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• October 01, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 38 •

GENERAL VISITS



Photo: Sgt R.J. Ruthven, CPC

Brigadier-General Mike J. Ward addresses students that are on the Military Freefall Course at Mountainview during his Sept. 27 visit to CPC. BGen Ward is the incoming Commander Land Force Doctrine and Training System.

HELP FOR HAITI

Photo: Capt John Price, Canadian Forces Combat Camera



Charlie Musoka, Emergencies Officer for the Canadian Red Cross discusses logistics with LCol Mike Hood, an Air Navigator and Commanding Officer of 429 Squadron. A CC-130 Hercules from 429 Squadron, 8 Wing, Trenton delivered more than 2000 blankets and plastic tarps to the Haitian Red Cross in Port-au-Prince on Sept. 22, 2004. The Canadian Red Cross and Canadian International Development Agency (CIDA) jointly provided the supplies as part of the international effort to provide disaster relief to the residents of Haiti dealing with the aftermath of Tropical Storm Jeanne.

Seven thousand and counting

by Andrea LeBlanc
 Contact Editor

It was a beautiful day, and a beautiful ceremony. Emotions were at the forefront, as is always the case when remembrance is the theme.

The 9th Annual AD ASTRA Stone Dedication Ceremony was held before a multigenerational crowd of close to 1,500 on Saturday, September 25.

Colonel (Ret'd) Cy Yarnell again this year served ably as Master of Ceremonies, reminding those gathered of Canada's proud Air Force history.

"Canada's Air Force spans four generations of airmen and airwomen over its long unbroken history that started in the early 1900s--during which time it has carried several names. Today's double-themed celebration acknowledges 8 Wing as the 'Home of the Air Force' and also recalls the birth of one of those names--the RCAF, in which many here today served proudly in the RCAF years, which lasted from 1924 to the mid-1960s," noted Col Yarnell.

The pride in his voice apparent to all in attendance, Col Yarnell also paid tribute to the RCAF Memorial Museum.

"Soon, this grand museum--designated as Canada's National Air Force Museum--will celebrate its long-awaited building expansion that will house the proud WWII Halifax and other artifacts. Soon, this Air Park will also be expanded farther to the south so that even more aviation mementos can be



Photo: Cpl Max Murphy, 8 Wing Imaging

An amazing 7,000 AD ASTRA stones were dedicated on September 25, at the 9th Annual AD ASTRA Stone Dedication Ceremony, at the RCAF Memorial Museum.

displayed to remind all who visit here of our Air Force's long and proud history and heritage. But today is AD ASTRA day, in which we honour all those who operated our Air Force in the past, those who operate our Air Force today, and those who will continue to operate our Air Force in the future--aircrews and ground crews, airmen and airwomen."

Col Yarnell concluded his comments by noting that "AD ASTRA is timeless, and its program provides a simple means for individuals like you to participate personally in this national museum by procuring a memory in granite, for themselves or for loved ones."

Next at the podium was LCol (Ret'd) Joe Bourgeois,

Chairman of the RCAF Memorial Museum's Board of Directors.

"The museum mandate is to preserve the heritage of Canada's Air Force through the collection, conservation, interpretation and study of aircraft, artifacts, archives and related material in facilities that are dedicated to those who have given their lives in the service of their country. I can see no better example of fulfilling this mandate than the AD ASTRA Stone Program--so well supported here at this museum."

LCol Bourgeois took the time to acknowledge the dedicated museum staff and volunteers, and the exciting expansion now in progress.

"We have been working for the past 12 years to pro-

vide a fitting facility to honour those who have served in the Air Force of Canada, especially those approximately 19,000 who have given their lives in the service of their country. Today I am proud to point out the facility rising to your north. This 55,000 square foot facility will be completed, on the exterior, by December 15 of this year. This facility will house the restored Halifax Bomber and the central memorial piece well into the future. Please join us on October 16 for the rollout of the Halifax from the back of the workshops into the new facility."

"Additionally, museum personnel are in the process of expanding this Air Park to the south to accommodate our ever-growing col-

See Dedication, Page 2

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Dedication ceremony for stones

Continued from Page 1

-lection of aircraft and artifacts, and AD ASTRA stones and hopefully the south portion will be completed by this time next year.”

Special guest Col (Ret'd) D.W. McLeod, National President of the Air Force Association of Canada (AFAC), was next to address the large gathering.

“It is somewhat a humbling experience for me to be here today as National President of the AFAC, to be able to congratulate the members of the RCAF Memorial Museum for the outstanding work that they have performed to date.”

“I find that as I walk through this Air Park, look at these aircraft, look at these stones, there's a very eerie feeling. It's a feeling of the past. The sounds of the aircraft come to life. The names on the stones leap out at you. You think of the days that you spent on the flight line, in the mess, on deployments. You think of what our Air Force is doing today--to see the sons and daughters, the grandchildren of the people whose stones lie here today. It is a fitting memorial to the success of our Air Force.”

Col McLeod also paid tribute to the museum personnel and volunteers.

“I comend all of you from the museum--a very small, very dedicated, very hardworking group of people who have not forgotten the motto of the RCAF: Per Ardua Ad Astra--Through Adversity to the Stars.”

The final speaker of the day was none other than Col Andre Dechamps, Commander, 8

Wing/CFB Trenton. As host of the annual dedication ceremony, Col Deschamps, on behalf of 8 Wing/CFB Trenton, offically welcomed all those present commended those who work for and support the museum.

“This museum is truly a result of the dedication and perserverance of current and past volunteers and staff. As you can see around you, the museum continues on its path of progress and improvement. Our goal is to see this museum as the portal to Canadian military aviation history, representing past, present and future generations of Canadian Air Force personnel.”

“As you walk around today, I am sure you will find the names of current and past friends. This museum is an integral part of 8 Wing and we will do our best to continue our support of its rejuvenation and long term vision.”

Acknowledgement is also due to both volunteer bands who performed at the ceremony--the 8 Wing Concert Band and the 8 Wing Pipes and Drums--as well as the gracious services of Padre Captain James Craig, Parade Commander Maj (Ret'd) C.L. Thomas, and Elizabeth Constantine, for her moving rendition of the Museum Quatrain.

“Let me pause here awhile where traditions, memories and old friends of flight consecrate this happy place; and where, with each passing day, younger wings now fly the skies above us with dedicated price and grace.”

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



It is 5:00 in the morning and Chantal Michaud is preparing eggs that will be served for the daily breakfast. Chantal is one of the many staff members at the Yukon Galley that will put forth the extra effort to help you enjoy your meal. It's always nice to see a smile this early in the morning.

