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• June 06, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 23 •

Air Canada techs receive South West Asia Medal



Photo: Cpl Josee Menard, 8 Wing Imaging

The following (in no particular order) Air Canada employees were awarded medals on June 4, 2003: Dale Corrigan, Rick Leger, Paul Mercer, Dennis Green, Ron Neri, Ted Hawke, Mel Paul, Dave Heaton, Sam Russo, Dan Hook, Ron Smith, John Janas, Ken Stuart, Doug Jenkins, Gary Taylor, James Lamberton, Joe Fitzgerald (absent).

by Capt Andy Coxhead
 8 Wing Public Affairs

A total of 17 Air Canada Technical Services employees were officially awarded the South West Asia Medal on June 4 in Trenton, recognizing their service in support of the fight against terrorism.

The technicians were part of the 40-person Strategic Airlift Detachment dispatched to the Arabian Gulf Region in November 2001 as Canada's initial contribution to the Campaign against Terrorism and oversaw the

maintenance needs of the Polaris A310 Airbuses involved.

During a six month period that ended in May 2002, the detachment carried over 3.4 million kg of cargo and more than 2,300 passengers. The heavy payload of the Airbus was needed to move large amounts of materials in the early stage of the operation.

Missions included aeromedical evacuation, logistic and personnel sustainment, rapid delivery of operationally required items, and movement of personnel into the theatre of operations.

Government of Canada to provide assistance to Democratic Republic of Congo

Two CC-130 Hercules aircraft originally from 8 Wing/CFB Trenton will take part in an airlift to the Democratic Republic of Congo this month as part of Canada's contribution to the French-led multinational peacekeeping operation, Operation Caravan.

Prime Minister Jean Chrétien announced on May 30 that the aircraft will be deployed in response to a request from the United Nations (U.N.) for assistance in restoring order in the region.

"The U.N. has asked several nations, including Canada, to provide forces to a coalition," said the Honourable John McCallum, Minister of National Defence. "Canada is committed to helping ensure peace, security and stability throughout the world as shown by our current commitments to operations in such areas as Afghanistan, Bosnia-

Herzegovina and the Golan Heights."

"Canada is deeply concerned by the recurrent violence which has been plaguing the Democratic Republic of Congo, causing a major humanitarian crisis," said Foreign Affairs Minister Bill Graham. "We urge all parties to abide by international humanitarian law, to ensure the protection of civilians, to facilitate access to humanitarian aid and to protect humanitarian personnel. Canada together with the international community through the UN is taking the necessary steps to provide assistance during this current crisis."

"We are very concerned about the recent events taking place in DRC and hope that the situation stabilizes quickly," said the Honourable Susan Whelan, Minister for International Cooperation. "We will

continue to monitor the situation to make further assessments."

The aircraft, currently deployed in support of Operation APOLLO, will be sent to the DRC for about one month, with a 30-50-strong contingent of Canadian Forces personnel. The aircraft will be operating out of Entebbe, Uganda flying missions into Bunia, DRC.

The Hercules aircraft of the CF have been delivering military supplies and humanitarian aid to trouble spots around the world for decades. This versatile aircraft is well suited to this type of tactical airlift role because it can lift equipment, cargo and troops into undeveloped airfields.

In addition, a Strategic Reconnaissance Team (SRT) comprising seven CF personnel is in Paris, France in order to discuss strategic level agreements and conduct more detailed

planning. Two CF military liaison officers have also been deployed to France in order to assist in our ongoing liaison effort with French military authorities.

The CF already has eight members serving in the DRC, on Operation CROCODILE, Canada's

contribution to the United Nations Organization Mission in the Democratic Republic of the Congo (MONUC). They are working as staff officers at MONUC headquarters in Kinshasa and at the sector headquarters in Kisangani.

Canada's Special Envoy to the Democratic

Republic of Congo, Marc-Andre Brault, will work with the international community for the rapid establishment of the Transitional Government and democratic institutions in Kinshasa, as they alone will ensure lasting peace and stability throughout the country.

COMRADES' NIGHT AT 8 WING

Col Dave Higgins, Wing Commander, third from left, and CWO Jim

Boland, right, Wing CWO, assist in a cake cutting ceremony with local

Royal Canadian Legion and Royal Canadian Air Force Association presidents to celebrate 8 Wing's first ever "Comrades' Night". The social evening was hosted by Col Higgins and his wife, Sharon, at the Officers' Mess last Friday evening and was attended by over 200 guests from local Legions, RCAF Associations, the RCAF Memorial Museum and the Halifax Bomber restoration project.



Photo: Cpl Josee Menard, 8 Wing Imaging

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**WING LOGISTICS AND ENGINEERING
PICTURE OF THE WEEK**



Employees of Holsgrove Trucking & Sousa Concrete prepare for a concrete pour at the Issuing Stand in the POL Compound. This concrete pour is one part of the \$300,000 POL Compound Spill Containment Upgrade Project. This project, funded by Wing Environment, involves the installation of new concrete spill catchment pads, underground piping and an underground 27,000 litre oil-water separator. Project completion, anticipated for mid-June, will ensure containment of spills from the tractor-trailers & bowzers that unload & load jet fuel from the Receipt & Issuing Stands in the POL Compound. This containment provides one more level of protection for the Bay of Quinte; a primary drinking water & recreational resource for all residents of the Quinte region.

CF launches NCM-SEP

CFRG/GRFC
CF Recruitment Group

Some CF members will now be able to receive most or all of their initial occupational training under the new Non-Commissioned Member Subsidized Education Plan (NCM-SEP).

Selected Regular Force members, Reservists who transfer to the Reg Force, and new recruits are eligible to complete post-secondary institution (i.e., community college) programs that are subsidized for up to two years for tuition, associated fees, books and instruments. Courses must fulfill all or most of the initial occupational training requirements for any one of five non-commissioned member occupations – Aerospace Telecommunications and Information Systems Technician, Avionics Systems Technician, Fire Control Systems Technician, Land Communications and Information Systems Technician, and Vehicle Technician.

Everybody wins

“I expect the new NCM-SEP will be a very popular program, similar to the highly competitive subsidized plans we offer to officers,” says Colonel Alain Tremblay, Commander Canadian Forces Recruiting Group (CFRG). “Not only does NCM SEP now provide equality between officers and NCMs in the

realm of subsidized education, but this program will relieve some of the pressure on the CF training system by providing equivalent trades training at community colleges across Canada. It saves the CF money in staff time and courses, and provides a civilian qualification to our members. Everybody wins.”

One hundred and five new seats will be funded for these occupations. More than 30 institutions throughout Canada, plus general and vocational colleges (CEGEPs) in Quebec, offer suitable courses. The long-established Naval Technician Training Plan (NTTP), subsidizing training under the Marine Engineering Technician Training Plan and the Naval Combat Systems Technician Training Plan, will move under the NCM-SEP umbrella as well. NCM-SEP will fund 40 existing seats under the Navy plans, while the Navy continues to manage NTTP students.

Initially, the opportunities for subsidized education in the five non-Navy occupations will be offered primarily to serving CF members who are awaiting initial occupational training. Canadian Forces Recruiting Group Headquarters (CFRGHQ) will manage students training in these occupations. The total annual cost of the NCM-SEP will be about \$1.9 million, which includes tuition costs for up to 145 personnel, staff to manage

the program, and advertising. This funding is built into the existing fiscal framework.

Requirements

Additional features / requirements are:

· Applicants must meet all relevant CF enrolment/transfer requirements for the occupations of choice.

· If NCMs are already in suitable academic programs when they apply for the NCM-SEP, only the remaining year(s) required to complete their programs will be subsidized (e.g., year(s) two and/or three of a three-year program). The exception to the two-year subsidization rule is for a three-year program at one French language institution approved by Transport Canada for Avionics Systems Technicians. Selected members in this French-language program will be subsidized for up to three years.

· The period of obligatory service for NCM-SEP graduates in the five non-Navy occupations, as well as for non-graduates who have incurred obligatory service, will be two months service for each month of subsidized education training. Obligatory service requirements for the Navy plans are noted in Maritime Command Orders 9-61.

· Students in the five non-Navy occupations will incur obligatory service after the completion of six months of subsidized education training.

· Students must maintain satisfactory academic standards in their academic programs.

· Students who are voluntarily released from the CF before incurring obligatory service will not have to reimburse the CF for the cost of training received.

· Students who request voluntary releases from the CF after they have started to incur obligatory service, or graduates of the NCM-SEP who are serving obligatory service, will have to reimburse the CF for the cost of training received.

· Students will be subject to the code of service discipline as well as the rules and regulations of the academic institutions they are attending.

Consult CANFORGEN 054/03 ADM(HRMIL) 020 091435Z APR 03 for more complete information.

yukon galley

Due to Quinte International Air Show there will be no cash sales in the Yukon Galley from 1500 hrs (3 p.m.), June 20 until 0600 hrs, June 23. Staff and management regret any inconvenience to its customers.

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Cormorants to receive hoist modifications, says Ottawa

OTTAWA, May 30 /CNW/ - Two of the Canadian Forces' 15 new search and rescue helicopters have been fitted with a modified hoist and the remainder of the fleet will be retrofitted over the next two years. The \$3.5 million upgrade will provide increased safety to both military personnel and survivors during search and rescue operations.



Photo: www.airforce.gc.ca

The modifications are expected to provide increased safety to CF personnel and the people that they rescue.

The modifications are the result of recommendations made by Air Force personnel during testing and evaluation of the CH-149 Cormorant shortly after the first helicopter was delivered in the fall of 2001. Restrictions were imposed on use of the hoist, but are subject to the judgement of the aircraft commander.

Restrictions to the hoist mechanism have not affected rescue operations. The Cormorant has been flying SAR missions since July 2002 and recent missions have demonstrated that the aircraft has the range and hardiness needed for Canada's vast ocean approaches and extreme weather conditions.

In December 2002, a Cormorant flew 1600 kilometres in gale force conditions to rescue an injured Norwegian sailor. In February 2003, 20 crew members were successfully lifted to safety from a damaged Spanish fishing vessel off the coast of

Newfoundland in seas that were too rough for another ship to draw up alongside. In all rescues to date, the hoist was operated without incident.

