year, their get-away was to Red Deer to

attend the annual D.O.C. ball tourney. She felt this was a good opportunity to meet some of the other district office employees. She may not have taken a trophy home but she did get something out of it all — sore muscles and a lack of sleep. It's good to know she didn't go home empty handed!

Memorable

Since Brenda hasn't been with the department long enough to have a remarkable memorable event, we'll take one from her past department. One wintery day, Brenda had to fly into the small Northern community of Fond du Lac. She was dropped off at the airstrip with her luggage and briefcase in hand only to be told by the pilot to "walk up the road two miles to the reserve, the Chief lives in the large house"!! Needless to say, she was not very impressed but willing to make the best of the situation she took off walking. About one and a half miles later, a pickup pulled up and offered her a ride in the back of his truck for a nominal charge of \$25.00!! (By the way, in the North that is the government rate.) I wonder if she got a receipt?

After learning that her daughter has a lung condition, Brenda has decided her goal in life is to be thankful for what she has and to live life to it's fullest.

An enjoyable evening is putting the children to bed early and savouring a bottle of wine with her husband.

Being a working mother, free time is a luxury but she does find time to play ball in the summer as well as curl in the winter. Hobbies also include needlework and reading.

A mixture of celebration

Christmas in Brenda's family is celebrated with three traditional feasts and these meals are responsible for approximately ten extra pounds on the waistline for each family member!

Christmas Eve is a Norwegian custom her father's family annually relishes with a bountiful table of "Lutefisk" and "Lefsa". Christmas carols are sung and presents are opened after the evening meal then everyone attends a midnight church service.

Christmas Day is all American with Christmas stockings revealing treasures for both young and old and the table is set with turkey and ham and is served with all the trimmings. Tobogganing and board games fill up the afternoon and evening.

Boxing Day is spent with her husband's family feasting on cabbage rolls and perogies and enjoying hours of playing charades. Most important of all to Brenda is that Christmas is truly a time for children (both young and old), a time of sharing and caring and a time to remember Christ's birth.

. . . continued on page 7



Christmas at Grandma's house — what visions does this inspire? Turkey with all the trimmings? Bannock? Pierogis?

Stuffed Cabbage Rolls? Lutefisk (cod) and potato dumplings? Wild rice with beach nuts? Tourtiere? Eggedosis. . .visions of sugar plums even. You get the message. Christmas evokes memories from our past — from our roots. Traditions that are entrenched in our hearts and our habits. Canada has the aromatic flavour of a fine stew. Its culture is a blend of the roots and traditions of each one of us.

The Christmas table — a mosaic tapestry of delicious sights, smells and tastes. Enjoy!

TOURTIERE TARTS (A French Tradition)

1 lb. (500 g) ground pork
1/2 lb. (225 g) ground beef
1 small onion — finely chopped
1 crushed garlic cloves (toes)
1/2 tsp. (2 ml) salt
1/4 tsp. (1 ml) pepper

Pie crust pastry

Mix first 10 ingredients in a large saucepan. Bring to boil. Stir occasionally as it simmers (about 15 minutes).

Stir in mashed potato. Mixture should be moist and thick. Cool completely.

Line tart tins or muffin tins with pastry. Spoon in mixture to fill. Moisten edges and cover with small pastry circle cut to fit. Press to seal. Cut 2 or 3 slits in top. Bake at 400 degrees F (200 degrees C) until browned (15 – 20 min.). Makes 12 – 15 tarts.

Tip: These freeze and reheat beautifully.

