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• August 08, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 30 •

MORE SOLDIERS DEPART FOR AFGHANISTAN

Photo: Cpl Gayle Wilson, 8 Wing Imaging



Yet another wave of soldiers from CFB Petawawa departed 8 Wing/CFB Trenton on July 30, headed for Kabul, Afghanistan as part of Operation ATHENA. An estimated 2,000 Canadian troops will deploy in total.

Museum receives \$75,000 grant

The Royal Canadian Air Force (RCAF) Memorial Museum will receive an Ontario Trillium Foundation (OTF) grant of \$75,000 over one year to develop an exhibit plan in the newly renovated and expanded museum.

"I am delighted the RCAF Memorial Museum has teamed up with the Trillium Foundation," said Dr. Galt. "This funding will enable the museum to develop a comprehensive plan for the exhibit space to enrich the experience of museum visitors."

The museum was established in 1984 and registered as a charity in 1995, preserving the heritage of Canada's Air Forces through the collection, protection and display of related artifacts, books, documents and works of art, which are dedicated to the memory of those who have given their lives in the

service of Canada. The Trillium funding will enable the museum to complete the exhibit planning, through development and design plans for the exhibit space, recruit volunteers and attract more visitors.

"The museum, made possible by a small army of volunteers, is a valuable resource to the area, educating visitors of all ages," said Dr. Galt. "By combining the efforts of these hard-working individuals with the opportunities available through the Trillium Foundation, generations to come will learn about Canada's aviation history."

The OTF, an agency of the Ministry of Culture, receives \$100 million in government funding each year for eligible charitable and not-for-profit organizations in the arts, culture, sports, recreation, environment and social service sectors.

LCol Lalumière takes command at 424 Squadron

by OCdt Marcel Molin
8 Wing Public Affairs

Lieutenant-Colonel (LCol) Luc Bouchard passed on the 424 Squadron (Sqdn) torch to LCol Michel Lalumière at a recent change of command ceremony held July 17th, 2003.

LCol Lalumière brings experience and leadership to 424 Squadron after graduating from the Command and Staff College in Toronto. He has had an impressive career throughout which he gained valuable managerial experience dealing with the new Cormorant helicopter. This experience will be vital to oversee the training required to incorporate the

helicopter into the squadron.

"I propose three points that will be key to our success (...) communication (...) trust (...) and family," said Lalumière.

Colonel Dave Higgins, Commander 8 Wing/CFB Trenton, took the opportunity to address members of 424 Squadron about its importance, stressing that its mission impacts many families and that each family affected respects and thanks the members of 424.

"It is a pleasure to acknowledge the members of 424 Squadron and the work they provide to Canadians," said Col Higgins.

Bouchard spoke emo-

tionally and proudly of his two years as commander of the squadron.

"I recognize the privilege and responsibility of working with members of 424 Squadron. They are a dedicated team of professionals," said LCol Bouchard. He described his experience at 424 as a great opportunity to work with a team that succeeded their every challenge.

Bouchard leaves the squadron to accept a posting to the Canadian Contingent of NATO Early Warning in Geilenkirchen, Germany. Maj Daniel Lachance of 424 Squadron presented a mounted sextant to LCol Bouchard on behalf of Tiger Squadron.



Photo: Cpl Josée Menard, 8 Wing Imaging

LCol Lumière (left) assumes command of 424 Squadron, taking over from LCol Bouchard.

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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



WTISS Linemen, Mr Neild and Pte Turpin are installing communication cables in the 424 Sqn trailers. 424 Sqn moved into the trailers while the the 9 hanger extension renovations are underway.

Need some extra cash? Sell your unwanted items in the Contact classifieds for just 99 cents !
(items under \$1000 only please)

New CAS welcomed at parade



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Major Yvonne Thomson from 8 Wing served as Parade Commander for the Chief of Air Staff Change of Command parade held July 18th in Ottawa. A 50-person honour guard from 8 Wing took part in the event, held at the Canadian Aviation Museum. Lieutenant-General Ken Pennie (left) replaced outgoing CAS LGen Lloyd Campbell, who has held the appointment since July 21, 2000. LGen Campbell is retiring after 38 years of distinguished service to Canada.



Photo: Cpl Gayle Wilson, 8 Wing Imaging

From left: LGen Lloyd Campbell (former CAS), Gen Ray Henault (Presiding Officer), and LGen Ken Pennie (incoming CAS).



Photo: Cpl Gayle Wilson, 8 Wing Imaging

General Henault, Chief of Defense Staff, inspects MCpl Steve Campbell, a member of 426 Sqn and the honour guard provided by 8 Wing Trenton for the CAS Change of Command Parade.

WO'S & SGT'S

★ SUN MON TUE WED THU FRI SAT

AUGUST 03

						1	2
3	4	5	6	7	8	★ TGIF 1700 hrs BBQ Steak 1800 hrs Euchre	
10	11	12	13	14	15	★ Golf Tournament TGIF 1700 hrs BBQ Steak 1800 hrs Euchre	
17	18	19	20	21	22	★ TGIF 1700 hrs BBQ Steak 1800 hrs Euchre	
24	25	26	27	28	29	★ TGIF 1700 hrs BBQ Steak 1800 hrs Euchre	
31	★						



8 Wing Pipe Band best in North America

The 8 Wing Pipe Band took top honours this past Saturday in Maxville, Ontario at the 2003 North American Pipe Band Championships.

"This is the realization of a huge professional goal, of which 8 Wing and the Air Force can be

proud of for a long time to come," stated Pipe Major John MacDonald on their first place finish.

The competition is comprised of five grade levels. 8 Wing's Pipe Band placed first in the Grade Four categories consisting of either one medley of tunes (three to

five minutes in length) or one march medley of tunes played in quick time (two minutes 45 seconds to four minutes 30 seconds in length).

"As North American champions, they have brought great credit to 8 Wing, the Air Force and the Canadian Forces,"

said Col Dave Higgins, Commander 8 Wing /CFB Trenton. "I know only too well how hard they have worked towards this remarkable achievement and salute them all for their individual and collective dedication and commitment to excellence."

The North American Pipe Band Championships take place annually in Maxville, Ont. as part of the Glengarry Highland Games. More than 60 pipe bands, both civilian and military, from across North America took part in the two-day event.

A FOND FAREWELL



Photo: Cpl Josee Menard, 8 Wing Imaging

LCol Luc Bouchard stood with 424 Squadron for the final time on July 17 before relinquishing command to LCol Michel Malumière.

Search & Rescue UPDATE



On August 1, both the squadron's Hercules and Labrador were tasked to the area of Sauble Beach, ON, for a possible capsized pleasure craft with one person on board. After an extensive search, the aircraft returned to base.

The first day of August also saw our C-130 search for an Emergency Locator Transmitter(ELT). The Joint Rescue Coordination Centre (JRCC) called off the mission when nothing was found.

Finally this week, on Aug 4, the Labrador was sent north of Sudbury to airlift a 14-year old boy with a fractured femur. Due to poor weather, our helicopter was delayed in reaching the scene--in the interim, an air ambulance in the vicinity managed to finish the tasking.

That same day, the Hercules flew a mission that involved an ELT. After completing the required expanding square search patterns at high and low altitudes, with nothing seen or heard, the plane returned to base.

