

the Contact

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CELEBRATING 100 YEARS!



Baker Island was the site of the 100th birthday party for Military Engineers (1903-2003) on Friday, May 9, 2003. Congratulations!

QIAS site takes flight

by Deanna Baird

The Quinte International Air Show is all set to go and so is the web site—www.qias.com has all the information you will need.

Need directions? Want to know where to park? Are there shuttle services provided? What will you see, in the air and on the ground? How much are tickets? Are there any restrictions for entering the grounds? Find the answers to all of these questions and more simply by going to www.cfbtrenton.com and clicking on the QIAS link.

The web site has a list of all performers invited to come to this year's show, including updates on the attractions and which acts have been confirmed. Find out which five countries will be represented at this year's show. Don't forget to bookmark the site so you can find out which aerial and ground performers, as well as historical and static displays, will be on hand on June 20-22 (just a few weeks away!).

Want to know what's happening at night? The weekend of entertainment starts Friday, June 20 at 3 p.m. at the Warrant Officers & Sergeants' Mess Rooftop Lounge, featuring the popular local band Cabin Fever. Saturday night's entertainment kicks off at 6 p.m. with an outdoor "Kitchen Party" behind the Officers' Mess with the "Practically Hip," a tribute to the great Canadian band Tragically Hip. A full weekend entertainment schedule can be viewed online.

The website photo gallery is a great place to see your favorite aircraft before they arrive for the big show next month. The gallery also offers images from the last QIAS in 1999, as well as photos of aircraft in day-to-day activities.

Military Police help raise money for Special Olympics

by Laurie McVicar
Assistant Editor

Military Police Officers traded in their traffic tickets for pledge forms on Monday as they took part in the 16th annual Ontario Law Enforcement Torch Run to raise money for the Special Olympics.

Despite wet and windy weather conditions, sixteen MPs joined members of the Quinte West police force and Special Olympians in a run that began at the west end of Trenton and finished in the Zellers parking lot, near 8 Wing/CFB Trenton.

Corporal Fred Noreau, organizer for the MP unit, was pleased with the level of participation from his coworkers.

"Most of the time we are too busy stopping (speeders) and issuing tickets. This is a good way to let people know we're not only there to do that, we're here to help the community too. It's also useful for us to meet members of the Quinte

West police," said Corporal Noreau.

Last year, 7,000 law enforcement runners from across the province ran over 8,000 kilometres and raised over one million for the Special Olympics through the "Adopt-A-Cop" fundraising program. The money helps provide a local, year-round program of fitness, recreation and competition for athletes with a mental handicap.

Like any other talented Canadian athlete, Special Olympians take part in regional competitions. Every four years, they have the opportunity to advance to provincial, nationals and world games. The program puts strong emphasis on personal victories and is structured so that athletes compete against other people of similar ability level.

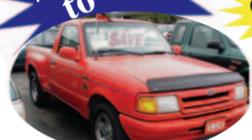
In addition to the fitness benefits of the Special Olympics program, participants also gain self-confidence, improved self-esteem and motivation to help overcome everyday challenges.



Wet weather did not dampen the spirits of the torch run participants on Monday.

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FLOWER MARKET
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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



The Aircraft Support Flight in 10 Hgr has recently re-established a Consumption Point to support 8 AMS. Shown here is Pte Clarke from ASF restocking the storage bins.

Remembering the fallen airmen

by Col Mike Whitty

The small town of Wilnis, The Netherlands, has unveiled a special monument honoring three Canadian airmen who were killed when their aircraft was shot down in May 1943 on their return from an air raid over Dortmund.

The aircraft and remains of the three airmen were recovered only last year and were interred in a ceremony at the end of November last year. The monument was erected by the municipality of De Ronde Venen, of which Wilnis is a part.

The formal part of the event commenced with a presentation given by the Mayor of the Community, Ms Marianne Burgman, and a local historian, Mr. Hans Onderwater, on "the Canadian Involvement in the Air War over The Netherlands."

The presentation was followed by a traditional Commemorative Service in the cemetery officiated by Canadian Forces and Dutch Military Padres. The service concluded with flowers being laid on the graves of WO Moulton, Flight Sgt White and Flight Sgt Thibaudeau by the Canadian Ambassador and the Military Attaché, by the Representative of the

Queens Commissioner and the Mayor, and by children from local schools.

Following the Service, the group moved to a location immediately adjacent to the cemetery where the monument, which at that point was covered by one of the unused parachutes recovered from the aircraft, was unveiled by the Ambassador and the Mayor with the help of local school children.

During the Ambassador's remarks, he thanked the community and all Dutch people for their continuing expression of gratitude to Canada and Canadians. The event concluded with a reception hosted by the Ambassador.

The monument is of simple yet stunning design and will become the focus in Wilnis of the annual Remembrance Day ceremonies which the Dutch hold on May 4. Although specifically dedicated to the aircrew of Wellington Bomber HE 727, it will be another lasting tribute to all the young Canadians who gave their lives for the liberation of The Netherlands.

Col Whitty is the Canadian Defence Attaché in The Netherlands. He and his Assistant, Sgt. David Arsenaault, assisted in organizing both the burial and monument unveiling.





Sergeant Marc Léger Memorial Project opens

**Captain Holly Apostoliuk
Task Force Bosnia-Herzegovina**

On Saturday, May 10, a Mrs. Marley Léger opened a restored community centre in the Livno Valley of Bosnia-Herzegovina in memory of her husband Sergeant Marc Léger, who was killed in Afghanistan last year.

Motivated by Mrs. Léger's vision and working with funding from the Marc Léger Memorial Fund and the Canadian International Development Agency, the 1st and 2nd Battalions of Sgt. Léger's regiment, Princess Patricia's Canadian Light Infantry, identified and supervised the completion of the restoration of the community centre as a continuation of work begun by Sgt. Léger.

In 2000, when the then Master Corporal Léger was serving in Bosnia with the 3 PPCLI Battle Group on Rotation 6 of Operation PALLADIUM, he helped Bosnian Serbs who had been displaced from the Livno Valley to return to their homes. For these efforts, he received a Deputy Chief of Defence Staff

Commendation and, when the people of the Livno Valley heard that he had been killed, they sent a letter of condolence to Mrs Léger, in which they stated their respect for him. His contribution to the people of the region was immortalized in his eulogy.