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Photo: Cpl Max Murphy, 8 Wing Imaging



8 Wing personnel respond to a simulated Buffalo crash north of the flight line. The mock situation was part of the On Scene Controllers Course, held on Wednesday, September 29.

Search & Rescue UPDATE



Many night call outs kept rescue crews of 424 Sqn busy since our last article. The Hercules was launched several times during the week to respond to ELT transmissions. On Thursday the crew was tasked to investigate a signal in Owen Sound. Upon arrival they found an overturned float plane on the east end of the airfield. SAR Techs were deployed and found the pilot safe and deactivated the ELT system. The following day, Friday, the Cormorant crew was dispatched to MEDEVAC a male suffering from abdominal pain from Algonquin Park. The man was hoisted out of the park and taken to the Huntsville Hospital. Later that evening the crews responded to an overdue boat in the Tobermory area. After searching the cove, two 75-year-old men were located in an area which provided them shelter from high winds and inclement weather. SAR Techs were lowered to the boat and the men were airlifted to safety.

The Cormorant crew was again tasked on Sunday to Ile Aux Coudres, PQ to investigate a suspected plane crash. The crew was stood down while enroute as local authorities had resolved the matter.

On Monday morning the Hercules crew was tasked to search for an overdue Cessna 206. The crew found the aircraft overturned in a lake and was able to make contact with the three persons on the ground and insured they were ok.

"Job well done" as a high tempo was required by all throughout the week, which put man and machine to the test. Wonder what next week will have to offer...

Missions for 2004: 155 Missions for Sep.: 40 Persons rescued: 25

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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.
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- 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:

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message from the

Editor

What a terrific idea. Postcards from Home, a joint project organized by the Trenton Military Family Resource Centre (MFRC) and sponsored by Quintessential Credit Union, is underway and looks to me like it will be a sure success.

Local students have been invited to design postcards with a peace-keeping theme, with the winning designs produced into actual postcards available for purchase. This will accomplish many things from just one rather brilliant project (I wish it had been my idea!)

First, it will raise funds for the MFRC's Invisible Ribbon Campaign. Second, it will increase community awareness of Canada's proud peace-keeping role. And third, it will involve local schoolchildren in an art contest with a definite educational theme, one that teaches them about this country's peacekeeping activities and also exposes them to the concept of community spirit and involvement.

In fact, I think that this project is so terrific that I have quite enthusiastically agreed to serve as a contest judge.

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Canadiana Crossword

Bridges of Greater Van

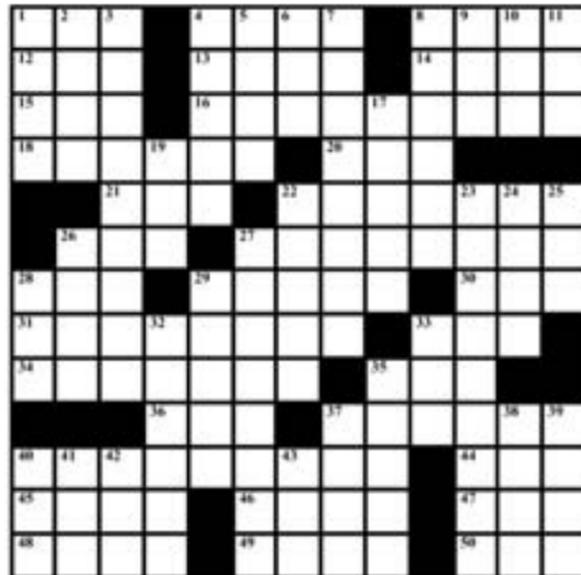
By Bernice Rosella and James Kilner

ACROSS

- 1 Diminish
- 4 _____ Mann Bridge
- 8 Obtains
- 12 _____ baba
- 13 One time
- 14 French verb
- 15 Rearward
- 16 Bridge part
- 18 Laves
- 20 Burglarize
- 21 Beam
- 22 Sundry
- 26 Landed
- 27 Famous suspension bridge
- 28 Roman 104
- 29 A kind of boom
- 30 Relatives
- 31 Biblical brothers
- 33 West coast time
- 34 Rabbit candy?
- 35 Drunkard
- 36 Ms Suffolk
- 37 Elan
- 40 Bridge over Burrard
- 44 Poetic before
- 45 Sulphuric, for one
- 46 CEO
- 47 Time period
- 48 Depend
- 49 Stitches
- 50 High explosives, for short

DOWN

- 1 Swedish car
- 2 _____ Romeo
- 3 _____ Bridge
- 4 Welfare
- 5 Obligation



- 6 Mil. unit
- 7 Edible turtle
- 8 Household pet
- 9 Itinerary ref.
- 10 Denoting three
- 11 Salt, in St Pierre
- 17 Kind of column
- 19 Chapeau
- 22 Fins
- 23 _____ Bridge
- 24 Item
- 25 Male descendant
- 26 Italian coin
- 27 Funeral processions
- 28 Broadcasting corp.
- 29 Demonstrates
- 32 Mod
- 33 Taro root dish
- 35 Eyeglasses, slangily
- 37 Worry
- 38 _____workers Memorial Bridge
- 39 Shelter
- 40 Household god (Roman)
- 41 Off, in a way
- 42 Lubricate
- 43 Lay off



This Week in Contact

1974 — On Friday, September 27 a Hercules of 436 Sqn left Trenton with a 22,000 lb load of supplies from the Help Honduras of Cobourg. The aircraft was due back on the following day, but due to the destruction caused by the hurricane, transportation is almost non-existent. The aircraft and crew remained in Honduras for a week shuttling medical supplies, food and clothing to disaster areas. They were due to return to Trenton on Oct. 5.

1984 – Astronaut Marc Garneau will be the first Canadian in space when he flies as a payload specialist on Mission 41-G, scheduled for launch October 1, 1984. During the eight-day mission, Garneau will conduct 10 experiments in space technology, space science and life sciences. These experiments were designed and developed in Canada.

1994 – As Belgian and Canadian flags fluttered side by side from roof tops and shop windows in the town square of this picturesque town in north east Belgium and colourful signs proclaimed "Welcome to our Liberators". BGen Jeff Brace, Commander of Air Transport Group, led a small contingent of Canadians to solemn remembrance services and joyful celebrations marking the liberation from the clutches of the German army.

Created by Lt J. H. MacDonald,
 Compiled by Andrea LeBlanc



From the Strategic to the Tactical – A Reflection

As I come upon the end of my second month into the WLEO position I can now view the CF from two very different perspectives that I would like to share with readers. The aim here is not to compare the obvious differences between being a staff versus a commanding officer but it is to compare perspectives.

