



Premiere ²

THE EDMONTON DISTRICT OFFICE MOVE

Once upon a time, after my summer holiday, Ray Flatt asked if I would be interested in helping out with the coordination of our move to Canada Place. Always willing, I said sure. In retrospect, if the E.D.O. moves again it will be without me - I'm sorry, I'm staying, I like it here. And I have decided I don't want to coordinate such an event again - ever! Joking aside, I am pleased to offer you the following as a glimpse of our new building and invite you to come for the real thing at your convenience (and on your budget).

Canada Place will house twenty-nine departments and some 3,300 employees when "moving in" is complete. A "Store Front"

service is offered on the main floor by departments which interact directly with the public on a high volume basis, such as Revenue Canada and the Canada Employment Centre. Aside from federal departments, tenants include a day care, a key cutting and shoe repair shop, a bank, a smoke shop and drug store, and a (whine) dentist. Oh yes, and Trizec Corp. Ltd. (the landlord) has their office in the building as well.

The building owners proudly promote, and rightfully so, Canada Place as a "barrier free" building, with three exterior entrances and all interior level amenities having wheelchair access and braille on elevator buttons.

The heart and soul of Canada Place is the atrium, rising 165 feet from the Great Hall (which

is filled with plants and fountains) on the ground level, to the skylight above on the 16th floor, where we are located. The atrium is 60 feet wide. This is the distance we must cover (in a single bound) to carry on our daily business with Spectrum Control and vice versa. You can compare it to walking across the street -- it definitely teaches you to get organized.

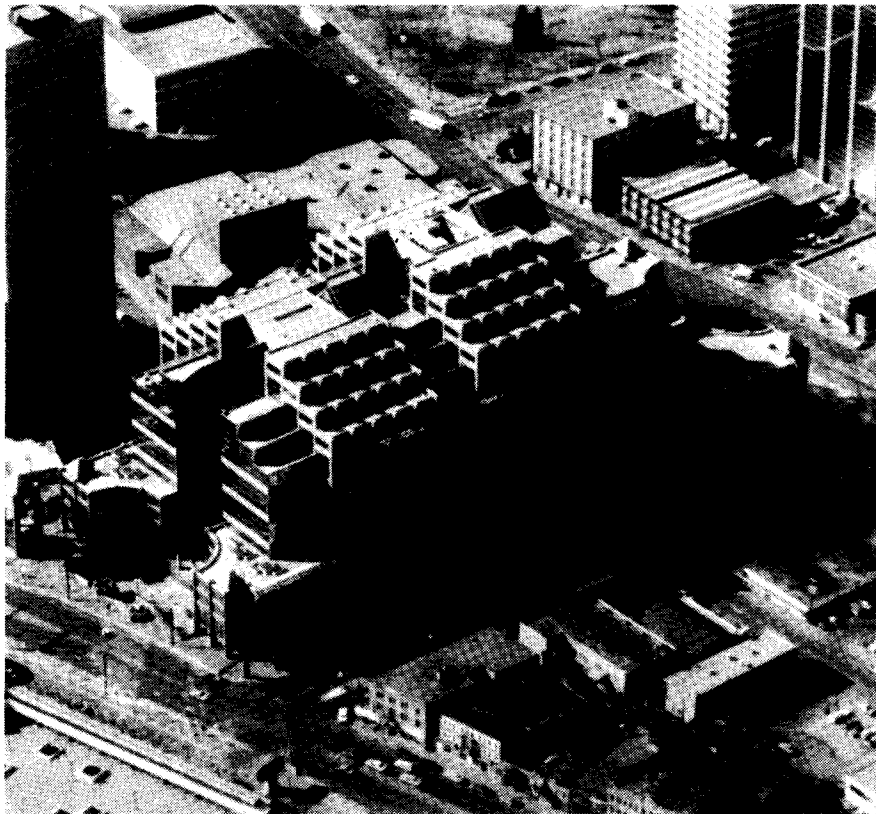
The Food Fair is similar to what you find in any mall, offering everything from gourmet coffee to pizza. No lounge, I think they know better. Canada Place borders on Edmonton's newly designated "Gateway to China" so there are at least a million Chinese restaurants to experience. Also the underground padway joins us to the Convention Center and all of its attractions, and soon to the Citadel Theatre as well.

I must not overlook the elevators. Canada Place has 27 elevators, operating in 6 separate elevator banks. Believe me, if you take the wrong one, you can be lost for hours. But the most outstanding of these elevators are the "panoramic" ones. The doors that open to let you in are about the only normal feature. The entire back side is glass, and looks out onto the Great Hall, so as you are going up, you see the main floor disappear, and by the time you realize this, you're on the 5th floor because someone has stopped your 'mid-way ride' to get on. Then, on you go again up to the 16th - if you can take it. For some people it is a fascination, up - down, up - down; for others it is a fright.

MORE... p. 3

INSIDE

Way to go Central.....	2
Word from the DG.....	3
Profiles.....	4
People.....	6
Food & Wine.....	7 & 8
Health & Fitness.....	9
Sports.....	10
Stop Press.....	11



Canada Place in Edmonton



FROM THE EDITOR

It's winter. (Doesn't it pay to read the paper?) And every self-respecting person over the age of eighteen (my age) across the Prairies and north to the Arctic Circle has gone curling. I come from a place where these things are known. They showed us black and white, 1957 training films in Grade 8 - in between silent film classics on sex education and dribbling (basketball not babes). The memory is very clear: everyone lived in a bungalow, drove a 1957 chevy, ate Swanson's TV dinners and, from October to April, did nothing but curl. Life was so simple then.