STUFFED CABBAGE ROLLS — GERMAN STYLE

12 outer leaves from cabbage
8 strips bacon
1 medium onion — finely chopped
3/4 lb. (375 g) ground beef
2 cups (500 ml) cooked rice
pinch Paprika
1/2 tsp. (2ml) salt

1/4 tsp. (1 ml) pepper
16 oz. can (500 g) Sauerkraut, drained
8 oz. can (250 g) Tomato sauce
1/2 can Tomato soup, undiluted
2 tsp. (10 ml) sugar

Blanch cabbage leaves in boiling water 5 min. In a frypan sautee 4 strips of bacon and onion until bacon is crisp. Mix in ground beef, rice and seasonings. Place 2 tbsp. of filling on each cabbage leaf. Roll up, folding in ends. Place sauerkraut in bottom of a 2 qt. (2 litre) casserole. Place cabbage rolls on top of sauerkraut — carefully placing folded edge down to secure.

Mix together tomato sauce and soup and pour over cabbage rolls. Lay remaining strips of bacon over top. Sprinkle with sugar. Cover casserole and bake 1 hour in preheated 325 degree F. (160 degree C.) oven. If sauce appears thin, uncover for last 1/2 hour of baking. Serves 6 – 10.



EGGEDOSIS — A FESTIVE NORWEGIAN DRINK

A delicious eggnog that can be served as a dessert — try some Christmas Eve in front of the fire, after the stockings are hung. Santa may even wish to join you for this one!

6 egg yolks
2 egg whites

6 tbsp. sugar
Brandy (or Rum) to taste

Beat the egg yolks and whites with an electric mixer until thick and lemon-colored. Add sugar gradually, continuing to beat. Mix in 6 oz. of brandy (or rum). Pour into brandy glasses, (top with nutmeg if desired). Serve immediately.

Or. . .

Place 1 teaspoon of brandy (or rum) in each sherbet glass, gently spoon the egg mixture over top. (Top with nutmeg if desired). Serve as a dessert — with coffee. Serves 4 – 6.

Merry Christmas my friend!

Health ✧ Fitness

by Rick Gensiorek

"You shouldn't diet if you're not going to exercise, just as you shouldn't exercise if you're not willing to diet."

"Exercise does not make you nearly as hungry as thinking does. . . especially thinking about food."

Did you know that:

- a baked potato contains nearly twice the amount of potassium than a banana.
- consuming baking soda before a short-distance race may give a person a slight competitive edge. Sodium bicarbonate (baking soda) partially neutralizes the lactic acid that builds up during strenuous exertion and contributes to muscle fatigue; however, the benefit may only last from one to four minutes.
- most regular 12 ounce soda contain the equivalent of 8 to 12 teaspoons of sugar.
- most non-dairy powdered creamers have as many calories as light cream and contain coconut oil which is more saturated than butter fat.
- humans are out of sync with the earth's rotation. Our internal "day" lasts 25 hours and not 24. This would explain why it's difficult to get up on Monday mornings. . . over the weekend, your body has drifted toward its natural 25 hours cycle.
- sits-ups do not provide a true indication of the strength of a person's abdominal muscles.
- prolonged use of aspirin has been linked to ulcers while the prolonged use of acetaminophen (as in Tylenol) has been linked to kidney disease.
- climbing stairs at a steady pace is at least as good for your cardiovascular system as jogging or cycling for the same amount of time.
- a person can improve their physical condition by 10-15% just by pedaling a stationary bicycle three times a week for only 12 minutes per session.
- microwave popcorn stored in your freezer will pop up larger than that stored in your cupboard.
- acid production in the adult stomach decreases with age. This results in food not being completely digested, causing it to ferment in the stomach and leading to indigestion, gas and heartburn. The stomach's natural acid production can be increased by taking Vitamins B and B1.
- people who smoke are exposing themselves to radiation. Burning tobacco releases alpha radiation which comes from the decay of radon. The isotope that causes this radiation was proven to exist in the tobacco plant as far back as 1960.

- many health enthusiasts are "babying themselves" by including baby food in their diet. Baby food has more nutrients per calorie than comparable adult food and, besides not containing any added salt nor preservatives, is easily digested.
- consuming iron-rich foods in your diet will help burn more calories during an exercise session. Iron-poor diets prevent a body from using oxygen efficiently and therefore, prevents more fat from being burned during exercise.
- more than half the runners who finished this year's Boston Marathon were past the age of 40.
- vegetables that are bruised lose more Vitamins A and C than those that are not.