I believe the two qualities that are necessary to succeed at the strategic headquarters are creativity and persuasiveness. Creativity is vital as the CF attempts to simultaneously transform the CF on all fronts, based on the future perceived threat and changing technology, while continuing to command and control ongoing operations. All of this effort is carried out within a dwindling fiscal environment. As a LCol, creative, realizable ideas will not get anywhere unless you can persuade all of the affected Generals and their staff of your ideas. Accomplishing this is an art in itself. Here at the tactical level the challenge is the present and most of the creativity lies with the experienced people under your command. I find myself in a position I imagine the Generals at NDHQ are experiencing, to some degree.

Strategic level action focuses on the future so the consequences of error and



Lieutenant Colonel Darwin Gould, WLEO

the accountability for action is often anonymous or is difficult to assign to one individual or position. Decisions are made by committees such as the Defence Management Committee (DMC), the Joint Capabilities Review Board (JCRB), and Armed Forces Council (AFC) just to name the top level ones. At the tactical level the opposite is the norm, consequence of error is attributable to the commander sometimes personally and the effects are immediate. In fact at 8 Wing errors can directly affect the support to CF operations worldwide.

All in all I have come to appreciate that both experi-

ences are necessary. The tactical level experience serves to inculcate the sense of responsibility and accountability in the hope that this sense remains with the individual once posted to the strategic level. The strategic level allows the senior officer to influence the future of the CF based on the experiences gained at the tactical level. At the tactical level we lead people, at the strategic level we lead the institution of National Defence, which is more enjoyable? The answer is that they both are, but too much of either without the balance of the other leads to a narrow view on issues that affects the officer's effectiveness at both.

DQOL needs your input

Steve Flemming and Jason Dunn, Directorate of Quality of Life (DQOL) research team

If you are the spouse or partner of a CF member, DQOL may be seeking your input sometime in the next couple of months.

We at DQOL are sponsoring the Human Dimensions of Deployment Study (HDDS), the information-gathering slice of the PERSTEMPO project. The aim of the project is to create a sustainable, flexible policy that will address the time CF members spend away from home and the workload across the Forces, with a view to striking an appropriate balance between the demands of military service and the needs of CF members and their families.

Since 2000, we have conducted interviews and focus groups throughout Canada and at deployed locations. We have also designed and administered two surveys that have gone out to CF personnel – more than 11 000 to a national sample of members, and more than 3500 to deployed members. The response has been excellent, and the information provided by CF members has been vital to the development and validation of current PERSTEMPO policy.

Sometime in Fall 2004, you may receive an HDDS survey. We'll be sending them to a sample of spouses and partners of CF members from all Groups and Environments, throughout the country. If you receive a survey, please take the time to complete

and return it. Your input, too, is vital to the development and validation of PERSTEMPO policy. PERSTEMPO has an impact on you just as it does on CF members and the organization, and a balanced policy can result only from a balance of input. Your responses will help the organization generate the capability to design effective new policies and programs.

Remember: The survey will be completely confidential. You need not worry that your responses may be linked to or have an impact on your CF member spouse or partner. And, all the instructions you'll need to complete and return the survey will be included with it, along with contact information, should you have any questions.

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September news from the Thunderbird Squadron

Fun, fun, and yet more fun was the theme of the day at 426 (T) Squadron last week. It was our annual Family Day--a day to kick back and have some fun with our families, enjoy some barbeque and more candy than four out of five dentists would ever recommend.

With our busy teaching load starting up and courses running back to back, it could not have come at a better time. The weather was wonderfully sunny and with the support of 8 AMS, Wing Ops, and Base Transport, the two family flights took off without a hitch. The children (and some of the adults) were mesmerized as the loadies opened the ramp and door of the mighty Hercules as we cruised over Kingston. The children's eyes opened equally as wide as they watched the crew move about the ramp all harnessed up.

The Simulator was running all day and was a huge hit with all the little

pilots who got their turns at the stick. Maybe a few Top Guns in the making! The whole event was a great success, from the balloon stomping to the crafts. Even our clown was ready for bed by the end of the day. Really, how many balloon animals can you tie before carpal tunnel syndrome sets in!?!
So, after all the kiddies were home and coming down off their sugar rushes, the adults got together for a meet and greet pig roast. The amount of sad good-byes and happy hellos this summer were far too many to list here, and so was born-- Pigapalooza 2004!!! It was held at the WOs & Sgts Mess where the party went on into the wee hours to the sounds of "Avro", our own in house rockers. Great food, rocking tunes, and a lot of guys with no rhythm. It had to be a great time!!! As the self-induced headaches subsided and the need to work off all

that barbeque set in, 426 took to the ball field, making a valiant charge all the way to the intersection finals. But alas, it was not to be this year. Congratulations to Workshops for their three-peat!!! We will be back next year, with more cork in our bats and a little extra cash for the umpires. After the devastating loss, what better way to pick ourselves back up than with another barbeque!!! That's right!!! If anything, we eat like champs!!! We had an awards ceremony where Maj. Kevin McDonald (the herbivore) was given his Retirement Certificate, Mr. Tom Ortiz was awarded a Certificate of Appreciation, Capt. Marc Fortier was awarded his CD, Sgt Jordie Larson was awarded his CD1, and, our very new AdminO 2Lt. Rhonda Flatman was promoted to Lt. Rhonda Flatman. Wahoo!!!
After the awards ceremony we all enjoyed a



Brandon and Ryan Desaulniers took to the skies during 426 Squadron's Family Day. In addition to family flights, the fun day also featured a clown.

lovely steak lunch on the Thunderbird Patio (all but Maj. McDonald - what exactly is a soy burger?). MCpls Mark Finucan, Linda Gumb, and Les Stykel put on a great spread. The smoke could be seen and smelled for miles. There

is nothing like a good barbeque to help get a little extra insulation for the winter months ahead.

There you have it, a very busy but wicked-fun September at the Thunderbird Squadron. We have a little time now to nap, and get ready for

the world-renowned "BLOTTO". It is just around the bend, and the great times just keep coming!!!

ON WINGS OF FIRE.