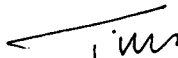
Curling is supposed to be a game. It was invented by the same folks who brought us haggis, which is supposed to be edible. For those of you unfamiliar with the dish, it is a delicate mixture of all parts of a sheep not used in a sweater. I digress.

Curling involves four main activities: throwing stones(!), sweeping, yelling and lying. Players take turns throwing 40-odd pound stones at a target a couple hundred feet away. Two other team members, who wouldn't be caught dead wielding a broom around the house, sweep their brains out trying to get the stone to land in the right spot. The fourth team member - in charge only because he or she is wearing the most plaid - yells at the two Good Housekeeping award winners. The role of the shooter (when the shot is missed) is to lie about a chronic illness that flares up at unpredictable, but convenient, times.

The whole spectacle takes place on an indoor ice surface, while fellow practitioners sit in the lounge getting swizzled on gin and tonics. The game can also be played at home on the kitchen table, using salt and pepper shakers, the ketchup and half a dinner roll. Every once in a

while, someone will eat the roll, thus bringing the game to a screeching halt.

Oops, I almost left out a critical bit. Players have to wear sweaters and hats (preferably plaid) covered with little metal pins, symbols of past conquests. I don't know. It just seems funny that so many people do nothing but eat and sleep the game of curling for six months of the year. Hardly anybody eats haggis. Good thing I had those training films to explain it all to me.



Tim Hibbard

LETTERS TO THE EDITOR

If you have comments about this newsletter, or any issue of concern to the Region, why not write to us? Correspondence should be addressed to the Editor, Public Affairs Office/Winnipeg.



WAY TO GO CENTRAL!!!

This year's departmental United Way campaign has proven once again that the management and staff of the Central Region really do care about their communities. Most offices exceeded their previous efforts and several reported this to be their best year ever.

Gwen Harmen, Saskatoon D.O., believes that information and awareness are the keys to a successful campaign. She arranged for two United Way representatives to speak to the staff and her office raised \$295 this year. This qualified Saskatoon for the United Way's "Silver Award". This award represents at least 75% employee participation giving \$20.00 or more per capita.

Helene Lareau, Regina D.O., reports that in her first year as campaign canvasser donations were higher than she had anticipated. Her office raised a total of \$573 and almost qualified for their own "Gold Award". Several of the Regina staff appreciated being able to direct their donations to agencies of their choice.

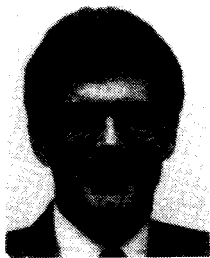
Jack Prodanuk, who manages the combined Winnipeg District and Regional Office campaign, was also pleased with this year's results. In qualifying for its sixth consecutive "Gold Award", Winnipeg raised over \$5400 this year. Jack credits the payroll deduction plan for the bulk of the donations, saying most employees don't seem to mind losing a dollar or two from each cheque.

Barry Shabatowski, Calgary D.O., also in his first year as canvasser, reports that their office had a strong campaign. With contributions up by more than 250% and approximately 60% employee participation, their office raised \$717 for the United Way.

Don Ringuette, Edmonton D.O., reports that they raised \$591 this year. While this is down slightly from previous years, Don informs us that more people are contributing privately to such agencies as the Christmas Cheer Board and Santas Anonymous.

The results of this year's United Way campaigns are impressive and a tribute to the open-heartedness of the members of the Department who participated. Special acknowledgement must also be made to those members who acted as canvassers this year. Without such people, our campaigns would not be the success that they are.

YOU, YOU, YOU, YOU, YOU, YOU, YOU, YOU, YOU, YOU, YOU, YOU



Roger Collet

WORD FROM THE DIRECTOR GENERAL

In the first issue of our new regional newspaper, I talked to you about our performance management system (Mansis): why it was chosen, what I hoped it would accomplish. All I will say this time round is that the system is in place and the initial results are encouraging. It will be formally evaluated by the Department's own Evaluation Branch over the coming months.

This initiative was one part of Direction 88/89. Before this year goes out with the egg nog, I would like to spend a few moments reviewing some of our other accomplishments.

On the staffing front, and at the request of District Directors, we successfully recruited and appointed a number of bilingual radio inspectors. We also reclassified GTA positions to make the level commensurate with the responsibilities. The titles of District Managers were changed to District Directors, as were several regional positions, again to reflect increasing responsibilities.

GTA was behind the scenes at major events this year. Our staff were asked specifically to set up systems for the international economic summit in Toronto and the First Minister's conference in Saskatoon.

The region applied its knowledge and understanding of the spectrum environment to both advise and negotiate on behalf of the Department in the very sensitive Nipawin case in Saskatchewan. The first phase of the 30-890 review was completed, and preparations for phase II consultations are already underway. Radio inspectors can proudly boast that higher levels of efficiency were achieved this year, even with fewer resources.

Finance, the C&C group, and the Edmonton District Office have collaborated in the negotiations and administration of the Dinosaur Project: our first adventure with Western Diversification and the first time Treasury Board has delegated project management directly to a region. Finance has continued to provide sound advice and leadership in managing ERDA funds for the region.

The EDP group has kept the region on the technology track with a solid informatics plan that will see us moving toward the installations of LANs across the region in the foreseeable future. The Development switch has been installed and a number of sectors are connected. As the use of computers continues to rise, we have moved to provide more training and opportunities for work simplification, through LINDEX, OLDE and APTRAK. This will help ease the burden on administrative and support staff.

District offices have raised their level of participation in all aspects of the Department's mandate and have made significant progress in tapping into our cultural, economic and socio-political environments.