The restoration of their community centre was the greatest wish of the people of the Livno Valley. The community centre will be used as a

social-cultural centre, a multi-purpose hall, a medical treatment centre, and an administrative centre.

The Honourable Susan Whelan, P.C., M.P., Minister for International Co-operation (governing CIDA), and His Excellency, Sam Hanson, Canadian Ambassador to Bosnia-Herzegovina attended the opening ceremony and Minister Whelan read a statement from the Prime Minister.



Photo: MCpl R. Clowe

The restoration of the Livno Valley community centre was the greatest wish of the local citizens in Bosnia, and will be serve as a social-cultural centre, a multi-purpose hall, a medical treatment centre, and an administrative centre.

Search & Rescue UPDATE



This week leads into what is traditionally 424 Sqn's busiest time of the year...May long weekend through Labour Day. Summer is close at hand. Both the SAR Hercules and Labrador were involved in a search for a young boy who had fallen into a creek in the National Capitol Region. The Hercules was first to arrive on scene but had no success in the small and congested search area. The Lab arrived shortly thereafter, but again after several hours, had no success in locating the missing boy. On another occasion, the SAR Hercules was tasked to search for a missing helicopter in western Quebec, between Rouyn and Lasarre. While en route the crew was informed that the helicopter had been located and that there was no distress.

Have a safe Victoria Day weekend.

Missions for 2003: 33 Missions for May.: 3 Persons rescued: 8

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



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Newspaper**



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LETTER

Dear cat owners in the PMQs:

I do not intend to paint all of you with the same brush, as there are many excellent, by-law compliant cat owners. It is only those who open the door and let their beloved (?) pet roam indiscriminately through the neighbourhood doing untotaled damage to which I address myself.

I, like many others, gain great pleasure from planting a little garden. There is no pleasure to awaken in the morning and find that some cat has dug up whole sections of it while using it as a litter box. Nor is there any pleasure in finding a similar treat deposited on the door step because the roaming cat detected the indoor cats and wishes to mark its territory.

As a pet owner and parent, I do understand that "escapes" are bound to occur and in those instances my only concern is that the pet makes it back safely to its home. It is the frequent, deliberate setting of cats to roam and cause mischief that I find so offensive. I have taken some pretty deliberate steps, including setting humane traps to catch the cats and transport them to the humane society, and I am not alone in this venture but this is not the answer and the onus is in the wrong hands.

I am writing to ask all those who set their cats loose to stop. I would also invite other similar-minded PMQ inhabitants who feel that cats, like all other pets, should not be allowed to roam to contact their Ward Counselor and ask that stricter enforcement be pursued in this area.

Capt. Vicki Hébert
Local 7631

**What's on your mind?
Put it into a letter to the editor!**

Pool CLOSED
Saturday May 24th
1:00 – 6:30 pm
due to swim competition
Saturday Evening
Swim Schedule
Rec Swim
7:00 to 8:00 pm



Canadiana Crossword

Poobah's

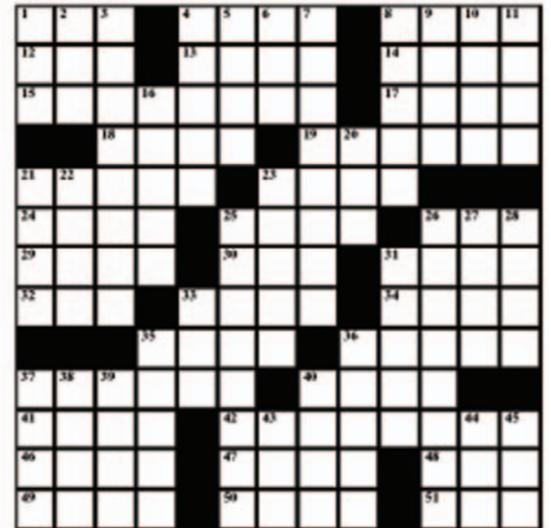
Bernice Rosella and James Kilner

ACROSS

- 1 Shade tree
- 4 Speechless
- 8 Cavort
- 12 Meadow
- 13 Norway's Capital
- 14 Solitary
- 15 Quebec's Premier Jacques
- 17 Actress Lanchester
- 18 University student
- 19 Manitoba's Premier Duff
- 21 Images
- 23 Rescue
- 24 Snowbird's destination?
- 25 Tilted tower
- 26 Education org.
- 29 Taj Mahal locale
- 30 Printer's concern
- 31 Ray
- 32 Encountered
- 33 Portico
- 34 Canadian constabulary, for short
- 35 Avid
- 36 Tots
- 37 Ontario Premier Frank
- 40 A kind of knot
- 41 Theatre award
- 42 Song birds
- 46 Actress Garr
- 47 GM product, once
- 48 Agent, for short
- 49 Beasts of burden
- 50 Snout
- 51 Genetic info transmitter

DOWN

- 1 Matterhorn, for one
- 2 Red or Black follower
- 3 British Columbia Premier



- 4 Naps
- 5 Employed
- 6 Provincial pol.
- 7 Quebec's Premier Robert
- 8 Trainee
- 9 Lounge
- 10 Computing standards org.
- 11 Give birth
- 16 Ancient Greek colony
- 20 Eggs
- 21 Muslim leader
- 22 Coop
- 23 Biblical name
- 25 Ontario's Premier David
- 26 Newfoundland's Premier Brian
- 27 Domesticated
- 28 Electrical units, for short
- 31 Curling competition
- 33 Observe
- 35 Alberta's Premier Ralph
- 36 Clipped, in a way
- 37 ____ cross
- 38 Wild goat
- 39 Italian currency
- 40 Auto parts
- 43 Arafat's org.
- 44 Cyst
- 45 Resort

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This Week in Contact

Fly Past is expected to return next week.

Watch the Contact for more historical tidbits about 8 Wing/CFB Trenton.

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





Defence Minister accepts first Phase I modernized CF-18 Hornet

OTTAWA, May 14 /CNW/ - The Honourable John McCallum, Minister of National Defence, and Major-General Richard Bastien, Assistant Chief of the Air Staff, accepted the first "Phase I" modernized CF-18 Hornet from Boeing International, at a ceremony held today at the Canada Reception Centre, adjacent to Macdonald-Cartier International Airport.

