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• October 17, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 40 •

"One for the books" at 424 Squadron



Photo: Cpl Chris Bentley, 8 Wing Imaging

All six Labrador helicopters posed in a side-by-side hover on Tuesday, October 14, 2003, prior to their historic flight.

by 2Lt Jennifer Jones
 8 Wing Public Affairs

History took to the skies on Tuesday, October 14 as six CH-113 Labrador helicopters flew together for the first and final time at 8 Wing/CFB Trenton.

A total of six Lab crews partnered up for *Operation Unleash the Hounds* to fly the rotary-wing aircraft over the municipalities of Trenton and Brighton between 3:30 and 4:30 p.m.

"What we are trying to do is not an air display as such but a demonstration of the serviceability rates that our maintainers have been able to achieve not just today but over our busiest time frame; the summer, and they are continuing into the fall right now," said Lieutenant-Colonel Michel Lalumière, Commanding Officer of 424 Squadron (Sqn) just prior to taking off. "It's absolutely fantastic."

Some of the helicopters in the air were being flown for the final time.

"We have been racing against time in a sense and this is our last opportunity to put something like this together," added Lalumière. "Beyond

Following their start-up and taxi, the Labs all posed in a side-by-side hover prior to taking off for their historic flight. Since their procurement in 1963, it was the first time that six Labs on one base were serviceable and flying in chorus simultaneously.

today we will have to start disassembling these aircraft for permanent storage."

Following their start-up and taxi, the Labs all posed in a side-

by-side hover prior to taking off for their historic flight. Since their procurement in 1963, it was the first time that six Labs on one base were serviceable and flying in chorus simultaneously.

"Our normal operating capacity is three helicopters, and that's the way we're expected to run," said Capt Jay Nelles, 424 Lab pilot. "We have six right now because of the pending retirement of the Lab fleet. We thought it was a good idea – a show of force and a show of capability of what we're able to do – get all six of them flying at once."

The Labrador helicopter has been the principal Canadian Forces Search and Rescue platform for the past 30 years. In 1997, it was decided that the CH-149 Cormorant would replace the Labrador. A formal retirement ceremony is expected to take place in the spring at which time the last Labrador will retire from 424 Sqn and be displayed at the National Aviation Museum in Ottawa.

Check out these United Way upcoming events

Jail & Bail – Fri, 17 October--Wing Transportation will be holding a Jail & Bail on Oct. 17. Call 7253 to have someone "arrested". Prices are \$5.00 for 10 minutes or \$20.00 for 40 minutes. Jailbirds will be given the opportunity to bail themselves out. Phones open at 8:00 a.m.

Head Shaving – Fri, 24 October--Wing personnel are invited to collect pledges to have their heads shaved. The event will take place at the south side gymnasium at 2:00 p.m. All are welcome to attend. Lt (N) Izzo, Campaign Chairperson, is currently collecting pledges!

All Ranks Dance – Fri, 24 October--The Astra Lounge will be hosting an All Ranks Halloween dance featuring classic 70's and 80's rock on October 24 between 8:00 p.m. and 2:00 a.m. All proceeds go to the United Way and cost is a minimum \$3.00 donation per person.

Wednesday BBQs--every Wednesday--8 AMS will holding BBQs every Wednesday between 11:30 a.m. and 1:30 p.m. for the duration of the campaign. All are welcome to attend. Cost is \$1.50.

Raffles and Draws--Doll House Furniture / Welcome Sign draw. Tickets available through Wing CE HQ, cost \$1 each. Draw Oct 24.

Car Crush--Tickets available through Wing Transportation (7669) for \$2 each or three for \$5. Winner will be given the opportunity to crush a car with a bulldozer on Oct 30.

Carved Emu Egg with Clock Insert--Tickets available through Dental Squadron--and the Contact office--at a cost of \$2 each or three for \$5. Draw Nov 3.

If you wish to have your event in The Contact please contact 2Lt Jennifer Jones at 3675.



Lt (N) R. Izzo, Campaign Chairperson, receives the first "official" United Way donations from Col Dave Higgins, 8 Wing Commander, and WCWO Don Cheverie.

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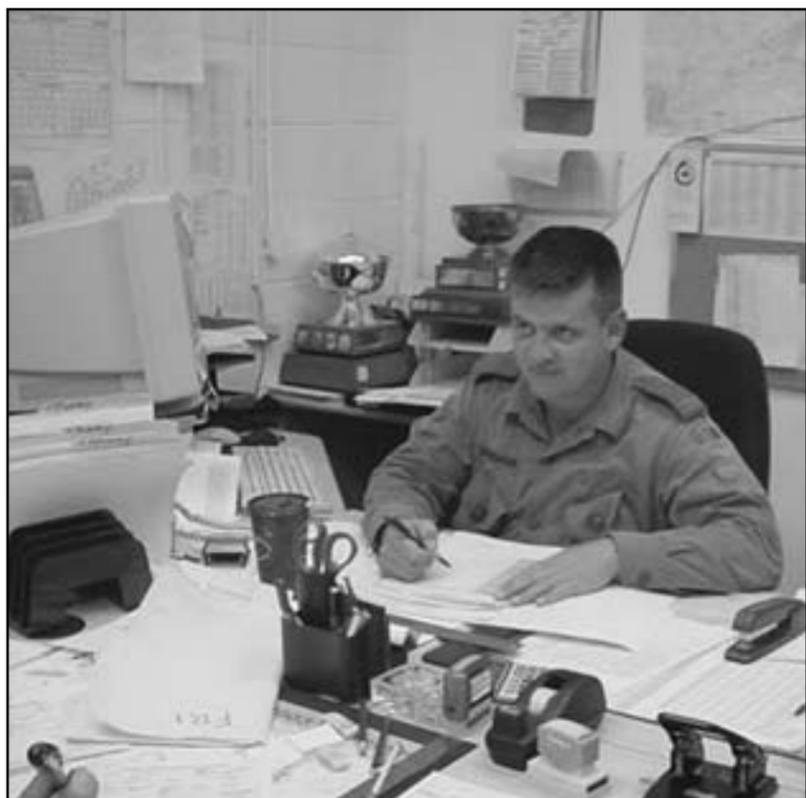
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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Cpl Geodhuis is seen here tasking personnel for the numerous transport demands that he receives on a daily basis.

A new era for health care

by Laurie McVicar
Assistant Editor

October 14 marked an important date in the history of health care at 8 Wing/CFB Trenton.

Approximately 50 members of 4 Health Support Operational Training Unit gathered at the Astra Lounge in the Junior Ranks' Mess to witness the disbandment of their detachment. The medical clinic will continue to deliver health care but will now be known as 24 Canadian Forces Health Services. This clinic is one of seven units with detachments spread across the country aimed at delivering health care to the Air Force.

The change was initiated by a major medical reform project called Rx2000, launched in January 2000. The focus of the project was to bring together health care resources within the CF under one command, develop a multidisciplinary

approach to health care delivery, unite the extended CF health services family, and build partnerships with the civilian health care sector.

New initiatives that will be implemented over the next few years include a health information system, which will allow health care professionals to collect, provide and share information with one another. In addition, it will eliminate current difficulties in tracking personnel who have been hospitalized or given a particular immunization, treatment, or specialized drug.

The Primary Care Renewal Initiative (PCRI) will also have an impact on CF health services. This clinic model will address regional inconsistencies in the levels of service, timeliness, access to care and manner in which the health care is delivered. In other words, patients will receive the same kind of care no matter what wing/base they are posted to.

Along with a long-awaited new medical facility, a host of new and existing medical personnel will help ensure the health of military personnel at 8 Wing/CFB Trenton is well taken care of, whether they are at home or abroad.

Lieutenant-Commander Murray Doggett recently took over command of this unit and is moving forward with reform initiatives.

We have to create a stable team that can provide a high level of health care to the Canadian Forces. I am committed to building this team through an aggressive staffing plan to create and fill positions with people who are or will become members of the Public Service," he said. "In terms of our training role, we are still obligated to be prepared (for deployments). It's important because we are supporting more and more missions overseas."

With files from <http://hr.ottawa-hull.mil.ca>.

ALL RANKS DANCE

Live Music Featuring:



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Where: Astra Lounge
When: October 24
Time: 8 p.m. - 2 a.m.

All proceeds go to the United Way!
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Photo: Laurie McVicar, Contact

Lieutenant-Colonel Bill Lewis, 8 Wing Administration Officer, signs the Certificate of Disbandment of 4 Health Support Operational Training Unit Detachment during a ceremony held Tuesday. Looking on is Lieutenant-Commander Murray Doggett, Clinic Manager for the new 24 Canadian Forces Health Services.

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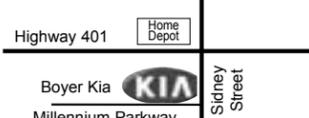
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National Search and Rescue 2003

by Lt Jennifer Faubert
Air Force Public Affairs

This year's National Search and Rescue Exercise (SAREX 03) presented one of the last opportunities to see the CH-113 Labrador flying alongside the CH-149 Cormorant. It was the Cormorant's first such exercise and the Labrador's last.