"The issue surrounding the hoists was one of providing finer and more precise control for the flight engineers controlling the hoist during operations," said Lieutenant-Colonel Pierre Coulombe, project manager for the Cormorant acquisition, in response to recent media reports about the hoist.

The current Cormorant hoist is equipped with a "soft" start-stop feature that stops and starts the hoist gradually in order to avoid potential injuries to survivors. Testing and eval-

uation demonstrated that this feature took too much time to respond in certain conditions, such as rescues from small vessels in heavy seas.

The improved hoist is more responsive while still providing a gradual acceleration during hoists. Improvements to the controller unit and control functions have also been incorporated in the modified hoist. The upgrade will be funded from the existing project budget and will see the remaining aircraft in the fleet refitted at a rate of about one every month. Each helicopter has two hoists and the second hoists will be modified once each aircraft has received one of the modified hoists.

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Search & Rescue UPDATE



Both the Herc and the Lab were involved in the search for an overdue canoe near Thessalon Island. While on scene, the Herc crew witnessed a US Coast Guard vessel rescue the crew of the canoe. The Lab was also dispatched to search for a missing 82-year-old woman. A ground party found the woman and the Lab returned to base. The Herc crew conducted an ELT search near North Bay, but nothing was found and the Herc returned home. And finally, the Herc was deployed to search for an overdue boat in the St. Catharines area. Once the Herc found the boat, the crew relayed its position to the Canadian Coast Guard, who took over at the point. The Herc returned to base without further incident. That's all from the Tigers for another week.

Missions for 2003: 54 Missions for June.: 3 Persons rescued: 4

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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.

The Contact Staff

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Editor: Andrea LeBlanc
Asst. Editor: Laurie McVicar
Advertising Sales: Judy Leavere
Sales Representative: Janet Somerville
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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.



The Contact
 Wing Headquarters Building Annex
 8 Wing / CFB Trenton
 PO Box 1000, Station Forces
 ASTRA, ON K0K 3W0
Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
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LETTER

Kudos from Belgium

Dear Colonel Higgins:

On the 22nd of March, one of our Belgian C130 went on a non-scheduled flight to your air base in order to be repaired. This repair was coordinated the day before, thus on a very short notice. Thanks to the diligence, motivation and professionalism of your people, our aircrew was able to rejoin Belgium with a minor delay. This prevented us to send a (costly) repair team across the Atlantic and allowed us to provide our troops in Kabul with the urgent and important ATOX Actininjector in time.

My predecessor, Colonel Muller, who was the aircraft commander for that flight, was very impressed by the outstanding cooperation of your personnel. He particularly would like to thank your maintenance personnel, P. Tehonchuk, J. Evershed, P. Porter, C. Rutherford, P. Stevens and R. Vivian, and your duty watch officer, Capt Mike Leddy.

Kind regards,

Rudy Geirnaert
 Colonel
 Base Commander
 15 Wing Air Transport
 Belgian Defense
 Air Component



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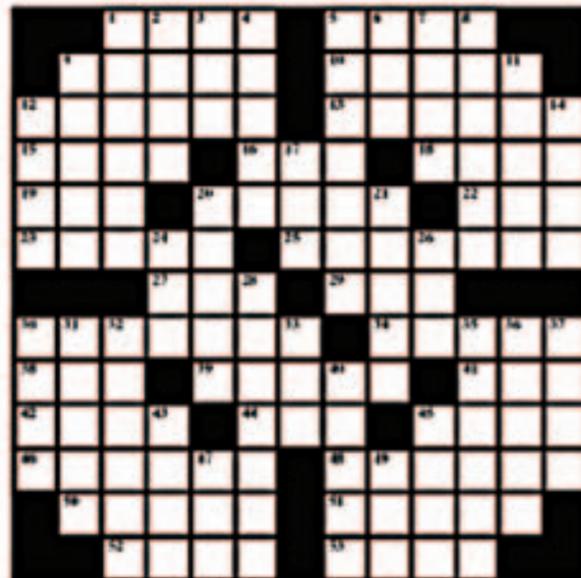
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- ACROSS**
 1 Anthony, for one
 5 Celeb's wheels?
 9 Light beam
 10 Alter
 12 Useless
 13 A kind of sail
 15 Post Pound
 16 Govt. command post
 18 Area
 19 Israeli hand gun
 20 Existing
 22 Employ
 23 ___ land band
 25 Got used to
 27 Pitcher Fergie's monogram
 29 Summer in St Pierre
 30 Musical presentation
 34 Mistake
 38 Expression of disgust
 39 Reads superficially
 41 Early gardener?
 42 Worry
 44 RV destination, sometimes
 45 British school
 46 With wheel, amusement park attraction
 48 Curler Don
 50 Nova Scotia city
 51 African antelope
 52 Give birth
 53 Boorish

DOWN

- 1 Mould
 2 Continent
 3 Sib
 4 Pancake

- 5 Boxer Don
 6 ___ bit surprised
 7 Old time hockeyist Don
 8 Baseball situation
 9 Linebacker Don
 11 Solid
 12 Bitter quarrel
 14 Requirement
 17 Farrow, for one
 20 Defeats
 21 Portals
 24 ___ didn't care
 26 Hour or diem preceder
 28 Figure skater Don

- 30 Bridge ploy
 31 White wader
 32 Hockey commentator Don
 33 Laotian person
 35 Adjust again
 36 Egg-shaped
 37 Tear
 40 Activist Ralph
 43 Correct
 45 Mild expletive
 47 Irish org.
 49 Eskimo skinning knife



This Week in Contact

1944--Rolex watch sells for \$100; RCAF Officer's uniform costs \$47.50; WO's & Sgt's Mess dues are 5 cents per day; room at the Lord Elgin Hotel is \$2.50; and full course dinner and dance at Toronto's Savarin Hotel just \$1.00.

1953-63--Unavailable

1973--Command of AMDU passes from Col JW Garland DFC, CD, to Col WG Doupe CD. Mountain View Aerodrome is host to Canada's Third Annual Antique Aircraft Fly-In Air Show.

1983--707s from Trenton conduct rigorous in-flight refueling certification for the first six CF-18 fighter jets delivered to the Air Force.

1993--424 Squadron CC-130 in Gander Nfld for SAR trg receives request from the Provincial Emergency Measures Officer to fly two generators into Mary's Harbour, recently ravaged by fire and without power; the crew delivered the 20,400 lbs despite Spring thaw and rising terrain at both ends of the 2500 ft VFR runway.



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

Canadian Forces defines release ceremonies

From the Director of Quality of Life (DQOL)

Throughout our military careers, our achievements are recognized through promotions, appointments, key postings, and other CF recognition and awards programs including those specific to elements and units. While each of these has its time and place, and is a vital component of CF life, the Depart with Dignity (DWD) Program reflects the CF's intent to formally recognize CF members' achievements and contributions on the occasion of their release.

Recognition by leadership that there was no formal program ensuring members and their families were bid farewell in a consistent and dignified

manner resulted in DQOL bringing together the Chief of the Maritime Staff's Depart with Dignity Program, the Chief of the Air Staff's Flight Plan for Life Initiative, and input from the Chief of the Land Staff, to establish the DWD Program.

"It is reassuring to note that the comments received have been extremely supportive of the initiative," says Master Warrant Officer Terry Smart, DQOL 8-2. "It reinforces that this program is long overdue, and fully endorsed and welcomed by leadership, our members and their families."

Many organizations and units within the CF have always recognized the contributions of their releasing members. The DWD Program, launched April 1, simply

ensures that the career contributions of all CF Regular and Reserve Force personnel are recognized consistently and appropriately. The challenge is for leadership to tailor the ceremony in keeping with the wishes of the member in a comfortable manner.

The program involves a departure ceremony—a structured and fairly formal setting with the retiring member's spouse and family in attendance (family participation is encouraged because spouses and children are also being thanked for having contributed to the member's successful career)—to appropriately recognize the member's contributions to the CF;

includes an official recognition and public acknowledgement—with a standardized set

of presentations—of the releasing member's contributions, expressed with thanks by a senior member of the CF; and allows COs and units flexibility to tailor a retirement ceremony to suit the element/unit tradition, circumstance, customs, heritage, and wishes of the member.

The cornerstone of DQOL's DWD Program is leadership. Only the active support and participation of leaders at all levels will ensure the program's success.

We invite you and your family to visit <http://hr3.ottawa-hull.mil.ca/qol/> or www.dnd.ca/hr/qol/

(Current Initiatives) to view DQOL's Depart with Dignity Aide Memoire, and we welcome your feedback about the DWD Program or any other DQOL initiative.

The Depart With Dignity Program will have positive implications across the CF, but specifically in four areas:

Quality of Life: All progressive organizations acknowledge the importance of recognizing the contributions of their personnel. An effective recognition and awards program will include ongoing rewards and recognize important career milestones.

Morale: When we

witness our co-workers receiving a proper and dignified departure ceremony, we can be confident that the same will be done when we retire—a definite morale booster.

Recruiting: When we retire knowing our career contributions to the CF were valued, we become the CF's best source of recruitment.

Retention: When we are aware that our contributions are indeed valued, and observe our leaders publicly recognizing the careers of those we serve with, we are better motivated to make a career commitment to the CF as a whole.

Royalty to visit Kingston

OTTAWA, May 30 /CNW/ - Brigadier-General Kevin O'Keefe, the Chairperson of the 2003 Canadian Military Communications Centennial National Organizing Committee, is pleased to announce that HRH The Princess Royal (Princess Anne) has accepted the invitation to visit Canada to officiate at events marking the 100th Anniversary of the Canadian military

communications.

Her Royal Highness, the Colonel-in-Chief of the Canadian Forces Communications and Electronics Branch, will visit Kingston, Ontario, and attend a number of private and public events, such as Centennial and Veteran's parades and Freedom of the City of Kingston. The working visit will take place from August 29 to September 1, 2003.