The Engineering group has worked more and more with Communications and Culture, particularly on development of the Broadcasting Distribution Program. The group had the best national record on the processing of microwave applications, and made great strides in the collection of bills and in working the bugs out of remote sensing.

Finally, Public Affairs has created a number of tools, including this newspaper, to improve the way we communicate with each other.

This is a small sample of what we have achieved this year. It has been a busy yet rewarding year, and we can all be very proud. Where are we going next year? On the basis of suggestions received from across the region, the Management Team is shaping Direction 89/90.

In the spring issue, I will present this document to all of you.

CANADA PLACE... from p. 1

As this article is a wrap up of the E.D.O. move as well, I must conclude by congratulating and thanking the staff for their cooperation and down-right hard work during that week of madness in October.

Regards to all,

Christine McIlveen

ON CANADA PLACE

Dave Taschuk: "I like the new building. Our section is nice and bright and even the S.O.C. had to have windows. This end of town offers a whole new awareness of subcultures and a way of life we know little about (especially after dark)."

Wayne Janzen: "Canada Place is a very attractive building from both the inside and out. The open atrium and glass elevators combine to make it a real showpiece. My desk is located on the east side of the building overlooking the river valley. It is worth while coming in early just to see the sun rise."

Shaun Morgan: "There are always great things to say when you move into the top floor of a new building: a glass elevator ride, panoramic views through windows galore, the hustle and bustle of a large office building. Everyone seems pleased with our new office. Its central location and access to the LRT is a plus. The neighbourhood? Don't stay late!"

Charlotte Saunders: "I am one of the lucky ones for better accessibility, but walking the block along Jasper keeps my running shoes always ready. I have heard the view is extraordinary. Our offices are bright and spacious."

Diane Hartley: "We no longer have to go to West Edmonton Mall to get our thrills on 'The Drop of Doom'; just get on the glass elevators and come directly to the 16th floor. Going down is even better. The view is marvelous, on a clear day you can see Ft. Saskatchewan. It's great being in a beautiful new facility. The sun rises are great."



**Shannon Soderquist
Profiles Editor**

In 1966, Jack moved to Ottawa, where he won a competition at the Ottawa Training Centre as a Technical Training Officer. He remained there for five years. His final move came in 1971 when he moved back to Winnipeg (for the last time his wife said) and took over the Technical Training.

Looking forward to retirement

Jack has many plans for his retirement already in place. To get started, he took a pre-retirement cruise with his wife, brother-in-law, and sister-in-law January 1, 1989. For one week they toured Jamaica, the Grand Cayman Islands and Mexico.

Another retirement goal is to improve his golf game. This shouldn't be too hard for him as their family cabin, located 150 miles southwest of Winnipeg, has a golf course 300 yards from the front door!

Jack says he will continue in the Boy Scout Movement which he's been involved with for 20 years.

Jack doesn't have a specific hero. He admires a great number of people for specific attributes. One in particular is his wife's aunt, who can find good qualities in every person she meets. Jack feels this is a characteristic few people can claim.

A really great evening for Jack finds him with good friends, a few drinks, good food and an interesting conversation. He enjoys good concerts and plays as well.

Jack considers himself to be more of a people person than a job person. His daily working philosophy is to help his fellow associates in any job-related project, and he takes pride in putting out a good product.

Setting up the Morse Code program and some of the module programs in the recruit training have been among Jack's most creative ideas. The actual coordination of the phase material into a finished project was considered a job well done by his fellow trainers.

"No lights"!

The most memorable event for Jack came when he first started at the Department. He and Irwin Williams (who was in command of the inspection branch) had gone north on a training trip. They were between the main highway and the Le Pas Airport, driving one of the Department's small English-model cars. They got about three miles down a dark lonely road when the electrical system on the vehicle gave out. NO LIGHTS! It was too cold (dead of winter) and too dark (middle of night) to walk, so they improvised. Irwin took out a flashlight and shone it out the passenger window while Jack drove. They went this way for seven miles.

After a story like that, it's hard to believe that Jack considers himself too placid to do anything crazy!

JACK PRODANUK

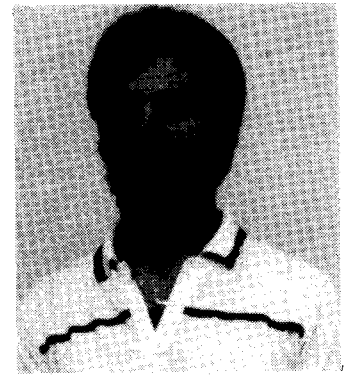
Jack Prodanuk was Central Region's Technical Training Officer. Jack retired on January 27, 1989 after 31 years with the Department.

A little history...

It all began in 1957 when Jack took a course at the Manitoba Technical Institute (Radio Operator). He moved to Melville, Saskatchewan where he lived for the next three and a half years. He heard from a fellow coming out of Churchill, what a great experience it was to work there; so Jack thought he'd give it a try. He was told there was a waiting list for that job and the chances weren't that good of getting on. But within a month Jack got the job and moved to the Churchill Monitoring Station. He enjoyed this posting thoroughly and stayed for two years. Jack transferred out and took a three month monitoring course in Ottawa before moving back to Melville, Saskatchewan for approximately three years. He then won a competition in Winnipeg as a Radio Inspector. He was stationed in the field office then moved over to the regional office.



Jack Prodanuk - retiring



John Morin - wants to own a bar

JOHN MORIN

John Patrick Joseph Morin was born in Winnipeg, Manitoba. He is presently located in the Edmonton District Office where he is the Supervisor of Spectrum Control.

A little history...