"It was wonderful news when we heard that the folks at 424 Squadron were bringing the mighty Labrador to the competition," said Lieut.-Col. Peter McKeage, 9 Wing Commander. "What a treat for all of us who flew her and how appropriate that the last SAREX for the 'old girl' will be here in Gander."

This year's competition, held Sept. 29-Oct. 5 was hosted by 9 Wing Gander and 103 Search and Rescue

Squadron. Over 200 search and rescue technicians, military personnel, aircraft crew and members from the Civil Air Search and Rescue Association (CASARA) were on site taking part in competitions, judging or attending meetings on search and rescue issues throughout the week.

Although weather put a damper on some of the competitions and the scheduled fixed wing aircraft were unable to participate, the exercise met its objective to provide a venue for the standardization and evaluation of operational search and rescue techniques and procedures utilized by the Canadian Forces.

"Search and Rescue is a bad weather job and this seems to be holding true for this competition," said Master Cpl. Derek Rogers,



Photo: Cpl Bill Parrott, 8 Wing Imaging

Members of 424 Squadron were among the more than 200 participants at SAREX 2003 at 9 Wing Gander.

103 Search and Rescue Technician and winner of the SAR Tech of the year award. "However, there is still a lot of events going on which highlight various aspects of the search and rescue job."

103 Squadron captured the Diamond Trophy, the gem of SAREX, for having the best overall perform-

ance during the exercise. Events included a rescue, maintenance, medical and search event. SAR techs also participated in a parachute jump camp using the new CSAR-7 parachute.

National SAREX provides a venue to practice the latest techniques, procedures, and equipment in the search and rescue community. It also provides an excellent opportunity for members of CASARA, an integral part in search and rescues, to hone their skills.

National SAREX rotates locations on an annual basis between search and rescue units across Canada. It will be held in Comox, B.C. next year.

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Search & Rescue UPDATE



424 Squadron responded to a single Search and Rescue mission this past week.

On October 9, the Labrador was tasked to search the area around Niagara on the Lake for an overdue 15-foot boat. Unfortunately, even though the search continued into the night, the crew only found debris. The following day, October 10, both the Hercules and the Labrador returned to the search area. The missing individual was discovered by people in a passing sailboat. Following his identification, the search was called off.

Missions for 2003: 138 Missions for Oct.: 5 Persons rescued: 21

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Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg--Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity and is not funded by public funds. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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Way to go 8 Wing!

What a great effort is being made by so many personnel here at 8 Wing/CFB Trenton.

Despite a number of unavoidable setbacks and delays, the 2003 United Way / Health partners Campaign on the wing is moving full speed ahead.

Numerous terrific events are ongoing, including courageous head shavings, weekly barbecues, car washes, a variety of raffles and draws, not to mention the ever-popular Jail and Bail (slated for this Friday) and an All Ranks Dance that promises to be a great night.

One of the most exciting events to come along, at least for me, is the wonderfully-named CAR CRUSH.

What a blast that would be. Imagine, operating a bulldozer (a lifelong secret wish of mine, along with skeet shooting and sumo wrestling with those "Michelin Man" blow-up suits) and then actually getting to crush a car. What a great stress reliever! I, for one, plan to buy a ticket or 10 for that particular draw!

So please keep up the great work for, support of and generosity towards the United Way. Yet another way for 8 Wing/CFB Trenton to shine.

Canadiana Crossword

Sounds of Gen X

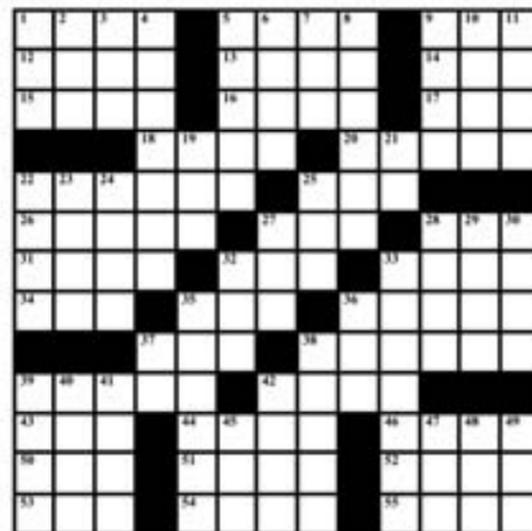
Bernice Rosella and James Kilner

ACROSS

- 1 Soother?
- 5 Be _____
- 9 Female ruff
- 12 Above
- 13 Extinct bird
- 14 Quick
- 15 Desert feature
- 16 Biblical to
- 17 A kind of twitch
- 18 Field mouse
- 20 Martha and the Muffins hit "Echo _____"
- 22 Surround
- 25 Sailor
- 26 Rockin' in the Free World singer Neil _____
- 27 Append
- 28 Clark or Kapp
- 31 Placed a call
- 32 Motor fuel
- 33 Legal or medical preceder
- 34 Words inviting assent
- 35 Sheepish remark?
- 36 Tragically Hip hit "Little _____"

DOWN

- 1 Cochrane or Hunter
- 2 Hail
- 3 _____ Habs?
- 4 k.d. Lang hit "Constant _____"
- 5 Pursuit of Happiness hit "I'm an _____ Now"
- 6 Corn-bread
- 7 TO summer time
- 8 Doug and the Slugs hit "_____"
- 9 Pro _____
- 10 Heroic
- 11 Engrave
- 19 Part of WHO
- 21 Hosp. facility
- 22 Bronte character
- 23 Arkitekt?
- 24 Howitzers
- 25 CFL stats
- 27 Classy credit rating



- 28 Cowboy Junkies hit "Sweet _____"
- 29 Minerals
- 30 Compass point
- 32 Heater?
- 33 Own
- 35 The Jitters hit "Til the Fever _____"
- 36 Container
- 37 Alright, slangily
- 38 Universe
- 39 Cylindrical storehouse
- 40 Pungent bulb
- 41 Operatic offering
- 42 Observed
- 45 Legume
- 47 Mental acuity
- 48 Baseball stat
- 49 Soak



This Week in Contact

1944--RCAF Station Trenton's "10th Annual Field and At Home Day" attracts 15,000 visitors for a parade of floats, bands, track & field events, water skiing, and aerial display.

1953-63--Unavailable

1973--With Royal Assent, the ensign of the former Royal Canadian Air Force becomes that of the then-10,000 strong RCAF Association.

1983--Hercules aircraft from CFB Trenton deliver 170 airborne troops over DZ Anzio, CFB Petawawa, as part of the first Airborne Indoctrination Course in peacetime to include militiamen; the newly minted troopers were from Regiment de Saguenay, The Queen's Own Rifles of Canada, and The Loyal Edmonton Regiment.

1993--437 Squadron Boeing 707s begin Operation Boreal III to deliver 600,000 lbs of urgently needed medical supplies to hospitals within a 350nm radius of Moscow.



Created & compiled by
 WO J. H. MacDonald, Deputy Wing Heritage Officer



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CUTTING FOR A CAUSE

Photos: Laurie McVicar, Contact



Lieutenant David McClure, Officer in Charge of 81 Airfield Engineering Flight (81 AEF) left work a little lighter last Friday after lopping off his thick locks for the United Way. Lt McClure sat patiently as Beth Gallagher, from Capelli by Aldo, entertained onlookers with a series of wacky hairstyles. The event raised a total of \$100. Congratulations to Lt McClure who has certainly proven himself to be a good sport.

NEW MAYOR OF COMMUNITY COUNCIL



Photo: Laurie McVicar, Contact

Lieutenant Colonel Bill Lewis, Wing Administration Officer, shakes hands with Warrant Officer Carole Beaupré, the new mayor of the Trenton Military Community Council. The purpose of the community council is to "support the social, cultural, recreational, and community service needs of the 8 Wing CFB Trenton military personnel and their dependants." Although the council regularly addresses housing and neighbourhood concerns for those living in the Permanent Married Quarters, WO Beaupre stresses the fact the council is working for all members of the defense team, no matter where they reside.

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November

- 15 SANTA ARRIVES/
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- 18 BABY'S FIRST CHRISTMAS
PHOTO WITH SANTA
TO NOV. 20



December

- 1 HOLIDAY HOURS TO DEC. 24
- 5 MOONLIGHT MADNESS
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- 26 BOXING DAY SALE
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It's RRSP time again

by Phil Marcus, CFP
 SISIP Financial Services, Ottawa

January and February are typically the time of year when many Canadians make their Registered Retirement Savings Plans (RRSPs) contributions. The first sixty days of each new year give us the time to top-up contributions, borrow to make contributions if we haven't done so throughout the year, or to start a new contribution plan. All contributions made up to March 3, 2003 can be claimed either on your 2002 or your 2003 tax return.

1. Don't wait until the last minute
2. How much to contribute?
3. Whose RRSP to contribute to?

You work hard for twelve-months of the year to earn your money. Don't wait until February to seek out your investment options. It's easier to invest in small doses. Try making your investment decisions throughout the year, when you will have more time to reflect on these decisions, and you can avoid the February rush.

