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CC-130 Hercules crew completes 1,000th flight in Southwest Asia

OTTAWA, Sept. 2 /CNW/ - The crew of a CC-130 Hercules transport aircraft has achieved a major milestone--the 1,000th flight completed since their unit began operations in January 2002.

"All Canadians can be proud of the efforts of our service men and women," said the Honourable John McCallum, Minister of National Defence. "They continue to rise to the challenge and help keep Canada at the forefront of nations trying to bring peace and security to our world."

The Tactical Airlift Unit (TAU), which provides the sustainment flights to Task Force Kabul, was first deployed to the Southwest Asia region as part of Operation APOLLO. On August 16, 2003, its efforts were refocused on Operation ATHENA in Afghanistan.

Overall, the (TAU) (formerly the Tactical Airlift Detachment or TAL Det) has logged

more than 6,700 flying hours and airlifted more than 9,100 passengers and almost 8 million kg of cargo. TAU payloads include equipment and supplies to support the international coalition force against terrorism in southwest Asia, the International Security Assistance Force (ISAF) in Afghanistan, and humanitarian aid for the people of Afghanistan.

"The tempo of operations places high demands on both people and equipment," added General Ray Henault, Chief of the Defence Staff.

"Milestones such as this are reached only through the tireless efforts of these dedicated professionals."

The TAU operates from the Canadian Forces (CF) Theatre Support Element. This element is comprised of nearly 300 CF personnel as well as two CC-130 Hercules transport aircraft. Its mission is to support the Canadian contingent in

Afghanistan, transporting personnel, equipment and supplies needed to ensure the contingent accomplishes its missions safely and effectively.

"We reached this milestone thanks to the efforts of each and every member of this detachment, pilots and technicians, past and present," said Lieutenant-Colonel Michel Latouche, the TAU's commanding officer.

"We are proud of our service to Canada and the world, and will continue our work for as long as necessary."

Operation ATHENA is Canada's military contribution to ISAF. The mission of ISAF is to help maintain security in Kabul and the surrounding area so the Afghan Transitional Authority and United Nations agencies can function.

Canada's current commitment to Operation ATHENA is two, six-month rotations of about 1,900 CF personnel, lasting until August 2004.

TRAINING FOR BOSNIA



Photo: Cpl Bill Parrott, 8 Wing Imaging

Soldiers and Light Armour Vehicles (LAV) from 1 RCR, B-Coy, CFB Petawawa arrived at 8 Wing/CFB Trenton cadet camp for training exercise Storming Bear V, which is pre-deployment training for Bosnia. Here a corporal marshalls a LAV into its parking area.

Draw slated to take place today for a fabulous Labatt Blue bar fridge (Grand Prize) and a VIP Party for 10 at the United Way Kick Off on September 12, 2003 at the Astra Lounge. GOOD LUCK to all those who entered!

United Way / Health Partners campaign set to kick off

by Laurie McVicar
 Assistant Editor

It's that time again! Besides signaling the return of school and a long-awaited break for thousands of Quinte area parents, September has become well known as the kick off month for the United Way/Healthpartners Fundraising Campaign at 8 Wing/CFB Trenton.

As is tradition, this year's campaign will officially begin

with the Wing Commander's Challenge on September 12. Games begin at 9 a.m. at the south-side sports field and are followed by a fundraising barbecue behind the Junior Ranks Mess. For those who still have the energy, the Harlem Ambassadors will be performing with the 8 Wing/CFB Trenton Basketball Team at The Gymnasium at 6 p.m. This show - featuring high-flying slam dunks, dazzling ball-handling

and comedy routines - is free for members of the military community. Non-perishable food donations will be accepted at the door.

The fun continues with a charity golf tournament on September 16 at the CFB Trenton Golf Course. Sponsored by Labbats and Wilsons, this will be an 18 hole, four ball, best ball event beginning with a shotgun start. Teams can register by calling 392-2811, ext. 3467.

Last year the 8 Wing/CFB

Trenton community raised an impressive \$82,704, exceeding their goal by more than \$20,000. This year's new Campaign Coordinator for 8 Wing/CFB Trenton, Lieutenant (N) Rehna Izzo is hoping for similar success.

"The generosity of this wing/base is absolutely amazing," said Lt. Izzo. "(This campaign) is a way of giving money that has value beyond a day or two. So many people benefit

from it."

The military community also benefits, said Lt. Izzo.

"The United Way /Healthpartners Campaign can build esprit de corps, it's a chance for us to work together as a team," she stated.

Money collected during this campaign is used to fund more than 100 programs in 46 health and social service agencies throughout Hastings and Prince Edward counties.

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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



EME Squadron starts the seasonal inspections on the De-Icers. In order to prevent damage to the environment, EME Sqn takes preventable measures to prevent spills.

CANADIAN PARACHUTE CENTER JUMP TRAINING

The Canadian Parachute Centre (CPC) will be conducting parachute descents into the water just south of Baker Island at 8 Wing/CFB Trenton on Friday, September 5th, 2003 as part of its annual training. The first jump is scheduled to take place at 10:00 a.m.

See North America's only Halifax Aircraft being restored.

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L'unité de transport aérien tactique exécute son 1 000e vol

OTTAWA, le 2 sept. /CNW/ - L'équipage d'un aéronef de transport CC-130 Hercules a franchi une étape importante, à savoir son 1 000e vol depuis janvier 2002, mois où l'équipage a commencé ses opérations.

"Tous les Canadiens peuvent être fiers du travail accompli par nos hommes et femmes en uniforme", a souligné l'honorable John McCallum, ministre de la Défense nationale. "Ils continuent d'être à la hauteur du défi et contribuent à placer le Canada au premier rang des pays qui essaient d'établir la paix et la sécurité dans notre monde."

L'Unité de transport aérien tactique (UTAT), qui effectue les vols de ravitaillement de la Force opérationnelle à Kaboul, a d'abord été déployée en Asie du Sud-Ouest dans le cadre de l'opération Apollo. Depuis le 16 août 2003, elle concentre ses efforts sur l'opération Athena en Afghanistan.

Depuis qu'elle a commencé à prendre part aux opérations, l'UTAT (anciennement le Détachement de transport aérien tactique ou DTAT) a effectué plus de 6 700 heures de vol et a transporté plus de 9 100 passagers et près de 8 millions de kilogrammes de cargaisons. La charge utile de l'unité comprend de l'équipement et des fournitures nécessaires au soutien des forces coalisées internationales qui luttent contre le terrorisme en Asie du Sud-Est ainsi que de la Force internationale d'assistance à la sécurité (FIAS), en Afghanistan. L'unité offre également de l'aide humanitaire au peuple afghan.

"La cadence des opérations soumet les gens et l'équipement à de grandes pressions",

ajoute le Général Ray Henault, Chef d'état-major de la Défense. "Des étapes de cette importance ne sont franchies qu'au prix d'efforts effrénés de la part de ces professionnels dévoués."

L'UTAT fait partie de l'Équipe de soutien du théâtre des Forces canadiennes (FC). Cette équipe compte tout près de 300 membres des FC ainsi que deux aéronefs de transport CC-130 Hercules. Sa mission est de soutenir le contingent canadien en Afghanistan, et ce, en transportant du personnel, de l'équipement et du ravitaillement nécessaires afin de permettre au contingent d'accomplir sa mission efficacement et de façon sécuritaire.

"Nous y sommes parvenus grâce au travail acharné de chacun des membres du détachement, qu'ils soient pilotes ou techniciens, anciens ou nouveaux", a affirmé le Lieutenant-colonel Michel Latouche, commandant de l'UTAT. "Nous sommes fiers du service que nous offrons au Canada et au monde entier, et nous continuerons sur notre lancée aussi longtemps qu'il le faudra."

L'opération Athena est la participation militaire du Canada à la FIAS. Celle-ci a pour mission de voir au maintien de la sécurité à Kaboul et dans les environs afin de faciliter le déroulement des activités de l'Autorité de transition en Afghanistan et des organismes des Nations Unies. L'engagement actuel du Canada à l'égard de l'opération Athena consiste en deux rotations de six mois chacune auxquelles participeront environ 1 900 membres des Forces canadiennes, et ce jusqu'en août 2004.

8AMS Reaches \$30,000 Mark



On July 18, 8AMS held its 9th Annual Charity Golf Tournament. With the excellent support from the many local businesses and dedicated major sponsors, 8AMS was able to reach the \$30,000 mark for Camp Trillium, the Cancer Camp for Kids. This year's event went off without a hitch with 32 teams participating. From left: Lisa Hoekstra (Representative Camp Trillium), Steve Godin, Dave Elverson, Nathalie Godin (Tournament Director) and Chief Good representing 8 AMS. Many thanks to all who participated.

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The new, the old, the first and the last ...

103 Search and Rescue Squadron of 9 Wing Gander, Newfoundland will host the National Search and Rescue Exercise (SAREX) for 2003.

SAREX is a competition which tests the abilities of the SAR squadrons in the Canadian Forces. The events will take place from 29 Sept to 04 Oct and are open to the general public.

This year will be the first time the new Javelin MJ Series parachute will be used and the last time the old CH113 Labrador helicopter will take part. It will be the first and last time the Cormorant, the Griffon, the Labrador, the Hercules and the Buffalo will fly together.