The Good Half of Da Boys

MCpl Dean Desaulniers

OFFICERS' MESS

SUN MON TUE WED THU FRI SAT

Officers' Mess Ladies Club
6 October 2004 7 pm OMESS Upper Lounge - "The Decorating Den"
55 members 57 non-members. Come on out for an exciting night, as Wilma Schutten teaches us about home decorating. Find out the latest trends in home decor or ask the professional for advice.
Annual Auction for Charity - 3 Nov 2004 - 7pm OMESS Upper Lounge
Free entry with a gift for Auction (\$10 if you come empty handed!!)
Any items accepted for auction...crafts, baking, home decor, something that comes in a bottle with a cork! We raised over \$800 for charity last year. Lets see if we can top it! New members always welcome! Come on out for a season of social fun.
Contact #'s: Audrey Bain 392-8937 or Laurie Fitzsimmons 394-3327

3	4	5	6 Officers' Mess Ladies Club Decorating Den <i>See above for Details</i>	7 MTGIT 1730 hrs Maggies Fish & Chips	8 Sandwich Bar 11:30-13:15	9
10 Thanksgiving Day! Mess Closed	11	12	13	14 MTGIT 1730 hrs Chinese Food	15 Sandwich Bar 11:30-13:15 Final Golf Tournament <i>See below</i>	16
17	18	19	20	21 MTGIT 1730 hrs Pizza	22 Sandwich Bar 11:30-13:15 <i>Mrs Deschamps Wine & Cheese</i>	23
24	25	26	27	28 MTGIT 1730 hrs Taco Bell	29 Sandwich Bar 11:30-13:15	30 Harvest Candlelight Dinner

OCTOBER

Officers' Mess Year End Golf Tournament
Friday, 15 October 2004 "FREE GOLF" Tee Off: 12:00
Two Person Scramble (Best Ball)
Food & Prizes \$30.00 (Prizes Range from \$20 - \$200)
Every Player will Receive a Prize
Register by calling the Mess Office
@ 2205 or Sign Up at the Bar Registrations must be received NET 13 Oct 04

20 04

Maggie's Restaurant may have a new owner, but they still serve the best "Old Style" fish & chips in the area. The restaurant, located at 178 Dundas Street East in Trenton, is now run by Edie and features a menu that includes 1/4 lb hamburgers, salads, poutine, scallops, clam strips, shrimp, a captain's platter and, of course, a kids' menu. The daily "To Go" specials are posted daily. Starting in October, 2-3 oz lobster tails will be featured every 3rd Saturday of the month for less than \$15. From October to April, to help you get through the cold months, chili and clam chowder will also be on the menu.

Hours are Monday to Friday, 11 a.m. - 9 p.m., Saturday & Sunday, noon - 8 p.m. Area delivery is available by calling Maggie's Restaurant at 394-3448.

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Beware of carbon monoxide (CO) poisoning



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

We hear on a regular basis about people dying from carbon monoxide (CO) poisoning. Carbon monoxide has killed entire families while they slept. In the United States about 300 people die each year from unintentional CO poisoning. Another 5,000 are injured.

CO is a colourless, odourless, tasteless gas that is a byproduct of combustion. The more inefficient the combustion, the higher the amount of CO produced. When it enters the lungs, CO attaches itself to the hemoglobin in the red blood cells. Once stuck to the hemoglobin, it won't let go and it prevents oxygen from attaching to the hemoglobin. When people inhale high enough concen-

trations of CO, they can die. Once your blood has CO in it, it will take many hours to rid itself of the CO, even if you're out of the poisoned atmosphere.

Some things that can produce CO are: furnaces, gas water heaters, fireplaces and wood stoves, automobiles, charcoal grills, and any gas-powered engine. An airtight modern home limits the amount of fresh air that flows through it. This can increase the risk of CO poisoning.

Signs and Symptoms of CO Poisoning

CO is measured in parts per million (PPM). A one per cent concentration of CO in the air equals 10,000 PPM—you don't need to inhale much to be poisoned.

The following is a listing of PPM of CO, length of exposure time, and symptoms: 25 PPM, 8 hours, maximum exposure allowed by Occupational Health and Safety for an 8-hour day; 200 PPM, 2-3 hours, mild headache, fatigue, nausea and dizziness; 400 PPM, 1-2 hours, severe headache, the other symptoms worsen, life threatening after 3 hours;

800 PPM, 4 minutes, dizziness, nausea, convulsions, death in 2 to 3 hours; 1600 PPM, 20 minutes, headache, dizziness, convulsions, death within 1 hour; 6400 PPM, 1-2 minutes, headache, dizziness and nausea; death within 25-30 minutes; 12800 PPM, 1-3 minutes, death.

Remember: if you have any of these symptoms and feel better when you leave your home, but the symptoms reappear when you re-enter your home, you may be experiencing CO poisoning. Note also that many hours of exposure to low levels of CO could be just as deadly as shorter exposures to high levels.

Prevention

Have a qualified service technician check the central and room heating appliances in your home every year. Also have your gas dryer and water heater checked.

Follow manufacturers' directions for safe use of appliances. Don't use your gas range for heating.

Have a service person check to see if your appliances are vented through a

properly sized chimney. An old chimney might not be designed for a new high efficiency furnace.

Examine chimneys and vents on a regular basis to see if they're still in place. Also, check to see that they're properly connected and not blocked.

Don't use gas-powered motors indoors.

Never let your vehicle warm up in an attached garage. Even if the garage door is open, dangerous amounts of CO can enter the home.

Make sure your car's exhaust system is in good repair.

A flammable fuel space heater can produce CO. Use one only in a well-ventilated area.

Never use a charcoal grill or hibachi indoors.

Have the furnace and appliances in your motor home serviced by a professional on a yearly basis.

Use CO detectors in your home and in your recreational vehicle. A man started his car in the garage under his house then went to have a shower. He was found dead in his home with high levels of CO in his blood.

CO Detectors

After you have made sure that all of your fuel burning appliances are in good working order, you may still want a CO detector. A properly functioning CO detector could alert you to the presence of CO in your home. In the past few years, technology has advanced so that we can buy CO detectors at a reasonable cost.

CO detectors are powered either by a home's electrical current or by batteries. The detectors indicate that there is CO in your home. All detectors should have the UL label in the United States, or the CSA or ULC label in Canada.

Installation

CO spreads throughout a home quickly. Detectors should be installed in sleeping areas but outside the bedrooms. It would be a good idea to place one near any major gas-burning appliance. Detectors can be placed on the wall or on the ceiling. Follow the manufacturer's directions for installation and maintenance.

What to do if the alarm goes off

When the alarm goes off, wake everybody up and ask if they are feeling OK. If anyone is complaining of any symptoms of CO poisoning, leave the house immediately.