When contributing to an RRSP, time is money! However, because we can carry over our unused contributions for an indefinite period, some of us have a very large contribution room. Decide how much effort you want to make towards your 2002 contribution and what you would like to contribute in 2003. Be reasonable, do not invest every

dollar of your surplus cash or borrow too much through an RRSP loan. This could cause you financial difficulties and prevent you from properly planning future contributions.

If you do not have surplus cash and you do not want to borrow, it is better to simply focus on the year ahead and start a monthly contribution plan into an RRSP. Doing so will put you ahead of the game at this time next year.

Generally, the purpose of RRSP's is to build savings that will provide a source of income at retirement. If you have a pension plan and your spouse does not, you may wish to make spousal RRSP contributions. Such contributions are still deducted from the income of the contributor, but help build a retirement income for the spouse with no pension plan.

An understanding of your objectives and risk tolerance is key to your investment success. Good advice can really pay off. Let a financial planner assist you in determining your risk tolerance level and the appropriate investment vehicle.

Phil Marcus, CFP, is the National Manager of Financial Planning with SISIP Financial Services in Ottawa.

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it's your Money



Over the past 800 years there have been four waves of inflation. The final wave, the one you have lived your whole life in, is coming to an end now. It began in the mid-1890s and may well already be in its dying moments.

Inflation happens when there is too much money chasing too few goods, and that means the price of things goes up, while the purchasing power of money goes down. Inflation can be made far worse by governments who spend more money than they raise in taxes, creating deficits which have to be financed by selling debt, usually through bonds. All that debt and all those bonds serve to dilute the money supply, also

making currency worth less.

All of us today are conditioned to inflation. Every year we have expected things to cost more; for our houses to go up in value; for our salaries and wages to

now in has dramatically increased productivity, causing lower input costs for everything from computers to cars to furniture, and therefore lower prices. And you can blame globalization, as free trade removes price-hiking trade barriers and makes the world's economy function better than every before.

Of course, there is also Nine Eleven, SARS and mad cow disease - events which depressed economic activity, reduced demand and

the mortgages upon them. Wages and salaries plummeted, and men were happy to find work for \$1 a day. The price of everything kept falling, so people stopped spending - because things would be cheaper in a week or a month.

But this deflation will be different, since the world is a far more controlled place than it used to be, thanks to central bankers and coordinated international fiscal and monetary policy. No, in this wave of deflation, we can actually have a growing economy, since the new technology is allowing productivity to shoot higher. Also, the absence of inflation means that there's no reason for interest rates to climb, and cheap money is helping to make everything more affordable - even real estate, which is in the final advance of this cycle.

The real danger in this picture, however, is a four-letter word we should all dwell upon: d-e-b-t. In times of inflation, debt becomes increasingly easy to repay since earnings are rising, and yet the debt is fixed. In times of deflation, both earnings and asset values decline, but the debt does not. That means it gets harder and harder to repay. It's a lesson learned in anguish, seventy years ago.

increase. In fact, virtually all labour agreements in place today have an escalator clause in them for inflation. I know of none that have a clause adjusting pay lower when inflation turns into deflation. Big mistake.

Inflation is ending now for many reasons. In the short term it's because powerful economies like those of Japan and the United States have been in decline, creating less demand for products and services. It's also because the technological revolution we are

spending, and resulted in inventories shooting higher, bringing prices down. That's why a 2003 Ford F150 truck, for example, or a top-end Mercedes S500, are far better vehicles than models in earlier years, and yet they cost less money.

So, deflation is the opposite of inflation. In an extreme form, it can be unbelievably destructive, as happened in the Great Depression of the 1930s. The value of real estate fell so far, so fast that people abandoned houses worth less than

In fact, interest rates are now at a 50-year low, and likely to stay at this level for several years to come. Maybe even decades. That's bad news for people trying to grow their money through fixed-income assets like GICs, bonds, savings accounts or Canada Savings Bonds (which now are paying less than the inflation rate). It's good news for stock markets and investors in them, because falling costs help boost corporate profits.

The real danger in this picture, however, is a four-letter word we should all dwell upon: d-e-b-t. In times of inflation, debt becomes increasingly easy to repay since earnings are rising, and yet the debt is fixed. In times of deflation, both earnings and asset values decline, but the debt does not. That means it gets harder and harder to repay. It's a lesson learned in anguish, seventy years ago.

Food for thought when you fill out the next mortgage application.

Garth Turner's Investment Television airs nationally Sundays, on the Global network. Internet, garth.ca.



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Chief of the Defence Staff launches Canada's first Profession of Arms Manual

KINGSTON, ON, Oct. 15 /CNW/ - History was made today as the Chief of the Defence Staff (CDS) presented Canada's first Profession of Arms Manual to the senior leadership of the Canadian Forces, including senior non-commissioned members (NCMs), in Ottawa.

The 80-page document defines Canadian military professionalism for the benefit of serving members, DND civilians, and interested Canadians.

"Duty With Honour: The Profession of Arms in Canada is a defining document for Canada's profession of arms," says the CDS, Gen. Ray Henault. "I have therefore directed that it serve as a cornerstone document in the professional development system of the Canadian Forces."

Captain (Navy) Al Okros heads up the

Kingston-based Canadian Forces Leadership Institute (CFLI) and led the manual's writing team. He says Duty with Honour both defines how Canada's profession of arms is integrated into society, and shows how and why it differs. He emphasises that with the CDS serving as head of the profession of arms, responsibility for maintaining professional standards falls squarely on the shoulders of the men and women who

serve in uniform. "We as military members serve the government and society, but have a special responsibility to be the guardians of our own professional ethos and standards," says Capt (N) Okros. "Defining those standards in writing for the first time is a major advance in our ongoing effort to strengthen professional values in the Canadian



Gen R. Henault, CDS

Forces."

Duty with Honour is divided into four chapters offering an overview of the profession, a definition of the Canadian Military Ethos, a description of how the profession functions, and a look to the future. It was written over a period of two years by a team of officers, non-commissioned members and academics. A summary version of the manual endorsed by Her Excellency the Governor General, the Minister of National Defence, and the Chief of the Defence Staff will be distributed to all members of the Canadian Forces beginning in November.

Attention newcomers to 8 Wing

by 2Lt Jennifer Jones
8 Wing Public Affairs

8 Wing/CFB Trenton will hold an indoctrination/orientation day for newly posted personnel on Tuesday, October 21st at the Astra Lounge between 8:00 a.m. and 4:00 p.m.

The indoctrination day is a yearly event and its main purpose is to give all new members on base a general understanding of Wing units and organizations.

"Each unit representative has approximately 10 minutes to give everyone an overview of what they do as well as give out any additional pertinent unit information such as phone numbers and important points of contact," said Lieutenant Paul Morck, Event Coordinator. "To make things easier this year, unit briefings have been organized by branch. Headquarters will give the first presentation followed by Operations, Lodger Units and finally Wing Services."

Many sources of additional information will be available at the briefing including booklets, pamphlets and fliers from different Wing organizations. Anyone wishing to include information about specific units, clubs and services may do so by contacting Lt Paul Morck at extension 2062.

This space could be yours!

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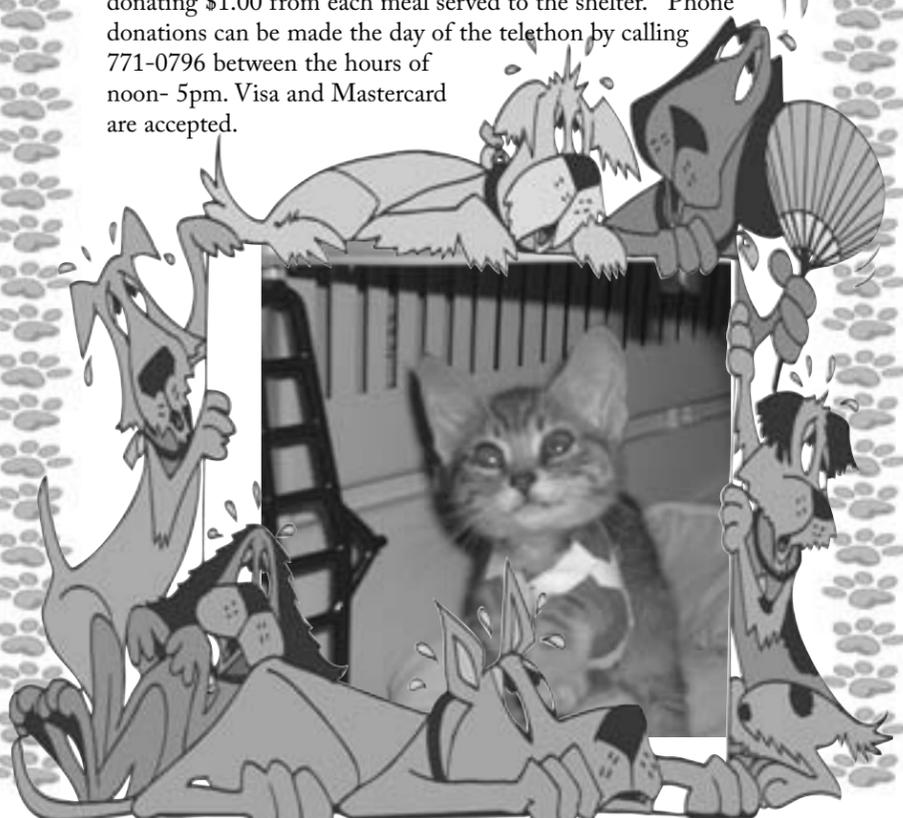
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Pet Particulars Meet Popsicle