The screech-in ceremony will start the week of festivities off with a bang at the Meet and Greet, to be held in the hangar on 29 Sept for all participating members. The primary SAREX brief will take place on 30 Sept with the main part of the competition taking place from 1 - 3 Oct and 4 Oct as a weather day.

The final banquet and trophy awarding will be on the evening of the 4th of Oct.

Lets hope for good weather, great flying and lots of fun!!!! If anyone wishes further information, contact Capt Mike Janke or Rich Gough at 103 Squadron Gander, CSN 622-3342. Hope to see you there.

Le nouveau, l'ancien, la première et la dernière fois

Le 103e Escadron de recherche et de sauvetage de la 9e Escadre Gander accueillera l'exercice national de recherche et de sauvetage (SAREX) de 2003. SAREX est une compétition qui met à l'épreuve les capacités des escadrons SAR au sein des FC.

Les épreuves auront lieu du 29 septembre au 4 octobre et sont ouvertes au public. Cette année, ce sera la première fois que le nouveau parachute de la série Javelin MJ sera utilisé, et la dernière fois que le vieil hélicoptère CH-113 Labrador participera à l'exercice. Ce sera aussi la première et la dernière fois que le Cormorant, le Griffon, le Labrador, le Hercules et le Buffalo

volent ensemble.

La cérémonie du screech-in (initiation à la société terre-neuvienne) marquera avec éclat le début de la semaine des festivités, lors de la réception d'accueil qui se tiendra dans le hangar le 29 septembre à l'intention de tous les militaires participant à l'exercice. Le principal briefing sur le SAREX aura lieu le 30 septembre et la majeure partie de la compétition, du 1er au 3 octobre, le 4 octobre devant servir de journée de report des vols.

Le banquet final et la cérémonie de remise des trophées se dérouleront le soir du 4 octobre. Pour obtenir de plus amples renseignements, veuillez communiquer avec le Capitaine Mike Janke ou le Capt Rich Gough, au 103e Escadron, à Gander, RCCC 622-3342. Au plaisir de vous voir.

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Search & Rescue UPDATE



It has been a busy week here at 424 Squadron. Over the past week we responded to eight SAR missions and, believe it or not, they were not during the long weekend. The first mission was on August 27, when the Labrador was tasked to investigate an overturned boat by Grenadier Island. Upon arriving at the boat, the SAR Techs were deployed and found no one trapped underneath. It was determined later that the two souls on board were rescued earlier and taken to Mud Bay Harbour. The second mission came on Aug. 28, when the Lab was tasked to search for a sea doo that was over due near long point on Lake Erie. Two persons were recovered and hoisted into the Lab and taken to the Hamilton airport whereby they were taken by ambulance to the hospital and treated for mild hypothermia. The remaining six missions all came on Aug. 29. The first was for the Lab when it was tasked to search for an overdue vessel on Lake Simcoe. The vessel was spotted by the Lab and the York Police were coordinated to pick up the five persons on board. They were taken to Jackson Point whereby they were all reported to be okay.

The second tasking was for both the Lab and the Hercules. Both aircraft were tasked to help the US Coast Guard search for an 18' sailing vessel near Rochester, New York. The Herc provided top cover for the lab and both searched their assigned areas. The vessel was later found by the Coast Guard.

The next tasking came for the Lab when it was sent to search for an overdue vessel off Kettle Point on Lake Huron. The Lab was stood down while enroute. While returning to base, the Lab was retasked to render assistance to a vessel that had run aground south of Oshawa. The Lab remained on scene until a Coast Guard vessel arrived.

The last mission for the week was when the Lab was tasked to help the US Coast Guard search for an overdue sailing vessel with a 77-year-old man on board near Rochester. The Lab was stood down while enroute after the man's body was discovered on a nearby beach.

Missions for 2003: 116 Missions for Aug.: 28 Persons rescued: 18

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel David Higgins CD, Wing Commander, 8 Wing / CFB Trenton.

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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.



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message from the

Editor

It's time once again for members of the 8 Wing/CFB Trenton community to show what they're made of.

The annual kickoff of the United Way / Healthpartners Fundraising Campaign is just around the corner, and we need to be as motivated and generous as we have been in previous years. 8 Wing has always shown such tremendous support for this campaign, and I truly hope that this year proves to be no different.

Last year, 8 Wing raised an impressive \$82,704, easily surpassing the target amount by \$20,000. This year's campaign co-ordinator, Lt. (N) Rehna Izzo, is optimistic that the 2003 campaign will be equally successful.

A whole host of exciting and fun-filled events are planned for the coming months (see story on Page 1 for details).

Watch upcoming issues of The Contact for coverage of these events, and for updates on the Wing's progress towards this year's goal.

Please try to be as generous as you can-- money raised goes to very worthy local causes (you even have the option of directing where you would like your donation to go.)



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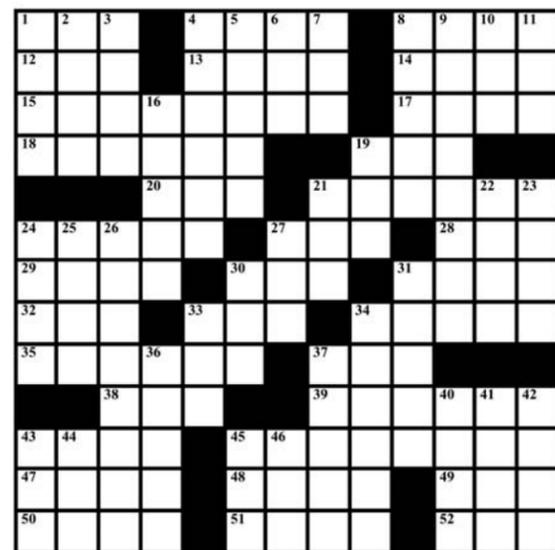
Bernice Rosella and James Kilner

ACROSS

- 1 Teen dance
- 4 Entity
- 8 Ontario lake
- 12 Hockeyist Bobby, for one
- 13 Roman emperor
- 14 Old world buffalo
- 15 Saskatchewan lake
- 17 Dance movement
- 18 Some field goals?
- 19 ___ Marie
- 20 Out's opposite
- 21 Walkways
- 24 Ontario river
- 27 Subside
- 28 Palm leaf paper
- 29 Askew
- 30 Guido note
- 31 Start the bidding
- 32 Orange pekoe, for one
- 33 Tibetan buffalo
- 34 Inflict
- 35 Saskatchewan town
- 37 Taxi
- 38 America's org.
- 39 Narcotic
- 43 Dress
- 45 Drive
- 47 Came to roost
- 48 Saskatchewan village
- 49 From L to P
- 50 Weary of excess
- 51 Jai ___
- 52 Salt, in St Pierre

DOWN

- 1 Northwest Territories mountain range
- 2 Cookie
- 3 Moralist
- 4 Defeated



- 5 Requires
- 6 Rage
- 7 Rocky hill
- 8 Periods of abstinence
- 9 Saskatchewan lake
- 10 Misery
- 11 Snooze
- 16 Cacophonous
- 19 Sis
- 21 Arab overgarment
- 22 Ancient Greek city
- 23 Went to the bottom
- 24 First name in espionage?
- 25 Shark's Nolan
- 26 Cantata
- 27 Manitoba island

- 30 Receptor
- 31 Sputnik's path
- 33 Aye
- 34 British Columbia mountain pass
- 36 Hoi polloi
- 37 Poisonous snake
- 40 Objectives
- 41 Musical notation
- 42 Organic compound
- 43 Pouch
- 44 Each
- 45 Triumphant exclamation
- 46 Sickness, in Ste Anne

This Week in Contact

1944 -- RCAF Women's Division (WD) celebrates its second anniversary at Trenton, with more than 200 young women integrated into nearly every aspect of service life.

1953-63 -- Unavailable

1973 -- 424 and 436 Sqns launch search for the Trenton-based Coast Guard Cutter 112 which sank suddenly in high winds south of Prince Edward County while returning from a rescue mission, claiming the lives of two of its three-man crew.

1983 -- The Contact publishes its largest-ever issue in a 75 page special tribute to the 1983 Airshow and featuring input from virtually every organization at CFB Trenton.

1993 -- With the CF bracing against a swell of negative press following incidents in Somalia, the CDS orders a comprehensive review of policies, regulations, and orders on the subject and issues a strong 4-point policy to enforce zero-tolerance of racism in the CF.

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



Exercise Storming Bear returns to Quinte area

by Laurie McVicar
Assistant Editor
(With files from
National Defence)

Over 750 members of the Royal Canadian Dragoons battle group will converge upon the Quinte, Kingston, and Petawawa areas over the next week to train for an upcoming deployment to Bosnia-Herzegovina as part of Operation Palladium.

During Exercise Storming Bear V, taking place from September 8-12, troops will simulate various scenarios that may occur during their time overseas.

"The types of things the troops will be doing include cordoned searches, medical evacuations, and patrols. They're (also) going to throw in

they shouldn't be disturbed, we're just practicing."

Op Palladium is the Canadian contribution to the NATO Stabilization Force (SFOR). The mission of the SFOR is to maintain a safe and secure environment to enable national institutions to grow and local residents to live peacefully. Although fighting ended several years ago, Bosnia-Herzegovina remains a dangerous area with an estimated 800,000 active land mines.