The \$880-million contract with Boeing, awarded in 2001, includes procurement and installation of a sophisticated technical upgrade package that will help extend the life of the CF-18 until at least 2017. Under sub-con-

tract, the installation is being done by Bombardier at its Mirabel plant outside Montréal, Que.

"This contract was undertaken as part of a thorough mid-life upgrade of our CF-18s that will ensure we have a modern and interoperable fighter fleet for at least 15 more years," said Minister McCallum. "We have acquired a fully tested and proven system in a cost-effective way."

"This is the first step to ensuring Canada is able to maintain a supportable, survivable and operationally capable fighter force," said Major-General Bastien. "It will allow us to better serve

Canadians at home and abroad, not only today but well into the future."

The package is based on the US Navy's own F-18 Hornet upgrade program and was found to be the most cost-effective and lowest risk solution for Canada's CF-18 modernization requirements.

Some components of Phase I are being acquired separately, but installed by Boeing. Phase I constitutes the greater portion of the two-phased modernization program and is being conducted in parallel with several other upgrades, from new infra-red sensors to new air-to-air missiles.

The upgrade package,

which has been extensively tested and flown operationally by the US Navy, includes: a new radar; "Have-Quick" jam-resistant radios; a combined interrogator-transponder; stores management systems; mission computers; and embedded global positioning and inertial navigation systems.

Of the 138 CF-18s procured between 1982 and 1988, 121 aircraft remain; 15 were lost to accidents, one was rendered unflyable as part of testing procedures, and one (901) was inducted into the Canada Aviation Museum.

A total of 92 aircraft will be kept operational until the

80 Phase I modernized CF-18s come into full service in 2006. Scheduled to begin in 2006, Phase II projects are still in the developmental and planning stages.

Canadian CF-18 fighter pilots and ground crews conducted combat missions alongside our allies in 1999 during the Kosovo crisis and, as part of NORAD, continue to defend North American airspace following the events of Sept. 11, 2001. These operations highlight the need to equip CF-18s with systems to ensure interoperability with allies, survivability against modern weapons, and advanced operational capabilities.

Le MND accepte le premier CF-18 Hornet modernisé dans le cadre de la phase I

OTTAWA, le 14 mai /CNW/ - L'honorable John McCallum, ministre de la Défense nationale, et le Major-général Richard Bastien, Chef d'état-major adjoint de la Force aérienne, ont accepté le premier chasseur CF-18 Hornet modernisé dans le cadre de la phase I par l'entreprise Boeing International, lors d'une cérémonie qui a eu lieu aujourd'hui au Centre d'accueil du Canada, adjacent à l'Aéroport international Macdonald-Cartier.

Le contrat de 880 millions de dollars accordé en 2001 à la société Boeing vise l'acquisition et l'installation d'un ensemble d'améliorations techniques de pointe qui prolongera la vie du CF-18 au moins jusqu'en 2017.

L'installation est effectuée en sous-traitance par la société Bombardier, dans son usine de Mirabel, à l'extérieur de Montréal (Québec).

"Ce contrat a été attribué dans le cadre d'un programme complet de modernisation à mi-vie de nos CF-18. Il nous permettra de nous doter d'une flotte de chasseurs modernes et interopérables pour les 20 prochaines années", a déclaré le ministre McCallum. "Nous avons fait l'acquisition d'un système entièrement éprouvé à peu de frais."

"Ceci est la première étape qui verra à assurer que le Canada est capable de maintenir une force de chasse soutenable, survivable et possède une capacité opérationnelle

pertinente," a dit le major-général Bastien. "Ceci nous permettra de mieux servir les canadiens au pays comme à l'étranger, non-seulement aujourd'hui mais aussi dans le futur."

Les améliorations techniques sont fondées sur le programme de modernisation des CF-18 de la US Navy, qui s'est avéré être le moyen le plus économique et le moins risqué de moderniser les chasseurs CF-18 canadiens.

Certaines composantes de la phase I sont achetées séparément, mais installées par Boeing. La phase I constitue la plus grande partie du programme de modernisation étalé sur deux phases. Elle se déroule parallèlement à

plusieurs autres améliorations, notamment l'achat de nouveaux capteurs infrarouges et de nouveaux missiles air-air.

L'ensemble de modernisation, qui a fait l'objet de nombreux essais et été utilisé dans le cadre de vols opérationnels par la US Navy, comprend un nouveau radar, des radios antibrouillage "Have-Quick", un interrogateur-transpondeur combiné, des systèmes de gestion de l'armement, des calculateurs de mission et des systèmes mondiaux de localisation et de navigation par inertie intégrés.

Des 138 CF-18

achetés entre 1982 et 1988, il en reste 121 : 15 ont été détruits dans des accidents, un appareil a été rendu inapte à voler dans le cadre de procédures d'essai et un autre (le numéro 901) est exposé au Musée de l'aviation du Canada.

Un total de 92 aéronaves demeureront opérationnels jusqu'à ce que les 80 CF-18 modernisés au cours de la phase I entrent en service en 2006. Les projets de la phase II, qui devrait débuter en 2006, en sont toujours aux stades de l'élaboration et de la planification.

Les pilotes de CF-18 canadiens et les équipes au sol ont accompli des missions de combat avec nos alliés en 1999 pendant la crise du Kosovo et, au sein du NORAD, ils continuent de défendre l'espace aérien de l'Amérique du Nord suite aux événements du 11 septembre 2001.

Notre participation à ces opérations exige que nous dotions nos CF-18 de systèmes qui assureront leur interopérabilité avec les forces alliées, les protégeront contre les armes modernes et leur fourniront une capacité opérationnelle avancée.

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
11 Mother's Day	12	13	14	15 TGIF 1700 hrs Pizza Sports/Darts	16	17
18	19 Victoria Day	20	21	22 Astra Lounge Bosses Night 1600hrs	23 1700 hrs Lasagna Sports/Euchre	24 Dart Tournament
25	26	27	28	29	30 TGIF 1700 hrs Opening BBQ Steak Night Sports/Pool	31

MAY

2003

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Are we overdoing the real estate rush?