After my last column on "champagnes", I thought it would be appropriate to discuss them more fully. Better yet let's try a couple! True Champagne is made ONLY in its namesake area in the northern part of France. It is produced by the methode champenoise which involves over 100 hand operations. This is the primary reason it can be so expensive. Champagne should be consumed while it is young, a practical rule of thumb is 8 years old at most. It does not improve in the bottle. Around 40 degrees F is a good temperature to serve it at.

The tall tulip style glasses bring out the best in Champagne, the wide sherbert glasses are okay for the movies but you lose all those wonderful bubbles. Now having discoursed a bit about Champagne, I'll mention one of my favorites (don't shake your head). Andres Baby Canadian Champagne is not strictly a Champagne but a sparkling wine. Oh well the name sounds good. Actually, it is a pleasant fake that tastes good and best of all it's cheap!

It mixes well with fresh orange juice (not Tang) which can perk up a Holiday punch. On its own, it has a slightly grapey flavor with a fresh taste to it. Baby Champagne is made from Labrusca grapes which are a North American native grape. A well known type of Labrusca grape is the Con-

Christmas Bonus:

With Christmas just around the corner, we should start preparing ourselves for the inevitable. The spirit of Christmas has been known to tempt people to over-indulge on the season's good-tasting traditional food, leaving people with a few "extra" pounds to contend with as the new year begins. This year, instead of succumbing to your stomach's cry of "feed me", try this trick to quelling your hunger pains: Contract your abdominal muscles as tightly as possible and slowly count to 10. The contraction of the ab will temporarily curb the flow of stomach acids which are responsible for the hunger pains. As an added bonus, your abs will also get a quick work-out. ✧

by Myles Mainland

cord which also makes great jelly. Andre's sells for about \$5.00.

I would like to lay to rest the idea that Champagne (the real stuff) gives bad hangovers. According to anything I have read this is simply not so. A better explanation for those January 1 boomers is for you and me to consider what we were doing the night before the morning after.

The cheapest true Champagnes are of the Extra Dry variety which is normally less dry than its Brut or Blanc de Blancs. Most people who are not connoisseurs prefer the Extra Dry because it not as dry as the others.

To many people, when it comes to Champagne, Mumm's the word. (Sorry I couldn't resist). Mumm is one of the largest of the Champagne makers and even has expanded its operation to California where a cross breed French and California wine is being produced by Sterling Vineyards which I hear has one of the most spectacular settings in the Napa Valley.

Mumm's Extra Dry Champagne is a very elegant way of celebrating with a close friend. It has a slight sweetness and almost a softness that tastes fine. The bubbles tingle your nose like they're supposed to, they even sound happy. Don't drink with orange juice! About \$35.00 - \$40.00 (you see the sacrifices I make?) ✧

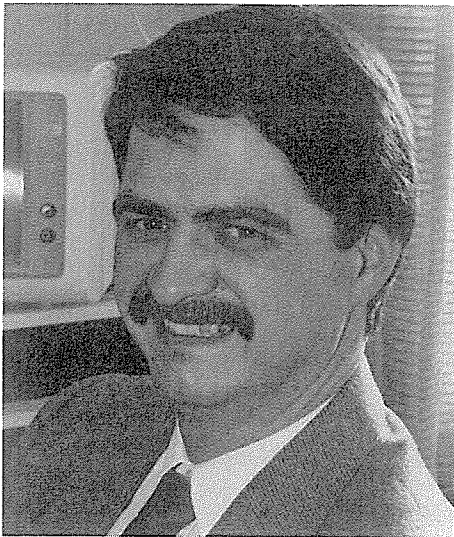
PEOPLE

AND ACTIVITIES

by Al LeBlanc

COMINGS:

- Margaret Burns Aug. 30 Edmonton DO – Term Administration Clerk
- Ron Adolphe Sept. 1 Edmonton GTA – Telecommunications Analyst transferred in from GTA HQ
- Darryl De Forest Oct. 2 Calgary DO – Radio Inspector-in-Training transferred in from Toronto DO
- Sean Renwick Oct. 11 Grande Prairie DO – Radio Inspector-in-Training



Gary Krushen
... now at CRTC

GOINGS:

- Kyla Spry Sept. 8 Grande Prairie DO – End of Term-Operations Clerk
- Monique Derksen Sept. 25 Manitoba DO – Term Receptionist transferred to Customs and Excise
- Bonita Pedersen Oct. 16 Calgary DO – Receptionist/ Authorization Clerk transferred to Environment Canada
- Bill Bush Oct. 16 Edmonton GTA – Telecommunications Analyst Retired
- Marie Riege Oct. 18 Regional Office Central Registry Clerk resigned to stay at home with her new daughter
- Hazel Adams Oct. 24 Saskatoon DO – Supervisor, Administration Services retired
- Susan Harrison Oct. 27 Regional Office – Communications and Culture Research Assistant resigned
- Dana Knisley Oct. 30 Regional Office Term Central Registry clerk – End of term
- Nicole Barwick Nov. 6 Edmonton DO – Receptionist/Administration Clerk transferred to Consumer & Corporate Affairs
- Sharon Wastle Nov. 18 Edmonton GTA – Telecommunications Analyst resigned to accept a position with the Province of Alberta



Jan Skora (left) presents certificate to Len Hooper, Inspector at the Fort Smith Sub Office. Len recently retired after 34 years in the Public Service. We wish him all the best.

- Jan Skora Dec. 4 Deputy Director General transferred to DRP – Regulatory Policy & Planning Directorate at HQ
- Al LeBlanc Dec. Regional Manager, Personnel transferred to Customs and Excise – Halifax

PROMOTIONS

- Louise Pujo Oct. 9 Promoted to Manager, Arts & Heritage Culture

The following Radio Inspectors-in-Training were promoted to their next Level.

- Gerald Fortier Oct. 16 Regina DO
- Anthony Hayduk Oct. 16 Regina DO
- Ron Hamelin Oct. 16 Saskatoon DO
- Andrew Bewernick Oct. 16 Calgary DO
- Diane Hotra Oct. 16 Calgary DO
- Michel Landry Oct. 16 Edmonton DO
- Shaun Morgan Oct. 16 Edmonton DO
- Gerald Noordhof Oct. 16 Edmonton DO
- Yvon Hache Oct. 30 Grande Prairie DO

OTHER:

- Max Cave Sept. 9 Radio Inspector – Saskatoon DO Completed 35 years with the Federal Government
- Gary Krushen Nov. 27 Superintendent, CATV/Broadcast Engineering will be starting a Special Assignment (SAPP) with CRTC Winnipeg.

Information compiled by Darlene Lentle



BASEBALL

Another great season has come to a close with the HANK GIBSON TROPHY winners for the 1989 season going to the Regional East who defeated the Managers and the Manitoba District in a round-robin series. Congratulations to all.

CURLING

A new curling season got underway across the Prairie Provinces early in October. The big test of fitness came during Central Region Annual Bonspiel held in Saskatoon on the Remembrance Day weekend.

The rich tradition of curling is tightly woven into the fibre of our culture and offers a degree of comradery and festivity that is enjoyed by few other wintertime events.

HOCKEY

The MOMs and the DADs from across our region are once again preparing themselves or some of them already have started bringing their Gretskis to the arenas across town for early morning practices. If it wasn't for you the dedicated MOMs and DADs, these youngsters would not be able to benefit and enjoy this great national sport of ours.