John took his primary schooling in Winnipeg and went on to post secondary education through Red River Community College in Winnipeg. He graduated in 1982 with a certificate in Electronics Technology.

He was recruited by the Department of Communications and commenced employment as an EL-01 in the Edmonton District Office in August 1982. He remained in Edmonton until January 1988, when he was promoted to Supervisor of Operations in the Grande Prairie District Office: he stayed for a record eight months. He then packed his belongings again to head back to Edmonton for the position he now holds.

A memorable event...

He said the most memorable event that came to mind was the opportunity to move to Grande Prairie and work with the great team at the Grande Prairie District Office. He said this was one of the most enlightening experiences of his life and is grateful he had the opportunity to do so. John was also told that another memorable event for him was the First Annual Central Region Curling Bonspiel held in Regina. Seeing as how he can't remember though - it might not count!

John, as many people can attest, is a very easy-going person who never seems to get rattled by anything. However, one thing that really bugs him is the high cost of beer. So his future goal is to own his own bar so that beer would be cheaper.

John's hobbies can be wrapped up in what he considers to be a great evening. He likes listening to all kinds of music (especially the tunes heard at Kelly's), playing sports and spending a relaxing evening with friends (or strangers) at an English Pub.

John's greatest ambition is to be remembered for having accomplished something.



Rolf Ziemann

ROLF ZIEMANN

Rolf Ziemann is the Senior Radio Inspector at the Yellowknife, N.W.T. District Office.

A little history...

Rolf was born in Hamburg, Germany. At the age of 2½ his family moved to Edmonton, Alberta. When Rolf was in high school, his father would bring home the daily newspaper and circle all the jobs for which Rolf was qualified. He applied for and got a job at the Hudson's Bay Company in Fort Smith, N.W.T. He held this position for two years, but he realized he wanted a better paying job. So after some construction work, Rolf went to Electronics school, graduated, and went to work for the Department of Communications. The rest is history. Rolf started as a Radio Inspector at the Fort Smith, N.W.T. Monitoring Station on September 14, 1973. In the summer of 1977 he moved to the position he holds today.

He likes smoked fish!

Rolf looks forward to the spring for the annual Ship Survey Program in the Beaufort Sea. He says there is always good food, great people and lots of variety in the radios to be inspected. The most memorable event for Rolf is an episode that will remain engraved in his memory for some time. At the Low Cost Terminal field trials during an emergency exercise a few years ago, Rolf's radio was set up in the Wildlife Office garage in Iqaluit, N.W.T. The garage had been used as a smokehouse and after working three days in there, he thought he would never get the smell of smoked fish off him!

Future goals have Rolf looking forward to early retirement and going into small business. Extensive travel with his "XYL" (this means wife in amateur radio slang!) is also in the plan. He says a nice comfortable motorhome would serve the purpose well, since there is a lot of great country in Canada to cover. That doesn't mean the vacation hot-spots are out though.

A great evening is spent with his "XYL" at "The Office" and "Our Place" for dinner followed by live tunes at the "Rec Hall" or "Gallery Pub".

"I try to do something crazy every day"

When asked what the craziest thing he's ever done, his reply was: "I can't think of anything specific, but I try and do something crazy everyday!!"

Rolf's hobbies include: Philately, Amateur Radio and QSL Bureau Manager, Level 3 Hockey Coach, Audiophile, and Sci-Fi Novels.

Rolf considers himself, as well as his family, to be long-term Northerner's and his greatest ambition in life is to see his two teenage children be successful in life.

EDMONTON MOVE ... from p. 3

Claudia Raposo: "It's a beautiful building, the office is big and we get alot of natural light. I didn't like the elevator ride up to the 16th floor, but now I'm getting used to it. I think they should call it the "Pink Palace"."

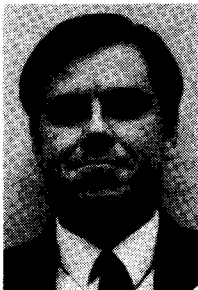
EDMONTON DISTRICT NEW S.O.C. INSTALLATION

Our move to Canada Place provided us with the opportunity to install a new and improved Fixed Monitoring Facility (FMF). Dan Lemoine and myself spent three weeks dismantling (into an infinite number of pieces), modifying and re-assembling the facility. Most of the modifications are transparent to the user, (i.e.)

- shorter and heavier runs of cable to the roof (½" foam)
- new super-connectors on all cables on the roof
- lots of cable shortening inside the equipment racks
- new 800 MHz omni and yagi antenna on roof
- the windows in the FMF provide natural lighting as well as an unobstructed view of the RF environment in the downtown area.

Overall, the installation went well. The RF signal levels are good and the area of operation has improved.

Dave Taschuk



Al LeBlanc
PEOPLE editor

What did your office do to celebrate the holiday season?

The following is a flashback of some of the various activities which occurred in our Region to celebrate the festive season:

Regina: Christmas festivities were planned for the evening of December 9, 1988, at Michaels on Hamilton.

Grande Prairie: On Saturday, December 17, 1988, the Grande Prairie D.O. staff (and spouses) went out for dinner at a local restaurant. This is a yearly tradition where everyone eats till they almost explode then goes to a nightclub to try to wear off some calories by dancing the night away.

Wednesday, December 21, 1988 was the day for the annual in-office party. First there was lunch (everyone chips in) and then a gift exchange around the Christmas tree. Names are drawn "secretly" out of a hat and everyone tries to figure out who had their name.

This was the first time in six years that Santa did not visit the Grande Prairie office to pass out the gifts. (For everyone's info, "our" Santa moved to Kenora, Ontario.)