It is important to become familiar with your CO detector alarms. The alarms may vary from manufacturer to manufacturer. For example, the alarms on one model of detector may mean that you should leave the home immediately. Another detector may have two alarms: a lower alarm means a warning while a high alarm means to leave the area now.

If a low alarm sounds, vent the house by opening the windows and doors, and shut off any fuel burning appliances. If the alarm won't reset, have a professional technician check your heating system and appliances. Many gas utility companies will do this for you.

Some fire departments recommend that you leave the house immediately if the alarm sounds. Check with your local fire department.

Smoke alarms need attention

(NC)—It may be that you have paid little attention to that little round circle of plastic on your ceiling that is supposed to protect you from fire.

Smoke alarms should not be neglected after initial installation. For proper fire detection, a smoke alarm needs to have maintenance on a regular basis. Here is a checklist to follow:

- Do a visual check to make sure the smoke alarm is securely fastened to the wall or ceiling. The proper location for a smoke alarm is on the wall or ceiling, at least three feet away from any corner of the wall. Preferable, a ceiling mount should be in the centre of the room.

- Check to see that the smoke alarm shows no evidence of physical damage, paint application, or excessive grease and dirt accumulations. Clean with a damp rag to remove the dirt. Replace the unit if it has been painted over.

- Ventilation holes on

the smoke alarm should be clean and free of obstructions to allow for smoke to enter the sensor chamber. Vacuum the grill and perimeter to remove the dust.

- Press the test button every month to make sure the alarm signal sounds. The test button will perform a diagnostic on the circuitry and horn.

- For battery or battery backup powered units, change the battery at least once a year, even if it's before the low battery signal is

activated.

- Most importantly, remember that smoke alarms do wear out and need to be replaced every 10 years, as recommended by the NFPA (National Fire Protection Association).

Smoke alarms are important life safety devices and as such must be maintained in operating condition at all times. By following the above steps on a regular basis, you will ensure continued fire protection for the life of your alarm.

Photo: News Canada



How to choose a fire extinguisher

(NC)—Fire protection with the use of an extinguisher is tested according to a strict code. Look for a ULC tested unit to ensure that the specific minimum code stated on the label has been verified.

When shopping for your fire extinguisher, it is important therefore to fully understand this code - shown on the label as a number followed by a letter - so you can quickly determine the fire-fighting capability of the extinguisher. "An extinguisher rated as a 3-A for example is three times more powerful against a Class A fire than one that is rated 1-A," says Raffi Nersesian, spokesperson for Kidde Safety, an industry leader in fire protection equipment. Let's take a closer look at the fire 'classes' to better understand the assigned 'rating':

Fire Classes

- Class A- fires involve common combustibles such as wood, paper, cloth, rubber, trash and plastics.

- Class B- fires involve flammable liquids, solvents, oil, gasoline, paints, lacquers and other oil-based products. Class B fires often spread rapidly and may re-flash after flames have been extinguished.

- Class C- fires involve energized electrical equipment such as wiring, controls, motors, machinery or appliances. A spark, a power surge, or a short circuit can be the cause. "An extinguisher's rating is not based on its size," Nersesian



explains. "It is the measure of the fire-fighting capability. A 10-B:C extinguisher puts out twice as much Class B fire as one rated 5-B:C." (Class C fires are essentially Class A or B fires started by electricity, so no numerical ratings are assigned.)

Typical fire codes require a 2-A:10B:C minimum rating for commercial establishments. "But when it comes to choosing a fire extinguisher, more is always better," Nersesian says. For residential properties, keep an extinguisher on every level of the home, within reach.

October is Fire Safety Month so for more tips on protection and prevention, call toll-free: 1-800-565-1976, or visit www.SafeAtHomeTips.com.



STRENGTHENING THE FORCES

ÉNERGISER LES FORCES

Understanding mental illness - no one is immune

Source: Centre for Addiction and Mental Health, www.camh.ca

Mental illnesses are characterized by alterations in thinking, mood or behaviour (or some combination thereof) associated with significant distress and impaired functioning over an extended period of time. The symptoms of mental illness vary from mild to severe, depending on the type of mental illness, the indi-

vidual, the family and the socio-economic environment.

In the course of a lifetime, every individual experiences feelings of isolation, loneliness, emotional distress or disconnection at times. These are usually normal, short-term reactions to difficult situations, rather than symptoms of mental illness. People learn to cope with difficult feelings just as they learn to cope with difficult situations. In some cases,

however, the duration and intensity of painful feelings or disorienting patterns of thought may interfere seriously with everyday life. Ordinary coping skills are overwhelmed, and people may need help in regaining balance and restoring their fullest functioning.

Mental health is as important as physical health to daily living. In fact, the two are intertwined. Individuals with physical health problems often experience anxiety

or depression that affects their response to the physical illness. Individuals with mental illnesses can develop physical symptoms and illnesses, such as weight loss and blood biochemical imbalances associated with eating disorders. Feelings, attitudes and patterns of thought strongly influence people's experience of physical health or illness, and may affect the course of illness and the effectiveness of treatment.

Mental illnesses may occur together. An individual can experience both depression and an anxiety disorder, for example. In addition, attempts to manage symptoms through alcohol or drugs may contribute to substance abuse for some individuals. In one US study, 54% of those with a lifetime history of at least one mental illness also had at least one other mental illness or addiction to substances.

Who Is Affected by Mental Illnesses?

Mental illnesses affect people in all occupations, educational and income levels, and cultures. The distribution is not random or uniform; some mental illnesses are more prevalent in some population groups. However, no one is immune, and at some point in their lives, all Canadians are likely to be affected through a mental illness in a family member, friend or colleague.

The Canadian Mental Health Association Hastings and Prince Edward Branch

A non-profit agency that strives to enhance the mental wellness and quality of life of people in our diverse community. CMHA is currently offering the following volunteer opportunities:

- Warm Line Telephone Support
- Assertive Telephone Outreach
- "Our House" Homelessness Initiative

If you enjoy interacting with people and are looking for a positive volunteer experience, call: Anne @ (613) 969-8874
CMHA is a United Way Member Agency

Are you at risk?