Hi. My name is Popsicle. I am 6 weeks old and have an injured front leg. People taped a popsicle stick to my leg to brace it, then left me in a box outside the shelter. Please help the Quinte Humane Society care for me and all the other animals that live here. Watch their telethon, 'Mission Paw-sible' Sunday October 26, on Cogeco Channel 4, from 12 - 5 pm. A wide variety of talent will be featured, including performances by CFB Trenton personell. Or, come down to the studio in downtown Belleville and enjoy outdoor entertainment (weather permitting) and Tim Horton's coffee. Across the street, NICKO's restaurant will be donating \$1.00 from each meal served to the shelter. Phone donations can be made the day of the telethon by calling 771-0796 between the hours of noon- 5pm. Visa and Mastercard are accepted.



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Air Reservist support to 8 Wing: A "win-win" situation

by Captain Ian Stock
8 Wing Public Affairs

Never go it alone.

And Regular Force personnel of 8 Wing/CFB Trenton haven't been going it alone, especially since September 11, 2001.

With the support of more than 200 Air Reservists, 8 Wing/CFB Trenton has been able to meet its high intensity operational demands, including OP ATHENA and OP APOLLO, since that history changing day two years ago.

"Our Air Reservists are different because they work side-by-side with their Regular Force counterparts, at all rank levels, in the full spectrum of jobs," explains Major Kevin Keogh, Commanding Officer of 8 Air Reserve Flight (8 ARF).

"One of our primary roles is to provide trained Reservist personnel in support of 8 Wing operations, and

we're definitely meeting that challenge. Since I've been here in 1997, we've gone from a manning state of 133 to 205 at present. There's never been a greater demand for Reservists than right now."

More than 70 per cent of Reservists working at 8 Wing are retired annuitants who provide continuity, experience and expertise, ranging from four days a month to full-time employment.

"Units on the Wing have manning holes to fill as result of our high level of operations, deployments, courses or parental leave, and they come to us to seek people who can seamlessly backfill in their absence," says Keogh. "If they have the budget, a Reservist will be an ideal solution."

"I love it," says CWO Charlie Fleming, a 31-year veteran SAR Tech who retired from the Regular Force last October and was recently asked to

assume the position of Chief Warrant Officer for the Wing Logistics and Engineering branch.

"As an Air Reservist, I've been given an opportunity to contribute and assume a new career challenge, and I'm still learning new things. It's presenting a whole new world of opportunity for me."

"I don't know what I would do without my Reservists," says Major Bill Brown, Commanding Officer of Wing Survive To Operate. "All of my people, especially my Reservists, have been putting in unreal hours to help get Wing personnel trained and ready for deployments. Since 9/11, we've added 10,000 training days to our program and we've all worked many, many 16-hour days to meet our obligations."

Brown, himself an Air Reservist, more or less fell into his job.

"After retiring from the CF with over 26

Photo: Capt Ian Stock



8 Air Reserve Flight, under the command of Major Kevin Keogh, helps 8 Wing/CFB Trenton meet its mission by employing more than 200 trained Reservists in various roles across the Wing.

years of service, I had my own consulting business which kept me on the road and away from home far too often," says Brown. "I dropped into the Wing to apply for some part-time Class A service. Once I got accepted, several days later the events of 9/11 occurred and I've been going non-stop, full-time ever since. I'm not doing my consulting work anymore."

Many Air Reservists on the Wing don't necessarily work for the money either. Several are employed as doctors, pilots, firefighters and real estate agents in their civilian jobs.

"Practically all of our Reservists are doing

it for the love of it," says Keogh. "Most just enjoy the opportunity to contribute and stay in touch with the esprit de corps and military lifestyle. Some of them have to do some considerable lifestyle juggling to work a few days with us. And a couple of them come from as far away as Ottawa and Kitchener just to work four days a month."

"I didn't realize how much I missed the military until I actually came back," says Brown. "I really missed working with a great, dedicated group of professional people. Despite all the long hours and hard work, I really take pride know-

ing that I'm contributing to something worthwhile."

Like any organization in the CF today, 8 ARF faces daily challenges as well.

"Right now, we have extensive waiting lists of people wanting to join as Air Reservists but we're constrained by budgets," admits Keogh. "We're capped at 233 positions so we have few openings available right now, but we still encourage people to come in and submit an application. Openings do come up over time through attrition and need. Besides, who knows what's going to happen in the world we live in tomorrow?"

The Wing Composter will temporarily extend its hours of Operation to Accommodate the Heavy Leaf and Yard Waste Season

1. What will be accepted at the Composter?

Weeds, grass clippings, leaves, brush, trees and tree limbs that are placed in the appropriate sites in the compound. Please empty all debris from plastic bags and other non-compostable containers.

2. What will NOT be Accepted at the Composter site?

Construction waste, waste lumber, pallets, animal waste, and household garbage.

3. When?

- (a) 0900 – 1300 hrs, 08 Nov 03
- (b) 0900 – 1300 hrs, 09 Nov 03
- (c) 0900 – 1300 hrs, 22 Nov 03
- (d) 0900 – 1300 hrs, 22 Nov 03

4. How to get to the Composter?

The composter is located on the south of the base adjacent to the Cadet Camp. To arrive at the proper drop point from the main gate proceed south on Anson Ave to Yukon St, west on Yukon to Canso Ave, north on Canso to Polaris Ave, west on Polaris to Argus Cres, and south on Argus to the compound on the west side of the street.

Note: Currently access to the south side is located at the west end of Hercules Street off of Bain Park Drive, with the Compost area located on the north side of Hercules. Main Gate to reopen approx 09 Nov 03

5. Who can use this service?

All DND personnel (military and civilian) regardless of residence, currently employed at 8 Wing who can present a DND ID card.

Please note that the temporary extension of composter hours is primarily to serve those PMQ residents who do not have access to the yard waste disposal service provided to residents of Quinte West.

6. Questions? Contact Capt. Lyonnais, WCE Operations I/C @ ext. 3750, or Ron Hadwen, R & G I/C @ ext. 2916

THE COMPOST SITE IS OPEN FROM 1200 TO 1300 HRS. MONDAY TO FRIDAY YEAR ROUND



The Corporation of The City of Quinte West

City Of Quinte West
Accessibility Advisory Committee
Public Meeting

will be held Thursday, October 23rd, 2003
6:30 p.m.
Batawa Community Centre

to present the City of Quinte West
Municipal Accessibility Plan

All interested parties are encouraged to attend.



Bullying can have a lifetime effect

by Lori Weisflock, BSW

I have been surprised at the number of adults who have sought my help for dealing with bullying. Even as adults, some are still hurting over the experience of being picked on by peers in their early years. The concept that all bullies are cowards who will run if you stand up to them is not always true. Some may run but others use age, size, and numbers to ensure they have the advantage. Most bullies I have met throughout my life were tough, mean individuals who were scarred by abusive or broken homes.

Over the years there have been numerous definitions of the word bullying. (Tattum, 1992) describes bullying as "the willful, conscious desire to hurt another and put him/her under stress." (Olwens 1993) says bullying is "negative behavior in which a person means to inflict injury or discomfort." (Farrington 1993) states that Bullying is "the repeated oppression, psychological or physical, of a less powerful person by a more powerful person".

Not all people are equipped emotionally or physically for confrontation and there is no reason they should be. Schools and the workplace should be a safe place for all, but even with the zero tolerance and advising teachers or supervisors, bullying continues.

The following is a letter written by someone to the bully who harassed him and how it affects him today;

Dear John

This seems awfully strange for me. I mean writing to you like this. I just have some things that I just have to tell you. I have been holding many things in for a very long time, and you know what, it hurts me. It hurts me because whenever I think of the horrible things you did to me throughout elementary and junior high school, I feel a great deal of pain. Do you know what I'm talking about! Everyday at school you would bully me, tease me, and physically abuse me. For starters it made me feel small. So small that I felt worthless and useless for most of my life. My self confidence was pretty much shot to hell. As you can probably imagine, these emotions have prevented me from living my life to the fullest. This angers me deeply,

because I deserve to be happy. I have gone out of my way to make others happy. I've helped a lot of people in my life. I wish I could help you, because I am sure that you are troubled with your past as well. I suppose that is why you bothered me the way you did. I have to tell you this. The frustration that had become from all your bullying, has brought about a different side of me.