Saskatoon: A staff Christmas party was held on December 3, 1988, with cocktails, a roast beef buffet and dancing.

A wine and cheese party was held in the office on December 23, 1988 followed by a gift exchange.

A Christmas dinner charity basket was donated to one family through the Salvation Army.

Winnipeg: The annual Children's Christmas party was held on Saturday, December 8, 1988; approximately 33 kids enjoyed food, drink, games, and various

tricks performed by a professional magician. Of course Santa Claus gave out gifts.

A wine and cheese for all staff in Winnipeg and retirees was held in Regional Office on Thursday, December 22, 1988; joy and laughter was had by all!

Food and toys were accepted as donations from staff and given to the Winnipeg Christmas Cheer Board. Thank you to everyone for your contribution.

Edmonton: District office staff enjoyed a wine and cheese, followed by a gift exchange held at the office on December 15, 1988. A dinner and dance was held at the Legion on December 16, 1988.

ACTIVITIES SEPTEMBER 1 TO NOVEMBER 30, 1988

Promotions:

Helen Laueau	Sept 12	Regina D.O. - Authorization Clerk
John Morin	Sept 19	Edmonton D.O. - Supervisor, Spectrum Control, promotion and transfer from Grande Prairie
Anthony Hayduk	Oct 17	Regina D.O. - Radio Inspector-in-Training EL-2
Diane Hotra	Oct 17	Grande Prairie D.O. - Radio Inspector-in-Training EL-2
Gerald Noordhof	Oct 17	Edmonton D.O. - Radio Inspector-in-Training EL-2
Shaun Morgan	Oct 17	Edmonton D.O. - Radio Inspector-in-Training EL-2
Kent Manning	Oct 17	Calgary D.O. - Radio Inspector-in-Training EL-2
Andrew Bewernick	Oct 17	Calgary D.O. - Radio Inspector-in-Training EL-2
Jim Gaylor	Jan	Grande Prairie D.O. - Supervisor, Field Operations

Comings:

Ron Tonita	Sept 6	Regina D.O. - Co-operative Student
Nicole Barwick	Oct 3	Edmonton D.O. - Receptionist/Administration Clerk transferred in from Statistics Canada
Claudia Raposo	Oct 3	GTA Edmonton - District Office Clerk accepted the indeterminate position
Monique Misonne	Oct 11	Manitoba D.O. - Receptionist/Typist (Term)
Gerald Fortler	Oct 17	Regina D.O. - Radio Inspector-in-Training EL-1
Ron Hamelin	Oct 17	Saskatoon D.O. - Radio Inspector-in-Training EL-1
Michel Landry	Oct 17	Edmonton D.O. - Radio Inspector-in-Training EL-2
Yvon Haché	Oct 25	Grande Prairie D.O. - Radio Inspector-in-Training EL-1
George Hastings	Oct 31	Edmonton D.O. - Radio Inspector
Karen Bullard	Nov 21	Spectrum Control - Spectrum Control Clerk. Returned from maternity leave
Cheryl Slack	Nov 29	Authorization - Communications Technologist transferred from HQ

Goings:

Bill Garland	Sept 8	Edmonton D.O. - Radio Inspector. Retired
Emelia Paul	Sept 10	Regina D.O. - Authorization Clerk on Spousal Relocation leave
Lynda Grindell	Sept 13	GTA Edmonton - District Office Clerk
Cameron McNabb	Sept 24	Manitoba D.O. - Radio Inspector-in-Training
Brian Ollington	Oct 1	Saskatoon D.O. - Radio Inspector
Harry Tucker	Oct 15	Engineering - Supervisor Point-to-Point. Retired
Hazel Adams	Oct 25	Saskatoon D.O. - Senior District Office Clerk on Extended Sick leave
Doug Lovejoy	Nov 8	GTA Edmonton - Telecommunications Manager. Retired
Donald Ringuette	Dec	Edmonton D.O. - Authorization Clerk

Others:

Tim Hibbard	Oct 17 to Dec 16	Public Affairs - Regional Manager Seconded to HQ
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FOOD
by Gwen Harman
Food Editor

The holiday season is slowly fading, leaving behind fond memories of family and friends, frivolity and food. Hold it! Did I say food?

While visions of sugar plums danced through our heads, our tummies were jiggling like "great bowls of jelly". Is it a wonder Santa is jolly and dare I say a tad overweight - I wonder how many turkey dinners he's had to endure?

Alas! It's the New Year - 1989! Resolutions are made - and some are already broken. For those of us who have decided that a tummy like a "great bowl - or even a little bowl - of jelly" just isn't for us, I offer RECIPES FOR REDUCTION IN 89. Reduction doesn't mean meager or unappetizing. It means light, creative and sensible cuisine. ENJOY!!

Remember, this is YOUR food column. Please share your specialties with us. The next issue will focus on entertaining. Deadly Deserts and Dips!! VIC - what about that Cheese Cake! Send your suggestions to Gwen in Saskatoon D.O. See you next issue!

3/4 cup all purpose flour
1/3 cup apple juice (unsweetened)
1 egg, slightly beaten
1/4 cup water
1 tsp grated lemon peel
1/8 tsp salt
3 small apples (Granny Smith or MacIntosh) cored, pared, and grated
1 tsp lemon juice
2 tsp white or brown sugar
1/4 tsp ground cinnamon

Combine first 6 ingredients in blender. Process until smooth. Pour batter into medium bowl. Add apples and lemon juice. Stir until combined. Spray a non-stick skillet or griddle with vegetable spray. Heat over medium-high heat. Drop about 3 tablespoons of batter onto skillet to form each 5" round pancake. Reduce heat to medium and cook until edges and underside are golden brown. Carefully turn each pancake and cook until other side is browned. Slide pancakes onto heated platter and keep warm.