Missions for 2003: 92 Missions for July.: 18 Persons rescued: 5

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The Contact Newspaper

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.



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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message from the

Editor

After a much-needed (and much-appreciated) two weeks off, the Contact staff has returned rested and raring to go.

Our apologies to anyone, unaware of our shutdown, who tried to reach us and failed. No, we definitely weren't ignoring you, and we will do our very best to reply to your queries as soon as humanly possible. If, however, you don't hear back from us within a reasonable amount of time, please contact us again.

I would also like to take a moment extend a special WELCOME BACK to one of our sales reps, Sandi Ramsay, who returns from maternity leave this week.

And if anyone reads what they consider to be "old news" in this week's issue, please understand that we have to play a bit of catch-up so as not to "miss" the reporting of the more noteworthy events from the last two weeks. Our reasons are two-fold: firstly, the events themselves deserve proper coverage, and, secondly, part of the role of the Contact is to record significant events for historical purposes--so years from now, people will know what happened when, at 8 Wing / CFB Trenton.



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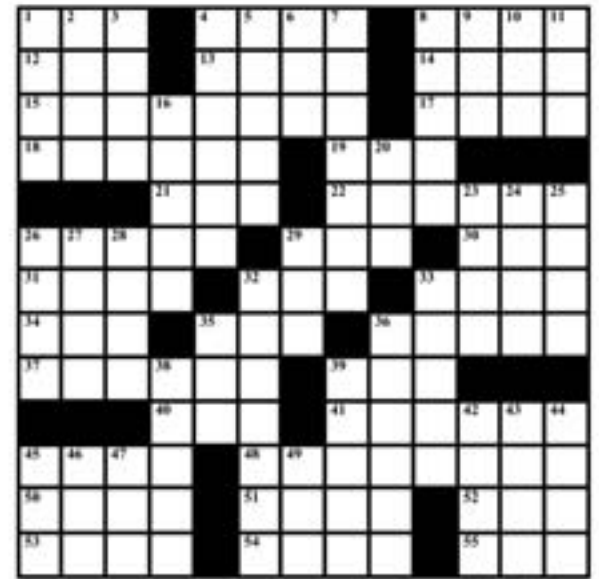
Canadiana Crossword

A Bunch of Bites

Bernice Rosella and James Kilner

- ACROSS**
- 1 Srs. concern
 - 4 Daddy
 - 8 Hymenopterous pest
 - 12 Ace
 - 13 Letters denoting urgency
 - 14 Margarine
 - 15 Pesky dipteran
 - 17 Tiny arachnid
 - 18 Flourish
 - 19 That ewe or mare
 - 21 Road hazard
 - 22 Renter
 - 26 Dictyopterous pest
 - 29 Horse or fish follower
 - 30 Chaplet
 - 31 Word from the pen?
 - 32 Sweet stinger?
 - 33 Mathematical ratio
 - 34 Deli favourite
 - 35 Crude
 - 36 Change
 - 37 Shoelace retainer
 - 39 Hail, to Caesar
 - 40 La's opposite, en Francais
 - 41 Pesky arthropod
 - 45 Corrodes
 - 48 Giant arachnid
 - 50 Tiny dipteran
 - 51 Rock piles
 - 52 Calendar ref.
 - 53 Hot wheels, so to speak
 - 54 This, in Seville
 - 55 Secret agent

- DOWN**
- 1 Italian Capital (var.)
 - 2 Social climber
 - 3 Mexican moolah



- 4 Belly
- 5 Apart
- 6 Dab
- 7 Disciple
- 8 The W in VOW
- 9 Caliph
- 10 Position
- 11 "The Raven" writer
- 16 Apt
- 20 -- you!
- 23 Flew to earth
- 24 Spanish baby
- 25 Strata
- 26 Alb
- 27 Fatty
- 28 Opener?
- 29 Not many
- 32 Fabric
- 33 Snooze
- 35 Civic dept.
- 36 Opposed
- 38 Compilations
- 39 Expel
- 42 Containers
- 43 Aerobatic manoeuvre
- 44 Covetousness
- 45 Encourage, in a way
- 46 Pesky pismire
- 47 Religious belief
- 49 Lettuce

This Week in Contact

1944--Congestion a real problem at the Station barber shops on Mondays and Tuesdays as Airmen line up for haircuts prior to the weekly Commanding Officer's Parade.

1953-67--Unavailable

1973--Colonel RG Husch, CD, assumes command from Colonel WG Paisley, CD, in Trenton's 28th Change of Command parade. ICCS member nations Canada, Hungary, Indonesia, and Poland approve a nine-colour striped decoration for personnel returning from Vietnam.

1983--Trenton bids a fond farewell to BGen Ron Button, the much-liked Comander of CFTS, who handed over command to BGen JML Bourgeois.

1993--Col BDJ Krall assumes command of 8 Wing from Col D Wilson. 50th Anniversary of the Canadian invasion of Sicily. The CF introduces new promotion date policy wherein a member's effective date of promotion will be 14 days prior to posting, but in no case earlier than 1 Jan of the promotion year.

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



New exhibit honours Canadian WWII Fighting Ace

by Laurie McVicar
Assistant Editor
(with files from www.constable.com)

Still months away from its official unveiling, a new exhibit featuring a full-size Spitfire Mark 9 model has already been attracting plenty of attention from patrons of the Royal Canadian Air Force Museum.

The Spitfire is a replica of one piloted by famous World War II fighter ace, Lloyd Chadburn.

"We chose (to feature) Chadburn because he was a well liked, well decorated pilot," said Jodi Eskerit, Museum Curator.

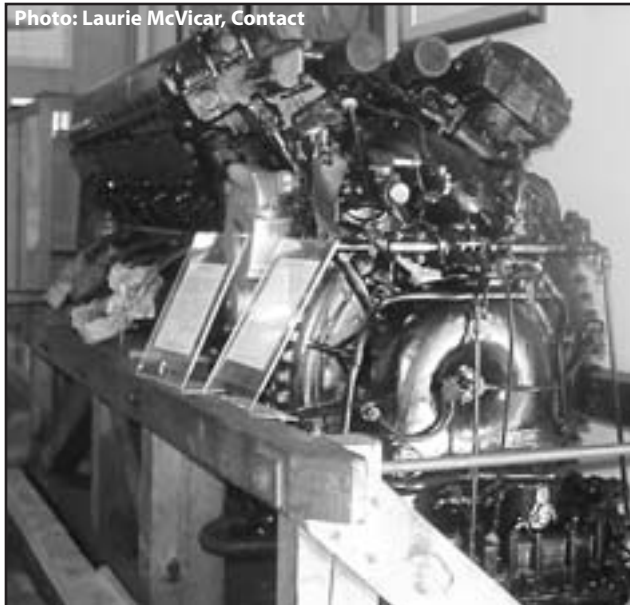
The airplane was acquired from the United Kingdom thanks to generous financial assistance from the Fighter Pilots Association and Weston Foundation.

"It was quite a saga getting the aircraft over here," joked Eskerit, "When it was first ready to be shipped, the Hoof and Mouth issue happened and all exports were stopped. Then the war in

Afghanistan started and a halt was put on shipping."