One thing these MOMs and DADs know for sure is that their youngsters been scoring high, the definite winners. Winners not only on ice but also in obtaining those scarce dollars set aside to travel to exotic places like the waters of the Great Barrier Reef off the coast of Australia to scuba dive or snorkel or that luxury Canadian cruise they've been dreaming about for past several years. Thank you mom and dad for your support.

CURLING BONSPIEL

The 6th Annual Central Region Curling Bonspiel was held in Saskatoon the weekend of November 11th & 12th. A total of eight teams participated from Edmonton, Calgary, Regina, Saskatoon and Winnipeg. The winners of the trophy events were as follows:

Saskatoon — A Event

Calgary — B Event

Winnipeg — C Event

The two Edmonton teams played off in a special 'D' event. A good time was had by all, with the evening party room games just as popular as the curling.

It was decided that next year's event would again be in Saskatoon.

PROFILES *from page 3*

DAWNA CSATARI

Dawna C. Csatari resides in Winnipeg, Manitoba and was recently appointed Acting Human Resources Director in the Regional Office.

Dawna's career began in 1970 when she joined the Government as a Clerk with the G.T.A. office in Winnipeg. Throughout her career with the department, she has held ever increasing positions of responsibility culminating in her appointment to the position of Human Resources Officer for Central Region in 1987.

With Doc since 1970

Dawna's most memorable event dates back to 1970, when her first assignment was to help out in Central Registry. She was instructed to pull the files corresponding to the codes placed on all incoming mail. No problem, she could do that! Her Supervisor left her to the assignment. Upon her return, she asked Dawna how she had done. Great, she exclaimed, all the correspondence was neatly filed away! Of course, what she didn't realize was that once the files were pulled, they were to remain pulled for distribution. So, if you should happen upon a file that has correspondence dating back to 1970 that has never been actioned — think of Dawna! Her appreciation for employees engaged in Central Registry activities has grown enormously since 1970.

"You can do anything you want to do"

Dawna's working philosophy quite simply is; 'you can do anything you want to do'. All your dreams and aspirations can be attained if you are willing to reach for them. Dawna knows it takes work but she also knows it is well worth the effort.

Dawna is at a point in her career where she looks forward to additional challenges; acting assignments such as Regional Manager, Human Resources have fuelled her desire to reach for the top.

Mrs. Roosevelt . . . her "hero"

When asked what person she admires most, Dawna's response was 'Eleanor Roosevelt'. She read a biography on her once and really liked how humanistic Mrs. Roosevelt was. She wasn't overshadowed by her husband's position. Dawna admires the stamina and character that Mrs. Roosevelt portrayed.

If there is a life after being a public servant, Dawna says she would like to combine her people and business acumen skills with a career in the retail fashion industry. Her husband has a small business and she feels their business relationship would be quite profitable.

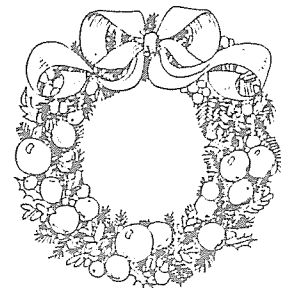
If there is such a thing as free time for Dawna, it is spent enjoying a biography on

someone and she also writes poetry but she claims it's for her eyes only!

She loves to decorate Christmas trees!

Dawna and her family celebrate a traditional type Christmas with one exception — because her husband works very long hours prior to Christmas and their son who is nineteen and is often out, the job of decorating the Christmas tree always falls to Dawna. She says people may think her to be a bit eccentric but each year, she takes her artificial tree out of the basement — fully decorated! Over the last four years, she has only broke two ornaments! Maybe this will start a trend!