GERMAN APPLE PANCAKES

SERVES 4

Continue process until all pancakes are cooked. Remember to spray griddle and heat to medium-high for each batch. Makes 12 pancakes.

Combine sugar and cinnamon and sprinkle lightly over pancakes. TIPS:

Top with calorie reduced fruit flavored spread and sprinkle lightly with cinnamon and sugar. Goes well with pork chops or serve for brunch with pork sausages.

CAPPUCCINO MOUSSE

SERVES 4

1 envelope unflavored gelatin
1/2 cup hot water
2/3 cup instant nonfat dry milk powder
2 tsp instant coffee powder
2 tsp unsweetened cocoa
2 tsp granulated sugar
1/4 tsp ground cinnamon
6 ice cubes

In blender sprinkle gelatin over water and let stand to soften. Process until dissolved. Add remaining ingredients except ice cubes. Process until smooth. With motor running, add ice cubes, one at a time, processing until all ice is dissolved (mixture should begin to thicken and jell). Spoon 1/4 of mousse into each of 4 desert dishes. Serve immediately - or cover and chill for 1-2 hours.

TERIYAKI CHICKEN AND VEGGIE STIR-FRY

SERVES 2

4 tsp Teriyaki Sauce
4 tsp water
1 tsp chopped chives
1/4 tsp ground ginger (fresh or dried)
1 small clove (toe) garlic, crushed
10 oz. chicken breast - skinned and boned
1 medium zucchini (sliced)
2 cups fresh mushrooms - sliced

Combine first 5 ingredients in a sauce pan. Bring to a boil. Pour into heatproof glass bowl. Add chicken and veggies. Toss and coat. Let stand 20 minutes or longer. Drain marinade and reserve.

Spray a non-stick skillet or wok with vegetable spray. Add chicken and sauté on medium high heat until browned (about 1 minute). Stir in veggies and marinade. Reduce heat, cover and simmer until veggies are tender crisp - about 3 minutes. Serve with white or brown rice. TIP: Try adding bean sprouts, thinly sliced 2" carrot sticks, shredded cabbage, white onion slices, snow peas, celery slices, sesame seeds, pine nuts, etc. P.S. try this with pasta!



WINE

by Myles Mainland
Wine Editor

This time around we are going to look at "light wines". After all that good Christmas stuff, all of us (especially "moi") could do with a bit of light refreshment.

Light wines are reduced in alcohol content and sugar and thus lower in calories. This has a tendency to reduce the flavor too, which is unavoidable. However, if we stick to white and near white wines we can enjoy a quenching quaff or two.

The first wine I sampled is from the Ernest and Julio Gallo Winery in Modesto California. They have been around since 1933, producing many "pop" wines. As a matter of fact, it wasn't until 1974 that they first produced corked wine! They are (in)famous for producing such wonders as Ripple Red and Thunderbird, but now have several award winning wines. E&J produce about half the total volume of wine produced in California. The E&J California Rhine Wine is a screw top wine in the fine old tradition. It is a 9.5% wonder and a 3 (I think) in sweetness. It has a fruity aroma and a touch of sparkle to it. You noticed I use the word aroma, instead of bouquet. Bouquet, strictly speaking, is used to denote the fragrance of mature wines, while aroma describes younger wines.

By the way, swirling wine in an appropriate glass really does bring out its aroma/bouquet by allowing esters etc. to evaporate up yer nose.

The E&J would go well in a cooler type drink or on its own with crackers and antipasto.

The next wine considered is a white Zinfandel from the Geyser Peak Label, also from California. Zinfandel appears to be a natural California grape, grown almost everywhere. There are some indications it came originally from Italy but this is disputed. Geyser Peak Winery also produces some rubidub wonders but, like Gallo, is striving to refine its image. They were the first winery to produce the wine-in-a-box that we see now.

The white Zinfandel is a very nice wine. It has an aroma of berries (raspberry?) which is very refreshing and light in the mouth. I recommend it for a before dinner drink rather than all those bad old highballs. I don't think it would go very well as a cooler. It is 10% alcohol and a 4 in sweetness.

Both reviewed wines are under \$7.00 and should be consumed within a year or so of purchase.

ON THE ROAD (Calgary)

For a different food experience in Calgary, I recommend the King and I at 820 11 Avenue S.W. It is a Thai restaurant, one of several fairly new to Calgary. Thailand food is somewhat like Vietnamese and Indian. It borrows the lightness and freshness of Vietnamese and the spiciness of Indian food, all presented in a beautiful way.

They make use of curries and herbs such as lemon grass to produce some unique tastes. The Thai dumplings are delicious, made of minced pork, water chestnuts, shrimp and wrapped in a savory noodle. The chicken filets come in peanut sauce (a staple of this type of food) with chilies and cooked spinach. The noodle stir fry shouldn't be missed. It consists of rice noodles, chicken, shrimp, squid, Chinese sausage, bean sprouts, bean curd and a garnish of fried egg and chopped nuts.

The food can be spicy so those with delicate stomachs beware. Otherwise, it is a taste delight. Prices range from \$5.00 to about \$15.00 and worth every penny. Reservations recommended.

submitted by Myles Mainland

On the Road editor, Micheline Gravel will be back for the next issue to recommend restaurants in Regina and Edmonton...

Watch for it!