Once the model finally did arrive, work needed to be done on the undercarriage and canopy. Members of ATESS added their expertise to a paint job that proudly displays the colours of Chadburn's 416 Squadron.

Chadburn's impressive career in the Royal Canadian Air Force began in 1940 when, after many failed attempts to enlist, he was accepted as an air gunner. He soon re-mustered as a pilot and was shipped overseas to join No. 112 (Army Cooperation) Squadron. After almost seven months of serving as a non-operational squadron that provided reinforcements to No. 1 Squadron flying fighters or 110 (AC) Squadron flying Lysanders, No. 112 was redesignated as No. 2 (Fighter) Squadron and equipped with the Hawker Hurricane MK Is. Chadburn made his first operational flight in a Hurricane during March 1941 and, along with 11 other pilots, took part in



A Spitfire engine on display at the RCAF Museum.

the first offensive operation carried out by an RCAF unit over enemy-held territory.

Chadburn finally got his shot in the cockpit of a Spitfire when he transferred to the newly formed No. 412 Squadron. He was later moved to No. 19 Squadron where he earned the distinction of being the youngest pilot to ever become flight commander.

Although he had countless successful missions to his credit,

Chadburn is well known for one that saved many Canadian and allied lives. On August 19th, 1942, Squadron Leader Chadburn led 416 (Lynx) Squadron over a convoy heading for the beach in Dieppe. The squadron was attacked unexpectedly from the rear by a formation of 15 Focke-Wulf 190s. Chadburn quickly brought his squadron into a tight turn, bringing the German aircraft in front. Three 15 Focke-Wulf 190's were gunned down.

Still tasked with the duty of protecting the convoy, Chadburn's squadron led a head-on attack against seven Junkers JU88 bombers and a group of Messerschmitt Mel 10s. In total the Squadron brought down 14 German planes, without sustaining damage to any of their aircraft. Chadburn's skill and leadership of the Squadron during that mission earned him the Distinguished

Flying Cross and his men the reputation of being the most successful (RCAF) fighter squadron of the day.

Sadly, Chadburn's life ended suddenly on June 13, 1944 when his aircraft collided with another Spitfire. Chadburn was patrolling with his wing between the front lines and the sea near Caen, France at the time. His legacy lives on at the RCAF Museum.



Photo: Laurie McVicar, Contact



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17	18	19	20	21	22	23	
					TGIF BBQ Steak 1700 hrs - 1800 hrs		
24	25	26	27	28	29	30	★
					TGIT BBQ Steak 1700 hrs - 1800 hrs		
31	★						

Looks like it's back to the land, baby

it's your Money



Garth Turner

Ah, August! Just a month away from the wake-up call of Labour Day, but absolutely prime time in cottage country. And whether that means the Muskokas for you, or the South Shore or the Qu'Appell Valley, there is something fundamental happening to recreational real estate.

Prices have hit new historic highs in most parts of the country, at the same time as demand is soaring. Just seven per cent of the Canadian population currently owns a cottage, hobby farm or place on the lake, but the forecast is for more people than ever to be buying into the rural dream over the next decade.

So, that suggests people purchasing a recreational property now - even at the most outrageous prices in history - are probably doing something that's financially sound. In fact, there are even arguments for believing that cottages will outperform houses for the foreseeable future.

Why is this happening? Mostly, it's a function of demographics. There are nine million Canadian Baby Boomers - the largest single seg-

ment of the population - now comfortably into their fifties. This is a period in life when most people earn, and spend, the greatest amount of money in their entire lives. It's also a time when thoughts are spawned about retirement lifestyle and, overwhelmingly, most of us opt for a rural rather than an urban setting for that.

Then there is the very nature and background

a world where buildings can be attacked and turn to dust, where it is dangerous and uncomfortable to fly, and when mystery illnesses can hold an entire metropolitan area hostage for months, is it really any wonder people want to get the heck out of town?

So, the stampede into the country will continue, and buyers today should see solid year-over-year price appreciations for a long time to come. But, as with all other real estate, one needs to be careful about choices. Lakefront or riverfront properties will always demand a premium. You should buy in an established area with infrastructure like roads, schools and shopping.

save you in interest payments, but it could well induce the seller to give you the place for a little less.

Second (and this is by far the most popular way to get financing), you can borrow against the equity in your principal residence in the city. Most of the major lenders will happily give you up to 75 per cent (in some cases 90 per cent) of the value of your home to purchase a cottage. The money usually comes at a very decent rate, because it is fully secured by your real estate. But, of course, it's still a mortgage that will have to be paid off when you sell your city house.

Third, you can get a conventional mortgage from just about any lender. Just a few years ago, this was a poor option, since the banks would charge a premium rate for out-of-town purchases, and given you a lower loan-to-value ratio. But no more. If your cottage is year-round and in a good area, then lots of money is available to buy it.

Finally, consider a vendor take-back mortgage. In hot real estate times, these are a little harder to come by, but it's always an option worth considering. You get the seller to hold paper on the house, and just pay for it monthly. If you welch, then the vendor just gets his place back.

Whatever your strategy, this is shaping up to be a decade in which it seems you can hardly go wrong getting rural.

In a world where buildings can be attacked and turn to dust, where it is dangerous and uncomfortable to fly, and when mystery illnesses can hold an entire metropolitan area hostage for months, is it really any wonder people want to get the heck out of town?

of the Boomers themselves - a pampered, coddled, egocentric and vaguely idealistic crowd who grew up on Easy Rider, nuts-and-berries, opting out and back-to-the-land. It's no wonder, looking at the graying, bulging, defiant lot of us that sales of Harley Davidsons and sales of cottage properties have never been higher than at this present moment.

Layered on that is the legacy of Nine Eleven. In

Always invest in four-season properties with year-round access. Be wise about testing the flow of a water pump, the legality of a septic system and the potability of the water. Never buy without a recent survey being provided, and be wise about how you finance.

In general, you have four options. First (and cheapest) is to raid your RRSP or investment account, and to buy for cash. This will not only

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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MUSEUM RECEIVES TRILLIUM FUNDS



The Royal Canadian Air Force (RCAF) Memorial Museum was the fortunate recipient of a Trillium grant totalling \$75,000. These good tidings were recently delivered by Northumberland MPP Dr. Doug Galt.



CPSC warns backyard drownings happen "quickly and silently"

According to the U.S. Consumer Product Safety Commission, in recent years an average of about 250 children under 5 years old drowned in pools nationwide annually.

More than half of these deaths occurred in the summer months. Among unintentional injuries (aka accidents), drowning is the second leading cause of death to this age group after motor vehicle incidents. Another 2,700 children are treated in hospital emergency rooms each year for near-drowning incidents. Most cases involve residential pools.

"Most people assume if their young child falls into the pool, there will be lots of splashing and screaming, and plenty of time to react," said commission Chairman Hal Stratton. "In reality, a child slips into the water and often goes under the surface. These drownings can happen quickly and silently - without warning."

The key to preventing these tragedies is to have layers of protection. This includes placing barriers around your pool to prevent access, using alarms on doors that access the pool, and being prepared in case of an emergency.