Lori Weisflock

It's almost like a different person inside of me. Someone who is mean, ugly and evil. All he feels is rage and torment. For the longest time, I've blamed you for this "person".

I've dreamed many times of hurting you, so much more than you did me. I even thought of finding you and killing you. You know what, I don't anymore. Why would I want to complicate my life more that it already is? Besides, you don't deserve that. As I said before, I would like to help you, so that another person can be put on the right track. After all, no child deserves to be put through certain misery as we both were. I'd like to

know that no other kid is going through what I did. As for you I wish you all the best and I hope that our paths will cross someday. Take care, bye.

Here are some suggestions on how to bully proof yourself:

1. Tell someone who you trust who will stand up for you or give you ideas on how to handle your aggressor. Do not quit until the bully stops.
2. Report the bully to a person of authority ie. Police, Principal, Children's Aid Society.
3. Defend yourself if you can.
4. Know that you do not deserve this, no one does.
5. Practice handling a bully by standing up for others who are being bullied.
6. Never allow or tolerate bullying behavior.
7. For ongoing bullying seek counseling.
8. See if you can get the bully help!

Some local resources for dealing with bullying are as follows:

- Wing Social Work Office - 3651
- Wing Harassment Officers - Unit should have a contact names
- Joanne Belanger - MFRC 3899
- Lisa Shanock - Hastings- Prince Edward School Board 966-9491 (2451)

Welding can hurt more than the eyes



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

It is no surprise welding can cause damage to your eyes if you do not use the proper Personal Protective Equipment (PPE). But, what about the rest of your body?

Your hearing, skin, neck, back, head and your respiratory system are all at risk when performing welding operations. Here's how:

Skin: When you are welding, unprotected skin is exposed to hot metal, sparks and UV

radiation (arc welding).

Hearing: Welding can generate noise at levels which cause hearing loss.

Respiratory: If you perform welding operations in a poorly ventilated area, you are at risk of inhaling fumes, gas and dust present in the air as a result of welding. These elements enter your lungs and can cause flu-like symptoms known as metal fume fever. While metal-fume fever may clear up in a day or two, it is possible for it to cause much more damage to your respiratory system.

Head: Sparks can burn your hair, causing painful damage to your scalp and skin.

Neck and Back: Standing for long periods of time bent over your work can cause stress to your back. The traditional "nodding of the helmet" — flicking

your face shield down with your head and neck just before the arc is struck — can cause neck strain.

These, along with the many hazards to your eyes — burns caused by sparks, heat, molten metal and ultraviolet rays and cuts caused by flying spatter, and flash burns, commonly known as welder's flash or arc eye — point to the importance of wearing the right PPE when welding. Talk with your supervisor about what PPE you need to protect you from the job you are doing. Some of the most common PPE used when welding include: leather gauntlet type gloves, leather jackets, long-sleeved shirts, high top boots, welder's helmet, welder's cap, special filtered eyewear, face protection and hearing pro-

tection.

Clothing should be made from leather, cotton or wool, and treated with flame-retardant coatings. Keep clothing dry and free of oil, grease or solvents. Pants with cuffs can collect sparks, so avoid them.

Respirators may be needed for some welding jobs. You must be properly trained in the use of the respirator and be aware when you need one. Your supervisor will be able to tell you the requirements needed when using a respirator.

Welding jobs are necessary, but there are many hazards involved with the task. Protect yourself from these hazards, even when performing welding tasks off the job. The few minutes it takes to put on the PPE can prevent injuries that will last a lifetime.

Breast is best for baby

by Lynn Noseworthy, MD
Medical Officer of Health for Hastings & Prince
Edward Counties

We live in a constantly changing world and the pace of that change seems to speed up every year. It's nice, then, to discover that some ageless things are as good as they ever were. Breastfeeding falls into that category.

The benefits are numerous. You may be aware of some or even most of them, but read on to discover some good news you may not have heard yet. Breastfeeding promotes bonding between mother and baby. Mothers who breastfeed are at a reduced risk of developing breast cancer, as are their breastfed daughters later in life. Baby's suckling also helps shrink mother's uterus after childbirth and helps prevent post-partum haemorrhage. It also helps mother lose weight after her baby is born. For mothers who have endometriosis, breastfeeding can stabilize its progress. The risk of developing both ovarian and endometrial cancers decreases when a woman breastfeeds. The insulin requirements of diabetic mothers may be decreased by breastfeeding.

As you can see, breastfeeding has very important health benefits for mother. The list of health benefits to baby is also a long one. Breastfeeding provides perfect infant nutrition and satisfies baby's emotional needs. A pre-term baby receives breastmilk designed for his or her special needs from mother. Breastfed babies have better motor development. Breastfeeding is also associated with a higher IQ.

Cow's milk is an intestinal irritant to baby. Breastmilk is more digestible than formula. It protects baby against Crohn's disease and diarrhoeal infections and assists in proper intestinal development. Later in life, breastfed babies are less likely to become obese. Breastfeeding helps reduce the risk of developing many diseases including diabetes, allergies, ear infections, asthma, respiratory infections, bacterial meningitis and certain childhood cancers. The list continues—breastfeeding also reduces the chances of baby having juvenile rheumatoid arthritis, Hodgkin's disease, vision defects and osteoporosis. Breastmilk contains immunities to disease and assists in the development of baby's immune system. What parent could fail to feel a chill at the thought of sudden infant death syndrome? Breastfeeding decreases the risk of that heartbreaker.

I haven't even touched upon the convenience and economic benefits of breastfeeding. As wonderful as it is, breastfeeding is not without challenges. I invite mothers who want help, or just the chance to meet other nursing moms, to give the Hastings & Prince Edward Counties Health Unit a call, 966-5513 ext. 223.

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KEEP SMILING!

PSP Community Recreation Association is offering a Learn to Skate Program (this is not a Hockey Oriented Program) at RCAF Flyers Arena. This six-week session is geared to children between the ages of 4 and 7 years. It will be held on Fridays from 5 - 6 p.m. Dates for the program are 7 November - 12 December, 2003. The cost is \$30 for CRA members and \$40 Non CRA members. A helmet, face mask, mittens or gloves required. Parent required on the ice ONLY if child is unable to stand on skates alone. To register, visit the RecPlex during business hours. For more information call 392-2811 ext. 3361.

Astra Lanes report

Mike Stoddart set a new record for Astra Lanes by bowling games of 342,365 and 370 for a 1077 triple. The highest triple previously was held by Larry Rankin with 990. Kevin May also had a great week with a 370 Single and an 844 triple.

Monday Scratch League
 Team Standings: No Klass, 81; 4 Get It, 75; Ernie's Angels, 69; Double Dees, 66; Don's Donkeys, 65.5; Cooks Crooks 63.

Mens High Average - Mike Stoddart, 264; Ernie Strocel, 218; Jim Edworthy, 217.

Womens - Cathy Stoddart, 213; Edie Rathbun, 208; Marilyn Ekman, 200.

High Quad - Mike Stoddart, 1347; Stephen O'Neill, 1070; Jim Edworthy, 1070.

Womens - Marilyn Ekman, 992; Cathy Stoddart, 983; Edie Rathbun, 941.

High Single - Mike Stoddart, 370; Harold Stoddart, 333; Jim Edworthy, 312.

Womens - Cathy Stoddart, 335; Lorraine Beckman, 331; Donna Stoddart, 285.

Pre-School Gym-Cercise

Tuesdays and/or Wednesdays, 9:30 - 10:30 a.m., at the RecPlex. Join Cindy for this introduction to basic gymnastics for pre-schoolers with the emphasis on "FUN". An action-packed program for children with plenty of energy. Children will take part in various activities to improve balance, coordination, flexibility and strength. Parents will learn spotting techniques as their child learns to climb and play. Phone 392-2811, extension 3361 for more info or, just drop in.

Fight the flab!
 Make an appt.
 today with one of our
 qualified trainers!

SCARECROW BUILDING CONTEST

Saturday, October 25, 2003
 Noon - 3:00 p.m. at the RecPlex

Build your own Scarecrow and Hay Dive for Candy (parent must stay with their child) \$3.00 per child, pay on the day of the event Treat bag for each child Suggested Things to Bring: Any old clothes (Long sleeved shirt and pants) Old hat yarn, Rag mop, Gloves socks, Panty hose Any other decorations of choice In order for us to be prepared, we ask that you sign up for this event by calling the RecPlex @ 392-2811 ext. 3361.



C.F.B. Trenton
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Ripples

www.reach.net/~cjones/

Winter Storage of Marine Engines

Face It! Winters are harsh on boats. The proper storage of marine engines is essential, where costly repairs and down time are often traced back to poor lay up procedures from previous years. If you choose to prep your boat yourself rather than hiring the services of a marina, always follow the recommended procedures as supplied by the manufacturer, and keep maintenance log for future reference.

Get a competent boater with some experience to help you. Question everything! If in doubt get a second opinion and question those. Opinions are easy to find! Engines have no problem surviving the cold, but water and condensation in engines, oil, tanks and plumbing is the killer. So the #1 rule is to get and keep all water out!