JR RANKS MESS

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8	9	10	11	12	13 TGIF Food & Sports 1700hrs BBQ Steak Sports 1800hrs Enclure	14 ★
15	16	17	18	19	20 TGIF Cancelled Air Show Weekend	21 Air Show Weekend
22 Air Show Weekend	23	24	25	26	27 TGIF 1700hrs BBQ Steak Sports 1800hrs Pool	28 ★
29	30	JUNE 2003				







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Compensation improvements for CF medical and dental officers

OTTAWA, June 2 /CNW/ - The Honourable John McCallum, Minister of National Defence, today announced pay improvements for Canadian Forces medical and dental officers, and enhanced flexibility in recruiting allowances for

new medical and dental officers. "I am very pleased to announce these improvements," said Minister McCallum. "They will bolster our efforts to recruit and retain medical and dental officers in this very competitive environment, and they

will help ensure that Canadian Forces members continue to receive the high standard of health care that they, and all Canadians, expect and deserve."

General Ray Henault, Chief of the Defence Staff, expressed his pleasure with the enhancements. "These improvements are very important; they will assist the Canadian Forces in recruiting Canadian doctors and dentists and enable us to meet current and future operational commitments."

The pay improvements for CF medical and dental officers comprise the following:

- A 10.13% pay increase, effective 1 April 2001;
 - A 4.54% pay increase, effective 1 April 2002;
 - An increase in the specialist pay differential to 15% for medical and dental officers; and -
- Extension of the specialist pay differential to lieutenant-colonels and colonels who maintain their clinical specialties.

These pay improvements establish comparability for fiscal years 2001/02 and 2002/03 with the net earnings of physicians and dentists in private practice.

The flexibility of the medical officer recruitment allowance has been enhanced.

• Extension of eligibility to medical students on a pro-rated basis (\$40,000 to \$180,000), depending on the years of medical school completed. Currently, the \$225,000 allowance can

only be paid as a lump-sum to licensed practitioners who agree to serve for four years.

• Introduction of an allowance of \$80,000 that may be paid to eligible physicians who agree to serve for two years, with a subsequent payment of \$100,000 for an additional undertaking of two years;

• Extension of eligibility to former medical officers who served in the CF prior to 1 April 2002 or who were released after 1 April

2002, provided they have not served for a minimum of three years;

• Extension of eligibility for the allowance to medical officers who component transfer from the Reserve Force.

The pay increases are the result of normally scheduled pay reviews, and are not related to, or influenced by, ongoing operations.

Medical and dental officers can expect to see the effect of these improvements in their mid June pay.

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BICC UNDERGOING UPGRADES



Photo: Laurie McVicar, Contact

Members of the Construction and Engineering Squadron put a fresh coat of paint on Baker Island Community Centre. This is part of a major upgrade project that includes: new sewer and water systems, a new deck and railings around the back portion of the building, and wheelchair ramps in the front. Pictured above are Eric DeBoer and Bill Simard (on ladder). Not shown is William Enman.

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Artist: Steve Snider, expansion to open April 2005

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rcafmuseum.on.ca

Pet Particulars

Farewell Duke

It was with great sadness that the Quinte Humane Society said good-bye to Duke, our beloved shelter dog. He fought a courageous battle with cancer before going over the rainbow bridge last Wednesday. We take comfort in knowing that in the two years that he lived with us he knew he was loved. That was something he hadn't experienced in all his years prior to being with us. The Quinte Humane Society would like to thank all CFB Trenton personnel and their families who came out to Duke's birthday party a few weeks ago with presents and love for Duke and his shelter friends. He had a wonderful time. Now our old cowboy is in a better place happily chasing rabbits I am sure! Goodbye old boy. We will truly miss you.





Spinach salad with nectarine vinaigrette and flank steak

Recipe created by
Lyn Weingarten, Austin,
Texas

Chef Quote: "I'm fascinated with various fruit and meat combinations. The sweetness and slight acidity of nectarines make an excellent marinade that tenderizes and flavors the meat. The nectarine's flavor and tender, pulpy flesh combines well with the other ingredients to create a creamy, smooth textured vinaigrette." —Lyn Weingarten

(NC)—Tender, nectarine-marinated flank steak "beefs up" this colorful spinach salad. Fresh bite-size spinach greens are tossed with vinaigrette made with a fresh California nectarine, then layered with slices of flank steak. The steak may be placed in the marinade for two hours for just a hint of flavor, or soaked up to 12 hours for a more intense flavor. Fresh nectarine and red bell pepper slices for garnish complete the look and flavor of this simple but exotic salad.

Ingredients:

Flank steak: 1-1/2 lbs. flank steak
1 California nectarine, pitted and coarsely chopped
1 cup chardonnay

1/2 cup canola oil
1/2 cup olive oil

Salad: 8 cups of pre-washed, pre-cut spinach (About 1-1/2 bags; allow about 2 cups per person, loosely packed.)



Photo: News Canada

1/4 cup low sodium soy sauce
1 tablespoon sambal oelek paste*
2/3 cup red onion, finely chopped
1 tablespoon finely minced cilantro

Vinaigrette: 1 California nectarine, peeled, pitted and coarsely chopped
1/3 cup rice vinegar

1 California nectarine, pitted and neatly sliced (for garnish)
1 red bell pepper, roasted, seeded and sliced (for garnish)
* Sambal oelek is a Vietnamese ground chili paste. It may be found in large supermarkets or Asian markets.

Method:

For Flank Steak: Blend chopped nectarine and chardonnay in food processor until mostly liquefied. Pour into an oblong glass dish that will be used to marinate the flank steak, and add the soy sauce, sambal oelek paste, red onion and cilantro. Add flank steak, cover with plastic and refrigerate for 2 to 12 hours, depending on the intensity of flavor desired. Turn at least once during the marinating process. Discard marinade. Grill over direct heat near time of service, about 10 minutes per side for 1-1/2 inch thick flank steak, until meat reaches an internal temperature of 140° F for medium doneness. Allow to rest for five minutes, then slice very thinly against the grain.

For Nectarine Vinaigrette: Process chopped nectarine and rice vinegar in food processor until totally smooth. With processor running, gradually drizzle in canola oil and olive oil and process until thoroughly mixed. Makes 1-1/2 cups dressing. Assembly: Toss spinach in bowl with enough salad

dressing to coat leaves lightly. Dish salad onto plates. Arrange flank steak slices on top of spinach and garnish with nectarine and red bell pepper slices. Pass additional dressing at the table.

Makes 4 servings.

Nutrition information per serving — PROTEIN: 37 grams; FAT: 40 grams;

CARBOHYDRATE: 14 grams; FIBER: 10 grams; SODIUM: 405 milligrams; CHOLESTEROL: 85 milligrams; CALORIES: 570 calories. For more recipes and information on California peaches, plums and nectarines, please visit www.eatcaliforniafruit.com.

Contact

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News we can use?

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BBQ chicken and rib sauce

1/2 cup 125 mL butter or margarine
3/4 cup 175 mL BACARDI White, Gold or "1873" rum
3/4 cup 175 mL ketchup
1/2 cup 125 mL orange juice
1/3 cup 75 mL honey
1/4 cup 60 mL fresh lemon juice
1 tbsp 15 mL chopped garlic
1/2 tsp 2 mL salt
1/4 tsp 1 mL pepper
1/8 tsp 0.5 mL cayenne



Photo: News Canada

(NC)—In saucepan, over medium-high heat, melt butter. Stir in BACARDI rum, ketchup, orange juice, honey, lemon juice, garlic and seasonings. Cook, stirring occasionally, about 40 minutes or until thickened. Yield: about 1 cup (250 mL).

Chicken:

Cut a 3 lb (1.4 kg) chicken into serving size pieces. Brush sauce on chicken during last 10 minutes of grilling, turning and brushing frequently.

Ribs:

Grill 3 lb (1.4 kg) ribs and brush on sauce during last 10 minutes of grilling, turning and brushing frequently.

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Sunday, June 8

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Sat. June 14

Indonesian Cuisine with

Chef Wayne Jordinson

Sun. June 15

Happy Father's Day

Let's BBQ

with Chef Pat Forster



Fitness, Sports & Recreation

Don't know what you've got until it's gone



Laurie McVicar

Confessions from the Gym

Monday, June 2

I don't mean to whine, but...I WANT MY TRAINER BACK!

Jen has been gone on training for almost two weeks and, believe me, it has been strongly reflected in my workout schedule and eating habits. Now that she will be returning soon, I've

thrown myself into a total panic. Not only do I have to confess that I've been slacking off, but I have to be weighed and measured as well. Gulp! I can't even lie and say I've been to the gym every day of the week, the darn tape measure is sure to give me away!

Apparently, I'm the kind of person who

thrives on pressure (and punishment of course). I enjoy having someone push me to my full potential, because it's far too easy to give up on yourself. Whether it's a trainer, a work out buddy, an on-line chat group – it helps to have support. Who else is going to laugh their butt off when you fall off the exercise ball?

For a little bit of daily inspiration, keep a written collection of your favourite sayings, pictures of yourself at your highest weight or magazine clippings. I recently cut out an article from my favourite fitness

magazine about a lady who went from 310 pounds to 165 pounds. Can you imagine the will power it takes to accomplish something like that! I've probably read this article twice since I got the magazine a few days ago, and every time it offers a powerful dose of motivation.

What set her on her way to better health was being confronted by her family doctor, who warned her of the dangerous consequences of being overweight. These warnings never came from my doctor, only that disapproving look he'd give me after check-

ing the weight listed on my chart. It's not that I didn't know what the risks were or that I didn't try before to lose weight, it's simply that I lacked the direction and confidence to make a change in my lifestyle. As you have probably noticed, I slip all the time...but at least now, I find my way back to the right path, thanks to a terrific guide.

During our last meeting, Jen asked me to think about a personal achievement and a fitness achievement. My greatest personal achievement is the fact that I have remained

committed to improving my health – seven months and counting. As far as fitness goes, I have lost 45 pounds since the birth of my son. I never realized what a difference that made until a rousing game of tag unfolded a couple of nights ago at the park behind my PMQ. Usually confined to the sidelines, I actually joined in the chase. It may seem like a small thing to celebrate, but to me, it was a tremendous payoff to the hard work I've put into getting fit. I may have been running slowly, but I was flying high.

Discover the rewards of active living

Enjoy an active lifestyle and reap the rewards of such a choice.