With deployments beginning as early as September 22, members of the Royal Canadian Dragoons will be replacing the battle group currently built around a battalion of Princess Patricia's Canadian

CURRENT OPERATIONS

More than 3,800 Canadian soldiers, sailors and Air Force personnel are deployed overseas on operational missions. On any given day, about 8,000 Canadian Forces members - one third of our deployable force - are preparing for, engaged in or returning from an overseas mission. Since 1947, the CF has completed 72 international operations. That figure does not include current operations, or the many CF operations carried out in Canada.

infantry company of Army Reserve soldiers from across Ontario; and an engineering squadron from 2 Combat Engineer Regiment. Both 1 RCR and 2 CER are based in Petawawa. The main vehicles of the battle group are the LAV III personnel carrier and the Coyote reconnaissance vehicle.

The military tasks that Canadian troops perform in Bosnia-Herzegovina include conducting security patrols, helping former refugees to return home, and seizing illegal weapons wherever they are found. The contingent also works with municipal authorities and non-governmental agencies engaged in the improvement of schools, water systems and the like. In their off-hours, Canadian soldiers are part of a wide variety of small community projects to improve the living standards of the local population.



Photo: Cpl Bill Parrott, 8 Wing Imaging

Royal Canadian Dragoons arrived in Quinte this week.

some emergency type situations like what they do if protestors show up at the gate, if they identify unexploded ordnance in the area, if the camp gets infiltrated, or if there's a hostage situation," said Captain Julie Brazeau, Public Affairs Officer for the Belleville/Trenton portion of the exercise.

Despite having to share local highways with an increased amount of military vehicles, this exercise should have little effect on the general public, according to Capt. Brazeau.

"The public will see the soldiers carrying weapons, but those weapons will only contain blank rounds," she stated. "I want the public to know it will be safe. Even though they see military people walking around all of a sudden,

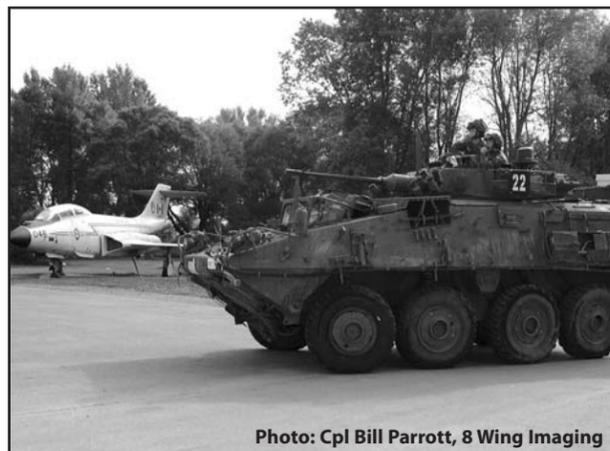


Photo: Cpl Bill Parrott, 8 Wing Imaging

Members of the battle group manoeuvre their Light Armoured Vehicles (LAV) through the Cadet Camp.



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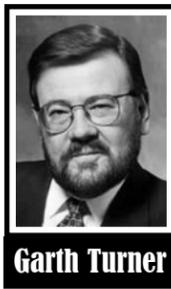
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	1 Labour Day!	2	3	4	5 TGIF 1700 hrs Fish & Chips	6
7	8	9	10	11 General Mess Meeting 1430hrs Astra Lounge	12 TGIF 1700 hrs Pizza United Way Kick-Off Astra Lounge	13
14	15	16	17	18	19 TGIF 1700 hrs Lasagna	20
21	22	23	24	25	26 TGIF 1700 hrs Donairs	27
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Garth Turner

Well, the Bank of Canada has done it again - dropping the cost of money last Wednesday, trimming the bank's key rate by a quarter point.

This is a big deal because the bank's marker is down once again to levels not seen since the 1960s.

In response, the big banks have dropped their prime rates to just four and a half per cent, which is music to the ears of anyone with a floating personal or business line of credit. In addition, the cost of a variable rate mortgage has crashed again. In fact, money today is getting close to being free!

Think about it. At the major banks you can score a below-prime, variable rate mortgage for the first year or so at prime minus at least 1%. That puts it in the low 3% range - but at the same

time, the national inflation rate is running at more than 2%, which means the actual out-of-pocket cost of that loan is virtually zero.

How did we get to a state like this? After all, free money is the kind of thing we have last seen in Japan, where they are giving away the stuff to try and counter the ravages of deflation.

As mentioned here last week, the immediate cause is the spate of plagues that has befallen us - SARS, wild fires, BSE, the power outage, and the spillover effects of the American war on terrorism and the abyss called Iraq. All of these things have seriously slowed the Canadian economy down, stripping away the job growth that we enjoyed a year ago and eroding gross domestic product. As a result, the central bank is trying to encourage us all to borrow and spend by pro-

viding cash at rates we just can't resist.

So far, it's working. Resale homes changed hands at a helluva clip in July and August, actually increasing year-over-year by almost 15% a month. And because mortgage money is such a steal, the average price of homes is also rising smartly. Simply put, people can afford to pay more since with falling mortgages, it actually costs no more to pay more.

How long can this last? Well, here is the best part - because cheap money is going to be around for years. Maybe even an entire decade.

The credit goes to deflationary tendencies in our society that are now firmly entrenched. Government deficits have turned into government surpluses. Free trade agreements are lowering the price of manufactured goods around the world. Rapid technological advance means we are getting way more productive. The cost of electronic goods - now the most important things we make - is falling weekly, thanks again to technology.

Runaway inflation of twenty years ago - which

was responsible for 20% mortgage rates - has turned now into mild deflation. It really is the best of all worlds - one in which we still have economic growth, but also in which the value of your money is constantly rising. Remember - deflation allows you to buy more since prices are declining. It's just the opposite of inflation, and it is here to stay!

But could this turn into a deflationary spiral such as we had in the 1930s and they are not battling in the Orient? The short answer is, absolutely not. Credit goes here to the work that central banks are doing in Canada and the States, monitoring the monetary and fiscal situation to make sure deflation is kept in check and does not start to creep into things like salaries and house values. Let's hope people like Bank of Canada Governor David Dodge stay at it.

In the meantime, borrow and enjoy. It's been forty long years of deficits, problems, overspending, inflation and outrageous interest costs. But, hey, that's all over now. Where did that mortgage application go....

The Contact Staff happily welcomes back sales rep extraordinaire, and new mom, Sandi Ramsay! Sandi can be reached at 392-2811 ext. 7008

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Try putting market activity in perspective

(NC)—The recent market volatility has left many Canadians questioning what returns they can reasonably expect on their investments now and in the future. But to better understand the ups and downs of your investments, it helps to put the current market activity into perspective.

"It's important to set realistic return expectations as part of the overall financial planning process," says Anita Prescott, a Winnipeg-based financial adviser and Certified Financial Planner (CFP™) with CIBC Imperial Service.

Prescott says the investment "boom" of the late 1990s, where average investment returns far exceeded the country's economic growth, still play heavily on the minds of some investors who want to cling to this exceptional period and the exceptional returns it produced. But this, she says, is unrealistic.

"A realistic return expectation is one that is consistent with long-term market averages, rather than what is seen during short-term booms and busts," says Prescott. "And for individual investors, this takes into account their personal risk profile and time horizon."

Prescott says the following strategies can help keep an investor's portfolio on track for the long-term:

Revisit savings targets. Understanding what the average market return is over the long term will make it easier to determine how much you need to save to reach your goals. Depending

on your time horizon, you may need to increase your savings to help you reach your targets.

Revisit level of risk. Your goals, your time horizon and how well you can tolerate fluctuations in the market all help to determine how much risk is appropriate for you and your portfolio. Whenever any of these personal factors change, your portfolio may need to be adjusted.

Put market in perspective. Just as the booming market of the late 1990s is a poor guide to how the market will do over the next 20 years, so too is the recent volatility. Short-term market fluctuations - both up and down - are considered normal and historically, the long-term trend has always been upward.

Be patient. If you try to chase short-term growth opportunities at the expense of more steady, consistent growth, you may put your portfolio at too great a risk. A properly diversified portfolio is the best way to manage risk and increase potential returns over the long term.

By setting realistic return expectations and keeping market fluctuations in proper perspective, Prescott says more investors can stay on track and meet their financial goals for the long term.

This article is intended to provide general information and should not be construed as specific advice. This article is not applicable in Quebec.

The perfect mortgage, a click away

(NC)—The Internet is a great resource for researching mortgages. With so much information available 24/7, consumers today are able to educate themselves before they even speak with a potential lender.

A good place to start is on a Web site that can give you a general overview of the process and terminology. Sites such as the Canadian Mortgage and Housing Corporation (www.cmhc.ca) provide mortgage hunters with a wealth of information on everything from determining housing requirements to calculating overall costs.

After you've learned about the mortgage process, it's time to start comparing what different lenders have to offer. Visit the Web sites of various financial institutions to get a feel for the different products and options that are offered. Most of the major lenders provide detailed information on their rates and terms. For example, on the President's Choice Financial services Web site at www.pcfincial.ca, you can compare mortgages, learn about additional costs associated with owning a home and calculate different payment

options. You can even find out how to attend free mortgage seminars in your area.

Once you've visited the sites of major lenders, it's time to look at all the options and narrow down your choices. Some lenders may even offer a bonus points loyalty program. Consider what options are important to you before you decide to meet with someone in person or apply online. It's also handy to create a paper file with all of the information from the Internet categorized by lender, by rates, or by options.