During a good in water tune-up where cooling water supply is unlimited, look for rust streaks, swelled hoses, rusted clamps and leaking oil. Listen for noises indicating existing problems. Do not wait until spring for repairs. A slight tapping noise and poor idle may indicate water leaking into cylinders! Ignore this "little" problem and your engine may seize, requiring a total rebuild. Check every fitting, clamp, hose and gasket. Murphy's law applies, as Murphy must have been a boat owner! When things do go wrong on a boat it is usually an accumulation of minor deficiencies which leads to a disaster, sometimes fatal. So this time, you must sweat the small stuff!

With warm engine, change the oil and all filters. Pump out holding tanks. Air space in a fuel tank allows for condensation, which can amount to gallons of water, so top up with fuel. Take steps to remove all the water from the engine blocks, manifolds, risers, pumps, water lines and heaters, heads and bilge areas before filling with anti freeze. Marine mechanics develop their own winterizing routines and procedures, and acquire tools and methods to simplify the process.

TIP: When draining water from the engine, remove drain cocks and insert a small wire to free rust and dirt and a lot more water. Replace with plugs. Use a non toxic antifreeze, taking steps to prevent spillage, and do not use it pure.

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Noon Hour Military Swim Schedule

Mon / Wed / Fri: 11:30 - 12:30 hrs
 Tue / Thu: 11:30 - 13:00 hrs



Personnel Support Programs



SIX LABS PARTICIPATE IN HISTORIC FLIGHT AT 8 WING



Photos: Cpl Josee Menard, 8 Wing Imaging

A total of six CH-113 Labrador helicopters took part in an impressive aerial display at 8 Wing/CFB Trenton on October 14, 2003. See story and photo on Page 1 of this issue.

ACFO Association canadienne-française de l'Ontario
Mille-Îles Conseil régional des Mille-Îles

SESSION DE PLANIFICATION

*Partageons nos rêves,
passons à l'action et
planifions notre avenir!*

25 OCTOBRE 2003
9h à 16h, École Cité-Jeunesse, 30 avenue Fullerton, Trenton

- Diner gratuit pour les participants - Inscrivez-vous dès maintenant -
Service de garde gratuit sur place (enfants 2-12 ans)

Ce projet est possible grâce au Regroupement franco-ontarien de développement économique et d'employabilité (RDÉE) Ontario, qui a aidé L'Association canadienne-française de l'Ontario - Conseil régional des Mille-Îles à obtenir une subvention du programme Initiative en planification communautaire pour les groupes de langue minoritaire des régions rurales agricoles, un programme conjoint d'Agriculture et Agroalimentaire Canada et de Patrimoine canadien.

All this wouldn't be possible without the assistance of the Regroupement franco-ontarien de développement économique et d'employabilité (RDÉE), which helped L'Association canadienne-française de l'Ontario - Conseil régional des Mille-Îles obtain a grant from the Agricultural Rural Minority Language Community Planning Initiative. This is a joint Agriculture and Agri-Food Canada and Heritage Canada program.

Canada Pour renseignements et inscription:
Lorena Fuentes, Agente de liaison communautaire
(613) 394-0617 ACFO Mille-Îles

CHAPLAIN SERVICES
SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
Padre Rick Gould
Padre Catherine Morrison (deployed until Jan 04)

WORSHIP SERVICES

OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)	ST CLEMENT ASTRA (PROTESTANT)
Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)	Chapel Life Co-ordinator Matthew Lucas (Bapt.)
MASS Sunday Mass (English) 0900 hrs Messe Dominicaine: 1015 hrs	WORSHIP SERVICE Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs
CONFESSION At all times	PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 hrs
PARISH ORGANIZATIONS Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs Silhouettes of Mary 2nd & 4th Thurs 1830 hrs	
BAPTISM/BAPTÊME Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.	
MARRIAGES / MARIAGES It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.	
DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la télé-	

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
October 19 - October 25

ARIES (March 21-April 19): Follow your own path on the 19th and 20th. Share your ideas with like-minded people. Financial gains can be made; be smart with the money you receive. Get to know your peers and colleagues better on the 21st and 22nd. Someone you do business with will end up becoming far more than just an acquaintance. Consider what you could do to improve your health. A romantic relationship may be suffering on the 23rd, 24th and 25th due to family obligations. Look at the big picture if you want to make a wise decision regarding your future. Seek advice from a wise friend.

TAURUS (April 20-May 20): Do not raise personal issues with loved ones on the 19th and 20th. You may have to make a decision that will be difficult, but necessary. Satisfy your own needs or you will not find long-term happiness. The people you meet on the 21st and 22nd will become important to you in the future. A social event should open the door to a new friendship or romantic connection. You can get a lot done on the 23rd, 24th and 25th if you are persistent and push for what you want. Consider improving your lifestyle for the sake of your health. You'll feel better once you get started.

GEMINI (May 21-June 20): There is nothing you can't do or accomplish on the 19th and 20th if you set your mind to it. Self-improvement projects will bring fabulous results. Initiate change. Focus on your work and your future on the 21st and 22nd and avoid any sort of emotional encounter. Keep your mind clear to pave the way into something you've wanted to do for some time. Don't pay too much attention to negative people on the 23rd, 24th and 25th. You should be getting out and spending time with the friends or colleagues who you know will inspire you. A little romance should develop.

CANCER (June 21-July 22): Don't let depression lead to spending on the 19th and 20th. Look at the possibility of changing your position. Once you make your move you will be glad you did. The advice being offered by friends on the 21st and 22nd should shed some light on what you must do to make your life better. Times are changing, like it or not. Put trust in the people who have always been there for you. The people you meet on the 23rd, 24th and 25th will have an impact on you. Open up to people who share your interests and you will learn how much you can gain by joining forces.

LEO (July 23-Aug. 22): Arguments are likely to erupt on the 19th and 20th. Don't create unnecessary friction. Avoid conversations that are controversial and stick to what you know best. A lighthearted approach is your best bet. Expect to have to deal with other people's problems on the 21st and 22nd. Don't overreact or put up a barrier. Someone you least expect will probably come to your rescue. Take action. Get to know your neighbors better and take part in a community event on the 23rd, 24th and 25th. By becoming a participant, you stand a better chance of bringing about positive changes.

VIRGO (Aug. 23-Sept. 22): Chances are someone is trying to coerce you into doing something against your will on the 19th and 20th. Be strong and focus on what it is you want. Don't settle for anything less. You may be a little testy on the 21st and 22nd, so keep busy and don't take things the wrong way. Start a diet or get into an exercise program. You will meet some very unique people. Don't expect everything to go according to plan on the 23rd, 24th and 25th. Keep your finances in order and don't take on other people's debts. A practical approach will be required to pull off a plan you have in the making.

LIBRA (Sept. 23-Oct. 22): Focus on what you can do, not on what you can't on the 19th and 20th. Put your best foot forward and you will realize how much you have to offer. Generosity will put you in the poorhouse, so be sure not to offer to pay for others. Offer your time, not your cash. Look out for trouble on the 21st and 22nd when dealing with an authority figure. You aren't likely to get a fair shake. Empty promises will lead you in the wrong direction. Step back and take a few deep breaths. Don't feel obligated to make a quick decision on the 23rd, 24th and 25th. Frazzled nerves will need to be tamed first.

SCORPIO (Oct. 23-Nov. 21): Don't let things get to you on the 19th and 20th. Your involvement with the people you live with may be a little taxing. Watch what you say. Keep a positive outlook. Promote and present whatever it is you are working on the 21st and 22nd. You will get some great suggestions as well as support. The expertise offered will spark all sorts of possibilities. Lots could be going on behind your back on the 23rd, 24th and 25th. Don't take everyone at face value. If you suspect something is going on, do a little investigating of your own. Don't put up with any nonsense.

SAGITTARIUS (Nov. 22-Dec. 21): You can get others to do things for you on the 19th and 20th if you use your charm, but don't take advantage. Staying humble and offering something in return will be what counts. An opportunity may appear, but don't make your move just yet. You aren't going to get your own way on the 21st and 22nd, so don't even think about it. You are going to have to back off and allow those around you to do their own thing. Do not mix business with pleasure. If something sounds too good to be true on the 23rd, 24th and 25th, it probably is. Do your own research. Secret affairs may be tempting. You're best to say no.

CAPRICORN (Dec. 22-Jan. 19): Don't mix money matters with personal issues on the 19th and 20th. Steer clear of anyone to whom you owe money. Look at your position and consider your options. Consider making a change. Take part in an event that will bring you in contact with potential partners or employers on the 21st and 22nd. Use your own guideline to pick and choose your course of action. Your confidence will draw attention and support. Explain your actions better on the 23rd, 24th and 25th if you don't want to upset matters at home. Changes in your living arrangements may be the result of poor communication. Use diplomacy.