The rewards include an improved body image, stress release, reduced risk of cancers and hardening of the arteries. As well there are benefits in almost all areas of life such as better quality of sleep at night, a healthy body feeling, and many improvements on the bodies functions.

Active living can be as simple as walking your dog or choosing

the furthest parking space in the lot for work. Enjoy your activities on a regular basis and every bit of activity adds up over the period of the day. Ten minutes here and there are all good. Start out slowly to get the body used to new activities. Continuously try new things to find what you enjoy most. Gear your active living towards your goals. For instance if you wish to loose some inches around the waist line and fit into that 1993

outfit, a fat loss program is in order. If you have a health related goal, walking every night after supper might be just what the Doctor ordered. Most importantly, enjoy an active lifestyle and stay consistent with it. For information on how to enjoy a more active lifestyle or to book a personal one on one session with one of our highly qualified Fitness Instructors, please contact the Fitness staff at local 3328 or 7160.

Slow pitch players needed

The Women's Slow Pitch Team is looking for players and a coach to compete at the Ontario Region Championship. If interested, please come to the organizational meeting held at 1000 hrs, on June 19 in The Gymnasium conference room, or contact the Military Sports Coordinator, Dan Cormier, by e-mail or at local 3373.

Find the right shoe for you

Although you can spend hundreds of dollars on spiffy warm-ups, tights, and tops, the only equipment that's truly essential for running is a good pair of shoes. Be prepared to spend at least \$100 a pair, but know that a hefty price tag does not always correspond to the best shoe.

Want us to tell you the best brand of running shoes? We can't. The shoe that's best for you depends on your weight, the shape of your foot, your running style, and any special

problems that you may have, such as weak ankles or bad knees. Try on several models at the store, and take each one for a test drive around the mall or at least run a couple of laps around the store. If the sale person won't allow it, go elsewhere. Your shoes should feel great from the get-go. There's no such thing as "breaking them in."

Your running shoes should be fairly flexible, especially across the ball of the foot. Hold the shoe at both ends and

bend it; it should break right at the ball of the foot. You want cushioning, but not so much that you can't feel your foot hitting the ground. If your foot slides around a lot, that can mean trouble down the road.

This is a fitness tip from your fitness staff here at 8 Wing. For more information or to book a one on one session with one of the highly qualified Fitness Instructors call the Gymnasium at local 3328 or 7160.

The heat is on

When training in the summer heat remember to adjust your training intensities accordingly.

Heat makes us feel weak and sluggish, it also causes heart rate to increase slightly. What this means is a normal workout will actually be harder when it is hot. Try to avoid exercise in the middle of the day, as it will dramatically raise your body temperature. It is very difficult to bring the body temperature down when the heat is at its peak in the middle of the day.

Always wear loose light clothing when exercising. Some individuals feel that if they wear more clothing they will sweat more thus making the workout more effective. This of course is not true. By wearing extra clothing you increase your chance of getting heat illnesses.

Finally remember to drink plenty of cool water. This will help lower your core temperature and it will help keep your energy levels high.

If you have any questions about training intensities or general health and fitness questions feel free to contact the Fitness Staff at the Gymnasium at local 3328 or 7160.

Flyers prepare to host regionals

This year's Ontario Region Ball Hockey Regionals, to be held June 14-18, will be hosted by 8 Wing/CFB Trenton. Seven teams are expected to take part in the round robin event including the 8 Wing/CFB Trenton Men's Flyers team.

The Flyers are currently involved with the Labatt Ball Hockey League out of Belleville, Trenton and Frankford. After a slow start to the season, they have managed to gain three points out of six in their last three games. The team plays weeknights at the RCAF Flyers Arena are looking forward to hosting the regionals. The Flyers play their first game of the tournament Saturday, June 14 at 1200 hours. For more information contact Bryan Pearce local 4110.

SURF 'N TURF RELAY RACE

Team Captain's Meeting - 9 JUN 03 at 1330 hrs in the HQ Theatre (3rd floor)

Volunteer's Meeting - 11 JUN 03 at 1330 hrs at the Baker Island Conference Center

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Help is only a phone call away

Confidential help line offered to victims of harassment

DND/CF is committed to providing a harassment-free workplace by promoting prevention and prompt resolution of harassment.

The Harassment/Sexual Assault Help Line augments DND/CF's efforts to provide a confidential, safe and non-threatening environment for the voicing of complaints. Staffed by agents—including nurses, social workers, human resource specialists, and former CF members—who act as facilitators, the line responds to callers who believe they have been harassed, who simply wish to be well informed about their rights and responsibilities as leaders, managers, members or employees, and/or who are having

trouble accessing the various complaint resolution avenues set up within DND/CF.

The line is confidential and does not subscribe to call display. Callers may choose to remain anonymous; agents need not know callers' names. Callers are not obligated in any way to continue or to start harassment complaint proceedings. Once they hang up, callers alone decide whether or not to pursue the issue, seek mediation, or make a formal complaint. Agents are there to help callers help themselves.

Callers are often potential complainants who wish to discuss an issue or incident, or express a concern about something unacceptable that is happening to them or others in the workplace. They may at times be reluctant to raise issues of wrongful conduct within their chain of command because they believe that it is disloyal or

petty to complain, especially about harassment.

The Harassment/Sexual Assault Help Line is not normally a reporting venue for offences of a criminal nature. However, if callers ask that such incidents be reported, the Canadian Forces National Investigation Service (CFNIS) will be informed.

The line, launched in May 1998, has provided assistance and guidance to almost 3000 callers, demonstrating that CF members and DND employees today have a heightened comfort level with regard to sharing their concerns about harassment. In the beginning, most calls were made by women who felt they were targets of sexual harassment or assault. Today, the majority of calls concern harassment of a non-sexual nature, and the line now receives more calls from men than from women.

Be sure to visit: <http://hr.dwan.dnd.ca/harassment/> for more information.

QUINTE BABY FAIR A SUCCESS!



Photo: Laurie McVicar, Contact

Thirty-five exhibitors, including Thyme Maternity (above) from the Quinte Mall, took part in the first ever Quinte Baby Fair on May 31. The event, hosted by the Trenton Military Family Resource Centre and Doula CARE Quinte, brought out an estimated 800 people to the Siskin Centre. Pictured above - Laura Holmes (with three-month-old Allison Eisener) and Angela Foster.



Photo: Laurie McVicar, Contact

Jeannette Simard and Judi Burns from "Welcome Wagon" handed out free samples to new and expecting parents.

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Juno Beach Ceremonies slated for today

8 Wing CFB Trenton will be hosting a ceremony to commemorate the opening of the Juno Beach Centre in France.

The ceremony will be held today, Friday, June 6, at 1100 hrs at the RCAF Arena.

There will be a parade which will include members of the local Legions and AF Assoc Wings, followed by a reception during the viewing of the televised ceremony. Unit representation is strongly encouraged.

Dress for both participants and spectators will be DEU 1A. All spectators must be at the arena no later than 10:30.

6 June 1944 – Allied Invasion to liberate North West Europe

by Capt Kimberly Leadbeater, Wing Heritage Officer

The ultimate goal of the Normandy invasion was to bring the unconditional surrender of the third Reich. None of the Allied leaders would accept anything less than the total destruction of Adolf Hitler and his Nazi Party. The Allied planners considered the Normandy beaches, to be the clear choice for the D-Day Attacks because they lay within range of air cover and were less heavily defended than the more obvious objectives.

At 0530hrs, on the morning of June 6, 1944, the Allied Forces consisting of three U.S. Divisions, two British, and one Canadian (nearly 100 000 men on 4 000 ships), approached the coast of Normandy. JUNO BEACH was the landing area for the 3rd

Canadian Division with their objective being to take the beach, advance inward and secure the airfield at Carpiquet, west of Caen. As the Canadian soldiers warily approached the coastline in their landing craft, they were wet, cold, and seasick, but they were also confident and they had a thirst to avenge the loss of the 2nd Canadian Division at Dieppe, in 1942.

The main problem encountered at JUNO was the presence of offshore reefs, which forced the assault wave to land after the rising tide had already covered most of Hitler's "Atlantic Wall" obstacles. As a result, many of the first landing craft were blown up by mines. They also faced horrific tides resulting in tanks sinking before firing a shot, and men dying as soon as the landing craft doors opened. Despite these unforeseen

disadvantages, the Canadian troops fought heroically and managed to progress further inland than any of their Allies, but they paid a price. "To ensure that D-Day would succeed, 340 Canadians had given their lives. Another 574 had been wounded and 47 taken prisoner".

When you visit JUNO Beach today, you see a quiet coastal town where hotels and shops display signs, which say, "Welcome Liberators" and along the seafront there are several memorials to the brave men who landed on the beach on June 6th, 1944. On June 6th 2003, the JUNO Beach Centre will officially open and serve as a memorial and monument to the Canadian generation of the Second World War, preserving the memory of that generation through education. "Let us thank them for the freedom we enjoy today."

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HUNDREDS ENJOY CELTIC CAPER



TOP--John Allen Cameron and Sandy MacIntyre shared the stage in front of a crowd of approximately 350 attendees. The duo played together for few hours to the delight of the crowd. The 8 Wing Pipe and Drum band plans to attend the World Baggpipe Championships in Scotland are becoming more of a reality thanks to the community, said Pipe Major John Hugh MacDonald. The annual event is used to raise funds to accommodate the band's annual trip.

RIGHT--Godfather of Celtic Music, John Allan Cameron, and Pipe Major John Hugh MacDonald enjoyed the evening at the 4th Annual Celtic Caper at the Batawa Community Centre on May 24. The evening included music from the 8 Wing Pipe and Drum band, the McGilly Dancers, and master of the Cape Breton fiddle, Sandy MacIntyre.





426 SQUADRON HOSTS FAMILY DAY



Ten-month-old Garrison Moore is greeted by the Squadron's Thunderbird mascot during the Family Day held May 31.



Activities throughout the day included face painting, simulator rides, train rides, and assorted games.