Dawna would like to send everyone her best wishes this upcoming holiday season for health, happiness and prosperity. ❖



ON THE ROAD

by Louise Dureault

In my first column as Editor for this newsletter I will take you on a "progressive" tour of restaurants surrounding the Edmonton District Office. Progressive in the sense that we will begin the tour by visiting inexpensive restaurants, and by the end of the tour you may want to pull out your credit cards! Assuming I take the "milk run" flight from Edmonton back home to Winnipeg, I'll naturally stop in Saskatoon where I can sample two famous eating spots. Let me be your guide and please enjoy the tour!

Where to Eat in Saskatoon

Genesis Family Restaurant, located at 901-22nd Street West, is the first health-food restaurant in the Prairies. It serves tasty and nutritious macrobiotic and vegetarian food. Macrobiotic means prepared without refined sugars, animal fats, preservatives or additives, only natural seasonings and herbs are used and all dishes are free of monosodium glutamate (a.k.a. MSG).

Genesis is famous for its authentic gourmet Chinese cuisine and Western food. Its claim to fame (and to our palates I might add) is it uses only the finest quality ingredients and fresh filtered water in all its dishes.

From the macrobiotic menu try Barbecued Tofu \$7.95, Humus and Pita Bread \$3.95 or Fish Kabob \$8.95. All are different, tasty and highly recommended. Entrees are served with macro soup, salad and brown rice.

From the Chinese Cuisine menu I suggest Crab Rangoon (\$3.50), Stuffed Crab Claw (\$3.50), Szechwan Hot and Sour Soup (\$3.95) or Shrimp in Lobster Sauce (\$8.95). Dim Sum is served daily from 11 a.m. to 2 p.m.

Genesis truly believes in the motto "You are what you eat".

* * * *

Mykonos "The Greek Restaurant" is located on the north-west corner of 33rd Street and Idylwyld Drive. The menu offers a variety of Greek dishes in the price range of \$10.00 - \$15.00 per dish. The extensive appetizer selection offers calamari, stuffed vine leaves and other traditional Greek fare. To sample a little bit (actually a lot!) of everything, try the Greek Combination Platter for two which includes Greek salad, pasta, seafood, stuffed vine leaves, Greek meatballs, Lemon-oregano chicken and mixed-meat kabob: all

this and more for \$25.95. One warning — bring a hearty appetite!

(Submitted by: Gwen Harmen and Rob Martin, Saskatoon District Office)

Edmonton

When visiting the Edmonton District Office, you will find a variety of restaurants in the surrounding area which appeal to the most diversified tastes. Let me take you for a stroll and I'll give you an idea of what you can expect next time you're in the neighborhood and craving something particular.

Imagine for example you're in Canada Place. Take the escalator to the Food Fair. There you'll find numerous Coffee Bars as well as a full service restaurant called "The Red Tomatoe" which serves mainly pasta dishes and burgers. The Food Fair also includes numerous self-serve kiosks which specialize in various ethnic foods such as Italian, Chinese and Japanese. Some of the more popular kiosks are the chicken outlet and the Picklewich, which, you guessed it, serve chicken and sandwiches and pickles (and salads).

Let's leave Canada Place through the south pedway towards the Edmonton Convention Centre. The Centre is home to Philip's Restaurant, tastefully decorated in pink, specializing in Continental cuisine. It offers a spectacular view of the river valley and of the North Saskatchewan River. Del's Pasta is also located in the Convention Centre and serves, of course, pasta dishes, sandwiches and nutritious light salads.

If we take the east exit of Canada Place on 97th Street, we'll head towards China Town and naturally be surrounded by Chinese food restaurants where we can savour, among other dishes, the popular Dim Sum. However, if we take the west exit, we'll go by the Citadel Theatre and into Mario's Restaurant to enjoy Mario's daily luncheon buffet.

If you're in the mood for more formal dining, keep heading west to the Westin Hotel to enjoy continental cuisine in its two restaurants, the Courtyard and the Carvery. Keep going west and you'll come to Rice Howard Way; you can't miss it since you'll be walking on brick cobblestone! This stretch is filled with fine ethnic specialty restaurants, including English, Italian, Mongolian and European.