(NC)-The flu virus is contagious. Anyone can get the flu, but some people could be more seriously affected by the illness than others. Certain people should take extra care to protect themselves-including getting the free flu shot-because they are at increased risk. Those at increased risk include:

- Anyone aged 65 and older;
- Anyone who lives, works or volunteers in a nursing home, chronic care facility, retirement home or other health care setting;
- Anyone who provides home care to persons at high risk
- Anyone aged 6 months and older with chronic heart or lung disease severe enough to require medical follow-up or hospital care;
- Anyone aged 6 months and older with chronic conditions such as diabetes or other metabolic diseases, cancer, kidney disease, blood disorders, or weakened immune system;
- Anyone aged 6 months to 18 years who has been treated for long periods with aspirin (acetylsalicylic acid);
- Emergency response workers - including fire, police and ambulance staff;
- Anyone aged 6 months and older who lives in the same household, or is in contact with, people at high risk of flu complications (includes adults and all children);
- Pregnant women expecting to deliver during the flu season, as they will become household contacts to their newborns;
- Anyone providing regular child care to children 0 to 23 months, whether in or out of the home;
- Anyone aged 6 months and older at high risk of flu complications travelling to areas of the world where the flu virus is present;
- Anyone who provides essential community services;
- Anyone who provides services within closed or relatively closed settings (e.g., crews on ships).

Handwashing: The best defense against infection

(NC)-Autumn is fast approaching and with it cold and flu season. There are many ways to prevent the spread of infection, but the single most effective defense is a simple act most of us perform everyday: washing our hands.

Despite the proven health benefits of good hand hygiene, many people just don't practice this habit as often as they should. To reduce your risk of becoming ill, the Workers' Compensation Board of B.C. recommends washing your hands regularly and frequently throughout the day - both at work and at home. It is especially important to wash your hands:

- Before, during, and after you prepare food
- Before you eat and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty
- When someone is ill in your home or workplace

Think you know how to wash your hands properly? Take a look at these steps, recommended by the Occupational Health and Safety Agency for Healthcare in British Columbia (OHSAH).

1. Remove all jewelry.
2. Wet your hands thoroughly using

warm water. Keep your fingertips pointed down.

3. Apply soap and rub your hands together vigorously for at least 15 seconds to create a good lather. Pay particular attention to the area between your fingers and don't forget your wrists.

4. Rub your fingernails against the palm of the opposite hand. If your fingernails are really dirty, use a nail brush to clean them.

5. Rinse your hands thoroughly, from the wrist to the fingertips. Keep your fingers pointing down.

6. Dry your hands with a paper towel then use that paper towel to turn off the faucet. Remember, if you touch the faucet with your hands, you'll re-contaminate them.

7. If you took off your jewelry, don't forget to put it back on!



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Fitness, Sports & Recreation

RCAF FLYERS ARENA SCHEDULE 2004 - 2005

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
0700	WCE/81 AEF		CPC	Goalie Clinic	8 ACCS	CPC	
0800	WLEO/MP's/FIRE HALL	CPC	Before School	8 ACCS	CPC	SML	SML
0900	Supply				8AMS 08:30-1000hrs	SML	SML
1000	Transport	Parents	Parents	Maintenance	ATESS	Belleville Girls	Cornell
1100		Tot's (1000-1130hrs)	Tot's (1000-1130hrs)		ATESS 1000-1145hrs	Belleville Girls	Belleville Girls
1200	NHL	NHL	NHL	NHL	NHL	Belleville Girls	Belleville Girls
1330	FLYERS OT	424	437	429	OPEN	Family	Family
1400	FLYERS OT	424/426	436 JNBCD	ATC	OPEN	Skate	Skate
1500	FLYERS	426	FLYERS 1430-1600hrs	8AMS	LADIES BASE	Red Devils	Learn To Skate 8-88
1600	FLYERS	Maintenance	Family Skate	8AMS	TEAM	Red Devils	Red Devils
1700	Beg. Power Skate	Bantam/Midget Shinny	Atom/Shinny	Tyke Novice Shinny	Learn To Skate	Red Devils	Red Devils
1800	Intermediate Power Skate	PeeWee/Shinny	WHL	WHL	Family skate	Red Devils	WHL
1900	Red Devils	WHL	WHL	ELITE	TMHA	Red Devils	WHL
2000	Red Devils	WHL	WHL	HOCKEY	TMHA	Red Devils	WHL
2100	Red Devils	WHL	WHL	LEAGUE	TMHA		WHL
2200	8AMS	WHL	WHL		TMHA		

All Community Programs call local 3361

All others call RCAF Arena local 4110

Astra Lanes bowling report

Ernie Strocel and Mike Chapple are fighting for High Average in the Mens League. Bill Simm has High Single with 344.
Team Standings: Dave Schwartz, 46; Howie MacKenzie, 39; Larry Rankin, 37; Jim Edworthy, 30; Ernie Strocel, 26; and Dale Crawford, 26.
High Average: Ernie Strocel, 248; Mike Chapple, 244; Bill Simm, 243.
High Single: Bill Simm, 340; Mike

Chapple, 320; Ernie Strocel, 315.
High Single: POA Bill Simm, +123; Mike Chapple, +92; Ernie Strocel, +89.
High Quad: Ernie Strocel, 1085; Mike Chapple, 1045; Bill Simm, 1009.
High Quad: POA Ernie Strocel, +181; Mike Chapple, +131; Bill Simm, +125.
Most Wins: Ernie Strocel, 12; Norm Bergeron, 11; Bill Simm/Kevin May, 10.

I/S Curling League

The Intersection Curling League organisational meeting is rescheduled for 1000 hrs, Wed 13 Oct 04, at The Gymnasium conference room.
 The league is open to CF Military, DND, NPF & Contract full time employees. Interested team reps or players are to attend subject meeting in preparation for the 2004/2005 curling season. For further information, contact the Military Sports Coordinator, Dan Cormier, at local 3373.

Registration for our Kick Boxing classes is taking place in the next few weeks. So far, we've set aside one class per week, but that is guaranteed to expand as interest grows. We meet every Wednesday at 17:00. The location is: 8 Wing Trenton Martial Arts Club in the basement below Junior Ranks off Oxford St. on the South Side. The instructor is Sensei Graham Hatton. For further information, please call Laura Cordick at 4133 or at 394-6573.

I/S Noon Hour Volleyball League

The Intersection Noon Hour Volleyball League organisational meeting is scheduled for 1000 hrs, Friday, October 8 in The Gymnasium conference room.
 The league is open to CF Military, DND, NPF & Contract full time employees. Interested unit sports reps

and players are to attend subject meeting in preparation for the 2004 / 2005 Season. League will play at the Gymnasium Monday & Wednesday at noon. For more information contact the Military Sports Coordinator, Dan Cormier at local 3373.