Though it seems obvious, close supervision of young children is vital for families with a home pool - and not just when outside using the pool. A common scenario is that young children leave the house without a parent or caregiver realizing it. Children are drawn to water, not knowing the terrible danger pools can pose. Also, just because children know how to swim, doesn't mean they are drown-proof. All children should be supervised every second while in and around the pool.

The commission offers these additional tips to prevent drowning:

- Fences and walls should be at least four

feet high and installed completely around the pool. Fence gates should be self-closing and self-latching. The latch should be out of a small child's reach. Keep furniture that could be used for climbing into the pool area away from fences.

- If your house forms one side of the barrier to the pool, then doors leading from the house to the pool should be protected with alarms that produce a sound when a door is unexpectedly opened.

- A power safety cover—a motor-powered barrier that can be placed over the water area—can be used when the pool is not in use.

- Keep rescue equipment by the pool and be sure a phone is poolside with emergency numbers posted. Knowing cardiopulmonary resuscitation (CPR) can be a lifesaver.

- Don't leave pool toys and floats in the pool or pool area that may attract young children to the water.

- For above-ground pools, steps and ladders to the pool should be secured and locked, or removed when the pool is not in use.

- If a child is missing, always look in the pool first. Seconds count in preventing death or disability.

- Pool alarms can be used as an added precaution. Look for alarms that meet the requirements of the ASTM standard—use remote alarm receivers so the alarm can be heard inside the house or in other places away from the pool area.

- To prevent body entrapment and hair entanglement, have a qualified pool professional inspect the drain suction fittings and covers on your pool and spa to be sure that they are the proper size and properly attached

From July 1, 2003, Release # 03-151, U.S. Consumer Product Safety Commission

Let the good times roll – safely

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

Imagine prehistoric cave parents watching in horror as their offspring find various ways to risk life and limb with the new-fangled wheel.

Those parents might sympathize with their modern counterparts whose children remain fascinated by things with wheels including bicycles, scooters, in-line skates, and skateboards. These days we have good information and good safety gear. I'd like to share some tips on how to keep our kids safe this summer and all the rest of the year.

Children get hurt most often when they ride or skate near cars or other vehicles, especially when they do not use safety gear. Beginners who are just learning to bike or ride are at greater risk than those with more experience. However, even a seasoned biker or skater risks injury when he or she goes too fast or tries stunts.

Watch your child. The child should be able to keep his or her balance, control speed, and ride or skate in a straight line. Your child should also be able to turn and to stop without losing control or falling. He or she should notice other people or things and be able to avoid running into them. Another important skill is the ability to look over the shoulder without losing control.

Research shows that kids younger than 10 have trouble staying safe on a bike near cars and other vehicles. They just don't have the physical skills, nor

do they understand what car drivers expect. Children less than 10 should not ride their bicycles in traffic. Over age 10, kids need good training and lots of practice before riding on the road. My advice to parents is to supervise kids while they practice their skills in a safe place.

Here's a quick checklist of safety gear for kids on wheels:

Bicycle riders should wear a helmet. Fit is important. The helmet should not move around when your child shakes or moves his or her head. It should cover the top of the forehead just above the eyebrows and sit level. Side straps should fit around the ears in a "V" shape. When he or she is seated on the bike, your child's toes should touch the ground.

Scooter riders should follow the same helmet advice and add elbow and knee pads. Your child should be able to hold the scooter's handlebars without leaning forward.

In-line skaters should wear helmets, knee, elbow, and wrist pads. Skates should be the same size as your child's shoes. Skates that are too large are not safe.

Skateboarders should wear special helmets that cover more of the back of the head.

Like skaters, they should wear knee, elbow, and wrist pads. Your child is safer on a small board with small wheels while learning.

While protecting your child's bones from breaks and skin from scrapes, don't forget to add sun protection. It's best to reduce sun exposure between 11a.m and 4 p.m. Seek shade or create some of your own. Remember to slip! slap! slop! By that I mean, slip on clothing to cover the arms and legs. Slap on a wide-brimmed hat when the helmets come off and slop on a sunscreen with a sun protection factor (SPF for short) of 15 or higher.

Keep babies under one year out of direct sun. Their delicate skin burns very easily.

For yourself and your children, remember tanning parlours and sunlamps are not a good idea. A tan indicates skin damage.

Follow these tips and you and your kids should roll through summer safely. For more information, see Safe Kids Canada at or call 1-888-SAFE TIPS.

Pet Particulars

SOLD...To the highest Bidder

WHAT: Two tickets to the STEELY DAN concert have been donated to the Quinte Humane Society. The tickets will be auctioned off and will go to the highest bidder. You can e-mail your bid to pets@quintehumane.com, or phone it in to 394-5866. Leave your name, telephone number and bid amount. Bidding closes at 4:00 p.m. on Tuesday, August 12, 2003. High bids will be updated on the website www.quintehumane.com. The tickets' total value is \$200.50.

WHERE: Molson Amphitheatre. Toronto, Ontario

WHEN: Thursday August 14th, 2003

For more information on the concert, you can check out: www.steelydan.com

ON A CHAIN

I wish someone would tell me what it is that I've done wrong.
Why I have to stay chained up and left alone so long.
They seemed so glad to have me when I came here as a pup.
There were so many things we would do, while I was growing up.
The children said they'd feed me, and brush me every day.
They'd play with me and walk with me--if only I could stay.
But now the family "Hasn't Time", they often say I shed.
They do not want me in the house, not even to be fed.
The children never walk me, they always say "Not Now"
I wish that I could please them--won't someone tell me how?
All I had, you see, was love--I wish they would explain
Why they said they WANTED ME, then left me
ON A CHAIN.

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New Commander for CF Support Base

Joint Task Force South West Asia
Public Affairs

MacDill Air Force Base, Fla. - (July 29, 2003)
Colonel Chris J. Henneberry today assumed command of the Canadian Forces Southwest Asia Theatre Support Base, an established unit with a new name and a new mission: providing support to the Canadian Forces (CF) units and formations now deploying to Afghanistan on Operation ATHENA.

"The Theatre Support Base will have a single focus: to provide the best possible level of support to our deployed soldiers in Afghanistan," said Col. Henneberry. "Their mission is extremely demanding, and they will be relying on us to provide support in a timely manner."

Previously known as National Support Unit (NSU) in Operation APOLLO, the Canadian Forces Southwest Asia Theatre Support Base will become an integral part of Op ATHENA on August 16. This change indicates the key role this unit will play in supporting the 1,900-strong Canadian contingent that will serve with OP ATHENA.

"As the NSU, these 300 plus CF members operating in the Arabian Gulf region have done an outstanding job in providing airlift, centralized logistics and administration support to our forward deployed personnel engaged in the campaign against terrorism," said Brigadier-General Dennis C. Tabbemor, Commander of the Canadian Joint Task Force South West Asia, which comprises all CF units and formations deployed on Operation APOLLO. "The shift to supporting Op ATHENA is not of concern, but the extreme working conditions of the desert environment will remain a

major challenge."

Although Op ATHENA will be its primary focus, the Canadian Forces Southwest Asia Theatre Support Base will continue to provide some support to units deployed on Op APOLLO, specifically the frigate HMCS Fredericton.