AQUARIUS (Jan. 20-Feb. 18): Partnerships are not likely to turn out as planned on the 19th and 20th. Problems with honesty will arise. Don't make a decision. Make sure your personal papers are in order. Investments will be better than you first thought on the 21st and 22nd. Clear up the loose ends of any legal matters. Residential moves look good. Think about your future and what you are capable of doing on the 23rd, 24th and 25th. You can come up with a viable solution to any money concerns you've been experiencing. Take action now. Don't be a follower. Decide that what you want for yourself is a bright future.

PISCES (Feb. 19-March 20): You will have an opportunity to make moves on the 19th and 20th. A partnership may be inviting, but be sure that you see eye-to-eye about important matters before you get involved. You will be in the mood for love on the 21st and 22nd. Make special plans. Your unique way of doing and seeing things will attract some very interesting partners. Don't hold back. You can make favorable changes to your home on the 23rd, 24th and 25th. Your emotional well-being may be disrupted if an older relative has a problem. Your restlessness can lead to positive results.

HICKS BIDS FAREWELL TO TRENTON



Photo: **Rorrie MacDonald, Contact**

Marcia Hicks, Human Resources Planning & Programs Officer, receives a parting gift from Lieutenant-Colonel Bill Lewis, Wing Administration Officer. Hicks is leaving 8 Wing/CFB Trenton to take the position of HR Planning & Programs Officer at the Civilian HR Service Centre in Halifax.

IT'S BACK
Wing Transportation Sqn's
UNITED WAY JAIL AND BAIL.
All you have to do is call us at local 7253 and tell us who you want arrested and we will do the rest.
Minimum of \$5.00 for 10 minutes. Ex. If you raise \$20 the person will remain in 'jail' for 40 min.
When: 17 Oct 03
Phones open at 0800
Pick up times: 0900-1400
Where: Wing Transportation Squadron Hanger

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Tree Trimming & Removal, Chipping & Stumping
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- Free Estimates •
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Cindy's Salt & Water Treatment Low Cost
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Community Events

CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND

BIRTHDAY PARTIES ARE NOW AVAILABLE

MOVIE LINE-UP

- Runaway Jury (PG)
- Good Boy (G)
- School of Rock (PG)

Coming Soon - "Halloweek" (Oct 24 - 30) 7 Scary Movies for \$20.00 or \$5.00 each
Matinees Saturday & Sunday

Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. & Matinees \$5.00 (ALL)

GENEROUSLY SPONSORED BY
THE CENTRE THEATRE

1:00	7:00	9:20
1:10	7:10	9:00
1:05	7:05	9:15

CALL
392-4211
FOR INFORMATION

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

Total Health (For Women)

This seminar will leave you feeling educated instead of disappointed that you wasted your time. You will learn very valuable information on how to keep your life in balance. You will feel like you have more control over what goes on in your daily routine and learn easy-to-do tips that are within your budget.

You will be doing many different problem-solving techniques in groups that will start you thinking about what is needed to enhance all parts of your life. There is no reason for anyone to feel left out of this growth process that has been going on since the beginning of time.

Thursday October 23rd, 7 - 9 pm

Cost is \$10. Payment confirms your spot. Course is limited to 20 people. Course outline available with registration at the MFRC.

Santé totale (pour femmes)

Ce séminaire vous donnera le sentiment d'avoir appris quelque chose plutôt que d'avoir perdu votre temps. Vous apprendrez des renseignements précieux qui vous montreront comment maintenir l'équilibre dans votre vie. Vous aurez l'impression d'avoir un meilleur contrôle sur votre routine de tous les jours et vous apprendrez des petites choses faciles à faire tout en respectant votre budget. En groupe, vous utiliserez plusieurs techniques de résolution de problèmes qui amèneront à penser à ce dont vous avez besoin de faire afin d'améliorer tous les aspects de votre vie. Il n'y a aucune raison pour quiconque de se sentir exclu de ce processus de croissance qui se déroule depuis que le monde est monde.

Jeudi le 23 octobre de 19h à 21h

Le coût est 10\$. Votre paiement confirme que vous avez une place. Le nombre de participantes est limité à 20. Un sommaire du cours est disponible lors de l'inscription au CRFM.

MONTHLY BOOK SALE

THE FRIENDS OF TRENTON PUBLIC LIBRARY

BOOK BARGAINS

SATURDAY, OCT. 25TH
BETWEEN 9 A.M. AND 1 P.M.
BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

If you wish to donate used books...
contact Kathy for further information at 392-2244.

Proceeds go to all Quinte West libraries.



"Pennies for Kids"

To be held by 8 Wing Fire Department
October 26th
09:00 to 12:00 hrs
throughout PMQ areas.
Support the fight against Muscular Dystrophy.



"Collecte d'argent"

Par la caserne de la 8ième Escadre le 26 Octobre de 09:00 à 12:00 hrs.
Supportez le combat contre la Dystrophie Musculaire.

Cpl Stephan Bouchard visits the Military Family Resource Centre at 8 Wing CFB Trenton and meets Ashley Gilbert.

Muscular Dystrophy

Dystrophie Musculaire



JAIL & BAIL FOR THE KIDNEY FOUNDATION

October 20 -21

The Royal Canadian Legion, 20 Quinte St. Trenton

This year's goal is \$64,000 with four south eastern Ontario communities competing for the glory of claiming to have the "baddest bosses".

Call 969-9907 to have your boss "arrested".

WANTED!

Volunteers of all ages, with and without construction experience, from all across Canada to work with families in need to help build their first safe, decent, affordable home.



SCOUTS CANADA

The mission of Scouting is to contribute to the education of young people, through a value system based on the Scout Promise and Law, to help build a better world where people are self-fulfilled as individuals and play a constructive role in society.

SCOUT, GUIDE WEEK IS COMING TO YOUR COMMUNITY BE PREPARED & HAVE FUN! BP'S BIRTHDAY CELEBRATION IS FEBRUARY 22



SCOUTS CANADA

Your community needs your help!

The Scouting Groups have active, Co-ed and Bilingual activities sponsored by Community Councils. The Groups have Committee Members, plus Leaders, Beavers, Cubs, Rovers, Scouts, and Venturers.

New registrations are welcome.

But currently, we need motivated and responsible Scouting Leaders and Group Committee members. This is a small, but valuable service to your local community to help develop our youth, who in turn perform services for us.



Must be willing to get sore, tired muscles plus have a lot of fun!

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.



Habitat for Humanity

For more information on Habitat for Humanity and to contact your nearest affiliate, contact us at 1-800-667-5137
Email: habitat@habitat.ca
www.habitat.ca

Advertise your non-profit community event!
Call local 7005.



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ERRORS & OMISSIONS

Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

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CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, CONTACT reserves the right to make necessary changes in ad copy.

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9pm
\$6 (with costume)
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FOR SALE
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Call 394-6907

FOR SALE
1998 Pontiac Sunfire 93000kms, Red, 4 dr, 1 owner, automatic, E-Tested & Certified, \$6750.00
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FOR SALE
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OWNER-MANAGED
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Classified Info

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WEST SIDE NEAR HOSPITAL

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Ask for Sharon, Military Specialist

Help Wanted

USA ENVIRONMENTAL, INC.

is looking for

UXO Technicians California, US

WE ARE

a US based company, seeking qualified Explosive Ordnance Disposal (EOD) Technicians (HA/HB rated) to fill IMMEDIATE LONG-TERM positions in Monterey California at Fort Ord, a US Army Corp of Engineer site.

WE OFFER

- An attractive benefits package
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All salaries and bonuses are paid in USD's.

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Visit our website at www.usa-environmental.com.

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Please call **965-7248** mornings or leave your name, address, phone number & age.

Crossword Answers

T	A	L	C		A	P	E	T		R	E	E		
O	V	E	R		D	O	D	O		A	P	T		
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O	K	A		S	A	N	D		S	T	A	T		



Maintain healthy humidity without window condensation

(NC)—As we prepare once again for our long cold winter, Health Canada recommends that homeowners monitor and maintain a specified humidity level at all times.

For an optimum indoor environment for example, the wintertime relative humidity should be between 30 and 55 percent, depending on health-related needs. When humidity is too low it can aggravate skin conditions and respiratory infections. Levels too high — often indicated by window condensation — increase the spread of mould, mites, bacteria and viruses.

On the days of great temperature differences between inside and out, homeowners often find it difficult to maintain a humidity level above 20 percent before condensation appears on the windows. Excessive moisture rots the

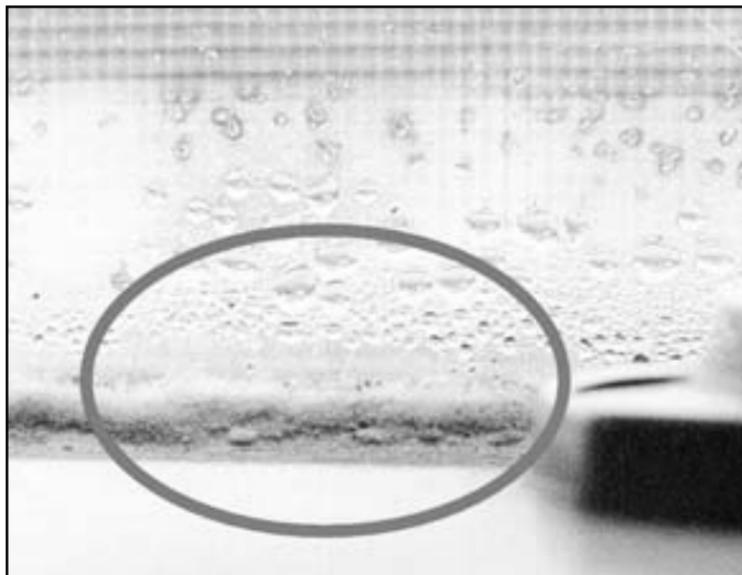
wood, stains frames, peels paint, and if ignored, it can lead to mould growth deep inside windows and wall openings. Adjusting the humidifier is supposed to work, but that effort may be futile too. The problem, say home improvement sources, may be in the window itself.