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ATTENTION

THE USE OF PESTICIDES FOR COSMETIC LAWN CARE PURPOSES ON ALL DND PROPERTIES, INCLUDING PMO'S, WITHOUT THE PRIOR & WRITTEN CONSENT OF THE MANAGER, CFHA, AND WING ENVIRONMENTAL OFFICER, IS PROHIBITED. FAILURE TO COMPLY WITH THIS DIRECTIVE MAY RESULT IN DISCIPLINARY, ADMINISTRATIVE OR PROSECUTORIAL ACTION.

Notes:

(1) The preceding prohibition on pesticides use is based on Environmental Directive (ED) 4003-4/02. ED 4003-4/02 states, in part, that "All organizationsunder the administrative authority of DND, who have responsibility for pesticide use shall have policies and procedures in place to eliminate the use of pesticides for cosmetic lawn care purposes on their properties by 31 March 2003." The purpose of ED 4002-4/02 is to reduce the negative human health & environmental impacts associated with the use of pesticides & is consistent with pesticides uses prohibitions in force or proposed for several Canadian municipalities & cities.

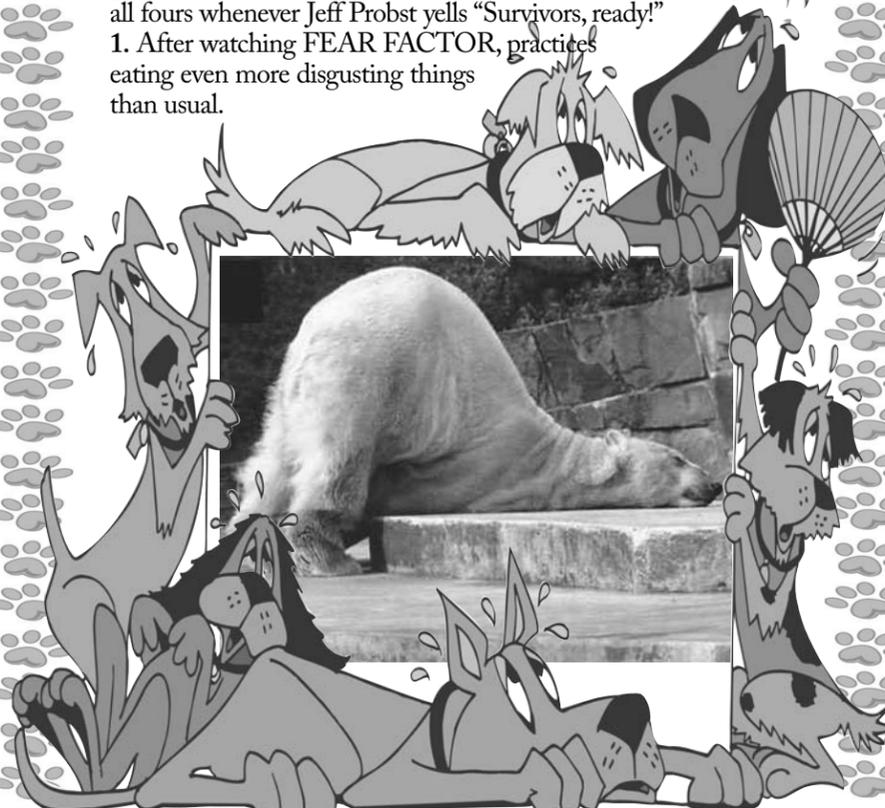
(2) This prohibition applies to all pesticides applied by building occupants, contractors & any other person.

(3) ED 4003-4/02 defines pesticide as "a product registered and listed under the Pest Control Products Act (PCPA) and its regulations intended to prevent, destroy or manage a pest; this includes insecticides, fungicides, herbicides and plant growth regulators. This definition also applies to a fertilizer within the meaning of the Fertilizers Act (Canada) that contains a pesticide." Therefore, fertilizers whose label indicates that it contains a pesticide (PCP Act Regulations will require that its label include a PCP number and that it identifies the pesticide active ingredient & concentration (guarantee)) must not be used for cosmetic lawn care purposes on DND properties. Chemical fertilizers that do not contain pesticides are permitted. It is recommended that slow release fertilizers be used to reduce possible pest problems.

(4) ED 4003-4/02 defines cosmetic use as "the use of pesticides where the application is purely for an aesthetic purpose" & lawn care as "the maintenance of turf and outdoor shrubs, flowers and other ornamental plants." Therefore, vegetable gardens are not included in the pesticide prohibition. However, it is recommended that low risk products be used in gardens. Products generally deemed to pose less risk to human health & the environment include insecticidal & herbicidal soaps, Bt (bacillus thuringiensis), nematodes, injected tree treatments, sticky media, borax, dormant & horticultural oils, bordeaux mixture & other sulphur compounds, diatomaceous earth, pheromone traps, pruning paint & corn gluten meal.

Pet Particulars
When it's time to worry

- Top 10 Signs Your Pet Has Signed Up for a Reality TV Show:
 10. Your answering machine records 15 million calls one evening voting for "Canadian Idol."
 9. Your dog refuses to "sit" until you prove you are a REAL millionaire.
 8. Disappears for two months, then buys customized dog house upon return.
 7. Bird and dog agree to an alliance against the "Cat Tribe."
 6. Cat starts checking for cameras before using kitty litter tray.
 5. Growls at Naomi Judd every time she gives a contestant "two stars".
 4. Digs up your rose garden, starts offering flowers to eligible candidates.
 3. Refuses to go for a walk without first checking with his agent.
 2. Jumps to all fours whenever Jeff Probst yells "Survivors, ready!"
 1. After watching FEAR FACTOR, practices eating even more disgusting things than usual.



Once in a lifetime opportunity

Capt Dave Muralt
1 CAD

8 Wing Trenton – The Air Force took delivery of the last of 15 state-of-the-art CH-149 Cormorant Search and Rescue helicopters on July 15, marking a major milestone in the Canadian Search and Rescue Helicopter project.

The well-travelled Cormorant and crew departed the EH Industries factory at Vergiate, Italy on Canada Day, arriving at 8 Wing Trenton on July 15, by way of France, England, Norway, Belgium, Scotland, the Faroe Islands, Iceland, North Atlantic has

Greenland, Iqaluit, Kuujuaq and Bagotville.

"I was really blown away when I was asked to make the flight," said nine-year veteran helicopter pilot Capt. Kearns of the 6,500 nautical mile journey, "This was a once-in-a-lifetime opportunity."

The trip was uneventful and the new helicopter performed as expected. The crew had to "dodge a few thunderstorms" according to flight engineer Master Cpl. Rob Vedito. "But that's been no problem because the aircraft has worked very well."

The route across the

become well-travelled since the first Cormorant made its maiden voyage to Comox in October, 2001. Since then, it has assumed helicopter SAR duties at two of four squadrons, replacing the CH-113 Labrador helicopter, which has been in service since 1963.

With its speed, carrying capacity, endurance and all-weather performance, the Cormorant provides Canada with a powerful new search and rescue aircraft that is already effecting spectacular rescues that would have been impossible with the Labrador.

On December 4, 2002, Gander's 103 Search and Rescue Squadron conducted a 1,600 km round-trip medevac of an injured Norwegian sailor in winds of up to 130 km/hr, refuelling twice at the Hibernia oil production platform. The same Sqn was breaking records again less than two months later, rescuing all 16 members of the crew of the Finnish cargo ship "Camilla" in a single flight, during a high-profile rescue that was covered by media from coast to coast.

Greenwood-based 413 Squadron is midway through its transition to the new helicopter while 424 Squadron in Trenton is expected to finalize overall implementation of the Cormorant fleet in March 2004.

"The delivery of the Cormorant fleet is the biggest leap in search and rescue technology in Canada since the Labradors came into service in the 1960s," said 1 Canadian Air Division A3 Search and Rescue, Lt.Col. Grant Smith. "It's a great piece of kit!"

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SailAbility student wins 14th place at Mobility Cup

Trenton, Ontario— Belleville's Steve Brown has placed 14th out of a field of 25 racers in the Mobility Cup, an International Regatta for sailors with a disability held this year in Ottawa,

Ontario. Brown, 16, was the youngest sailor in the regatta featuring racers from all over North America and had only one week to practice with his racing boat.

A member of Quinte SailAbility, a sailing program for people with disabilities run from the CFB Trenton Yacht Club, Brown learned how to sail on an Access Dinghy and has rapidly moved up to

larger and more challenging boats. The Martin 16 he raced with was on loan from the Ontario Sailing Association as Quinte SailAbility is yet unable to afford such a racing boat, thus the limited practice time before the races held on August 23-26.

Brown has spent the past two summers as a Sailing Assistant at Quinte SailAbility, giving him plenty of opportunity to study the finer points of sailing and racing.

"We encourage our students who are interested to attempt racing as

a way of advancing their sailing skills," said Quinte SailAbility President D.W. Fletcher. "Steve has demonstrated excellence in his very first regatta and we are sure he will continue to improve and develop into a highly competitive racer in the future."

IT HAS BEGUN!



Photo: W. Brice McVicar, Picton Gazette

The United Way of Quinte kicked off their annual campaign at the Quinte Mall on Thursday. This year's goal has been set at \$1,444,444. Representing 8 Wing/CFB Trenton was local Campaign Chairperson Lieutenant (N) Rehna Izzo (third from left).