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Garth Turner

If there was any doubt about where Canadians are putting their dough these days, it should have been dispelled by some numbers which rolled in over the past few days. First, Bay Street was rocked by the latest mutual fund statistics, showing investors bailed in April to the tune of \$1.6 billion.

It was the worst month for redemptions in recent memory, and now caps off 12 of the rottenest periods in fund history, with some \$65 billion less in the hands of fund managers. And on the heels of that shock came news there were, on an annual basis, 207,800 new housing starts across Canada in April. For single family homes, this was the best showing for new

construction so far this year.

So, it continues. The massive movement of money out of real assets like real estate and into financial assets like stocks and funds that so characterized the last decade is in full reversal. In the 1990s, of course, we had high interest rates, high inflation, and the highest stock market values in history which peaked almost exactly as the decade ended. Stock and mutual fund prices were hugely exaggerated and out of whack with corporate earnings, as evidenced by Nortel and the dot-com phenom. And, yes, people could not get money into stocks and funds fast enough.

Today we have extremely low interest rates, virtually no inflation, and stock markets which have lost between 40 per cent and 75 per cent of their value. Stock and fund prices today are cheap by 1998 standards, and yet buyers are staying home in drives - literally, at home. Suddenly real estate is to the 2000s what technology was to the 1990s. The average home price has just achieved its highest point ever; we are building an average of 1 million new homes every five years in a country with just eight million households; and there continue to be multiple offers and bidding wars in demand neighbourhoods across the country.

So, is real estate going to end the way technology did - very, very badly?

Some people make exactly that argument, pointing to the leading edge of the housing boom, condominiums, as evidence supply and demand are way out of whack. In Toronto alone, 35,000 new condo units have been sold but remain to be

built and occupied, and it's estimated a third were bought on speculation by investors. Once they stream onto the market, with the vacancy rate at a 30-year high, chances are those investors will have to either sell for less than they paid, or subsidize a tenant for a few years.

Others say, true, condos may be unstable, but the market itself is not. In fact, Bank of Montreal economist Michael Gregory was making just that point in a new study last week which explained well what is

last year alone, and a few of the big banks are now cutting new mortgages to the tune of \$1 billion a month. It's this mounting pile of consumer debt that has other economists, like Benjamin Tal, of CIBC World Markets, quite concerned. Eventually, it all has to be paid back and also - inevitably - interest rates will be higher than they are today, as the American economy shakes off its recent woes.

This could suggest that people buying big houses with big mortgages at high prices

"...back in the evil Nineties, a family would typically have to allocate between 60 per cent and 70 per cent of their household income to mortgage debt payments, far higher than the historic norm of 43 per cent. But today, the carrying costs have plunged to just 30 per cent of income, which means the buying frenzy continues even though the cost of a home has risen sharply - up 8.5 per cent since last Spring."

behind the housing boom. People continue to buy simply because they can afford to. With mortgage rates where they are, near a generational low point, and with family incomes rising in a growing economy, it simply takes less money to carry a house.

Gregory found that back in the evil Nineties, a family would typically have to allocate between 60 per cent and 70 per cent of their household income to mortgage debt payments, far higher than the historic norm of 43 per cent. But today, the carrying costs have plunged to just 30 per cent of income, which means the buying frenzy continues even though the cost of a home has risen sharply - up 8.5 per cent since last Spring.

The fact you can carry way more debt these days for way less of a monthly payment has led to the inevitable - bigger mortgages. Mortgage debt across the country soared by 7 per cent

today are doing what other buyers did 14 years ago, the last time house prices peaked. Buyers then had to wait from 1989 until 2003 just to get their money back, quite apart from any erosion inflation had caused over the years.

I'm not suggesting this real estate bubble is going to burst, or even that it is a bubble. It's just that the world is so black-and-white right now, it's alarming. Real assets are kings, financial assets are dogs. Today we reflect on the dot-com days when investors threw money at startup companies with neither experience or even the expectation of profit and say, 'what were we thinking?' Ten years from now there could be a pile of 60-something Boomers, house rich, cash poor and mortgage fatigued muttering the same thing.

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

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Pet Particulars

Happy Birthday, Duke!



Duke's party on Saturday May 10, 2003 was a huge success with many people coming to share the day with the guest of honour (shown here still in his party hat and preparing to take a nap after the days events!!) Duke spent the day mostly outdoors relaxing on the grass in the sunlight he loves so much watching the events around him. Even some of his old pals who have since been adopted came out to frolic with him. He really enjoyed all of the attention and all of the treats and special food. He wishes to thank all those who came out to spend the day with him and those who worked so hard to put the event on. Special thanks to: Seans No Frills -who donated all of the "Duke dogs" and pop; Trenton Pet Valu; Belleville Pet Valu; PetCetera; Maggies Country Cupboard--the above organizations supplied the cakes and decorations to make the day possible!!!

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Exercise, good nutrition, food safety practices are best prevention

(NC)—According to Health Canada, seniors are more vulnerable to foodborne illness. As we age, our immune systems tend to deteriorate. The immune system is one of the most important mechanisms for fighting disease and preserving health, so a decrease in the level of disease-fighting cells is a significant factor in the number of infections that may occur.

In addition, undergoing major surgery also affects the body's ability to fight off infections. To counteract the effects of aging on the immune system, long-term regular exercise is important.

Malnutrition also makes one more susceptible to foodborne illness. It leads to increased incidence of infections, including those that result from foodborne bacteria. There are many reasons why malnutrition occurs in seniors. There may be a decrease in the pleasure of eating. Medication, digestive disorders, chronic illnesses, physical disabilities or depression may result in a loss of appetite. Good nutrition is therefore an important factor in maintaining a healthy immune system.

Finally, because we are at greater risk of contracting foodborne illness as we age, the safe preparation, cooking and storage of food is very important. For example, you can reduce the risk of bacterial illness by always washing your hands thoroughly before and after handling raw meat, poultry, fish and seafood; using separate cutting boards and utensils for raw and cooked product; cooking ground beef to the appropriate temperature (71° C/160°F); using a clean utensil to move burgers to a clean plate when ready to serve, and refrigerating foods promptly.