Formed on April 17, 2002, the NSU was responsible for feeding, clothing and housing CF soldiers, sailors and Air Force personnel in the OP APOLLO theatre of operations, and providing CF units with the logistical and administrative support they needed to carry out their tasks. At the peak of Op APOLLO, the NSU supported the 3rd Battalion, Princess Patricia's Canadian Light Infantry Battle Group at Kandahar, Afghanistan, the Canadian Naval Task Group operating in the Arabian Sea-Arabian Gulf region, and two Air Force units operating in the Arabian Gulf region: the Long Range Patrol Detachment and the Tactical Airlift Detachment. It also participated crucially in Operation IRIS, Canada's contribution to the rebuilding of Iraq, and Operation CARAVAN, the Canadian participation in the deployment of the UN peace mission in the Democratic Republic of Congo.

Before deploying to the Arabian Gulf region, Col. Henneberry's most recent assignment was at MacDill Air Force Base, Fla., where he served as Chief of Staff at Canadian Joint Task Force South West Asia Headquarters. Col. Henneberry's predecessor, the last Commanding Officer of the NSU, was Col. Jacques Leblanc of 1 Canadian Air Division in Winnipeg. Col. Henneberry is a pilot with 27 years of service, much of it flying the CP-140 Aurora maritime patrol aircraft.

OFF TO AFGHANISTAN



Photo: Cpl Gayle Wilson, 8 Wing Imaging



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Over 2,000 troops from Canada will take part in Operation Athena over the next year as part of this country's contribution to the International Security Assistance Force (ISAF). The mission of ISAF is to help maintain security in Kabul and the surrounding areas so that the Afghan Transitional Authority (ATA) and UN agencies can function. It also includes liaison with political, social and religious leaders to ensure that ISAF operations appropriately respect religious, ethnic and cultural sensitivities in Afghanistan.

THE ROYAL
CANADIAN
LEGION


LEGION

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THINK LEGION!

The Royal Canadian Legion ensures that you and yours will be taken care of when the need is there. We've got more than 75 years' experience in making sure that Canadian service people get a fair shake while they are serving and when they retire. Our mission was passed on to us by those who, like you, served Canada in its time of need, and in return, worked to secure the benefits they deserved. The Legion also strives to make sure that what you do in war or peace is never forgotten.

WE'RE THERE

Injured while serving? We have a national network ready to assist you with any claim you may have. Interested in getting more involved with your community? We have programs that need your expertise.

FOR YOU.

There's a lot more to the Legion than you may think. We're an extended family of more than 400,000 people across Canada who share a vision in our country and our communities. Why not visit a Legion Branch or join as a Military Member at Large by contacting your local branch or visit our web site at www.legion.ca.

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antique show
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Shelter charge adjustments for Married Quarters

The Treasury Board has long stated that shelter charges for Crown-owned housing must reflect market rates in the local economy; it is the policy of the government for all Crown-owned housing, not just the CF. The aim is to respect the principle of fairness for all CF personnel regardless of where they live. We do this by ensuring that the 25% of military families living in CF housing do not receive a benefit that is not available to the 75% of their colleagues living on the private market in the same community.

To determine up-to-date market rents for CF family housing, the Canada Mortgage and Housing Corporation (CMHC), evaluates the housing at all CF sites against comparable housing in the local economy. First and foremost, the appraiser collects and researches local real estate market data including the availability of rental properties, turnover and vacancy rates, terms and conditions of leases and any other factors which may influence the market in a particular community. This data is obtained from numerous sources including property managers, newspapers, owners, realtors, developers, rental magazines, data services, fee appraisers and municipalities.

CMHC appraisers then estimate the degree of similarity or difference between the specific married quarter and comparable rental properties by considering various elements such as type and size of the house, its age and condition, and the location of the house with regard to access to schools, community facilities and transportation. The appraiser isolates and reviews each element one at a time, developing dollar or percentage adjustments to account for each difference. The final step in determining the appropriate market rent is taking the results of the data collection and the analysis of comparable market rental properties and reconciling this information into a single rent figure. This figure becomes the Base Shelter Value (BSV) for the married quarter. The annual review by CMHC ensures that married quarter shelter charges are always current and move with the cycles in the local housing markets.

Where shelter charges for CF housing are less than local market values, shelter charges are increased in a phased manner.

The restrained phasing introduced by CFHA in 1997 limited increases for current occupants to \$20,

\$30 or \$35 per month while new occupants paid the Base Shelter Value (BSV) or \$50 more per month than the previous occupant. This restrained phasing recognized the significant difference that existed at the time between married quarter shelter charges and market rents, as well as a pay shortfall for CF members due to the pay freeze. With the significant CF pay increases from 1997 to 2003 and the introduction of the Post Living Differential (PLD) in 2000, the justification for the restrained phasing no longer exists.

Consequently, with the approval of Armed Forces Council (AFC), CFHA implemented the Treasury Board phasing limits for current occupants of CF married quarters on 1 September 2001.

However, due to changes to Treasury Board guidelines, the limits that will be applied starting 1 November 2003 will be in accordance with QR&O Appendix 4.1. QR&O Appendix 4.1 states that: "where annual increases in shelter charges exceed that year's market rate of escalation for the locality and are due to no fault of the occupant, the increase in the monthly rate shall be limited to one half of one percent of the occupant's annual salary or \$100.00 per month, whichever is less". In this way, CFHA will continue with phasing to a maximum of \$100.00 rather than effect sudden increase to shelter charges.

The impact of phasing differs considerably from site to site, depending on historical factors, the com-

position of the occupant population and the existence of provincial rent controls in Manitoba and Ontario. Provincial rent controls are applied to the BSV established annually by CMHC and reflect the rent limits applied to local private-sector rental housing. Where married quarter shelter charges are below the BSV, the annual shelter charge increases may be more than the provincial rent control percentage.

Treasury Board policy limits shelter charges for Crown-owned housing (net of utilities and off-property garage charges) to 25% of gross family income. This policy applies across the board.

Similar to what happens with private market rents, MQ shelter charges are reviewed and adjusted annually. Rent increases are normal practice in both the civilian market place and the married quarters on base. Military pay increases are not linked to married quarter shelter charge increases any more than civilian rent increases are related to civilian renters' pay raises.

To accommodate the annual posting cycle, shelter charges are adjusted on 1 November, with occupants being given three months' notice of any changes. In July 2003, CFHA Housing Managers will advise each current occupant, in writing, of their shelter charge effective 1 November 2003.

For questions, please call extension 3111.

CF-18 fleet passes half-million flight hours

WINNIPEG – The Canadian Forces CF-18 Hornet fleet logged its 500,000th hour at an airshow in Comox, B.C. on Sunday, July 27. Capt. Travis "Brass" Brassington, a pilot from 4 Wing in Cold Lake, Alta. flew the CF-18 that attained this honour.

"Canada has been flying the Hornets since 1982 and we just celebrated our 20th anniversary last year," said Capt. Brassington. "This is a significant amount of hours considering the average CF-18 mission takes one hour. That equals about 400,000 flights or potential missions."

The CF-18 that attained this honour has 4,330 hours and is easily recognized by its tiger motif paint scheme created for the 2003 air show season.