ATTENTION

IL EST INTERDIT D'UTILISER DES PESTICIDES À DES FINS ESTHÉTIQUES DANS L'ENTRETIEN DES PELOUSES SUR TOUTES LES PROPRIÉTÉS DU MINISTÈRE DE LA DÉFENSE NATIONALE (MDN), Y COMPRIS LES ZONES DE LOGEMENT, SANS UNE AUTORISATION ÉCRITE PRÉALABLE DU GESTIONNAIRE, DE L'ALFC ET DE L'OFFICIER RESPONSABLE DE L'ENVIRONNEMENT DE L'ESCADRE. L'OMISSION DE SE CONFORMER À CETTE DIRECTIVE PEUT ENTRAÎNER DES POURSUITES OU DES SANCTIONS DISCIPLINAIRES OU ADMINISTRATIVES.

Remarques :

(1) L'interdiction précitée concernant l'utilisation de pesticides est fondée sur une directive environnementale, la DE 4003-4/02, qui mentionne, entre autres, que " Toutes les organisations [...] dont l'administration relève du MDN et qui utilisent des pesticides doivent avoir adopté des politiques et procédures pour cesser toute utilisation de ces pesticides dans l'entretien esthétique des pelouses sur leurs propriétés d'ici le 31 mars 2003. " La DE 4002 4/02 vise à réduire les impacts négatifs liés à l'utilisation de pesticides sur la santé et l'environnement, et l'objet de la directive s'inscrit dans le cadre de l'interdiction d'utilisation de pesticides à l'étude ou en vigueur dans plusieurs villes et municipalités canadiennes.

(2) La présente interdiction s'applique à tous les pesticides utilisés par les occupants des immeubles, les entrepreneurs et toute autre personne.

(3) La DE 4003-4/02 définit le pesticide comme " un produit homologué et sur répertoire en vertu de la Loi sur les produits antiparasitaires (LPA) et du règlement qui en découle et qui sert à détruire un ravageur ou à lutter contre ce dernier; cela comprend les insecticides, les fongicides, les herbicides et les régulateurs de croissance des plantes. Cette définition s'applique également aux engrais, tels que définis dans la Loi sur les engrais (Canada), qui contiennent un pesticide. " Par conséquent, les engrais dont l'étiquette mentionne la présence de pesticide (la Loi et le Règlement sur les produits antiparasitaires exigent que l'étiquette précise le numéro d'homologation et la nature de la matière active du pesticide de même que sa concentration [garantie]) ne doivent pas être utilisés à des fins esthétiques dans l'entretien des pelouses sur les propriétés du MDN. Les engrais chimiques ne contenant pas de pesticides sont permis. On recommande d'utiliser des engrais à libération lente pour réduire les problèmes possibles associés aux organismes nuisibles.

(4) La DE 4003-4/02 définit l'usage esthétique comme " l'emploi de pesticides dans un but uniquement esthétique " et l'entretien des pelouses comme " l'entretien d'arbustes, de fleurs, d'autres plantes ornementales et de pelouses. " Par conséquent, l'interdiction d'utilisation de pesticides ne touche pas les jardins potagers. On recommande néanmoins d'utiliser des produits à faible risque dans les jardins. Les produits généralement considérés comme présentant moins de risque pour la santé et l'environnement comprennent : les savons insecticides et herbicides, les insecticides à base de Bt (*Bacillus thuringiensis*) ou de nématodes, les pesticides injectés directement dans le tronc d'arbre, les pièges englués, le borax, les huiles horticoles (huiles de dormance, etc.), les bouillies bordelaises et autres composés sulfurés, la terre de diatomées, les pièges sexuels, le mastic à greffer et la farine de gluten de maïs.

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MPs outline proper bicycle safety

by MWO Richard Day

There has been some concern raised about bicyclist entering and riding on the Wing (Including the PMQs) in an unsafe manner. Complaints range from bicycles being ridden without proper safety equipment, riding the wrong way on one way streets and the sharing of the roadway by both the bicyclist and the vehicles.

The Military Police, in an effort to ensure bicycle safety, will be paying particular attention to the below rules and regulations governing the use of bicycles. Any person found contravening the below regulations may be stopped and fined by the Military Police.

Motor assisted bicycles, bicycles and tricycles, lights on, etc.

(17) When on a highway at any time from one-half hour before sunset to one-half hour after sunrise and at any other time when, due to insufficient light or unfavourable atmospheric conditions, persons and vehicles on the highway are not clearly discernible at a distance of 150 metres or less, every motor assisted bicycle, bicycle or tricycle shall carry on the front thereof a lighted lamp displaying a white or amber light and on the rear thereof a lighted lamp displaying a red light or a reflector approved by the Ministry, and in addition there shall be placed on the front forks thereof white reflective material, and on the rear thereof red reflective material covering a surface of not less than 250 millime-

tres in length and 25 millimetres in width. R.S.O. 1990, c. H.8, s. 62 (17).

Brakes on bicycle

64 (3) No person shall ride a bicycle on a highway unless it is equipped with at least one brake system acting on the rear wheel that will enable the rider to make the braked wheel skid on dry, level and clean pavement. R.S.O. 1990, c. H.8, s. 64 (3).

Alarm bell to be sounded

75 (5) Every motor vehicle, motor assisted bicycle and bicycle shall be equipped with an alarm bell, gong or horn, which shall be kept in good working order and sounded whenever it is reasonably necessary to notify pedestrians or others of its approach. R.S.O. 1990, c. H.8, s. 75 (5).

Bicyclists to wear helmet

104 (2.1) No person (18 yrs of age and under) shall ride on or operate a bicycle on a highway unless the person is wearing a bicycle helmet that complies with the regulations and the chin strap of the helmet is securely fastened under the chin. 1993, c. 18, s. 1.

Duty of parent or guardian

104 (2.2) No parent or guardian of a person under sixteen years of age shall authorize or knowingly permit that person to ride on or operate a bicycle on a highway unless the person is wearing a bicycle helmet as required by subsection (2.1). 1993, c. 18, s. 1.

Highway

The wording "HIGHWAY" includes a common and public highway, street,

avenue, parkway, driveway, square, place, bridge, viaduct or trestle, any part of which is intended for or used by the general public for the passage of vehicles and includes the area between the lateral property lines thereof;

Vehicles meeting bicycles

148 (4) Every person in charge of a vehicle on a highway meeting a person traveling on a bicycle shall allow the cyclist sufficient room on the roadway to pass. R.S.O. 1990, c. H.8, s. 148 (4).

Bicycles overtaken

148 (6) Every person on a bicycle or motor assisted bicycle who is overtaken by a vehicle or equestrian traveling at a greater speed shall turn out to the right and allow the vehicle or equestrian to pass and the vehicle or equestrian overtaking shall turn out to the left so far as may be necessary to avoid a collision. R.S.O. 1990, c. H.8, s. 148 (6).

Bicycle passengers

178 (2) No person riding on a bicycle designed for carrying one person only shall carry any other person thereon. R.S.O. 1990, c. H.8, s. 178 (2).

Cyclist to identify self

218. (1) A police officer who finds any person contravening this Act or any municipal by-law regulating traffic while in charge of a bicycle may require that person to stop and to provide identification of himself or herself. R.S.O. 1990, c. H.8, s. 218 (1).

Idem

218 (2) Every person who is required to stop, by a police officer acting under

subsection (1), shall stop and identify himself or herself to the police officer. R.S.O. 1990, c. H.8, s. 218 (2).

Idem

218 (3) For the purposes of this section, giving one's correct name and address is sufficient identification. R.S.O. 1990, c. H.8, s. 218 (3).

Idem

218 (4) A police officer may arrest without warrant any person who does not comply with subsection (2). R.S.O. 1990, c. H.8, s. 218 (4).

If you have any questions, please direct them to WO Caron, Military Police Operations Warrant

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Please Register NLT 26 Sept 03.
Health Promotion, local 3768

Recognize an allergy attack



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Workplace allergies are on the rise. They can be triggered by substances such as isocyanates, mold, dust, natural rubber latex and others. Knowing how to recognize and deal with a severe allergic reaction -

called anaphylaxis - can save a life.

These are some symptoms of a serious allergic reaction, which, if untreated, could be fatal:

- Swelling of the lips, tongue, mouth, face, neck or ears;
- A tingling sensation in the mouth or throat;
- Sudden severe hives;
- Distended stomach;
- Blue or purple skin color;
- Wheezing or difficulty breathing;
- Convulsions;
- Unconsciousness.

If you suspect a

severe allergic reaction, call for emergency help immediately. Keep the victim quiet and in a comfortable position. Look for a medical alert bracelet, which may tell of allergies. If the victim stops breathing, administer artificial respiration if you know how and call for help immediately.

Persons with allergies may wish to inform the first aid attendants and co-workers of the condition so everyone can respond more quickly in an emergency. Supervisors should definitely be made aware of any allergic condition you may have.

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Recent mailings might indicate that you do not have a choice of pharmacies for your prescriptions. This is a misconception. We are authorized to fill your prescriptions. We also believe that your community-based pharmacist gives you the highest quality of drug therapy and continuity of care.

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Fitness, Sports & Recreation

Hockey registration

The 2003/04 hockey season is almost upon us and players are needed.

WHL

The Wing Hockey League will commence on Sunday, September 28 and play every Sunday, Tuesday, Wednesday & Thursday evening. The league meeting will be held at 1000 hrs on Wed., Sept. 10 at the Gymnasium, all interested team reps are to attend.