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



National Child Benefit

For our children to be happy and healthy, they need many things. Some are free, but many are not. The National Child Benefit (NCB) gives financial support to low-income families. This helps parents work towards a brighter future for their children. And it also helps to reduce child poverty in Canada.

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Thurs May 29
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Diabetes Newsletter: Use care when choosing cold medications

Question: I have a cold. Many of the cold medications say to consult with physician if you have diabetes. Is there anything I can take?

Answer: What is important to realize is that over-the-counter products are drugs, and certainly, they can affect an individual with a chronic condition such as heart disease, asthma or diabetes. Additionally, get into the habit of reading the labels. Choose products that are

specific to your symptoms. Why take a product containing a decongestant, antihistamine, analgesic (pain killer) and cough suppressant, if all you have is an annoying dry cough? Know the ingredients in these products, and know how they may affect you. Most importantly, ask questions. "What is appropriate for me?" Your doctor, your pharmacist, your diabetes educator, they can all help you find the answers to these questions.

In general, choose low sugar/sugar-free & alcohol-free products (many liquid pharmaceuticals may contain significant amounts of sugar). Low calorie options means 14 calories or less per dose.

How do over-the-counter (OTCs) ingredients affect diabetes?

Acetaminophen (Tylenol) has no effect on blood sugar but high doses (4g) long-term can worsen kidney function/failure.

ASA, NSAIDs

(Advil, Motrin) may have an effect on blood pressure and on kidney function as above.

Oral decongestants (Sudafed, phenylephrine): Evidence that these may affect blood sugar levels is weak (your blood sugars usually go up when you're sick, which is why you should increase the frequency of blood sugar monitoring); however, because they cause vasoconstriction, they should be used with caution if you

have high blood pressure or circulation problems. A better alternative would be a nasal spray.

Antihistamines are safe and do not affect blood sugar (diphenhydramine, pheniramine, chlorpheniramine).

Cough products: safe to use - make sure to

choose sugar-free/alcohol free syrups and lozenges.

Don't overlook the usefulness of non-drug measures such as vaporubs, humidifiers, saline nose drops, and chicken soup.

Elaine Burke
Pharmacist

Stay safe off the job



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Use ladders safely. Make sure your ladder is in good repair. Don't stand on the top few rungs of a straight ladder or a stepladder. Keep your body close to the ladder and do not lean away from it because you could cause it to tip. Never use a metal ladder such as aluminium for any electrical work, even changing a light bulb. Keep ladders away from all overhead power lines and electrical installations.

We'd like to see you back here tomorrow — healthy and free of injury. Many injuries occur because of accidents off the job. Your safety around the clock, seven days a week is important to management and your co-workers here. So take some of your on the job safety training away with you and apply it to your life at home, on the road and during recreational pursuits.

Here are some reminders for off the job safety:

Keep your home fire-safe. Inspect regularly for fire hazards such as electrical malfunctions and accumulations of combustible clutter.

Install smoke detectors in all of the recommended locations in your home. Keep them serviced and maintained according to the manufacturer's directions.

Keep the correct fire extinguishers in your home and vehicle and know how to use them. Make sure they are charged and maintained according to instructions.

Hold regular family fire drills so each person knows how to get out alive. Have a designated spot where family members are to assemble outside in case of a fire or other emergency.

Get rid of hazards, which could cause falls in your home. Keep stairways and steps in good repair. Maintain adequate lighting along walkways and stairs. Never store things on the stairs, even temporarily. Install non-slip surfaces in bathtubs, showers and bathroom floors.

Avoid other hazards of electric shock. Remember, moisture and electricity are a fatal mixture. Never handle electrical equipment, including kitchen appliances, with wet hands. Use a Ground Fault Circuit Interrupter with electrical equipment anywhere moisture might be presents, such as outdoors, in the bathroom and kitchen. Take good care of electrical equipment to prevent damage to wiring and insulation.

Wear your seat belt whenever you are traveling in a vehicle — even to the corner store.

Never drive under the influence of alcohol or other drugs. Keep in mind other factors such as exhaustion or emotional upset can also affect your ability to drive safely.

Wear correct Personal Protective Equipment (PPE) off the job too. Using a lawnmower or chain saw calls for safety-toed footwear and ear protection. Using power or hand tools requires eye protection such as safety goggles.

Make sure any dangerous household substances such as cleaning products and pesticides are correctly labelled, stored in their original containers and kept out of the reach of children and pets. Flammable liquids should be stored in a well-ventilated area away from any sources of ignition.

Remember to take your on the job safety awareness home with you — we want to see you back tomorrow.

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1997 Olds Cutlass Leather, St#2221T.....	\$89	bi-weekly
1997 Plymouth Neon Auto, Air, St#2459P.....	\$63	bi-weekly
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2002 Dodge Ram Loaded, St#2276P.....	\$187	bi-weekly
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Fitness, Sports & Recreation

Mountain Biking - Trail Riding Basics Clinic

WHEN? 1130 - 1300 Monday, May 26.

WHERE? Aikin's Road (Hwy 2 East to White's Rd, turn left to bottom of hill before 1st railway tracks). This is where the group will start and finish from.

WHAT? Learn the basics of riding your bike off-road including technique, shifting, turning and braking. The trail we will be riding on includes some small hills and some single track, so for safety purposes, a helmet and safety glasses are strongly recommended.

WHO? This clinic is for those who wish to ride their bikes on one of the many trails in the Quinte Region but have never had the opportunity.

For more info call Manny at 3754, Paul at 3372 or for registration, call Shirley at 3467.

Well done!

The 2003 Canadian Forces National Badminton & Squash Championships were held in Borden from April 5-10.

The Quebec Region was declared the CF National Badminton Champion this year with the Ontario Region in second place. CWO Simon Berthiaume, MCpl Debbie Campaigne, Cpl Terry Gough from 8 Wing/CFB Trenton were members of the Ontario Region Badminton Team. MCpl Campaigne captured the Ladies Single Gold Medal & Ladies Double Gold Medal with partner Cpl Isabel Bergeron from Petawawa. A well done to MCpl Campaigne and the rest of the Regional Badminton Team.