Canada's Air Force has 92 CF-18 aircraft based at 3 Wing in Bagotville, Que. and 4 Wing in Cold Lake, Alta. The twin engines of this supersonic fighter-bomber jet delivers over 7,000 kilograms of thrust and can reach speeds of up to Mach 1.8, or over 2,000 kilometres per hour.

The CF-18 plays a critical role in the air defence of North America under the bi-lateral NORAD agreement, a role that has evolved considerably since the events of Sept. 11, 2001. Additionally, as a member of NATO and the United Nations, Canada deploys the CF-18s on operations around the world such as the 1999 Kosovo conflict and the Gulf War in 1991.



Fill out this ballot and get a chance to win:

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Fitness, Sports & Recreation

TEEING OFF FOR CHARITY



Photo: Laurie McVicar, Contact

Ray Kaufmann takes a practice swing before teeing off during the 9th Annual Camp Trillium Golf Tournament. Members of 8AMS and invited guests took part in the event, held July 18 at the CFB Trenton Golf Course.

We're open for business

The fitness and health profession is on the cusp of perhaps the greatest revolution ever. Before the industrial revolution, man fulfilled his exercise needs through physical work. Rest was the reward of working. Today, in the information age, people get little or no exercise from anything they do. Work is not enough.

People need physical activity. One half hour six times a week or one hour three times a week, will greatly improve cardiovascular fitness, strength, flexibility, stress reduction and general health - results that they use to get from boring, repetitive physical tasks in the workplace. In addition, their overall results are better because they can choose to work on all different components of their physical fitness.

The mainstream population is really just becoming aware of this shift in thinking. You only have to check out the shelves at bookstores to realize how many more magazines are devoted to physical activity now, than five years ago.

Compared to ten years ago, a whole new vision has emerged.

At 8 Wing/CFB Trenton, we are indeed very fortunate to be on the cutting edge of the fitness revolution. With our 25 meter pool, Gymnasium and the Arena, we truly have the finest fitness, sports and recreation facilities in the Quinte Region. However, these facilities are completely useless if they sit empty and are not utilized to their fullest potential with diversified programs and activities - something for everyone.

The PSP Fitness and Sports Flight's mandate is to provide a variety of programs and activities designed to motivate and challenge you in your quest for fun and fitness. We believe we have the programs in place *but we're looking for customers.* Sure, our sports leagues are filled up and everybody does their CF EXPRES test but our programs are much more than that. Not only can we set you up on a Personal Training Program upon request, we have

many seminars on nutrition, weight loss, back care, weight training etc and, you just don't have to come to us - we'll come to you. Any/all of our health and fitness seminars can be conducted at your unit upon request. So, when thinking about how lucky we are to have the finest fitness facilities in the Quinte Region, how about making a lifestyle decision to start taking advantage of programs and activities and start using the equipment that these facilities provide.

Ladies and Gentlemen, the Fitness and Sports Flight is *"open for business"* and we're looking for Customers - *no experience necessary!*

For more Fitness related info please contact the Fitness Coordinator, Scott Burns, at local 3328.

WCWO golf tourney

The WCWO's I/S 4 Ball Best Ball Golf Tournament will be held on Tuesday, August 19 at the CFB Trenton Golf Course.

The tournament will be limited to 21 teams, all units wishing to participate will be guaranteed a spot, and leftover spots will be on a first come basis. Registration fee will be \$10 per person for door prizes, \$20 green fees for non Golf Club Members and \$5 for food. Payments must be made at The Gymnasium main office no later than Friday, August 15.

Tournament will commence with a team briefing at 0800 hrs, followed by a shotgun start. Register your team or as individuals with Shirley Martin at local 3467 or for info contact the Military Sports Coordinator, Dan Cormier, at local 3373.

Quinte SailAbility dedicates three new boats

Quinte SailAbility, a sailing school for people with physical and developmental disabilities, dedicated three new boats on July 17.

An Access Dinghy, donated by Birdie and the late Al Hawkins of Trenton, will become the fourth of its kind in the program's fleet. Joining it will be the Liberty

Dinghy and a Tanzer 22, both of which will be used by more experienced sailing students.

The Access Dinghy an entry-level boat that features a hammock seat, simple rigging, and is managed with one line and a joystick steering mechanism.

The Liberty Dinghy is for students looking



Photo: Laurie McVicar, Contact

The Access Dinghy, Liberty Dinghy and the Tanzer 22 perform a sailpast.

for a greater challenge. This craft, purchased with the funds from the Trillium Foundation grant, is the first of this model of boat built in Australia to be in Canadian waters. It's larger than the Access dinghy and has two sails instead of one.

For students who have moved up to serious sailing and racing, the program will offer the new Tanzer 22. This boat, donated by Al Ronnenberger of Brighton, is modified to address the needs of people with disabilities and will have, among

other things, special rigging and seats.

Quinte SailAbility is in its third year of operation at the CFB Trenton Yacht Club. It is the only sailing program between Toronto, Ottawa and Kingston that is available for the disabled.



Photo: Laurie McVicar, Contact

Student Steve Brown inside the Access Dinghy.



Bully Proofing/ A l'épreuve de l'intimidation des brutes

The Canadian Mental Health Association- Hastings & Prince Edward Branch will be offering a workshop at the MFRC. There will be multi-media sessions that are interactive and very engaging for children ages 5 - 12 years old. It is recommended that children attend both sessions, but not a requirement.
Session 1 Tuesday, August 12 10:00 - 10:50 a.m.
Session 2 Tuesday, August 19 10:00 - 10:50 a.m.
 There is no charge for this workshop, but registration is necessary as we are limited to 30 spaces. Additional workshops for parents will be available if there is enough interest. Please let us know by calling the MFRC.

La filiale de Hastings Prince Edward de l'Association canadienne de la santé mentale offrira un atelier au CRFM. Cet atelier comprend deux sessions multimédias interactives qui éveillent l'attention des enfants âgés de 5 à 12 ans. Il est préférable mais non nécessaire que les enfants participent aux deux sessions.
Session 1-mardi le 12 août de 10h -10h50
Session 2-mardi le 19 août de 10h-10h50
 Cet atelier est gratuit, mais il est nécessaire de s'inscrire car le nombre de participants est limité à 30. D'autres ateliers seront offerts pour les parents s'il y a un nombre suffisant de parents qui sont intéressés. Nous vous prions de nous laisser savoir si vous êtes intéressé en appelant le CRFM.