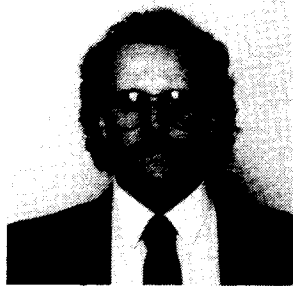
SPECTRUM MANAGEMENT PROGRAM EVALUATION

The Department's Program Evaluation Division is currently conducting an evaluation of the Radio Frequency Spectrum Management Program. Spectrum Management is a big part of the Depart-

ment's mandate, and it is important the program be reviewed to ensure our delivery is efficient and effective.

Several background studies, including literature reviews and surveys, are being conducted as part of the evaluation. One study looked at the program delivery organization structure of the ADMSR sector. The consultant who completed this study was very impressed with our organizational structure.

A survey of people who have reported interference has been completed. A full analysis of the results is expected by the end of the calendar year. A survey questionnaire has just been sent to a sample of radio station licensees. Results of this survey should be available in the spring of 1989. The conclusions of these evaluations will be widely distributed upon receipt.



Health & Fitness
by Rick Genslorek

"To feel 'fit as a fiddle' you must tone down your middle."

"The exercise that wears most people out is 'running' out of cash."

"All are created equal.....what happens after that is up to you."

Did you know:

- that you burn more calories when exercising on a full stomach than on an empty one (an activity not recommended).
- that a deficiency in magnesium can greatly influence your cravings for chocolate. Therefore, keep eating those green vegetables and whole grains for additional magnesium intake.
- that omitting cream from your daily cup of coffee can reduce your fat intake by approximately 1440-plus calories in four weeks.
- that exposure to the color red may increase the strength and explosiveness of your muscles.
- that each additional pound of muscle added to an adult body burns an extra 50-100 calories per day. So rather than try to control your weight by cutting calories until your metabolism slows down to almost a dead stop, keep eating but start exercising to gain muscle.
- that a person on a high-carbohydrate diet usually displays less aggressive behavior than a person on a low-carbohydrate diet.
- that, unless you exercise properly, you will lose approximately 1% of your muscular strength along with your ability to utilize oxygen each year after the age of 60.
- that a 70 year old individual can spend just six weeks exer-

cising to increase his or her muscular strength by approximately 20% and just four weeks to improve his or her endurance.

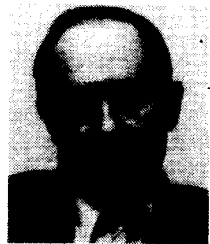
- that microwave popcorn may not be the answer to healthy eating. Most brands contain approximately twice the amounts of sodium and high-fat content than conventional popcorn.
- that there is no marked difference in the nutrient content of fresh and canned vegetables.
- that you may be lacking copper if your blood pressure rises during stressful moments. Good copper sources include liver, legumes, nuts and seeds.
- that the aroma of spiced apples may reduce both your blood pressure and heart rate levels.
- that consuming more, smaller meals rather than a few big ones has been shown to be associated with a lowered incidence of heart disease.
- that carrots can reduce your cholesterol by up to 20%. The vegetable contains prominent levels of calcium pectate (a chemical element in the fibre) which speeds up your metabolism of cholesterol. Other vegetables that have a similar effect upon cholesterol include broccoli, cabbage and onions.

- that elderly males who participate in a regular exercise program have a higher level of mental keenness than young, inactive individuals.
- that high blood pressure readings can be a product of high anxiety associated with a doctor's visit.
- that the loss of calcium from drinking coffee may be counteracted by adding three tablespoons of milk to every cup.
- a smoker arrives at old age with 20-30% less bone mass than a nonsmoker. This results in a more fragile skeleton and a greater risk of fractures.

EXERCISE OF THE MONTH

Lower Back

Stand with your back to the wall so that your heels, buttocks, shoulders and back of your head touch it. Suck in your abdominals and flatten your back against the wall. If possible, exert pressure against the wall. The other parts of the body should remain in contact with the wall.



TRIPLESPEAK by Alfie Northam

Well my jocular friends, it is now the time of holidays past and the only ghosts we have are those of bills, bills, and more bills. I hope that all of us had a pleasant time away from the office. In keeping with the verbosity of the column, and for those of you really desperate for the appropriate phrase here is a handy little item.

- | | | |
|-----------------|---------------------|-----------------|
| 1. integrated | 1. management | 1. options |
| 2. total | 2. organizational | 2. flexibility |
| 3. systemized | 3. monitored | 3. capability |
| 4. parallel | 4. reciprocal | 4. mobility |
| 5. functional | 5. digital | 5. programming |
| 6. responsive | 6. logical | 6. concept |
| 7. optional | 7. transitional | 7. time-phase |
| 8. synchronized | 8. incremental | 8. projections |
| 9. compatible | 9. third-generation | 9. hardware |
| 10. balanced | 10. policy | 10. contingency |

Think of any three digit number, and select the corresponding buzzword from each column.

For example, number 464 would yield "parallel logical mobility". Confuse your friends! Bore your enemies! Order your very own integrated third-generation contingency right away.



Obituary:

Gary William Winsnes was born on January 10, 1940 in Edmonton, Alberta, and passed away quietly at the Plains Health Centre, Regina, Saskatchewan, December 20, 1988 after a three month illness.

He was raised on a farm at Ryley, Alberta until the age of 18 years when he continued his education at the Calgary Technical Institute graduating as an Electronics Technician in 1959. He then commenced his life long employment with the Federal Government initially with the Department of Transport, and since 1969 with

the Department of Communications. During Gary's career, he worked at the Wetaskiwin Monitoring Station, Alberta, Aishihik Aeradio, Yukon, then as radio Inspector in Edmonton, and for the past 13 years as Authorization Supervisor in Regina, Saskatchewan.