The Atlantic Region was declared the CF National Squash Champion this year with the Ontario Region placing second. Members of 8 Wing/CFB Trenton making up the Ontario Region Team were Sgt Kevin Torfason, 2Lt David Chown, Cpl Dave Devries, and Pte Dominique Poulin.

Well done!

BROOMBALL'S BACK!



Photo: Laurie McVicar, Contact

Intersection broomball kicked off on Monday with a game between ATESS and 8ACCS. Dropping the ball was League President MS Bill Pellerin.

Facing up to the challenge

Confessions from the Gym



Laurie McVicar

Monday, May 12

As punishment for writing a particularly negative column two weeks ago, Jen gave me homework last week. I was asked to sit down and list my biggest obstacles in terms of nutrition and fitness.

After much deliberation, I realized it's not lack of time or illness that have been my biggest challenges, it's mindset. Being over

weight for many years has not only robbed me of energy but of self-esteem. I have talked myself out of taking part in many potentially fun experiences simply because I felt I was "too big" to participate. I'm still amazed at the fact that I'm learning self-defence - something I would not have dared to attempt a year ago. I still get frustrated when I have difficulty doing something because of my

size, but at least now, I try.

Writing about your challenges is a fantastic way to finally face up to them. Now, every time I'm tempted to skip my work out I ask myself why I don't want to go. Am I genuinely too busy or tired? Nine times out of ten, it's just the "old me" trying to make a come back.

I think Survivor star Christy Smith put it best when she recently offered the following advice in an internet chatroom: "Try to step out of your comfort zone. Even if it's one to two hours a week, do something you never thought you would do or could do. That's where you'll learn about yourself the most."

Surf 'n Turf Relay Race

When:

The race will be on **13 June 2003** rain or shine beginning at Baker Island at 0900 hrs "sharp". Register before **June 6!**

Participants:

The race includes mostly military members, but also has teams from local corporations and businesses. Over 400 participating racers are expected including the 75+ race volunteers and Organizing Committee.

Team Composition:

A team can enter in to one of the below categories (eight participants per team). Also, individual military members may register as a "Tinperson" and complete all legs of the race on their own. **Note:** a Tinperson may participate as a member of a Team but can only compete in the first leg of the race (the 10 km run) as part of that Team.

Categories:

- Open - open to any mixture of age and gender
- Mixed - must have a minimum of two females or two males
- Female - all female team
- Masters - sum of all participants ages must equal 280+
- Tinman - one male completes all legs of the race
- Tinwoman - one female completes all legs of the race

PICK UP ALL REGISTRATION INFO AT THE GYMNASIUM MAIN OFFICE.

Race Organizer is Fitness Coordinator, Scott Burns, at 613-392-2811 local 3328.

Volunteers are needed to help with the organization of this event. Please contact 3328 if you would like to become part of the organizing team.

The benefits of having a personal trainer

The big "buzz" in the fitness industry today is focused on "personal training".

Seems everyone is doing it because *it's personalized* - it's your own personal training program designed *together* with a qualified personal trainer. There are many things a personal trainer can do for you. They can be your:

Teacher - educating you about exercise.

Coach - providing you with continual encouragement.

Advisor - suggesting strategies and techniques that may work for you.

Supervisor - keeping you focused on your goals.

Supporter - recognizing and rewarding your lifestyle changes.

The top ten benefits of personal training are as follows:

1. Individualized programming - designed with you - focused on your personal desires, and interests.
2. Get the results you want.
3. Assistance in achieving your goals.
4. Increased commitment and enthusiasm.
5. You receive help in overcoming "fitness fears".
6. Assistance in targeting your trouble areas.
7. You will be provided with continual coaching.
8. Your time in the gym will be decreased.
9. Your workout will be kept fresh and interesting.
10. It is a proven fact that personal training can improve your results by 80%.

Contact the Fitness Staff at 3328 or 7160 - all of whom are Certified Fitness Consultants and are more than anxious to provide you with personal training services (FREE for Military personnel).

WAHRO golf tourney

The WAHRO's Intersection 4 Ball Best Ball Tournament that was rained out now will be held on Tuesday, May 27 at the CFB Trenton Golf Course.

The tournament will be limited to 21 teams, all units wishing to participate will be guaranteed a spot, and left-over spots will be on a first come basis. Registration fee will be \$10 per person for door prizes, \$20 green fees for non Golf Club Members and \$5 for food. Payment will be made at The Gymnasium Main Office no later than **1600 hrs, Friday May 23.**

The tournament will begin with a team briefing at 0730 hrs, followed by a shotgun start. Register your team or as individuals with Shirley Martin at local 3467. For info, contact the Military Sports Coordinator, Dan Cormier, at local 3373.

961-1552

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TRENTON Military Family Resource Centre



FOR MORE INFORMATION 965-3575

**“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.

May 21 - “Style & Fashion” with Sophie Gauthier.

May 28 - “Health Promotions” with Cheryl Rothenburg

“Activités du mercredi”

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

21 mai - “Style & ModeE” avec Sophie Gauthier.

28 mai - “Promotion de la santé” avec Cheryl Rothenberg.

MASS SCHEDULE HORAIRE DES MESSES

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
MASSES -MESSES**

Messe Dominicale: 0900 hrs (français)
Sunday Mass: 1130 hrs (English)
Weekdays (W-F): 1200 hrs (Bilingual)

CONFESSION

At all times. En tout temps.

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
Chorale: Mercredi 1900 hrs
Choir: Tues at 1900 hrs
Silhouettes of Mary: 2nd and 4th Thurs at 1830 hrs

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.

True colors©

True Colors© (Vraies Couleurs)

I will be offering a True Colors© workshop on Thursday, June 12th, 2003 from 6:00 to 8:30 p.m.

This interactive workshop offers you the opportunity to discover your potential and establish positive relationships with others that promote learning and teamwork.

True Colors© is an easy, entertaining way to identify your character which becomes an invaluable tool for enjoying success in your professional life as well as with family and personal relationships.

Please register in advance by contacting me at 392-2811 ext. 3852 or 965-3575. We will take a maximum of twenty participants.

Manon Lachance

J'offrirai un atelier Les Vraies Couleurs (en anglais, mais l'information est disponible en français) jeudi le 12 juin de 6h à 8h30.