"Partner Away-Deployment Support/ "Partenaire au loin"-Soutien au déploiement"

<p>"Wednesday activities"</p> <p>Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead. August 13 - "Craft night", something fun. August 20 - BBQ workshop, learn & taste some sausage recipes, cost \$7, reserve ahead with payment, limit of 10.</p>	<p>"Activités du mercredi"</p> <p>Les mercredis de 18h à 20h, une diversité d'activités sont planifiées. S'il vous plaît, téléphonez à l'avance. 13 août - "Soirée d'artisanat", quelque chose d'amusant 20 août - Atelier de BBQ, apprenez & goûtez des recettes de saucisses, 7\$, réservez à l'avance avec paiement, limite de 10 personnes.</p>
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Second language courses / Cours de langues secondes

Courses run for 12 weeks beginning September, January, and April. Each session offers a total of 60 hours of instruction (beginner, intermediate or advanced). If you are new to our program, we can set up a placement test to determine the level that is just right for you.
 A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends more than 85% of classes.
 On-site childcare is provided free of charge for the daytime classes. Partial subsidy may be available for childcare in the evening. The Second Language Training is a national program and courses can be continued at most CF bases across Canada.
 Come in and register at the MFRC - 50 Rivers Dr. E.
 Call Anu at 392-2811 ext. 7736 or Manon @ 392-2811 Ext. 3852 for more information.
 *Courses are open to military members for the same cost
 *Courses are also available to the community at a non-refundable cost of \$100 per session. (Childcare is available during the day for a fee of \$3.00 per hour)

Les cours sont d'une durée de 12 semaines débutant en septembre, janvier, et avril. Si ce programme est nouveau pour vous, nous pouvons arranger un test de classement qui déterminera votre niveau. Chaque session offre un total de 60 heures de cours (débutant, intermédiaire ou avancé). Un dépôt de 50\$ est dû lors de l'inscription au cours. Ce dépôt est remboursé si le participant va à 85% des cours.
 Des soins de garde d'enfants sont disponibles gratuitement sur place pour ceux qui suivent le cours de jour. Les coûts de garde d'enfants durant les cours du soir seront remboursés à 50%.
 C'est un programme national donc les cours peuvent être continués dans la plupart des bases des FC au Canada.
 Venez vous inscrire au CRFM -50 Rivers Dr. E.
 Pour plus de renseignements appelez Anu au 392-2811, poste 7736 ou Manon au 392-2811 poste 3852
 *Les cours sont disponibles au même coût pour les militaires.
 *Les cours sont aussi disponibles à la communauté civile au coût de 100\$ par session, non-remboursable. (Les soins de garde sont disponibles pour 3,00\$/heure durant le jour)

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

August 10 - August 16

ARIES (March 21-April 19): You should be ready to move forward with your plans on the 10th, 11th and 12th. Form a business partnership if you believe that it will help you reach your objectives. You'll get good results if you present your ideas and include your family in whatever you are doing on the 13th, 14th and 15th. Changes in your home will be positive leading to all sorts of new possibilities. You will be so intent on doing everything on the 16th that you may fall short of your goals. Take note that you must pick out the most important to do's and stick to them if you don't want to feel discouraged.

TAURUS (April 20-May 20): You'll know exactly what to say and how to make a great impression using your intellect on the 10th, 11th and 12th. Take part in a stimulating debate that will lead to meeting someone who is just as passionate about your beliefs as you are. You may feel someone or something is holding you back on the 13th, 14th and 15th. Do your best to stay in the loop by involving yourself in any conversation that could remotely make a difference to your future. Sort through your investment deals or look at property that interests you on the 16th. Fixing up your own residence will also be beneficial.

GEMINI (May 21-June 20): Empty promises or a lack of help will probably leave you with added responsibilities on the 10th, 11th and 12th. Be aware that you don't get anything for nothing. Your involvement in helping others will bring about all sorts of changes on the 13th, 14th and 15th. Some will be good and some won't but most of all you will learn and gain valuable experience that will aid you in the future. Take a strong position on the 16th if you believe in a cause. Your need for mental stimulation coupled with your thirst for knowledge will lead you in a new direction allowing you to accomplish a lot.

CANCER (June 21-July 22): Some limitations will occur on the 10th, 11th and 12th if you let other people's responsibilities take precedence over your own. Money matters may need your undivided attention especially if you are involved in a joint venture. You have to put your creative energy to work for you on the 13th, 14th and 15th. Start a hobby and it will probably grow into a lucrative pastime. You won't make friends on the 16th if you are negative and nagging. Stop looking at the downside of everything. You need to shake yourself up a little and make an honest effort at having fun or at least doing something that you enjoy.

LEO (July 23-Aug. 22): You can gain a lot of ground on the 10th, 11th and 12th but make sure that you are upfront about your intentions and your maneuvers. Someone may think you are trying to take advantage of him or her. Networking will be a necessity if you want to get ahead. You can expect to be saddled with added responsibilities on the 13th, 14th and 15th. Chronic health issues may pose a problem. Don't be lackadaisical about your finances. Get involved in something you enjoy but don't overspend in the process. You can make a difference on the 16th if you focus on helping others.

VIRGO (Aug. 23-Sept. 22): You can get ahead on the 10th, 11th and 12th if you concentrate on a project that requires your attention. You will have a practical outlook regarding what you can and can't do. You will be emotional on the 13th, 14th and 15th but positive changes should result as long as you are honest about your true feelings. Don't hold back, it's time for you to take a bit of a chance. Take stock on the 16th of all the fixing up that needs to be done around your home. Complete all the home-improvement projects you started way back when. Get with it so that you can move on to other hobbies that interest you more.

LIBRA (Sept. 23-Oct. 22): Lots can be learned on the 10th, 11th and 12th. Open your heart and your mind to other people's ideas and philosophies and you will be able to find a workable solution for yourself. You will be able to dazzle everyone on the 13th, 14th and 15th. Your reputation is headed in an upward motion and advancement should be coming your way. Focus on productive goals and everything else will fall into place. The more active you are on the 16th the better your chance will be in the romance department. If you love someone don't keep it to yourself. Sharing will pay off.

SCORPIO (Oct. 23-Nov. 21): Limitations regarding someone you care about can be expected on the 10th, 11th and 12th. Back off if you don't want to start an unnecessary feud. Positive action will bring far better results. Reach for the stars on the 13th, 14th and 15th--your unique approach to everything you do will be emphasized and certainly noticed by those you meet. Your mysterious nature will make you all that more interesting. Get involved in work related activities. Share your interests and you will form a partnership. Your ability to capture attention with enticing conversation may lead to a very special connection.

SAGITTARIUS (Nov. 22-Dec. 21): Make your moves on the 10th, 11th and 12th. You'll inspire those you meet and you will be extremely persuasive if you want someone to help you out. Someone may play emotional games with you on the 13th, 14th and 15th. Don't bend to the pressure being put on you. If you keep a positive attitude it will be difficult for others to be negative in return. Don't let anyone put the blame on you. Nothing will stand in your way as long as you don't take an unnecessary risk. Get involved in an event that is competitive and challenging. Your impressive performance will attract attention.

CAPRICORN (Dec. 22-Jan. 19): Your emotions may get the better of you on the 10th, 11th and 12th. Don't think the worst if you hear something negative about someone you like. Go directly to the source. Things may not be as they've been portrayed. You may have a change of heart on the 13th, 14th and 15th. Prepare to follow your gut instincts and do what you know is best for you. You will be competitive and ready for action. Don't take everything to heart on the 16th. Someone is likely to put demands on you. It will be hard to avoid the innuendoes going on around you. Don't make comments that will be taken out of context.

AQUARIUS (Jan. 20-Feb. 18): Some problems may arise on the 10th, 11th and 12th if you have to deal with an institution or an authoritative individual. Make your intentions perfectly clear and find out exactly what is expected of you. Money can be made on the 13th, 14th and 15th if you work overtime or you focus on a relatively new business venture. Your ability to get things done and take responsibility will certainly enhance your reputation and lead to advancement. Romance will strike in the strangest places on the 16th. Be prepared to go the extra mile if it will make a lasting impression.