Photos by
Laurie
McVicar,
Contact



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TRENTON Military Family Resource Centre



MASS SCHEDULE HORAIRE DES MESSSES

Senior Chaplain - Aumônier Supérieur: Major Lloyd Clifton Local 3665

OUR LADY OF PEACE CHAPEL (RC)
NOTRE-DAME DE LA PAIX (CR)

Padre Bastien Leclerc (RC)
Recteur de Chapelle Local 3487
(Chapel Life Coordinator / Responsable de la communauté chrétienne)

Padre Allan Murphy (RC) Local 3312
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BAPTISMS / BAPTÊMES

Please allow at least 30 days notice for preparation.
Communiquez avec l'aumônier au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

You must contact the chaplain's office prior to selecting a date.
You must obtain a recent copy (less than six months old) of your baptismal certificate prior to booking appointment with chaplain.

Veuillez prendre rendez-vous avec l'aumônier avant de choisir la date. Vous devez apporter avec vous une copie récente (datée de moins de six mois) de votre certificat de baptême.

ST CLEMENT ASTRA CHAPEL
(Protestant) Services

Padre Catherine Morrison (ACC) Local 2314
Padre Matthew Lucas (Baptist) Local 3286
(Chapel Life Coordinator)

Sunday: Divine Worship 1015 hrs
Holy Communion: First Sunday of the month
Wed. - Anglican Eucharist at 1230 hrs

CHAPEL ORGANIZATIONS

Men's Club 1st Tues of the month 1800 hrs
Ladies Guild: Last Tues of the month 1930 hrs

BAPTISMS

Allow at least one month's notice for preparation.

MARRIAGES

You must contact the chaplain's office prior to selecting a date. Please allow at least six months.

PARISH ORGANIZATIONS

Parish Council 3rd Thurs 1900 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL: 2nd Tues 1900 hrs
French Choir Wednesday, 1900hrs

After working hours please call the base operator at 392-2811 and ask for the duty chaplain.
Après les heures de travail, appelez la téléphoniste de la base au 392-2811 et demandez à parler à l'aumônier en devoir.

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

"Wednesday activities"

Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead.

June 11 - "Perspective from a partner away", with Greg Turcotte

June 18 - "Health & Stress" with Debbie Williams, chiropractor.

"Activités du mercredi"

Les mercredis de 18h à 20h, une diversité d'activités sont planifiées. S'il vous plaît, téléphonez à l'avance.

11 juin - "Perspectives d'un partenaire au loin", avec Greg Turcotte

18 juin - "Santé & Stress" avec Debbie Williams, chiropracteur.

Youth Programs/Programmes Jeunesse

SECOND LANGUAGE TRAINING FOR TEENS



Two new programs are available this Summer for students aged 10 to 14 years. For young people registered in French immersion it will help them maintain and improve their level of French over the summer period. This program will help those students in immersion Indoor and outdoor activities will focus primarily on language acquisition.

For young people who need a little extra help with their oral English. This program will help young francophones to improve their English in a "painless" out of school environment

We are offering 6-week programs (broken down into 2 weeks sessions) from July 7 until August 15. These programs will be given five mornings a week from 9 a.m. to 12:00 p.m. at the Siskin Centre. The cost is \$40.00 per

two weeks sessions for military family members and \$50.00 per two weeks sessions for non-military members of the community. For further information or to register call Manon at 392-2811 ext 3852 or the reception desk at 965-3575. If your child is younger than 10, let us know, we can always add a second group if we have enough interest.

QUINTE BABY FAIR

Photo: Laurie McVicar, Contact



Jennifer Viel (with daughter Gabrielle) checks out the merchandise of exhibitor Nancy Gagne of Aurora Naturals.

COURS DE LANGUE SECONDE POUR ADOS

Deux nouveaux programmes sont disponible cet été pour les étudiants âgés de 10 à 14 ans. Débutant le 7 juillet nous offrons ces programmes d'une durée de six semaines (sessions de deux semaines chacune). Ces programmes prendront fin le 15 août. Pour les jeunes qui sont inscrit en français d'immersion. Ce programme aidera les étudiants d'immersion à maintenir et améliorer leurs connaissances de la langue française durant l'été. Il y aura des activités à l'intérieur et en plein air qui ont l'acquisition du langage comme but principal.

Pour les jeunes qui ont besoin d'un peu d'aide à s'exprimer en anglais, cela aidera les jeunes francophones à améliorer leur anglais dans un milieu moins structuré que l'école. Il y aura des activités à l'intérieur et en plein air qui ont l'acquisition du langage comme but principal.

Ces programmes se donneront au Centre Siskin cinq avant-midi par semaine de 9h à 12h. Le coût est \$40.00 par session pour enfant de militaire et \$50.00 par session pour enfant de civil de la localité. Appelez Manon au 392-2811, poste 3852 ou la réception au 965-3575 pour de plus amples renseignements ou pour vous inscrire. Si votre enfant est plus jeune que 10 ans et vous êtes toujours intéressé, dites-le nous! On peut faire un deuxième groupe s'il y a lieu.

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• Finding Nemo (G) - Disney	1:10	7:10	9:10
• Bruce Almighty (PG) - Jim Carrey	1:00	7:00	9:15

Matinees Saturday & Sunday

Welcome to the Contact Newspaper's brand 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.

Rick Hansen Presented by
WHEELS IN MOTION Scotiabank

"If you believe in a dream, and have the courage to try, great things can be accomplished."
 Rick Hansen, Canada's Man in Motion

The End Was Just The Beginning...

Eighteen years ago Rick Hansen embarked on his two-year, 40,000 km Man in Motion World Tour, becoming the first and only person to wheel the circumference of the globe in a wheelchair. His goal was to raise awareness about the potential of people with disabilities and funds for research, rehabilitation, wheelchair sport and prevention. Rick has remained dedicated to this goal and now has set his sights on an annual event asking Canadians to get in motion, make a difference and help make the dream become a reality.

Canadians Are On A Roll

Rick Hansen Wheels in Motion is the Rick Hansen Man in Motion Foundation's signature event to be held in communities across Canada on **Saturday, June 14th 2003**. Family, friends and colleagues pledge to wheel - on bicycles, wheelchairs, inline skates, etc. or by walking or jogging with the wheelies - to raise awareness and funds to improve the lives of people with spinal cord injury. Fifty percent of net proceeds raised in each community will be used to improve quality of life for people with spinal cord injury. The other fifty percent will support research to accelerate the discovery of a cure.

Scotiabank Joins The Team!

The Rick Hansen Man in Motion Foundation is pleased to welcome Scotiabank as the Presenting Partner for Rick Hansen Wheels in Motion. The success of Rick's Man in Motion World Tour was a direct result of having a strong team behind him. The same thing holds true for Wheels in Motion. We look forward to working together on this new national initiative.

Rick Hansen Wheels in Motion - Saturday, June 14, 2003
www.rickhansen.com

Get Involved

- Participate in wheeling, walking or jogging on June 14th, 2003
- Contact us now to find out how you can become an Event Leader and help organize a Rick Hansen Wheels in Motion event in your community
- Donations can be made at any Scotiabank branch

Visit www.rickhansen.com, Email: coram@rickhansen.com or Phone: 1-800-213-2131



The 8 Wing Trenton Fire Department will once again be conducting their Boot Drive in support of the Muscular Dystrophy of Canada. Firefighters will be set up at the gates on the morning of June 12. Please give generously to this worthwhile cause.

Boot Drive for MD

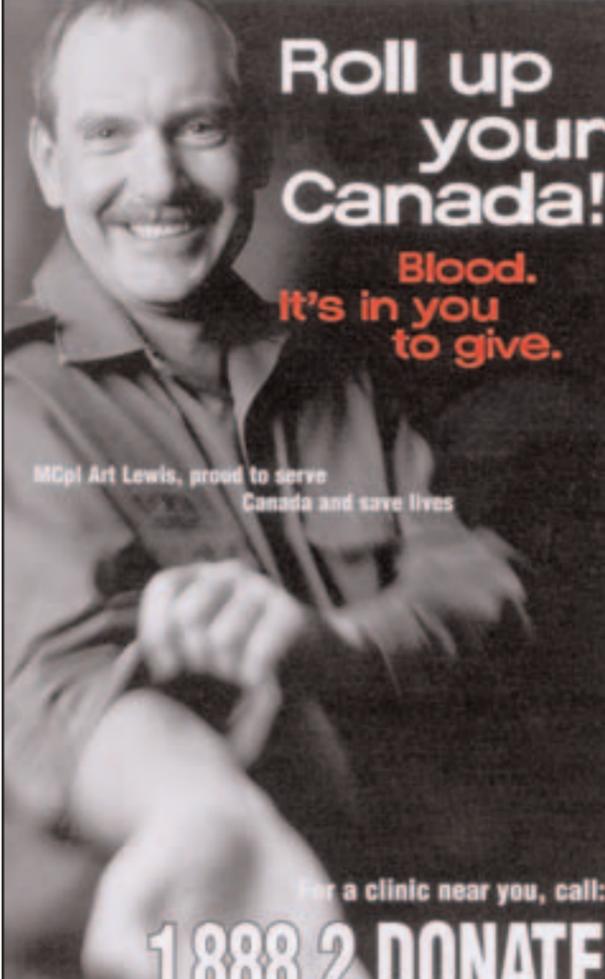
Promote your non-profit event in the Contact. Send your info to: McVicar.L@forces.gc.ca

Golf Club President Intersection Golf Tournament

The Golf Club President I/S 4 Ball Best Ball Golf Tournament will be held on Tuesday, June 10 at the CFB Trenton Golf Course.

This 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 \$10.00 per person for door prizes, \$20 green fees for non Golf Club Members and \$5 for food. Payment will be made at The Gymnasium Main Office no later than **1600 hrs, June 6**.

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



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Annual General Meeting

The Quinte Area District Council of The Easter Seal Society, Ontario will hold their Annual General Meeting on Wednesday, June 11 at Grace United Church, 85 Dundas St. E., Trenton, beginning at 7 p.m. The guest speaker will be Darrell Lott, an Easter Seals parent, who will talk about overcoming obstacles. Everyone is cordially invited to attend. Light refreshments will be served. For info, please call 613-394-1972.



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Borrowing in the days of cheap money

it's your Money



Garth Turner

Okay, I know I devoted all of last week's column to mortgages but the topic is just so sexy, get ready for another one.