Charity golf tournament a success

The Wing Commander's Charity Golf Tournament was held Sept. 16 at the 8 Wg/CFB Trenton Golf Club.
 This tournament was a huge success with 154 participants and \$7,316.00 raised for the United Way Campaign.
 Special thanks and recognition to our Tournament Sponsors who through their generous support, ensured that this event was as successful as it was:
 Labatts' Breweries (Brent MacFarlane), Wilson's Sports' (Scott Bennett), Simcoe Office, Hercules Tire, Advantage Fitness, Fitness Depot,

Lange & Fetter Ford, Montreal Alouettes, Chaisson Trophies, Ping Canada, Fit Quest, Kim Anderson and TimberWolf Gallery. A special mention for our hole sponsors: Carm's Pool, Continental Fitness, State Farm Insurance, Frost Automotive, Four Season's Sports, Twin City Rentals, Advantage Fitness, Precor, Irvin Canada, Simcoe Office, Randall's Office, Tomasso's Dining, Fitness Depot, Zig Zag Hair Design, Golden Valley Restaurant, Herrington Auto Service, Scotia Bank (Belleville).

Players needed for soccer league

Come and join us for this year's 2004 - 2005 Indoor Soccer League.
 The league is open to all CF Military, DND, and NPF full time employees. The teams will be mixed men & women so all are encouraged to join! There will be a meeting held on 1000 hrs Thur 14 Oct 04, all interested team reps or players are asked to join. Games will be held tentatively on Thursday evenings.
 Joining the league is easy; bring in a whole team or join individually! All of those who are interested in playing and having fun please contact: Military Sports Coordinator Dan Cormier at local 3373.



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AD ASTRA CEREMONY ATTRACTS 1,500

Photos: Cpl Max Murphy, 8 Wing Imaging



Col (Ret'd) D.W. Mcleod (centre), Air Force Association of Canada (AFAC) National President, is escorted by WO (Ret'd) R.G. MacDonald, VP Quinte Region AFAC, and Maj (Ret'd) R.H. Skillicorn, "Ad Astra" Stone Program Chairman, at the 9th Annual AD ASTRA Stone Dedication Ceremony at the RCAF Memorial Museum on September 25. The double theme of this year's ceremony was "8 Wing--Home of the Air Force," and a celebration marking the 80th anniversary of the birth of the Royal Canadian Air Force (RCAF). Col (Ret'd) C.S. Yarnell served as Master of Ceremonies.

Col Andre Deschamps (centre), Commander, 8 Wing/CFB Trenton, LCol(Ret'd) L.J. Bourgeois, Chairman, RCAF Memorial Museum Board of Directors, LCol (Ret'd) F.C. Colton, Museum Executive Director, and CWO Don Cheverie, 8 Wing Chief Warrant Officer, arrive at the 9th Annual AD ASTRA Stone Dedication Ceremony. Approximately 1,500 people were in attendance, with an impressive 7,000 stones dedicated.

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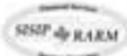
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Postcards from Home

Art contest, Peacekeeping Awareness, and fundraising all wrapped into one event.

The Trenton Military Family Resource Centre (TMFRC) along with sponsor QuintEssential Credit Union is hosting a postcard art contest. Local students create a design with a Peacekeeping theme and the winning designs will be produced into actual postcards then sold within the community. This is the first of many events involved in the Centre's Invisible Ribbon Campaign.

The Postcards from Home will increase awareness of the role of Canadian Peacekeepers and encourage learning about 8 Wing Base's part in humanitarian missions. This is the basis of the Centre's Invisible Ribbon campaign that will include information displays and activities in the community. The Invisible Ribbon represents, "those who wear the invisible uniform" and the spirit of the community that supports them. The TMFRC, a not-for-profit organization also



hopes to promote the Centre's services as a resource centre that supports families in the military and the community. The end of the campaign will be marked with a celebration at the Invisible Ribbon Gala fundraiser on March 5th at the Ramada Inn.

People can pre-order their Postcards from Home starting Monday, Oct. 4 at the Trenton Military Family Resource Centre. There will be a limited amount of cards printed of the students' designs so ordering early is recommended. Once printed in November, the community will also have an opportunity to show support for the men and women overseas by

sponsoring a postcard that will be sent in care packages.

The postcards represent a simple form of communication that can be done by any age, at any time. A little message of support can mean so much to the person whether it is a grandparent, pen pal, friend, or soldier who is receiving the card.

"Communication leads to community, that is, to understanding, intimacy and mutual valuing." - Rollo May

For more information about Postcards from Home or other events of the Trenton Military Family Resource Centre call Terry at 969-8128 or email or the TMFRC at 965-3575.

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Volunteers needed!

Our shelter relies on the caring and commitment of volunteers to assist us in a number of ways. Please let us know if you would like to help in any of the following areas:

At the shelter

- Cat cuddling and attention;
- Trimming dog and cat nails;
- Brushing dogs and cats;
- Cleaning and care of the animals;

- Taxiing shelter animals to and from their veterinary visits;
- Gardening and yard work;
- Handyman work.

In the community

- Selling raffle tickets at tables in the community;
- Information tables at non-profit promotional days;
- Flipping and serving burgers and hot dogs at fundraising BBQ's.

In your home

- Assembling gift baskets and other fundraising or promotional materials;
- Folding newspapers for dog cages;
- Clerical work;
- Telephone work.



QHS volunteer Agnes Ward.

For info call Jenny Duffy @ 968-4673.

Trenton MFRC Family Day

Sunday October 3rd, 11 am – 3 pm

At the Siskin Centre

Face painting, Child I.D., Inflatable Maze, Jumping Castle, Family Bingo, Car Seat Clinic, Fire Prevention House, BBQ, Games for every ages and prizes and much more...

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MOVIE LINE-UP		1:10	3:00	7:10	9:10
• Shark Tales	(G)	1:10	3:00	7:10	9:10
• Ladder 49	(PG)	1:00	7:00	9:15	
• The Forgotten	(PG)	1:05	7:05	9:05	

**CALL
392-4211
FOR INFORMATION**

Coming Soon: Taxi & The Grudge
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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

UNITED WAY EVENTS UPDATE

UNITED WAY ALL RANKS DANCE – Friday night after the WComd Challenge, there will be a United Way All Ranks Dance at the Sgt's Mess in celebration of Alexander Keith's 209th Birthday. The event is sponsored by Labatt with lots of prizes. There will be a DJ and perhaps a guest appearance by a local artist. Cost is a \$2:50 per person donation to the United Way.

UNITED WAY PIZZA AND SPAGHETTI DINNER – 15 Oct 04 at the Galley, Cadet side, the United Way will be sponsoring a Pizza and Spaghetti Dinner complete with garlic bread and Caesar salad. It is an "all you can eat" dinner for a cost of \$5.00. A great price for such a fine meal which includes your drink too.