PISCES (Feb. 19-March 20): Someone will probably give you lip service on the 10th, 11th and 12th, if you don't believe what you are hearing, ask questions. Insincere gestures of friendliness may confuse you. Don't spend time with people you can't trust. Channel your efforts into achieving your goals on the 13th, 14th and 15th. Get out and let others see what you have to offer both mentally and physically. This can be an ideal time to make a life change that will lead you in a new direction. You may have a change of heart on the 16th. Consider looking at your roots in order to find your new direction.

DEPUTY PM VISITS 8 WING



Photo: Cpl Bill Parrott, 8 Wing Imaging

Deputy Prime Minister John Manley, seen here being greeted by Colonel Dave Higgins, Commander 8 Wing/CFB Trenton paid a visit to the Wing on July 18, 2003.

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Back to the grind...and inevitably the gym



Laurie McVicar

Confessions from the Gym

Wednesday, August 6

After two weeks of totaling slacking off while on holidays, I practically crawled through the front doors of the gym in utter shame yesterday.

My grand idea of staying active during my vacation was completely blown out of the water thanks to inclement weather and a veil of good ole' mar-

itime fog that failed to lift the entire week we were in New Brunswick. The only exercise I did get was during a trip to the Toronto Zoo last week. It's amazing how much cardio is involved in keeping up with a toddler intent on getting to the monkey cages ten seconds after getting through the front gates.

Not only did I miss the boost of much-needed energy that generally comes from a good workout, I missed the stress relief it provides. After fifteen hours in a car with a two-year-old who has yet to discover his "indoor voice", I could have done at least an hour on the elliptical just to alleviate the building frustration.

Although I can barely lift my arms up high enough to reach the keyboard this morning, I am extremely thankful I made it to the gym yesterday.

Believe me, after staying away as long as I did, it took a lot of self-motivation to get there! Luckily the fact that my clothes seem to have shrunk while I was out of province provided the extra push I needed.

As some as you may know, my trainer extraordinaire, Jen Lecuyer, has left for a six-month "deployment" to Bosnia. Based on the past few weeks, I can honestly say...I'm in big trouble. Not only have I neglected to keep up with my weight and cardio sessions, but also my cheat days have once again turned into cheat weeks. It definitely goes to show that bad habits die-hard. It's an incredibly difficult task to change a lifestyle you've had for over 25 years. I guess it all comes down to one decision - letting a setback get the best of you or make you stronger. The way I figure it, I've held on this long...

Community Events

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Welcome to the Contact Newspaper's new 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.

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For more information, contact the Jr. Ranks Entertainment Committee - Cpl Randy Dowden @ 3109

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Promote your non-profit event in the Contact! Call local 7005 for details!

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New Registrations Welcome.

Fall Registration is available as part of the annual Recreation and Leisure Show, 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 07 Sep 03 at the South side gym 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.

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Information

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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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Advertising: Wednesday noon
Questions: local 3976

News we can use?

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Andrea LeBlanc (Editor), local 7005
Laurie McVicar (Assistant Editor), local 3978

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M	O	S		Q	U	I	T	O		M	I	T	E
A	B	O		U	N	D		S	H	E			
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Contact



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Who to contact? Qui contacter?

Contact: (Mil) Capt Héroux 3652(Civ) Mrs Carol Harvey 2496
Contactez: Capt Héroux 3652 (mil)Mrs Carol Harvey 2496 (civ)

CORRECTION

In the Labatt ad in today's edition of the Contact the date for the second prize VIP Party should have read Fri. Sept. 12th not Sept. 15th. We apologize for any inconvenience this may have caused.

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Buying a home away from home

(NC)—Canadian cottage owners are on the rise but so too are the prices to purchase these homes away from home. If settling into a piece of paradise is at the top of your wish list now or for retirement, it's important to have a plan in place to help make this dream a reality.

Approximately 8% of Canadians are currently cottage owners, according to the Royal LePage Recreational Property Report 2003. And within the next three years, 6% more are likely to purchase a cottage or recreational property, the report says.

Spending summers at a cottage is possible with careful financial planning, says Joanna Saar, a Mississauga-based financial adviser with CIBC Imperial Service. She offers these insights to consider:

Buying or renting: If you decide to buy a cottage, make sure to factor in the costs above and beyond the purchase price. This includes property taxes and possibly extra insurance and fuel costs if you require a new vehicle

that can handle the rough terrain of some country roads. And if your cottage is near the water, Saar says you may need funds for any water sport vehicles or equipment that doesn't already come with the cottage, as well as the appropriate insurance. You may also need to plan for extra costs such as health insurance, if the cottage is out of the province or country. "It's all about planning and budgeting," says Saar, who adds that cottage buyers may need to factor in the added time and costs to maintain the property. "Some cottage buyers are surprised by the costs to maintain cottages, particularly older ones," she explains.

If you have enough money to buy, but are not sure you are ready for the commitment of owning a cottage, renting may be another option, says Saar. "By renting, you can test out this lifestyle before investing significant amounts of money. And if you choose to rent over the long term, you can redirect that large amount of capital into other areas of finances such as paying

the mortgage on your principal residence, paying down other debts or investing for retirement."

Home or investment: If you own a cottage now but are not yet ready to retire there, Saar says renting out the cottage to pay the mortgage may be an option. Rent for as many weeks as you wish and enjoy your property on the off-weeks. Then, when the property is paid for and it's time to retire, you can enjoy it for the entire summer or in some cases, the entire year. Saar also notes that current low interest rates and high market volatility may make recreational real estate investments, such as cottages, very appealing. She cautions: "A good financial plan stands the test of time no matter what the investment climate. Hasty investment decisions without proper planning could prove costly. Cottage prices may be on the rise now but just like the stock market, real estate goes in cycles, too."

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

A shed to call your own

(NC)—Thinking of a little private space to call your own? Add a potting shed, garden office, studio or workshop to your outdoor life and turn it into your personal sanctuary and source of pride. Adhere to the saying, "a place for everything and everything in its place" to help you select the perfect outdoor structure for your home; one that will delight visitors and offer practical functionality to you and your family.

Here are some tips to ensure that your outdoor structure suits your needs:

- To help determine the size you need, begin your planning process by making a list of all the functions you would like your structure to serve.

- Consider partitioning the structure if you have a variety of needs such as potting/storage shed requirements and studio space.

- In selecting a location, be aware of your access to natural light, ventilation and electricity and water (do you need a hose or do you want to plumb it for a sink or toilet)?

- Always buy quality. In the long run, you'll save money, since well-built structures have a longer life and resilient roofs and siding that will survive even the harshest weather conditions.

Aesthetics are important; you may choose to highlight your structure or make it a secret hideaway. Your choice! Whatever you decide, make sure you look at photos of many other outdoor structures to get a sense of the countless options available.

Yard sale season is approaching. Advertise yours in the Contact Classifieds!



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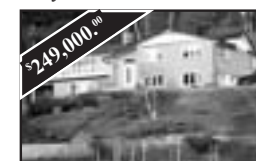
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