Gary was married in Wetaskiwin in 1967 to Hilde Halbach and they had two children. He is survived by his loving wife Hilde and their daughter Lanaya, his mother Bertha of Ryley, Alberta, his brother Dale and wife Janet and their children Kevin, Stuart, Trudy, and William also of Ryley, Alberta. Gary was predeceased tragically by his son Trevor on September 23, 1988; his father William on October 13, 1985; and his mother-in-law Ella Halbach on July 3, 1978.

He also leaves to mourn his father-in-law Ernie Halbach of Wetaskiwin, Alberta, his brother-in-law Ed and family in Kitchener, Ontario, sister-in-law Kate of Vancouver, B.C., very special friends Austin and Joan

King of Saskatoon and a number of other relatives and friends. He will also be sadly missed by his co-workers.

Gary's dedication to life, his work, friends and those in the community is exemplified by the way he encouraged us all to use and share our God given gifts to our fullest potential. His community work included eight years as a leader with Boy Scouts of Canada and four years with the Christopher Leadership Course.

Pallbearers:

Jack Oslanski, Norman Vautour, Ivan Donovel, Clarence Claerhout, Bob Hlavsa, Pat More

Honorary Pallbearers:

Co-workers - Department of Communications Office: Art Edge, Barry Kram, Mike Thul, Edna McLean, Dave Morton, Ron Tonita, Larry Sawchyn, Harold Wiest, Anthony Hayduk, Dave Favreau; Co-workers in the Winnipeg, Saskatoon, Edmonton and Calgary Department of Communications' Offices.

PUBLICATION POLICY

This newsletter is published for the employees of the Department of Communications, Central Region. Opinions expressed are not necessarily those of the Department.

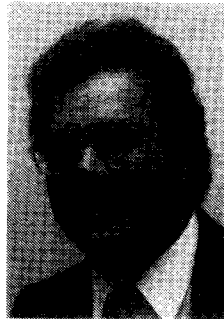
Our newsletter is produced four times a year and distribution coincides with the seasons.

News from Regina

Gerald Fortier is the newest member of the Regina District Office. He reported for work on Monday, December 28, 1988.

This office is now 95% settled in their new offices in the Avord Tower. It is much more open and eye pleasing than the old accommodation.

Ron Tonita, our Co-op student has returned to the office after completing Phase I training. Ron will be returning to SIAST in Moose Jaw to complete his final academic term in the Electronics Technology Program.



Terry Rudeen
Sports Editor

BONSPIEL '88

The 1988 Central Region Bonspiel was held November 11-12 at the Sutherland Curling Club in Saskatoon. Ten rinks representing four district offices and the regional office gathered for the fifth annual event.

Trophies were presented to the first and second place finishers in the "A", "B" and "C" event finals. In the "A" Event Final, Regina #2 squeezed past Calgary #1 with a score of 5-3. Saskatoon slipped past Edmonton #1 in the "B" Event Final with a score

of 6-4 and the "C" Event Final resulted in Calgary #2 overcoming Edmonton #2 with a score of 7-3.

As always, Saskatoon's varied selection of restaurants satisfied all our hungry curlers (except for one group who took off for Humboldt for dinner!?) and the Park Town Hotel took care of their sleeping and recreational requirements.

Special thanks to Rob Martin and Gwen Harmen for hosting their year's event. Their combined efforts organized a great bonspiel on very short notice. In recognition of their efforts, representatives of this year's rinks voted Rob and Gwen in as the "volunteer" organizers for next year's bonspiel.

CONTESTit's a TIE!

stop press!

We have a tie.

Thank you to everyone who participated in the "no name brand" contest; we appreciated hearing from you. Two particular entries caught our attention and the newsletter committee needs your vote to help chose a winner.

- Entry no. 1 - LIAISON
- Entry no. 2 - "ESPRIT"

Please send your vote to the Public Affairs office, Winnipeg. Thank you.

ACKNOWLEDGMENTS

Thank you to:

Kathy Schell and Joanne Brémaud for the typesetting and thanks to everyone who participated in the production of this issue. Your contributions are valuable.

STOP PRESS

Radio Inspector Brian Ollington of Saskatoon D.O. had a farewell luncheon on September 29, 1988. Along with well wishes, Brian was presented with the Saskatchewan emblem - The Grasshopper, and a photographic book of prairie scenes.

Brian made a presentation of his own. He gave his supervisor, Austin King a "MANSIS KIT" which included several large Belgium Chocolate "BARS" and a set of rating "STAMPS". While we all shared the "BARS", which were delicious, Austin will have a set of tools to assist him in his regular meetings.

We wish Brian success in this future endeavors.



While our Deputy Minister, Mr. **Alain Gourd** was in Winnipeg last November, he presented Celebration '88 medals to DOC employees. He is seen here with **Roger Collet**, DGC.



"Oh Santa, you really know how to sweet talk a girl!"
(photo taken during the children's Christmas party in Winnipeg)



Harry Tucker (left) who retired in October after 40 years of service, receives a special award from **Roger Collet**, DGC.



(left to right)
Rob Martin - Skip "B" Event
Gerry Lareau - Skip "A" Event
Jim Gayler - Skip "C" Event
(Photo taken at Bonspiel '88)

WELCOME TO OUR NEW MINISTER, the Honourable MARCEL MASSE.....

WATCH FOR IT — IN OUR NEXT ISSUE

Feature: Regina Office move and official opening

Profiles: Gerald Fortier (Regina)
Kathryn McGavin (Winnipeg)
Ron Bailey (Winnipeg)

plus our regular features from our roving reporters.