Speaking of European food, if that's one of your favorite then don't forget "Bistro Praha" and treat your tastebuds to Hungarian, Czechoslovakian and other Eastern European dishes. On the other hand, if seafood and fish is your fancy you can't go wrong when you dine at the Pacific Fish Company, located in the Phips McKinnon Building. The catch is always fresh and varied, and the decor is great. One little tip, come early because it fills up fast!

Next time you're in Edmonton, there's no reason to drive across town to find a good restaurant, they're all within walking distance of the District Office. Bon appetit!

(Submitted by Camille Widzyk, Edmonton District Office)

King Hussein Visits Calgary

On October 16th, 1989 Department of Communications staff in Headquarters, and in the Central Region played a significant role in presenting a world famous king a very special certificate. His Majesty King Hussein I of the Hashemite Kingdom of Jordan was visiting southern Alberta in mid-October, and through the efforts of Mr. Victor Post, and Mr. Norm Waltho of the Amateur Radio league of

Alberta, a reception was held in his honour in Calgary with representation from the Department of Communications as well as 60 amateur radio operators from all areas of Alberta. Through the special efforts of Andy Cobham, Dave Thomas, Jim Cummins, and Gary Steckly in Ottawa, a Honorary Amateur Certificate was produced for his Majesty permitting this world famous amateur to operate his radio station in Canada during his visits here.

Central Region staff were very involved in this once in a lifetime experience as well. Ray Flatt, District Director, Edmonton, worked together with Victor Post in the planning stages, and Paul Neufeld, District Director, Calgary presented the certificate to King Hussein at the reception in Calgary on behalf of the department.

During this reception Mr. Post also presented his Majesty with a QSL print of Moraine Lake with the King's call letters VE6JY1 superimposed on the framed print.



MUSIC TO YOUR EARS ANYONE?

by Cheryl Slack

Bootleg — Bootleg

If you're a country music fan, too tired to party and you're looking to just kick back, relax and listen to some tunes... try this first album.

The refreshing thing about Bootleg is that they have a distinct style. They aren't trying to appeal to everyone and they aren't imitating anyone. It works.

Like all country music albums there are hurtin', cheatin', pickin' and lovin' songs but nearly all of them are Bootleg originals.

As good as Ron Irving's lead vocals are, the songs with lead vocals by Gerry King save the album from too much of the same thing.

There's a lullaby on this one too, "Bluebird Lullaby" but it isn't a simple melody for babies. This is adult fare.

Lullaby Berceuse

— Connie Kaldor & Carmen Campagne

The title of this collection says it all, "Lullaby Lullaby". Every song whether traditional or contemporary, with lyrics in French or English is a lullaby.

The album has a gentle folksy sound that will soothe and relax both babies and their parents. Although many of the songs were written by Kaldor and Campagne, their arrangements makes them feel as familiar as the traditional lullabies we heard as children.

The lyrics, printed on the liner, are tender, loving and sometimes amusing. You'll catch yourself humming or singing along surprised at how quickly you can learn these simple melodies.

Kaldor, on her own has a new album out

"Gentle of Heart" which was released in early November. I haven't heard it yet but one thing for sure, it will be folk music.

Bryan Wilson — Bryan Wilson

This album should be titled "John Ellis". Ellis not only wrote or co-wrote all of the songs, he produced and arranged the album, plays the guitar, bass and keyboards; and does the drum programming. Wilson does provide nice lead and background vocals and did co-write three of the six songs offered.

I really liked "Didn't Think I Could Fall" which has a rhythm and blues sound. But, for the most part this is AM radio pop music, nice but forgettable. Makes good background music for when you're doing something else as it doesn't demand your attention. ❖

United Way Update



SEE, FEEL, HEAR

This year's slogan for the United Way could not have been more appropriate where the Winnipeg Regional Office is concerned.

The Department of Communication's staff and management responded to this plea in a most overwhelming manner.