Last week was remarkable for the fact that one or more major lenders cut the cost of home loans every single day, with the exception of Friday.

This happened for a lot of reasons, some good and some bad. For example, the strong Canadian dollar of late has had an effect in the bond market, where mortgage rates are determined. Then there is the Virus Factor to consider - as the country battles SARS, mad cow disease and West Nile Virus - which are expected to dampen economic growth this year and take pressure off rising prices. That, in turn, means the central bank can ease up on its monetary policy and not worry about having to use higher rates to fight inflation.

In fact, the economists I hang with now believe that the Bank of Canada, just months after warning the cost of money was going to jump, will either leave rates alone for the rest of the year, or cut them modestly.

Meanwhile, the Big Banks are in a life-and-death struggle for mortgage market share and are probably the

most competitive they have ever been.

That's why, when they see an opportunity to shave even just a little - a tenth of a point - off the cost of a mortgage, they jump on it. And that brought us to last week's hacking sessions, which has now made a five-year mortgage more appealing than Bif Naked.

That is very cheap money, of course. At 4.75 per cent, for example, you can carry a mortgage of \$200,000 for just \$1,134 a month. That suddenly means that anyone renting a two-bedroom apartment in a major Canadian city can afford to buy a home for equal to, or less than, she is paying to be a tenant.

The benchmark long-term home loan is sitting at the 6 per cent mark as I write this, which is the lowest in more than 45 years.

That is astonishing enough, but things get even better than that. This is the "posted" rate, which all the banks hang in the front window as their official mortgage price. But because of today's intense competition among lenders, they will give you a serious discount, especially if you're a good customer who likes to

chow down on a lot of bank debt.

These days the normal discount is 1 per cent, which puts that five-year mortgage down at the 5 per cent mark - the best it has been since the Second World War. In fact a couple of the major banks have brought in so-called "no haggle" mortgages which now carry the 5 per cent number on their posters. But if you are indeed willing to whine, barter and dicker, you might just score a discount of 1.25 per cent or a little more, pitching this long-term mortgage into the 4 per cent

high, and why a lot of landlords are paying people to renew their leases.

Another option for borrowing even more cheaply is to choose a variable rate mortgage. These are generally based on the bank prime rate, which these days is also 5 per cent. There are lots of different kinds around, but almost all the banks offer you variables at a discount to the prime. For example, at CIBC, the Below Prime mortgage today costs just 3.99 per cent for the first nine months, and prime minus a quarter (currently 4.75 per cent) for the years following.

But, as I wrote here last week, with five-year money available at roughly the same rate, it makes complete sense to be locking in now, ensuring you will pay a ridiculously little amount for your mortgage for the next half decade. Even if the Bank of Canada chops its guideline rate later this year, it will likely only be by a quarter point - hardly enough to worry about missing.

And, finally, cheap money means the real estate market will remain robust and that prices will continue to creep higher through the rest of 2003. But all of this will not last forever. Feast on borrowed money now, while making some solid plans on how it will be paid back.

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

Your community needs your help!

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

New registrations are welcome.

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



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8 Wing Canadian Forces Base Trenton



We shall remember them--The Rolvenden Memorial

by Major JLD Lachance,
DCO, 424 Squadron

Dedicated to the memory of Wing Commander Robert Norris, Honorary Colonel of 424 Squadron, a great man and also a WWII veteran. W/C Norris passed away 9 November 2001. "Every one is a Tiger"

It is 2318 hours, 10 April 1943. The 424 (Tiger) Squadron Wellington bomber takes off smoothly from the airfield at RAF Topcliffe in the Yorkshire, on a mission to bomb Frankfurt.

This is a routine mission but the crew is fairly nervous. It is hard for the boys to not think about what happened less than three months ago. On the return leg, during a similar mission over Germany, they took on heavy flak that seemed to come from everywhere. Both engines stalled and the aircraft started to plunge



LCol Bouchard presented Mr Edward Barham with a 424 Squadron plaque to thank him for his dedication in keeping the memory of the crew of HE159 alive.

from 17,000 feet. Although the pilot, 21-year-old Sergeant Robert Buie, managed to regain control of the heavily damaged bird, gasoline was pouring out from the punctured tanks and it was clear that the journey back home would be problematic. Battling several equipment failures on the way and with the weather deteriorating, the situation was serious but Buie managed to fly the Wellington across the Channel and off to the Coast of England. With fuel now indicating zero and the Wellington still losing altitude, Buie decided that the best option for the crew was to bail out.

All crewmembers made a safe landing while the aircraft crashed and burned near Winterslow. This traumatic night is well behind them now but memories of it still persist and besides, there is something else about tonight; this is the 13th mission... And while no one is really all that superstitious,

most on board have a lucky charm of some sort. Be it a rabbit paw or a four-leaf clover: it just does not hurt to have those things tucked away in the pocket of your leather jacket.

It is just after midnight and the flight has been uneventful so far. Although it is a dark night, you can easily make out the southern coast of England against the dark, empty space of the English Channel. Suddenly, signs of problems: noises, vibrations, and turbulence... Sgt Buie knows that the problem is fairly serious and turns back towards Topcliffe right away. He radios the problem to Base: something is wrong with engine number 2... But things are not good; the plane is loaded with gasoline and incendiary bombs and is way too heavy to fly with only one good engine. The crippled plane starts losing altitude and abruptly, the sputtering engine quits. To make mat-

down firmly but he is not hurt. The soil is very soft, must be a swamp... The inferno rages beside him. Flames. Smoke. He runs around looking to save his friends. He calls for his comrades but there are no answers, he is alone and with the fire ragging on, there is nothing he can do...

It is 0058 hours on the night of 11th April 1943. 424 Squadron Wellington Bomber, Mark X, registration HE159, is lost during her 13th mission. At 22 years old, Art Lees is the sole survivor. He is standing there, still holding the "D" ring from his parachute...

Mr. Lees hands me the "D" ring from the parachute that saved his life that fateful night 60 years ago. I observe it for a while, amazed that he has kept the thing for all these years. At the moment, we are in the residence of Mr. Edward Barham, a landowner in Rolvenden, Kent in the UK. It is at his farm that our Wellington crashed in a marshland during WWII. Thin, but looking remarkably healthy for his age, Mr. Lees, sitting in a tall leather chair, has just finished relating the amazing story of his last flight. After HE159 crashed, Art Lees never flew again and later returned to Canada. In front of me are all kinds of other artifacts that he also brought along: some old French money (in case you found yourself in France), postcards, letters, old faded photographs... Here is one of young Art Lees posing with his friends Robert Buie and Jack MacGillivray. All is well and all are smiling. Mrs. Rosa Lees, who accompanied her husband on this trip, said that until about 10 years ago, Art had been unable to speak of the crash, feeling guilty that he had been spared while his friends all perished. I inquire about the little gold worm pin on the lapel of his RCAF Legion jacket. It is a silk worm. Tradition had it that every airman who parachuted to safety was presented with this pin by the woman who made his silk parachute. Art Lees has two...

It all started almost two years ago when I received a letter from Mr. Barham. He explained that there was a RCAF Wellington bomber wreckage at his Lambsland Farm, near Rolvenden. Although most of the burnt wreckage ended up sinking deep in the marsh, parts of it

were recovered. He also wrote that through his research, he had found out what had happened to this aircraft and had tracked its origins to our Squadron. After he published the story of our Wellington in the local paper, the people of Rolvenden indicated to him that they would like to see the ultimate sacrifice made by the four airmen and the one survivor commemorated by a monument near the crash site itself. Mr. Barham enthusiastically took on this project. The timescale for the unveiling was fairly generous and was set for April 2003, 60 years after the accident. This gave Mr. Barham plenty of time for securing funding and constructing the monument.

Through War Records, Mr. Barham found out that the Tail Gunner, Sgt Art Lees, had survived the crash and was rumoured to be living in B.C. Working with Veteran Affairs and myself, Barham located Mr. Lees and through the generous financial support from the local Royal Canadian Legion, Mr. Lees was able to make the trip to Rolvenden and be there to pay homage to his fallen comrades. With financial support from the Canadian Government, Air Command Heritage & History, the Rolvenden War Memorial Trust and many other private donations, Mr. Barham's hard work and dedication finally paid off: the Rolvenden Memorial was built and invitations for the unveiling ceremony were sent.

And so, on 11 April 2003, exactly 60 years after Wellington HE 159 was lost, we are all here near the very marshland where she crashed killing Flt Sgt Robert Buie, RCAF, Flt Sgt Walter Kimmerly, RCAF, Plt Offr Leonard Taylor, RCAF and Plt Offr Ralph Thompson of the RAF. We are gathered for the unveiling ceremony to the memory of these brave men. I am pleased that many dignitaries and town people have taken the time to come to the ceremony on this perfect day. In the crowd are local politicians, Royal Legion members and RAF officers. Remarkably, Mr. Jack MacGillivray, 83, has also made the trip to be there with his friend of 61 years. Also a retired 424 Squadron member, I notice that Mr. MacGillivray is also wearing a silk worm. Another lucky man...

The Standard bearers of



LCol Bouchard and Mr Art Lees after the ceremony.

the Royal British Legion provide a fitting backdrop along with the music of the 305 Ashford Squadron Band. With solemn grace, Rev Williams and Rev Green read the prayers and the hymns. The sun is shining, I hear a lark not far in the marsh. Then, BGen William Richard, Commander of the Canadian Defence Liaison Staff in London, unveils the memorial. The monument itself is a simple polished concrete truncated acute pyramid oriented to face the crash site. Two tablets are set on the front faces and are inscribed with the names of the four men who lost their lives in the service of their countries. The monument is set on a paved area and surrounded by four black iron bollards. Planted directly behind the memorial, are four young Canadian maple trees, already budding in the warm English Spring. As a sad testament to the accident, a twisted part of the Wellington's wing spar lays near the memorial. The lark is not singing anymore.