Les Vraies Couleurs, qui sont conçues en fonction du besoin de respect, de dignité, de confiance en soi-même et d'estime de soi, ont été créées pour devenir le véhicule par lequel nous communiquons avec les autres.

Les Vraies Couleurs représentent une façon simple et amusante d'apprendre à se connaître et à connaître autrui. La détermination de votre couleur devient un outil inestimable qui vous aide à avoir du succès sur le plan professionnel, familial et interpersonnel.

Réservez votre place en appelant Manon Lachance au 392-2811 poste 3852 ou la réception au 965-3575. Nous accepterons un maximum de 20 personnes.

Manon Lachance



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-week sessions) beginning July 7 and running 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.

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.

**News we can use? Call the
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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

May 18 - May 24

ARIES (March 21-April 19): Your quick wit will win you favours on the 18th, 19th and 20th. Focus on your career where you can make the most gains. Get involved in a project on the 21st and 22nd that offers a challenge. Your talents will be valued and you can make a difference. Do what you can to strengthen your position on the 23rd and 24th so that you can offer more to others.

TAURUS (April 20-May 20): What you do with others on the 18th, 19th and 20th will lead to all sorts of new possibilities. You will be open to new ideas, which will be the basis for future prospects. Patience will pay off on the 21st and 22nd. Focus on making your life better. You will have some good ideas on the 23rd and 24th and it's time you shared them with like-minded people.

GEMINI (May 21-June 20): Take the time to reexamine past errors on the 18th, 19th and 20th. Exaggeration may get you into trouble. Someone may choose to avoid you. Make your plans, do your own thing and discover what life has to offer on the 21st and 22nd and you won't be sorry. You can accomplish more on the 23rd and 24th if you stick to what you do best and avoid the trivial chatter.

CANCER (June 21-July 22): Watch what you say on the 18th, 19th and 20th. If you aren't careful, someone will become emotional about the way you have been acting lately. Get rid of your debts on the 21st and 22nd and you'll feel much better. Your overhead is causing undue stress. Talk to people you can learn from on the 23rd and 24th. The skills you acquire will lead to a better future.

LEO (July 23-Aug. 22): Mix business with pleasure on the 18th, 19th and 20th and much can be accomplished. Take another look at where you see yourself this time next year. You'll have trouble controlling your emotions on the 22nd and 23rd. You can make financial gains on the 23rd and 24th but you will have to do your research. You can change your direction to suit your needs.

VIRGO (Aug. 23-Sept. 22): Do something that will improve your life and your relationships on the 18th, 19th and 20th. Don't back down. Make plans for your future. Direct your energy into productive projects on the 21st and 22nd that will enable you to make more money. Deal with love issues on the 23rd and 24th. If you're with the wrong person, end it and get on with your life.

LIBRA (Sept. 23-Oct. 22): You'd better look at your personal life realistically. Emotional problems may develop at home on the 18th, 19th and 20th if you let someone get away with too much. Don't overextend yourself. Social activity on the 21st and 22nd will lead to new friendships. You should consider starting a new project. Consider sorting through any unfinished projects on the 23rd and 24th. This is not the time to have a lazy attitude.

SCORPIO (Oct. 23-Nov. 21): You can make a lasting friendship on the 18th, 19th and 20th. Attend social events that interest you and romantic opportunities will follow if you are single. Travel, lectures and visiting friends will bring you knowledge and raise your self-confidence. Prepare to deal with opposition on the 21st and 22nd. Don't back down. You need to be good to yourself on the 23rd and 24th. Make plans to relax. You're the one that needs a break.

SAGITTARIUS (Nov. 22-Dec. 21): Discuss your concerns on the 18th, 19th and 20th. The suggestions that other people make will get you back on track. Don't exaggerate or leave work undone. If you do your share, you will gain respect. Listen and observe on the 21st and 22nd; the information you pick up will spark some interesting thoughts. Face the music on the 23rd and 24th. You will feel better when you are free to move forward again.

CAPRICORN (Dec. 22-Jan. 19): Don't try to skirt emotional issues on the 18th, 19th and 20th. You will make a far better impression if you are mature and face your dilemma. Once you deal with matters, you will feel better. Money matters may be pressing on the 21st and 22nd. Set cash aside. You'll be glad you stuck to your budget. A friend will be able to contribute sound advice on the 23rd and 24th so don't be too bull-headed to listen.

AQUARIUS (Jan. 20-Feb. 18): You can make some interesting financial adjustments on the 18th, 19th and 20th. Take a look at the possibilities. Property investments will pay off. Face your problems head-on on the 21st and 22nd. Don't dismiss a good opportunity. Be careful with whom you discuss your intentions on the 23rd and 24th. This is not the time to be too trusting.

PISCES (Feb. 19-March 20): Get involved in organizations on the 18th, 19th and 20th. Go after a position of leadership. You will get the support you need as long as you portray a confident attitude. You will be tempted by an offer on the 21st and 22nd. Be aware that you aren't being told the whole story. You'll be pulled in many different directions on the 23rd and 24th. Take care of your own needs first.

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Airevac at 8 Wing/CFB Trenton--what it's all about?

by MCpl Suzie Groulx
Airevac Section

Many people are unclear about the role of the airevac team here at CFB Trenton. I often get asked questions about our qualification and

aircrew status or what is an aeromedical evacuation (airevac). In response to these queries, I will explain our role in the Canadian Forces.

An aeromedical evacuation (airevac) is defined as

any movement of patients to and between medical treatment facilities by air transportation.

Aeromedical evacuation may be subdivided into three phases:

a. Phase 1 Forward –

Evacuation of patients between points in the battlefield to the initial point of treatment, and to a subsequent point of treatment within the combat zone. i.e: in Afghanistan.

b. Phase 11 Tactical – Evacuation of patients from the combat zone to points outside the combat zone and between points within the theatre.

c. Phase 111 Strategic – Evacuation of patients to points outside the theatre. i.e.: in Canada, Croatia, Alert.