NHL

The Noon Hour Hockey League will commence on Monday, Sept. 29 and play noon hours at a cost of \$75 per player. A league meeting will be held at 1000 hrs on Mon., Sept. 8 at the Gymnasium, all interested team reps are to attend.

OTHL

The Old Timers

Hockey League will play every Friday afternoon from 1400 - 1600 hrs at a cost of \$65 per player. League will commence on Friday, Sept. 26. A league meeting will be held at 1400 hrs on Tue., Sept. 9 at the Gymnasium, all interested team reps are to attend.

Player registration for the NHL & OTHL will be held from the Sept. 7 - 19 from 0800 - 1200 and 1300 - 1530 hrs & Sun., Sept. 7 from 1200 - 1600 hrs at the Leisure Show held at The Gymnasium. For further information, contact the Military Sports Coordinator, Dan Cormier, at local 3373.

The 8 Wing/CFB Trenton hockey leagues are open to CF Military, DND & NPF full time employees.

Evening Aquafit With Michael

Tuesdays & Thursdays
7:30 - 8:30 p.m.
Sept. 30 - Dec. 4
\$45 - military personnel & CRA members
\$50 - non-members
\$5.00/class drop-in fee
• For safety reasons, children are not permitted on the deck while the class is in progress
• This is a shallow water class held in the warm-up pool.
Register at the RecPlex
For info call 392-2811 ext 3361/3348.

Junior Lifeguard

* Swimming Skills
* Leadership
* Lifesaving Knowledge
* Lifesaving Skills
* Fitness
* Teamwork
* Community Education
* Special Events
* Junior Lifeguard Competition

If you can swim one length of the main pool (25 metres) and tread water for two minutes....this club's for you!

Wednesdays

4:30 - 5:30 p.m.
kids 8 - 11 yrs

Wednesdays

5:30 - 6:30 p.m.
kids 12 - 15 yrs

Saturdays

11:15 a.m. - 12:45 p.m.
All Ages

Cost \$150 - Recreation Association Members
\$ 180 - Non Members
Cost includes a club t-shirt, personal water log & whistle.

Club starts Saturday, September 27th and ends mid-June 2004
Get recreation info at www.cra.cfbtrenton.com

Always time for a workout?



Laurie McVicar

Well, this was officially my first week "sans" gym membership. I HATED IT!

Although my attendance there had dropped significantly since Jen left, I was still managing to make it at least three times a week. I had almost come to look forward to that hour of peace and quiet before being launched into the chaos that I call home.

Despite Jen's constant protests that there's always time for a work out, I seem to find very little of it once I've stepped through my front door. Like many other families, my evenings pass

Confessions from the Gym

in a flurry of dinner making, house cleaning, baths, and bedtime battles with my two-year-old. When I finally do get the opportunity to get to the dumbbells, I'm too bloody tired to lift them.

Unlike my husband who seems to hit his energy peak in the evenings, I am definitely a morning exerciser. There's something to be said about firing up your body in the a.m. to help you beat those afternoon blahs. In fact, somewhere in the piles of fitness magazines that litter my coffee table, I'm sure I've read about

studies that have shown morning exercisers are less likely to quit. Perhaps there's hope for me yet.

Although exercising outside of the gym may have some benefits, I've been hard pressed to find them. Not only can you draw upon the knowledge of professional trainers, but the machines here at 8 Wing/CFB Trenton are state-of-the-art, the classes are fun and many of the regulars are more than willing to offer a few tips about maximizing your workout. All in all, I'd recommend a membership to anyone interested in making an improvement to his or her health.

As for me, I'm sure my membership will soon be renewed...especially considering the fact that I'll be exercising for two over the next eight months.

Charity Golf Tournament

16 September 2003

Type of Tournament: 18 Hole, Four Ball Best Ball (shotgun start)

Cost: \$50.00 per person

Timings: Team Briefing at 0830 hrs
Tee off at 0900 hrs

Many prizes for this event sponsored by Labbats and Wilsons.

\$5000 Hole in One (Hole #1) sponsored by RBC Securities - Lisa Thompson

To register your team please contact the Fitness & Sports Flight Admin Assistant, Shirley Martin, at 392-2811 ext. 3467.

Family Skating

Sundays during September
1 - 3 p.m.

Wing Commander's Challenge

September 12, 2003

In conjunction with the United Way kick-off.

A morning of fun, low-skill games, and a BBQ to follow.

Team of 10 (plus one volunteer to assist the PSP staff).

Keep an eye on the Contact for more info!

Contact the Fitness Coordinator at local 3328 to register your team.



Government of Canada
Workplaces Charitable Campaign
Campagne de charité en milieu
de travail du gouvernement du Canada

Annual Recreation & Leisure Show

The annual Rec & Leisure Show will be held on Sunday, Sept. 7th from noon to 4 p.m. at the Gym, (on the south side of the base). The show will attract 50 - 60 not-for-profit sports clubs, service groups and activities from 8 Wg and the surrounding communities. To book a table, please contact the Rec Association at 392-2811 ext 2349. There will be a fee of \$10 for non 8 Wing groups.

NOTICE

Indoor Pools CLOSED
The indoor pools will be closed for annual maintenance commencing Sept. 2 for approximately three weeks. Please call ext 3361 for an update on when they will re-open.

RecPlex Temporary Hours of Operation
During the time that the indoor pool is closed for maintenance, hours of operation of the RecPlex have been reduced as follows: Monday to Friday 9 a.m. to 7 p.m. Saturdays & Sundays noon to 4:30 p.m. On Sunday Sept. 7th, due to the Recreation & Leisure Show at the Gym, the RecPlex will be closed.

Yoga

Beginner Level

Mondays & Wednesdays
at the Studio South Side Gym
5:30 to 6:30 pm
October 6th - December 1
No class on October 13th

Intermediate Level

Tuesdays & Thursdays
at the Studio South Side Gym
5:30 to 6:30 pm
October 7th - November 27th

Cost: \$ 65 - military members & CRA members
\$ 70 - for non-members

Register...at the Community Rec Assn Main Office located at the RecPlex Monday to Friday 9 am until noon and 1 to 9 pm. Saturday noon until 9 pm & Sunday noon until 4 pm.
Info Community Recreation Association 392-2811 ext 3361/3348
www.cra.cfbtrenton.com



Trentcard system, frequently asked questions

Here is a list of some of the most common questions we have received at the Trentcard office. Hopefully this will address many of the questions and concerns the 8 Wing / CFB Trenton community may have.



What is a "Trentcard"?

It is an identification system that will allow the military community access to multiple CFB Trenton services and entities.

What can I use a Trentcard for?

The Trentcard is now the new Family Military ID (FMID), and is also used by CFB Trenton staff/contract workers, retirees, cadets, and other governmental agencies to access 8 Wing / CFB Trenton. It also can be encoded for use as secure door keys for specific military members/staff of 8 Wing/CFB Trenton. Lastly, it is used as the pass to access the recreation facilities on our base.

Who should be using a Trentcard?

Military members, dependants, CFB Trenton staff and contract workers, retirees, cadets, or members of other governmental departments who need to show identification to access CFB Trenton, or one of the various entities or services offered at 8 Wing/CFB Trenton.

Will everyone in my family have to get a Trentcard?

No. Dependants below the age of 12 years can access any area of the base (with the exception of high security areas)

with a parent or guardian who has correct identification when shown to security at CFB Trenton gates.

However, everyone above the age of 6 years must first get a Trentcard BEFORE they can be issued a RecPass for the facilities at CFB Trenton (the Trentcard is used as the RecPass). For more information concerning RecPasses, go to www.cra.cfbtrenton.com or contact the RecPlex Reception at 392-2811 ext.3361

When will it be mandatory to possess a Trentcard to get to the different areas on base?

Not at this time. The Trentcard has at this time replaced the Family Military ID (FMID). You can still use your identification that has been issued 8 Wing / CFB Trenton's Military Police.

Can I still use the identification that I received from a different Canadian Forces or government source?

The 8 Wing / CFB Trenton Military Police have sole discretion as to what identification will or will not be accepted. Questions regarding other Canadian Forces or Government identification that will be accepted, and under what con-

ditions, should be directed to the Military Police.

What makes this identification different than the other identification that I have had in the past?

Your identification photo is embedded into the card to prevent forgery. It is encoded with your personal information that can only be accessed for security and personal identification purposes. For certain military members and CFB Trenton staff, it can also be used as an electronic key to enter the areas where they work.

Lastly, it will be used as RecPlex passes for those individuals who wish to access the pools, skating arena, or multipurpose room at 8 Wing Trenton.

Where do I get my Trentcard?

The Trentcard office is located in the former Computer Club room at the Siskin Centre. Our phone number is 965-2929 or 392-2811, extension 2929.

What do I need to bring to get a Trentcard?

You must bring 1 piece of official photo ID or 2 pieces of non-photo ID. Examples of valid ID include:

- Canadian Driver's License
- Passport
- Health Card

- Birth Certificate
 - Social Insurance Card
 - Previous Family Military ID Card
- All identification is accepted at the discretion of the Trentcard staff.

What is a sponsor, and what do they need to bring?

A sponsor is the military member, CFPSA full time/part time staff member, or military /CFPSA retiree who will sign a document that will declare that you are their

family member as proof that you are a dependant or (in the case of DND staff/contract workers or cadets) is the employer /supervisor that is willing to sign a document that declares that you are an employee or cadet with the DND.