The Last Post and the Reveille are sounded on a bugler and the laying of the wreaths begins. All are silent as I have the honour to escort Mr. Lees to the memorial for the laying of the first wreath. We salute together; him for his brothers of arms long gone, me for the courage that these men

from another generation so valiantly possessed. Then, BGen Richard lays a wreath representing the Canadian High Commissioner. Next, LCol Luc Bouchard, the Commanding Officer of 424 Squadron, accompanied by his Squadron Warrant Officer, MWO J.P. Morin, lays our Squadron's wreath. Other dignitaries follow in silent order. Art Lees is visibly moved... the memory of his friends have been cast on this monument.

The next day, as we are driving back to London through peaceful little English villages and winding roads, I can't help thinking how hard it is to imagine what it was like. The sounds of airplane flying low, air raid sirens, bombs, the sound of an aircraft going down in a farmer's field... Many young men died during the battle of England; many were from 424 Squadron. We have a duty as a people and as a nation, to remember them and to honour their sacrifice for the freedom that they won for us. Thank you to Mr. Barham and to all the good people of Rolvenden for your valiant efforts in keeping the memory of the crew of HE 159 alive. We shall remember them.

O wind of heaven by thy might, save all who dare the eagle's flight and keep them in thy watchful care from every peril in the air...



LCol Bouchard lays a wreath at the memorial while MWO Morin is looking on.



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
June 8 - June 14

ARIES (March 21-April 19): Take care of your health on the 8th, 9th and 10th. Proper diet and a positive outlook will make a difference. Surround yourself with proactive individuals who you find stimulating. Make the necessary changes to your home but avoid going into debt on the 11th and 12th. You should be able to sign a contract or take part in a good deal, but be sure your motives are valid. You have everything going for you on the 13th and 14th now — all you have to do is push yourself a little. Joint ventures will be successful; get involved in an exciting project that could lead to your own home-based business.

TAURUS (April 20-May 20): Follow through with your plans on the 8th, 9th and 10th regarding personal and professional advancement. Jealous peers may try to take credit for your hard work. Speak up and you'll get the praise. There is more going on than meets the eye on the 11th and 12th where partnerships are concerned. You need to acknowledge whoever is trying to get your attention. This is a great time to put ideas in motion. Don't count on money that you haven't received yet on the 13th and 14th. Financial deals may be unpredictable. Refrain from lending or borrowing.

GEMINI (May 21-June 20): Times are changing and doors are opening on the 8th, 9th and 10th. Follow through with your ideas. Focus on what you know best and you will attract some serious interest. Focus on your health on the 11th and 12th. If you haven't been doing what's best for you, it is time to start changing your lifestyle. Career changes may be in order. You may have to contend with opposition on the 13th and 14th. Rely on past experience or friends to help you finish what you start. Don't give up or give in.

CANCER (June 21-July 22): Be careful not to let anyone take advantage of your kindness or generosity on the 8th, 9th and 10th. If someone is costing you money, cut your losses and rid yourself of this person. You will be very creative on the 11th and 12th and it will be easy for you to talk about your ambitions or your ideas. Travel, learning and social activity should be high on your list. You can prove yourself on the 13th and 14th. You will get the support you need from close friends and family, so don't be afraid to take on something challenging.

LEO (July 23-Aug. 22): You may be questioning your direction in life on the 8th, 9th and 10th. Don't be so hard on yourself if you don't accomplish everything that you have on your list. Lend a helping hand to someone in need. Don't neglect your responsibilities on the 11th and 12th. Get caught up on your household chores to avoid discord. Do what you know will help your personal situation. Plan to do something a little bit out of the ordinary on the 13th and 14th. You will meet the most interesting and helpful people if you are a participant.

VIRGO (Aug. 23-Sept. 22): Don't take action on the 8th, 9th and 10th. Think about all your options, but wait for a more appropriate time to make your moves. Change is coming your way. Spend time talking to individuals or groups that will help you in obtaining your goals on the 11th and 12th. The more networking you do, the farther you'll go. Get promises in writing. Don't look for trouble on the 13th and 14th, especially where family and close friends are concerned. If you criticize others, prepare to accept the same in return. View the positive rather than the negative.

LIBRA (Sept. 23-Oct. 22): It will be difficult for you to settle down and get into the groove of what you are supposed to be doing on the 8th, 9th and 10th. You are in a creative venue and it's hard to maintain any kind of endurance. Put your efforts into your professional goals on the 11th and 12th. Don't let any troubles at an emotional level stand in your way. It's important that you are not distracted. Things are beginning to look up for you on the 13th and 14th. Spend time with friends or join a cultural or political group. With knowledge, you can change your direction.

SCORPIO (Oct. 23-Nov. 21): Investment opportunities are looking pretty good on the 8th, 9th and 10th. You can make headway if you put time, effort and the cash needed into doing your own thing. Your future depends on you. You will gain the most on the 11th and 12th if you talk to people who have more experience than you. Your ability to take the information offered and apply it will result in worthwhile paybacks. You can make all sorts of adjustments in your life if you take the initiative on the 13th and 14th. Your ability to pick up skills and find opportunities will lead to a better future.

SAGITTARIUS (Nov. 22-Dec. 21): Don't trust what others tell you on the 8th, 9th and 10th. Problems with peers as well as those you live with are likely to result in a financial setback. Don't pay for someone else's mistakes. You must dig deep on the 11th and 12th if you want to discover what is actually happening. If you try to make a decision based on hearsay, you are likely to end up changing your mind. Keep up the momentum on the 13th and 14th and you will put any competition you face to shame. Socializing will lead to positive relationships. You must, however, remain humble.

CAPRICORN (Dec. 22-Jan. 19): Take part in community events on the 8th, 9th and 10th that will open your eyes to different cultural backgrounds. You will enjoy the people you meet and you will gain a better understanding of your own life. You will be praised for the contributions you make on the 11th and 12th. Discuss pressing matters you might have with one of your business or personal partners. You may find it difficult to keep a secret on the 13th and 14th. At a personal level, someone you care deeply about is likely to surprise you. Your acceptance will be the key as to how well things turn out.

AQUARIUS (Jan. 20-Feb. 18): Take a breather while you can on the 8th, 9th and 10th. You need time to think. Being organized will help matters and could eliminate some of the stress you've been experiencing. Put your time and effort into work-related projects on the 11th and 12th and forget about the personal matters that are driving you crazy. Doing things for others will make all the difference in the world on the 13th and 14th. Interaction with individuals who can make a difference to your future will pay off. Talk about your goals.

PISCES (Feb. 19-March 20): If you are creative in your financial dealings you should be able to prosper on the 8th, 9th and 10th. Make sure the plans offered are based on sound ideas. Don't give in to demands. You can make all sorts of interesting connections on the 11th and 12th and valuable lessons will be learned. Get out and take part in whatever intellectual interaction you can. Observing what others do will be far more entertaining than being in the limelight on the 13th and 14th.

ATTENTION MQ RESIDENTS: HYDRANT FLOW TESTING

The 8 Wing Fire Dept will be once again conducting annual fire hydrant maintenance from mid June through the end of August, which requires the flowing of fire hydrants. During this process some temporary discoloration of the Wing water supply may be observed. This is a normal occurrence during testing procedures and will not be a health concern to the occupants in the MQ's. If discoloration occurs, all that is required is to let your water run for a couple of minutes until the water is clear. For more info you can contact the Wing Fire Prevention Office at local 7890.

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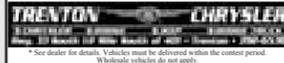
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Spring into summertime

by Cheryl Rothenburg,
Health Promotions
Director

It is that time of year again. The weather is (supposed) to be getting warmer by the day!

Pull out your walking shorts and dust off your bikes, not just the kids, yours too!

Contrary to popular belief it does not take much time or special equipment to get started:

- Strap on your walking shoes and go for a ten-minute walk either on your break or at lunch...or join the Health Promotion noon walking

group.

- Park at the far end of the parking lot instead of driving around for 5 minutes looking for the closest parking space. You will likely be in the store sooner and you may actually get a little exercise.

- Use the manual doors; remember when we actually had to open our own doors?

- Use the stairs, these steps add up over the years. Burning a mere extra 50 calories per day will equal a weight loss of 5 lbs at the end of a year!

- Plan short walks throughout the day; it doesn't all have to be done

at once. Three times ten equals 30 minutes. This burns about 140 calories, if you did this 5 times per week and change nothing else in your schedule it could lead to a 10 lb weight loss in one year!

These are just a few of the ideas that you could use. Start slowly and pick activities that you will be able to fit into your schedule, keep track of your progress and reward yourself when you reach your goals...you pick the reward...it's your success! Most of all make it fun, involve friends and family and watch the weight slowly melt away!

Take a poke at food safety

(NC)—Consumers have long been advised to use food thermometers to measure the internal temperature of foods, such as meat and poultry, to verify that a safe temperature is reached and that harmful bacteria like Salmonella and E. coli O157:H7 are destroyed.

There are many good reasons to use a food thermometer. Food thermometers help you to:

1. cook food to a safe temperature
 2. prevent overcooking and get the best flavour
 3. take the guesswork out of cooking
- During this barbecue season,

remember to use an instant-read food thermometer every time you prepare beef patties. Health Canada recommends cooking ground beef to a minimum internal temperature of 71°C (160°F). Insert a probe-type instant-read thermometer through the side of the beef patty until the tip reaches the centre. Fork-style temperature devices can be inserted through the top into the centre of the patty.

For more information on ground beef safety, visit the Health Canada Website at www.hc-sc.gc.ca/food-aliment.

Pesticides - a growing concern



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Pesticide application is a very serious business. Unless you have a commercial application license, you should use only products identified as domestic. Chemicals labelled commercial or registered have a far greater hazard potential and should only be used by trained personnel.

When the chemicals you buy need to be mixed or diluted before use, following the directions on the label is very important. This is the time when risk is at its highest because you are working directly with the undiluted product. Be near a water tap so spills and hands can be washed quickly. The mixing area should be clean, well ventilated and away from children, pets, food storage and laundry areas.

Allowing even a tiny amount of these chemicals to be taken into the body by breathing, swallowing or absorption through the skin is very hazardous. The following protective measures should be strictly followed:

- Wear clean rubber gloves and protective clothing when handling chemicals, and a respirator whenever recommended.

