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In the steaming heat, they could do little but watch. Finally, on July 16, ill and malnourished, they abandoned their post. ``Noon on July 15 was the drop-dead date,'' Capt. Mark Perego told Maclean's after returning to the Canadian base. ``We had no food or water after that. We held on as long as we could.''

-Illustrates Canadian soldiers’ desire to continue fighting, carrying out their orders to complete the mission until they physically cannot do so anymore

The Bosnian government thwarted those plans by refusing to permit Canadians to help its own people. Said Capt. Jacques Poitras, a military spokesman: ``It is frustrating not to be able to help people when we know they need help.''

-The lack of NATO’s teeth and aggression do not allow the NATO/UN troops, Canadian soldiers, to use their training to deal with and assist those that require their help

-Frustration among soldiers of having the ability but not being able to use it, feeling of helplessness

``Every situation and every 10 km is different in Bosnia,'' said Perego, a 35-year-old

soldier from Gagetown, N.B. ``Attitudes, beliefs or approaches, they are all different.''

-Soldiers were not adequately prepared for this type of conflict, as the had to follow specific, confusing rules and apply them all to vastly different situations and problems

-Its hard to implement one set of rules for a situation that has so many different variables and conditions

The final decision to abandon the post was both a blessing and a crushing disappointment. ``We did not want to give in,'' said Perego. ``But we were no longer prepared to risk our lives.''

-Lost faith in the mission and their support, as soldiers (warriors) are usually put in harm’s way risking their lives to achieve their mission, but these soldiers had experienced such a difficult situation that they had given up that desire to fight and risk their lives

Although politicians back home might disagree, Perego argues that the experience was Canadian peacekeeping in its truest sense. ``We're engaged in something completely different than what we are used to doing,'' the peacekeeper said. ``It's extremely frustrating, yet rewarding, too.''

-The situations that these Canadian soldiers are in, trained to keep the peace and protect those in need of help and yet being withheld from carrying out these actions due to political rules and regulations, creates this frustration and helplessness feeling of soldiers