If you are classified as a dependant, civilian staff, contract worker, or cadet, you must have a sponsor to obtain a Trentcard. Civilian staff and contract workers who already possess valid base identification do not require a sponsor to get a Trentcard. The sponsor must have a copy of their Military ID, Retiree ID Card or valid base identification card.

I have a picture of myself and would like to use it

for my Trentcard, can I? No, Trentcard is an official form of identification for 8 Wing / CFB Trenton and as such we must take the photo for the card in the Trentcard office.

What are the hours of operation for the Trentcard office?

Our hours of operation are: Monday to Friday: 9 a.m to 1 p.m. and 2 p.m. to 7:30 p.m. Weekends: 12 p.m. to 3 p.m.

Where can I get more information concerning Trentcard?

You can go to our website at www.cfbtrenton.com, or contact us via e-mail at info@trentcard.ca. You can also give us a call at 965-2929 or at 392-2811, extension 2929.



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 (on TD to 31 Aug 03)
 Padre Catherine Morrison (deployed until Jan 04)

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p>MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p>CONFESSION At all times</p> <p>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</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre Lloyd Clifton(Pres.) Matthew Lucas (Bapt.)</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month ACC Communion Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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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 téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.

TMFRC Fun Fair

September 20
11 a.m. - 3 p.m.

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
September 7 - September 13

ARIES (March 21-April 19): Be a contributor on the 7th and 8th. You will make contacts that will assist you in the future. Your imagination will inspire you to try something new. Don't listen to everything you hear on the 9th, 10th and 11th. Changes may be looming, so remain calm and do what needs to be done. Use your ingenuity together with your imagination. You may feel the urge to change your personal situation. You'll be on edge on the 12th and 13th. If you keep busy you won't feel nearly as anxious. Get involved in sports or a program that will help you make positive changes. Choose the people you hang out with wisely.

TAURUS (April 20-May 20): You may find it difficult to get things done on the 7th and 8th. Personal problems can be expected, but don't let them get you down. Force yourself to take action and complete projects. Make some adjustments to your life on the 9th, 10th and 11th. Offer your assistance to a worthwhile cause. You should make some changes regarding your associates. You need to integrate new people and new interests, or perhaps take an educational trip. Someone may not be giving you the whole story on the 12th and 13th. Setbacks will result in added responsibility. Your solid advice and practical approach will be a plus.

GEMINI (May 21-June 20): Your mind will be racing and you'll have plenty of creative ideas to share on the 7th and 8th. Put in a little extra effort and you will probably meet someone interesting along the way. Take a couple of steps back on the 9th, 10th and 11th and discover what is really going on around you. You are probably feeling restless, and you need to make some changes in order to feel more satisfied with your life. Be precise about your feelings on the 12th and 13th. If you stand up for what you believe in, many will follow in your path, enabling you to make a difference.

CANCER (June 21-July 22): Added responsibilities will cause upset on the 7th and 8th. Refuse to let anyone take advantage of your generosity. Stay out of the line of fire if family members start to argue. Delve into your past on the 9th, 10th and 11th. You should spend time with someone who can offer you information to better understand yourself. The knowledge you pick up will open doors to all sorts of interesting options. Someone may disappoint you on the 12th and 13th. Try not to limit yourself. Take the initiative and whatever you do don't nag. Communication will be the key, not complaining.

LEO (July 23-Aug. 22): You may be hard to approach on the 7th and 8th if you feel that someone has been neglecting you. Don't be difficult to get along with just because your pride has been hurt. You may be feeling like everyone is dumping responsibilities in your lap on the 9th, 10th and 11th. Do what you can, but don't run yourself down doing so. Group or family communication will solve a lot of the problems. Enjoy the fact that life is beginning to pick up again for you, personally and socially on the 12th and 13th. You will have the edge in any competitive event. Communication will definitely win you points.

VIRGO (Aug. 23-Sept. 22): Push your ideas on the 7th and 8th and you'll be sure to get some positive response. If you are quick to take action, money can be made. Don't let someone who is negative dampen your mood. Partnerships may be on shaky ground on the 9th, 10th and 11th. Don't take care of someone else's mistakes. A change may develop if you let emotions get involved in a situation concerning love or money. Added responsibilities will be passed your way on the 12th and 13th. Concentrate on what you are going to do next. Upgrade your skills or consider making a move. Changes will be to your benefit.

LIBRA (Sept. 23-Oct. 22): Start a program on the 7th and 8th that will help you get in shape. Promote your beliefs and opinions. Some important people will notice if you show your dedication and knowledge. You will be in the right place at the right time on the 9th, 10th and 11th. Present anything you want to pursue with confidence knowing that your ideas are solid. A change in your direction will turn out to be good. You will be emotional about personal issues on the 12th and 13th. Idle time will lead to emotional turmoil. Plan to keep busy so that you don't have to discuss what's bothering you.

SCORPIO (Oct. 23-Nov. 21): Be aware on the 7th and 8th that you are not being given the whole scoop when it comes to what's going on in your personal life. Ask questions and don't let anyone put demands on you. Throw yourself into your work on the 9th, 10th and 11th and you will get ahead. Your unique approach to everything you do will pay off. Change is good and you are ready for it. Your mind may be on work on the 12th and 13th, but if you stress yourself out, you will end up not feeling well. Try concentrating on a creative project or get together with close friends.

SAGITTARIUS (Nov. 22-Dec. 21): Take action on the 7th and 8th and get involved in something you not only enjoy, but that will make a difference to your community. Your diplomatic nature will help you convince others to join a worthwhile cause. You'll be upset with those you live with on the 9th, 10th and 11th. Explain your intentions, but don't get into lengthy conversations. You will do much better if you get out of the house and socialize with friends. You can impress others with your physical abilities and sportsmanship on the 12th and 13th. Playing hard will lead to stardom, but also to minor injury. Don't take risks.

CAPRICORN (Dec. 22-Jan. 19): You will have some wonderful plans that you must put into play on the 7th and 8th. Put your energy into professional gains and you will prosper. Your loved ones may not understand your need to be productive. Changes made to your home environment will be slow and tedious on the 9th, 10th and 11th. You must be persistent and follow through until whatever you are working on is complete. Have patience; there is a light at the end of the tunnel. Focus on out-of-the-house activities on the 12th and 13th. Someone you live with is likely to bring you down. Troubles will loom at a personal level.

AQUARIUS (Jan. 20-Feb. 18): You will be moody on the 7th and 8th and may find it difficult to be honest about the way you feel. Get out and do something different for a change. It will help you avoid an unsavory situation. You will be feeling a little uncertain on the 9th, 10th and 11th about your present course. Check out what you might be more suited to pursue. You need the freedom to do something creative or challenging. Prepare to do something with neighbors or friends on the 12th and 13th. Follow through on a hobby you have been thinking about. Romance is likely to develop through the company you keep.

PISCES (Feb. 19-March 20): Avoid any venture on the 7th and 8th that requires you to trust someone else with your money. Your intuition will be right on; so don't disregard what you are feeling. Opposition will only make you stronger. Express your ideas to people who can give you information pertinent to your plans on the 9th, 10th and 11th. You will have the discipline to complete whatever you start, so get on with it. Focus on your assets on the 12th and 13th. A property investment will pay off. Make changes to your home and help out an older relative. Your kindness will be paid back.

ON PATROL IN QUINTE WEST

Photo: Cpl Bill Parrott, 8 Wing Imaging



Troops from RCR, B-Coy began training this week for their upcoming deployment to Bosnia-Herzegovina as part of Operation Palladium. They will be replacing the Battle Group currently formed by members of the Princess Patricia's Canadian Light Infantry.

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BIRTHDAY PARTIES ARE NOW AVAILABLE

MOVIE LINE-UP

- My Boss's Daughter (PG) 1:10 7:10 9:00
- Finding Nemo (G) Matinee Only 3:00
- Pirates of the Caribbean (PG) 1:00 7:00 9:30
- Jeepers Creepers 2 (14A) 1:05 7:05 9:05

Coming Soon - Matchstick Men, Once Upon a Time in Mexico
Matinees Saturday & Sunday

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

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**MOVIES
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MOVIES**

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.

What Every Babysitter Should Know!

Trenton St. John Ambulance is offering a one day babysitting course for youth 12 to 16 years of age.

What Every Babysitter Should Know teaches babysitters how to prevent injuries, provide basic first aid and how to get help in an emergency. It also provides information on nutrition, creative and educational recreation activities.

With this course you can apply for ANY babysitting job...and get a cool certificate too!



Date: Saturday, October 25, 2003

Time: 8:30 a.m. - 3:30 p.m.

**Place: Dufferin Centre,
344 Dufferin Ave., Trenton**

Cost: \$30 (includes books, certificates & tax)

To register, call 394-2990

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Seamanship, power and sail training and boat work, pilotage, radio communications, first aid, instructional technique, marksmanship, survival training, leadership, map and compass work - these are just some of the things you will learn as a member of the Royal Canadian Sea Cadet Corps. If you are 12 years of age, you can join. Sea Cadet activities are centred on seamanship and leadership. Uniforms are loaned at no charge and summer training from two weeks to seven weeks is included. RCSCC Trent meets every Thursday evening at 6:30 p.m. at the CFB Trenton Marine Hangar starting September 4. Check it out on-line at www.cadets.ca.