In Canada, the Rescue Coordination Centre (RCC) will receive the tasking. They will classify the tasking as an aeromedevac flight or as a Search and Rescue mission using the procedures established by 1 CAD. If RCC personnel are unsure about the classification, they will contact the local Flight Surgeon to obtain clarification. RCC will then task the appropri-



MCpl Suzie Groulx does a pre-flight check of the airevac equipment.

ate resource to respond to the mission. If it is an aeromedical evacuation (airevac), they call the Aeromedical Coordinator Officer (AMECO) in 1 CAD. It is 1CAD's responsibility to task a medical unit with an airevac. An airevac team is usually composed of one flight nurse and one flight med tech.

Airevac is the primary role for all qualified aeromedical evacuation crewmembers (AECM) within 1CAD. The initial training consists of eight weeks at 426 Sqn in Trenton.

AECM are aircrew and must have training such as safety system and ground/flight check on each aircraft positioned at their wing that is utilized for airevac. Also, they must maintain currencies in aeromedical training (AMT), Crew resource management (CRM), 1 CAD exam and some medical courses.

Here in Trenton, we use the Hercules, the Airbus and the Challenger, (stationed in Ottawa) for our missions.

The crew's mission is comprehensive and includes: coordinating,

preparing the mission and picking up the patient at a specific location; briefing patient for flight; providing medical care in flight, and assistance and then bringing this patient back to a predetermined medical facility.

The unit airevac section is responsible to: ensure that each AECM are operationally qualified; keep up-to-date documentation and equipment; provide training on airevac equipment, on emergency procedure and on each aircraft; ensure airevac regulations are maintained and enforced; liaise with TRSET about standard, airevac, and regulation; collaborate with 1CAD about airevac mission; provide ground/ flight check.

In Trenton last year, we did 21 airevac missions from such varied places as Alert, Croatia, Germany, and Fajariah and around Canada. It's always a pleasure to be part of the airevac team. We are dedicated and excellent medical aircrew who make a difference in the Forces, by bringing service members to definitive medical facilities ASAP for further care.

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Pour en savoir davantage sur tous nos services pour les enfants et leur famille et pour recevoir un guide :

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Crossword answers

A	S	H		D	U	M	B		P	L	A	Y
L	E	A		O	S	L	O		L	O	N	E
P	A	R	I	Z	E	A	U		E	L	S	A
		C	O	E	D		R	O	B	L	I	N
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T	E	R	I		O	L	D	S		R	E	P
O	X	E	N		N	O	S	E		D	N	A



CAREER OPPORTUNITY

Air Cadet Technical Instructors

If you're a retired (or Reserve Force) 500 Series Air Technician, you have two things our cadets need: knowledge and experience.

The Canadian Forces Cadet Program requires instructors to teach basic electronics and aircraft servicing to Air Cadets at CFB Borden. Classes run this summer from 2 July to 17 August. Transportation, rations, and quarters will be provided. Pay is at Reserve Force rates.

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Contact Blackdown Cadet Training Center at (705) 424-1200, ext. 2970/2962, or Caldwell.DH@forces.gc.ca.

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Si vous êtes un technicien en aéronautique de série 500 à la retraite (ou de la Réserve), vous possédez deux choses dont nos cadets ont besoin : le savoir et l'expérience.

Le Programme des cadets des Forces canadiennes a besoin d'instructeurs pour enseigner l'électronique de base et l'entretien des avions aux Cadets de l'Air à la BFC Borden. Les classes de cet été auront lieu du 2 juillet au 17 août. Le transport, les vivres et l'hébergement seront fournis. Salaire selon l'échelle de la Réserve des Forces canadiennes.

Aidez une nouvelle génération à déployer ses ailes!

Pour plus de détails, communiquez avec le Centre d'instruction des cadets Blackdown, par téléphone au (705) 424-1200, poste 2970/2962, ou Caldwell.DH@forces.gc.ca.

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Respect your mower

(NC)—Over time mowing the lawn becomes almost second nature. Most people are in a hurry to get it done. However, it's important to remember that you're not just mowing the lawn; you're using a powerful machine capable of cutting or hurling more than just grass.

According to John Bailey, business unit manager for Husqvarna, here are seven safety steps to help you operate your mower efficiently and safely.

1. Read your owner's manual. Many owners don't understand their mowers can cause injury or damage.
2. Don't let children who are not responsible or physically able to operate a mower.
3. No passengers. Adults often give rides to children, but passengers should never be on board.
4. Dress properly. Wear hard shoes, long pants and a shirt that protects your chest and arms. Safety glasses should be worn to protect eyes.
5. Pick up debris. Rocks, branches, wire or soda cans may cause injury to you, someone nearby or your mower.
6. Prepare your mower. Visit your servicing dealer for a pre-season tune-up to ensure all safety switches are in proper working order and that there are no loose or missing parts.
7. Stay alert. Don't allow distractions, such as pets or children to enter your mowing area.

Give your child's room a makeover

(NC)—While there is a growing trend towards decorating kids' rooms, many parents still feel overwhelmed at the thought of redecorating. The décor team at Canadian Tire has put together some tips to help give your child's room a new look quickly and easily and at a price that won't blow the budget.

- A simple coat of paint can make all the difference. Depending on the child's personality or the atmosphere you are trying to create, you may want to choose soothing colours like a gentle pinkish mauve or calming green or spicy reds and dramatic blues to liven-up the room.

- Floor coverings are a great way to prevent children from slipping on hardwood floors and to protect the floor's finish. Available in fun patterns including giraffes, teddy bears, primary coloured blocks and planes and trains, Canadian Tire's selection of floor coverings are not only functional but add to the overall look



Photo: News Canada

and feel of the room.

- Window coverings that allow light to pass through, creating a soft halo of the colour throughout the room, are ideal for kid's rooms.

- While lighting is necessary, it doesn't have to be boring. For a coordinated look, choose a table or wall lamp that complements the colour of the room and floor coverings. To save up to 25% on your electricity bill, choose an energy saving compact fluorescent lamp.

- By adding a light switch extension, kids can turn the lights on by themselves. Easy to install on

almost any light switch, Kid-switch extensions glow in the dark as a night light and come in a variety of patterns that complement Kid-lamp table and wall lamps.

- Not confident in your ability to coordinate? Take the guesswork out and head to a store like Canadian Tire that offers matching floor coverings, window coverings, lights and ready-to-assemble furniture in a variety of patterns.

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