The better windows on the market today for example are constructed for both energy-efficiency as well as for their ability to maintain an even and warm overall surface temperature. To control moisture and mould growth, indoor air must be prevented from condensing on ice-cold glass surfaces — and this is accomplished by a basic rule in applied science: construct windows with low-conductivity materials.

No Metal

Too many conventional, or standard new home windows ignore this rule.

“When making window purchasing decisions, avoid glass spacers containing steel or aluminium, even if they claim to provide a warm edge,” says Erin Johnson, spokesperson for Edgetech, an industry leader in ‘health smart’ windows. “Ask instead about foam edging. If your windows are edged with Super Spacer for example — which is made entirely of polymer structural foam — they will deliver the highest thermal performance in the industry. Our data confirms that Super Spacer conducts heat (and cold) at a rate over 950 times lower than aluminium, and 85 times less than stainless steel. Even on the coldest days therefore, with high indoor



humidity, condensation on double-pane windows can be efficiently controlled.”

To be sure about the structural quality of new windows, look for the certified seal of the Window & Door Manufacturers Association, a

designation that assures air and water infiltration testing and rigorous structural trials. Certified manufacturers in Canada who also use the Super Spacer foam edging can be found at www.healthsmartwindows.com.

Those small cracks and leaks can really add up

(NC)—Imagine punching a hole in one of your home’s outside walls and feeling the cold, dry winter wind rush into your house. Now imagine what all that cold air will mean for next month’s heating bill.

The equivalent of such a hole is probably already there, especially if your home was built before 1980. It doesn’t

sound like much, but the tiny cracks around your windows, walls, vents and wall plugs can cost a lot in extra heat. For example, if you added up the leaks in the average home built before 1980, the “hole in the wall” would be about 16 inches (41 cm) in diameter. The average home built before World War II would have a 21-inch (53-cm) hole!

That means you can pay yourself back for your energy improvements by permanently cutting your heating bill. Of all the things you can do to make your home more efficient, draftproofing gives you the biggest “bang for your buck.” The big bonus is year-round comfort — anything that keeps the winter heat in keeps you cooler in summer as well. And anytime you use less energy, you help reduce the greenhouse gas emissions that contribute to climate change.

If you are an experienced do-it-yourselfer, you probably already know where to find caulking and weatherstripping at your local hardware store. If not, you’ll save more energy if you call in a professional. Either way, it pays to get

expert advice before you start.

Under Natural Resources Canada’s EnerGuide for Houses program, an advisor conducts a “blower door” test to find any air leaks in the house structure, uses a computer model to estimate your home’s current energy use and suggests the most affordable energy-saving options for your home. With the technician’s report in hand, an experienced contractor will know exactly what to do to help you cut your heating bill.

More than 60,000 Canadians have already turned to EnerGuide for Houses for unbiased energy efficiency advice. To find the energy advisor nearest you, visit the program’s Web site at energuideforhouses.gc.ca, or call 1 800 387-2000

toll-free (995-2943 in the National Capital Region). It’s the first step

to filling the gaps that are letting energy and money leak out of your home.



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REDUCED - This brick home sits on a very pretty lot-It has been freshly painted with newer flooring, offers 4 bdrms and full bsmt ready to finish. Call Judy McCray*. #2033844

12' X 68' MOBILE + ADDITION - Glendale Laurentian + addition 116' x 7.6'. Beautifully treed lot, close to Rec Centre, roof re-tarred-2003, some newer carpet. Call Nadine*. #2034655.

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<p>2000 DODGE CARAVAN Silver, auto, V6, roof rack, tinted windows, bucket seats, air, cruise, tilt, pw, pdl, 95,769 kms. Stk# 3626A</p> <p>\$16,900 / \$178 bi-weekly*</p>	<p>1998 FORD TAURUS White, auto, V6, air, power, cruise, tilt, keyless entry, 1 owner, pw, pdl, 114,938 kms. Stk# 3143A</p> <p>\$8,995 / \$115 bi-weekly*</p>	<p>2001 KIA SPORTAGE 4X4 5 spd, manual, 4 cyl, alloy wheels, bucket seats, air, cruise, tilt, pw, pdl, cd, 95,931 kms. Stk# 3020A</p> <p>\$16,900 / \$148 bi-weekly*</p>	<p>2000 OLDS ALERO Red, auto, V6, spoiler, bucket seats, p seats, air, cruise, tilt, CD, pdl. Stk# 288P</p> <p>\$13,500 / \$140 bi-weekly*</p>	<p>2003 CHRYSLER INTREPID SE Maroon, auto, gas, bucket seats, air, cruise, tilt, cd, pw, pdl, 21,480 kms. Stk# 301P</p> <p>\$19,900 / \$152 bi-weekly*</p>
<p>2000 DODGE CARAVAN Auto, 6 cyl, air, cassette, pw, pdl, cruise, tilt, 73,462 kms. Stk# 3457A</p> <p>\$17,900 / \$190 bi-weekly*</p>	<p>2001 DODGE DAKOTA SPORT Auto, 3.9, 6 cyl, extended cab, bed liner, air, cassette, 55,599 kms. Stk# 319P</p> <p>\$21,900 / \$195 bi-weekly*</p>	<p>2003 JEEP LIBERTY SPORT Auto, 3.7, 6 cyl, alloy wheels, roof rack, air, cruise, tilt, cd, pw, pdl, 38,537 kms. Stk# 300P</p> <p>\$28,900 / \$200 bi-weekly*</p>	<p>2001 DODGE RAM LARAMIE SLT Auto, 5.2, 8 cyl, ext cab, bed liner, air, cassette, cruise, tilt, pw, pdl, 50,000 kms. Stk# 3631A</p> <p>\$22,900 / \$204 bi-weekly*</p>	<p>1997 CHRYSLER CONCORDE LX Auto, V6, power seats, air, cassette, cruise, tilt, keyless entry, pw, pdl, 72,300 kms. Stk# 3476A</p> <p>\$11,800 / \$157 bi-weekly*</p>
<p>2001 FORD WINDSTAR Green, auto, V6, bucket seats, cass, cruise, tilt, pdl, pw. Stk# 3474A</p> <p>\$19,900 / \$177 bi-weekly*</p>	<p>1999 CHRYSLER CONCORDE LXI Auto, 6 cyl, leather, bucket power seats, air, cd, pw, pdl, cruise, tilt, keyless entry. Stk# 3146A</p> <p>\$12,400 / \$134 bi-weekly*</p>	<p>2000 CHEVROLET MALIBU Auto, V6, bucket seats, air, cd, pdl, pw, cruise, tilt, 39,899 kms. Stk# 3599A</p> <p>\$14,900 / \$156 bi-weekly*</p>	<p>1998 DODGE CARAVAN Auto, 6 cyl, bucket seats, air, cassette, cruise, tilt, pdl, 114,877 kms. Stk# 3564A</p> <p>\$12,900 / \$172 bi-weekly*</p>	<p>2003 CHRYSLER INTREPID Auto, V6, bucket seats, air, cruise, cd, pw, pdl, 36,702 kms. Stk# 312P</p> <p>\$19,900 / \$152 bi-weekly*</p>

* All prices plus applicable taxes, licencing, dealer administration fees. Payments based on terms as follows: 2003 models - 72 months; 2002 models - 60 months; 2001 models - 60 months; 2000 models - 48 months; 1999 models - 48 months; 1998 models - 36 months. OAC payments based on bi-weekly terms at 7.95% with \$1,000 cash or trade reduction. See dealer for important details or visit us at www.bellevilledodge.ca.

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Power Tech 4.0L, 4 speed automatic transmission, 4-wheel ABS, air conditioning, am stereo/fm stereo/cd, tachometer, trip computer, 60-40 folding rear split-bench seat.

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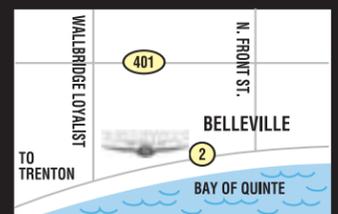
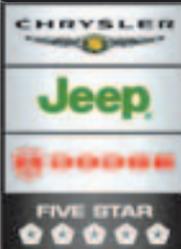
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