Cours d'écriture administrative en anglais

Pour qui: Tout étudiant désirant réviser et maintenir ses acquis à l'écrit de niveau EEE ou CCC
Durée: 30 heures ou 60 heures
Préalable: EEE, CCC ou combinaison de E ou C, ex. ECC, ECE, CCE, etc
Objectif: Maintenir le niveau E ou C à l'écrit
Format: Semi-intensif 5 jours/semaine de 13h00 à 16h00 (15 heures/sem)
Date d'échéance : Aucune, quand nous aurons assez de candidats
Description: Ce cours est pour les militaires qui ont un profil linguistique très élevé. Il vise à maintenir les acquis à l'écrit et à améliorer l'habileté du militaire à écrire des rapports, lettres, note de service, etc. dans sa langue seconde, l'anglais. Il n'y a pas de test à la fin de ce cours.

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Whom: Every student who wishes to review and maintain his or her EEE or CCC level in writing.
Length: 30 or 60 hrs courses
Prerequisites: EEE, CCC or a combination of both, (ECC, ECE, CCE, etc)
Goal: Maintain the E or C level in writing
Format: Semi-intensive 5 days/week from 13:00 to 16:00 (15 hrs/week)
Deadlines: None, when enough candidates
Description: This course is for military with a very high linguistic profile. The goal is to maintain and improve your ability to write reports, letters, memos, etc in your second language, French. There is no test at the end of the course.

**Visit the website for the registration form
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Prince Edward County 10th Annual Juried Studio Tour

**October 3 - 5,
10 a.m. to 5 p.m.**

Twenty-four studio and gallery locations in picturesque, historic Prince Edward County. See and interact with over 60 artists, watch live demonstrations of their work. Fine art painters, sculptors, glass blowers, potters, woodworkers, stained glass artists, quilters, fibre artists, photographers, furniture makers, pewter and silver smiths, jewellers and more. All enquiries call 613-393-1696 or log onto www.pec.on.ca/artists. Info during the tour will be available at the Waring House (west of Picton on Hwy 33) where participating artists will have examples of their work. Artists include: M. Armstrong, C. Burrill, T. Campbell, C. Cunningham, F. de la Roche, A. Haley, P. Hall, A. House, A. Koning - de Bourbon, G. Kristiansen - Jacobs, M. Lane, and more!

CALLING ALL MUSICIANS!

The Quinte Symphony would welcome the following new musicians for its upcoming 44th season: **string players (violin, viola, cello, double bass), oboe, trombone, tuba and percussion.**

The orchestra rehearses Sunday evenings in Belleville and members should be capable of playing standard symphony repertoire. For more information contact Jennifer Sturgeon 613-393-2331 or sturgeon@reach.net.

Car Wash & BBQ

The 173 Royal Tiger Cadet Squadron will be holding a car wash and barbecue on September 6, from 10 - 4 p.m. at the Trenton Wal-Mart.



1st AIRFORCE TRENTON SCOUTS Your community needs your help!

1st Airforce Trenton Scouts have an organized, active, co-ed and bilingual group sponsored by our Community Council. We have active Parent Helpers, Leaders, Committee Members, Beavers, Cubs, Scouts, and Venturers.

New Registrations Welcome.

Fall Registration is available as part of the annual Recreation and Leisure Show, Sunday September 7th at South Side Gym, for Beavers (5-7 yrs), Cubs (8-10), Scouts (11-14), and Venturers (14-17).

Annual General Meeting and Elections

We are now looking for volunteer Parent Helpers, Leaders and Committee Members. Our Annual General Meeting (AGM) and Elections will take place 09 Sep 03 at the Siskin Centre at 1830hrs for those willing to contribute a valuable service in developing the youth of our community. **If interested, please attend the AGM or phone 394-1107. or ext 2188 on the base.**

If you would like to be a part of our scouting team, come and attend a meeting. If you have any questions please contact 394-1107. or ext 2188.

NOTICE

The Quinte Chapter, Schizophrenia Society of Ontario, will hold a General Meeting, Wednesday, Sept. 10, 2003 at 7 p.m., St Andrews Presbyterian Church, 67 Victoria Avenue, Belleville. The meeting will be followed by a Family Support Group. Everyone is welcome. For more info call 962-8438, Nicky Livingstone Public Relations Quinte Chapter Schizophrenia Society of Ontario 392-8191.



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Selling your home--Part Two: The realtor

by David Weir BA, CD

As mentioned in Part One of this series, your home is one of the largest, if not the largest, investment you will ever sell. Therefore, it behooves you to educate yourself as to the most effective manner in which to dispose of your residence. After all, you work long and hard to build this equity so why not take a few minutes to best prepare yourself for the sale of your home. A few minutes now may go a long way to keep more disposable income in your pocket.

Given that the equity in your property is built with after-tax dollars and that any profits in your principal residence are tax-free, why not keep as much of your money as possible?

This series of real estate articles is put together to assist those homeowners who are contemplating the sale of their residence. All of the articles in this series, as well as a series regarding buying a home, can be obtained via the Internet at www.quinterealty.com or by calling the author at 1-800-263-2177. In this second of a four-part series, I will discuss *How To Select a Realtor* to assist in the sale of your property.

In Part One of this series, I discussed the advantages of using a realtor over going it alone with the proverbial "For Sale By Owner" sign. If you have decided to use a real estate sales professional to assist in the sale of your home, you should put a serious effort into the selection process. Spending time at the front end of the homeowner-realtor relationship will ensure you hire a professional that will deliver the service needed to satisfactorily complete the successful sale of your residence.

For starters, your realtor should be a licenced member of the local real estate board, the provincial real estate association and, finally, the Canadian Real Estate Association. The vast majority of all residential home sales are completed with these licenced professionals. Some of the points to consider when hiring a realtor are:

Is your property being placed on the Multiple

Listing Service, thereby giving you maximum exposure to all real estate companies in the area?

Is the sales commission in keeping with local standards? If more than normal commission is being charged, what extra service is being provided? By contrast, what services are not provided if the commission rate is below the norm?

Is your residence located in an area in which the realtor has sold homes before?

Does the realtor and his/her office have a toll-free number available 24 hours a day, 7 days a week?

Will your property be actively advertised on a quality and easily accessible Internet site?

What is the marketing strategy proposed by the realtor? ie frequency of media advertising, public open houses, internet availability, company advertising kiosks, flyers, and real estate agent open houses.

What is the size of the company in terms of realtors and market share? Most real estate companies try to sell their own listings first. Therefore the more realtors, the greater the chance of it being sold.

Finally, and most importantly, what research has the realtor done to establish the market value of your property?

As mentioned in the last article, a property that is not priced properly will usually cost the homeowner money. For example, if it is underpriced the owner will obviously lose money. Moreover, if it is overpriced it may also eventually sell below market value (MV). This is because the house has been on the market for such a long period of time it becomes labeled as a problem property. Another downside with a property that has been on the market too long is that the prime time, ie spring, to sell comes and goes; and, any buyers have ended up buying properly priced properties. Hence, the overpriced properties usually have to wait for the next prime time sales period or sell below the original market value.

So what research should your realtor complete to establish market value? In most areas of Canada the research is

known as a Comparative Market Analysis (CMA). This entails researching properties similar to yours that have recently sold, are currently on the market for sale, or were on the market for sale and have not sold. From this data, comparable properties are reviewed and adjustments in value are made. For example, if the house next door to your home just sold, and it is identical except that it has a single car garage, it could be used as a comparable. After adjusting for the depreciated value of the garage, the neighbour's property could be used to help establish the value for your home. Please keep in mind that this is a very simple example of what can be a complicated exercise. Also be aware that assessed value for property taxes is not necessarily valid for establishing current MV.

Remember, regardless of the marketing strategy, and how great the home and location are - the most important point to the majority of buyers is price. Therefore, ensure the realtors you are interviewing complete a CMA that is available for your review. Be wary of the person who walks into your home for the first time and pulls a value out of mid air - after all, given the money involved, this is not a matter to be taken lightly. From an accurate CMA, you can establish an asking price for the Listing Agreement.

This concludes the second installment in the "Selling Your Home"

series. Selecting the right realtor, like selecting any other professional, will go a long way to ensuring your situation is handled effectively and efficiently. Spending time in the selection process now will save you time, aggravation, and possibly money, later. The next edition will deal with the Listing Agreement. Like any contract, the Listing Agreement should be thoroughly understood prior to being signed.

David Weir BA, CD is an award winning Realtor employed with the only nationwide Canadian real estate corporation - Royal LePage. David, or his national group of top real estate producers can be reached via 613-394-4837 or 1-800-263-2177 (nationwide, 24/7) or on the Internet at www.quinterealty.com. A number of real estate articles and associated links are also available at this site at no obligation to you.

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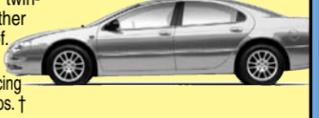
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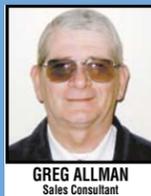
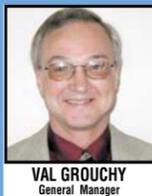


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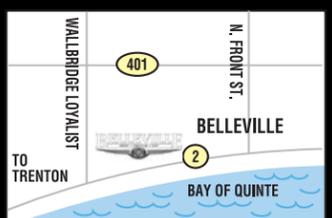


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