- Eye protection should be worn particularly when using products

that carry the words warning or danger. Goggles offer superior protection to glasses because they completely enclose the eye. Contact lenses should not be worn, especially the soft or gas permeable type. Vapours can be absorbed by the contacts and concentrated near the cornea even when goggles are worn.

- Do not store pesticides or empty pesticide containers anywhere near food or drink.

- Do not eat, drink or smoke in a work area. Ensure the measuring cup used in your greenhouse will not be the same one used to make Grandma's favourite cookies.

- Never rub your eyes or touch your mouth while working with chemicals.

- Wash your hands thoroughly before and after eating, drinking, smoking or using the toilet.

Drifters

A common problem of chemical application is drift. Pesticide droplets may be picked up and carried by the wind, rendering them both unsafe and ineffective. To best eliminate drifting, keep the droplet size as large as possible, and apply chemicals on a day with little or no wind.

Dispose of and store all chemicals according to the specific recommendations on the label. Keep all chemicals in their original containers with readable labels. A locked cabinet in a cool, dry, well-ventilated area is the safest place for storage.

In the event that a pesticide or other chemical is

swallowed, call a doctor immediately. Have the label of the chemical with you when you call and give all possible information to your physician or poison control operator. Most regions have toll-free numbers for their Poison Control Centers. Be sure to find out the number of your Poison Control Center and have it posted near your telephone.

Immediately flush skin and eyes with water for at least 20 minutes should any chemicals splash on them.

After exposure to harmful substances, be aware of nausea, skin rashes or other flu-like symptoms. Report any such reactions to your doctor.

Always look for a safer alternative

Garden chemicals are often unpleasant to use and can kill more than insects. There are a number of organic gardening methods to help control weeds and pests. These ways are not only healthier for you, but also better for the environment. Talk to your local gardening centers for more information on ways to control pests without the use of chemicals.

Safety with garden chemicals starts before they even reach your garden. Knowledge is the key. Be sure what you are buying suits your needs. Some compounds are toxic to certain plant species, and extra caution must be used when selecting chemicals for fruit and vegetable plants. In such cases be sure the compound is registered for use on plants consumed for food.

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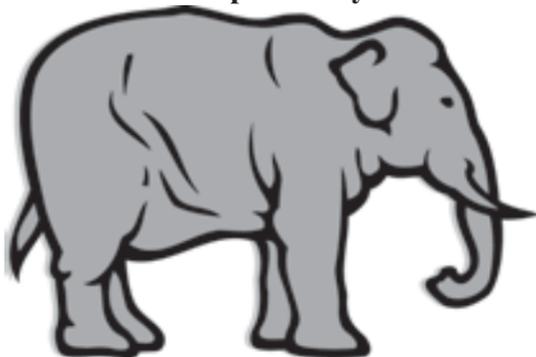
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Avoid contact with Poison Ivy

(NC)—You're out for a walk in the woods. You decide to take a break and stretch out under a tree to relax. Hours later you begin to itch. Small bumps, almost like pimples, begin to form on your skin. The itching becomes more severe, and, as you scratch the sores open liquid spreads on your skin.

Stop! Chances are you have been in contact with poison ivy. A common plant in most of Canada, poison ivy has green leaves that grow in threes with white berries. It produces an oil that is very

irritating to many people.

St. John Ambulance, Canada's authority for first aid training, offers this advice for dealing with poison ivy.

1. Remove and thoroughly wash any clothing that may have been in contact with the poison ivy or infected skin.

2. Do not scratch the sores, no matter how much they itch.

3. Wash the affected areas thoroughly with strong soap and fresh water. Make sure you get hidden areas, such as under fingernails or hair.

4. Seek the assistance

of a pharmacist or doctor to acquire a lotion to reduce the itching and dry the sores.

5. Untreated, poison ivy can be very dangerous. Always seek medical attention if the condition persists after treatment.

Outdoor adventures can lead to mishaps. Make sure you know what to do in an emergency. Learn valuable first aid and CPR techniques from Canada's leader—St. John Ambulance. For more details, see the office nearest you or check us out online at www.sja.ca.

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Turn dreams of home ownership into reality

(NC)—Having a home of their own is a dream for many Canadians but for too many prospective homebuyers getting there hasn't always been 'half the fun'. With the right information, however, that dream can easily be turned into a reality.

The first step is to determine your housing needs and get a basic understanding of the local housing market. Then it's time for the all-important task of setting your price range and determining if your goals are in keeping

with your means. Are you destined for an expansive mansion or a comfortable condominium?

"Potential homeowners should remember that there are closing costs associated with buying a home such as appraisal fees, legal fees and the land transfer tax," says Gail Kassie, Director, Mortgages and Home Financing Products, BMO Bank of Montreal. "When you determine the price of your dream home, be sure to consider such factors as current

interest rates and the percentage of your household income that could be allocated to monthly housing costs."

If you're going to save for a down payment and arrange for financing, the key is to plan, plan and then plan some more. Develop a monthly savings deposit plan to accumulate principal for a down payment. First-time home buyers should be aware of Revenue Canada's Home Buyers' Plan, a program that allows a withdrawal of up

to \$20,000 from your RRSPs, tax-free, to be used to purchase a qualifying home. Under the plan, joint purchasers can each withdraw \$20,000 so up to \$40,000 may be available as a down payment.

And, of course, there are mortgage factors to consider. In most regions, homebuyers must pay a down payment of at least five per cent of the total home purchase price. Homebuyers who pay a down payment of less than 25 per cent of the

purchase price often qualify for a "high-ratio mortgage," which requires an insurance premium to protect the lender from default. A down payment of at least 25 per cent of the price of a home qualifies for a conventional mortgage, which does not require insurance.

Finally, take advantage of the numerous tools available to help prospective homebuyers navigate the financing maze. For example, BMO Bank of Montreal offers a no-fee Pre-Arranged Mortgage

plan that helps you determine how much you can borrow, and interactive work sheets that answer mortgage and home-buying questions, including an online 'Mortgage Mate' that suggests mortgage options based on your answers to questions about your lifestyle and individual situation.

Information provided by BMO Bank of Montreal. For more information visit your nearest Bank of Montreal branch or log on to www.bmo.com.

Good fences make good neighbours

(NC)—Spring is here and everyone is heading outside to clean up the yard, fire up the barbecue, or open the pool. With today's trend of beautifully landscaped gardens, a fence can actually be a conversation starter between neighbours rather than a communication barrier.

Gone are the days when fences were only chain link, picket or plain wood slats and simply divided your neighbour's property from yours. Fences are used for a variety of practical reasons, such as privacy, to contain children and pets, as protection from intruders, as weather and noise barriers, or simply as decoration.

Once you've determined the purpose your fence will serve, you then need to establish a budget. "When deciding on a price range, remember that your

fence is an investment," says John Olivera, one of The Home Depot Canada's fence experts. "The longer it lasts and the less maintenance that is required over time, the more you will save in the long run."

Consider a wood products designed specifically for outdoor projects so they will stand up against all the elements that Mother Nature could throw its way. The Home Depot recently launched ProGuard Preserved Wood products, developed with the latest in long-term preservative technology making the product an ideal choice for outdoor construction projects such as, outdoor furniture, patios, decks and fences.

Wood has become the most popular fence material as it provide more privacy and can be built with any style in mind.

"ProGuard Preserved Wood products are very easy to work with. In fact, the style of fence you build is only limited by your imagination," adds Olivera.

Your local retailer can help you with material selection and should be able to give you tips and provide you with tools that will make the job easier.

Before you start, it's a good idea to check if there are any restrictions on fence construction. You'll also need to make sure there are no buried cables or pipes in your way and that you're permitted to build right up to the property line. While you're in the initial planning stages, it might also be a good idea to talk it over with your neighbour to see if they share your view, in which case, they might split the cost of materials with you.

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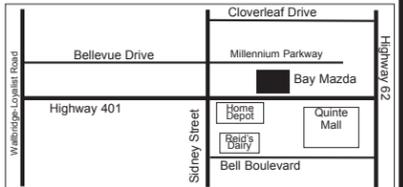
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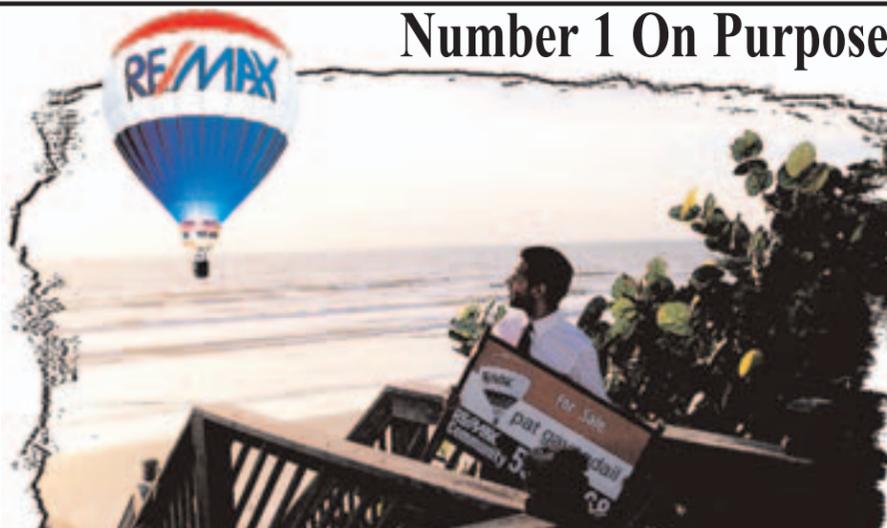
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2000 CHRYSLER INTREPID
Stk#240P, auto, 6 cyl., p.seats, air, cruise, tilt, keyless entry, CD, pw, pdl
\$101 bi-weekly



1998 FORD F150
Stk#3300A, automatic, 8 cyl., burgundy
\$140 bi-weekly



1997 CHEVY LUMINA
Stk#3364A, 73,900 kms, blue, auto, 6 cyl., alloy wheels, air, cass., cruise, tilt, pdl, pw
\$100 bi-weekly



1996 CHRYSLER SEBRING
Stk#3428A, maroon, auto, 6 cyl., bucket seats, air, cass., pdl, cruise, tilt, air
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