Management and staff did "SEE" the need for support, yes, even here in our fair city, and chose to support those needs quite heartily.

Management and staff did "FEEL" the pain and the wanting that is suffered by so many with so much less.

Management and staff did "BEAR" the cries for help and answered them.

WINNIPEG IS AWARDED A SILVER MEDAL!

We received 72% participation and an average of \$85.00 per donor. WAY TO GO GANG!! You saw, you felt, and you heard!! Be sure that each personal donation is greatly appreciated, and on behalf of the United Way, "THANK YOU" is being sent to you, from a great many people.

Special thanks to Jack Prodanuk for assisting me in my first attempt as Campaign Chairperson.

M. Peterson
Campaign Chairperson



Andy Anderson, Inspector at the Brandon Sub-office, really takes his field work seriously!

This newsletter is published for the employees of the Department of Communications, Central Region. Opinions expressed are not necessarily those of the Department. Our newsletter is produced four times a year and distribution coincides with the seasons.



STOP THE PRESS!!

Edmonton District Office Participates in Canada Career Week

On October 30, 1989 the Edmonton office opened its doors to nine enthusiastic grade 9 students from two junior high schools in the Edmonton area. The program was a part of Canada Career Week designed to provide students with information on potential future careers with the Public Service of Canada.

Over 150 students were given a choice to select from several tours within the federal government. Those who chose Communications Canada were treated to a presentation outlining the mandate of our department, role of the district office and a tour of the authorization and spectrum control sections. This was followed by a short video and a question/answer period with the most important being the salary of a radio inspector!

One of the 150 students will be selected at a later date to shadow a radio inspector for a day during field investigations in the Edmonton area.



Howard Smith, left, receiving 20 years of service award from Roger Collet

Hi Technology Trade Show: Edmonton, Alberta

(September 20, 21 & 22, 1989)

Wayne Janzen, Pat Grant, and P.S. Verma fielded questions from approximately 200 visitors during this three day event.

Guests at the show inquired about many departmental programs, but the SHARP program generated the most interest. Visual aids used at our display included SHARP and MSAT videos, a model of the SHARP aircraft, and a demo of CHAT (An experimental Computer Information System on Aids).



Mr. R. Gordon, Admsr., was in Winnipeg in August to present 20 years of service awards: (from left to right) Jim Rohatensky, Alfie Northam, R. Collet, R. Gordon, G. Barham, A. Wastle, B. Johnstone.

An Ode from Regina Office

When we joined D.O.C. our business was run
From the Financial Building, out of Room 101
On December 1, 1988 we made a big move
As our premises we hoped to improve.
So we gathered up our binders, pencil and pen,
And trotted over to Avord Tower, up to floor #10.

We have lots of space; there's more room to breathe
As our maintenance and update reports we retrieve.
Now with the new LAN system being put into place
We should be able to keep up with the race.

We in Regina are sitting here with a smile on our face
As we have no dividers to clutter up the place.
Nobody is practically sitting on someone else's lap,
As between all the desks there is quite a gap.
Yes, our office is roomy, well-lighted and cheery
Which keeps the hard-working staff from getting weary.

Now Winter's upon us, we don't have to go out in the cold.
We can do down to "Mr. Millers" where lunches are sold.
The other day we had New York steak, mushrooms & potatoes.
At \$5.95 it included soup, veggies, coffee, lettuce & tomatoes.
It is a good place to go for breakfast with bacon or ham,
As they serve Texas Toast with peanut butter and jam.

Our ball team was represented in Red Deer this year.
Calgary Office came first, and Regina won second place
But a misplaced Reginian helped Calgary to win the race.
Now, watch out for the curling, we are all primed to go
To Saskatoon in November to win that little show.
As the Yuletide Season is approaching, everyone here
Wishes you all MERRY XMAS and a HAPPY & PROSPEROUS NEW
YEAR.