MEGA PAYDAY 50/50 DRAW 01 DEC 04 – get your tickets now for the Mega Payday 50/50 draw on Dec 1st. If everyone on the Wing buys one ticket it could be worth \$8000.00. Tickets are available through your Unit United Way rep.

WING TRANSPORT CAR CRUSH - 8 Wing Transport will be holding the 2nd Annual Car Crush as a fundraiser for the United Way. The winner will have the opportunity to take control of a D6 bulldozer and drive overtop of a car numerous times crushing it as flat as a "pancake". Tickets are already on sale and can be purchased from MCpl Flowers at ext 7669 or you can pop in and see him at Heavy Equipment Section which is located on the North side or you can contact Cpl Dubeau at ext 7258. Tickets are \$1.00 each. The winner's name will be drawn on the 27th of October. The actual event will be held on October 28 at 1315 hrs on the west side of RCAF road in the dirt area just south of the railway tracks.

HEALTH PROMOTIONS PEDOMETER CHALLENGE - The Challenge involves teams of up to five wearing pedometers (small step counter) for a week to establish how many steps they are averaging in a day. After that point they spend the next week trying new things to increase the number of steps that they accumulate. We hope to have prizes for the most improved, most innovative idea, team spirit and greatest number of steps. All that is required is for each person to make a small donation to participate. See the Health Promotion Director Cheryl Rothenburg.



Self Help Group
Oct. 4th - Guest: Donna Johnson from Veterans Affairs, Trenton/Peterborough will talk about the services provided by VA Canada.

Trenton MFRC Family Day
Sunday October 3rd, 11 am – 3 pm
At the Siskin Centre
Face painting, Child I.D., Inflatable Maze, Jumping Castle, Family Bingo, Car Seat Clinic, Fire Prevention House, BBQ, Games for every ages and prizes and much more...

Wednesday Night Out
October 6th / Tole Painting / Halloween Decoration
October 13th / How to buy and sell safely on E Bay.
October 20th / Hand Made Cards
October 27 / Gardening with Ron - How to put your garden to sleep for the winter.

Courses and workshops coming up!
Beginner Spanish, Couple Communication, Scrapbooking, Parenting Courses
Call 965-3575 for information.

The Trenton Military Family Resource Centre NEEDS YOUR ADVICE!

*What do you think about your MFRC?
How well are we meeting your needs?
What can we do better?
What should and shouldn't we be doing?*

You are invited to attend a Focus group to explore these issues, make suggestions, and to complete a survey about MFRC's services.

Space is limited, so please call the reception at 965-3575 to let us if you can come, make sure that you can be heard. We will provide free childcare please reserve by October 11th at noon.

**Wednesday, October 13
6:30 – 8:30 pm at the Siskin Centre**



CHAPLAIN SERVICES

SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
Padre James Craig (Bapt)

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p>MASS Sunday Mass (English) 1015 hrs Messe Dominicale: 1130 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre Catherine Morrison (ACC)</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 0900 hrs Holy Communion 1st Sunday of the month Anglican Eucharist Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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BAPTISM/BAPTÊME
Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES
It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR
After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.

We can blame the housing boom on the Boomers

it's your Money



Garth Turner

Man, those Baby Boomers just won't quit! An entire generation is now at the point where their days should be spent worrying about joint pain, bifocals and Viagra. After all, we have more than nine million people, constituting just over 30 per cent of the population, now hovering around the half-century mark. And, what are these old snorts doing? Apparently not what their parents did at the same age, which is contemplate early retirement, bounce a few grandchildren around on their knees, and think about downsizing to a nice little house in the suburbs, or moving up to the cottage full-time. Instead, this generation is doing the unthink-

able - buying more monster homes than every before in history, and taking on king-size wads of debt.

A new survey a few days ago showed that one of the greatest levels of activity taking place in the real estate market these days is in the top end--houses costing at least a million dollars. In pockets of local insanity, like Toronto, the number of top-end transactions has shot through the roof in the past year, and realtors I know are calling it "panic buying."

The price of admission in many neighbourhoods in that city is now \$1 million, and that buys a fixer-upper, which will require another million to become respectable.

Houses that changed hands for \$750,000 seven years ago now command prices of more than \$2 million. A three-bedroom, two-story, renovated brick home on a weeny 30-foot lot in a former blue collar area now costs \$850,000.

And who is driving this market? What people have enough saved to make a down payment on a trophy home, and enough income to qualify for the giant mortgage? Of course! The Boomers - who are now in their prime income-earning and spending years, who have generally benefited greatly from the massive run-up in real estate values, and who are viewing their real estate as the best possible retirement savings plan.

At the same time this demand from the newly-wrinkled is powering house prices ahead, the opposite can be said for the bevy of financial products the same crowd was once in love with. The

mutual fund business has been sideswiped something fierce by the Boomers, who cannot forgive the fund managers for getting them into sure-thing high-tech stocks and that giant banana peel called Nortel. The stock markets are choppy and volatile, and trade at values well below the peaks hit back in 1999 and 2000.

Burned by the brokers, the Boomers turned their attention to real estate following the pivotal events of Nine Eleven. After all, a house was seen to be stable, riskless and an eternal hedge against the evils of inflation, speculation and hype. It had been the asset of choice of their parents' generation, who had seen the biggest run-up in housing values of all time following the Second World War.

So, here we are. The average house price has now hit the highest level ever. It took 14 years for the last record--of 1989--to be shattered, and we just

haven't looked back since then. Economists I hang with are adamant that there is no possibility the real estate market is entering a bubble phase, or that today's prices will be corrected lower in the near future.

Even more mortgage rate hikes will not dampen this fire, they say. The cost of money would have to rise an unthinkable 3 per cent--just about doubling the cost of a variable rate mortgage--before there would be any negative impact. But the boldest among them is forecasting just 1.5 per cent in additional costs over the next couple of years, which means mortgage rates will stay close to the most affordable level in 50 years.

Is this all good, then? Rising prices and sustained values?

Boomer trophy houses getting more precious every year, guaranteeing a jump in equity and wealth?

Well, maybe. But let's not lose sight of the fact that a house is only really worth the money that someone else will give you for it. At some point, it always has to be translated into liquidity, and the more expensive it is, the fewer buyers there are who can afford it. The generation that comes after the Boomers is, on average, in a poor position to step up and hand over a couple of million bucks. Having inflated real estate values, in fact, the Boomers may be directly responsible for making life more difficult for every other Canadian who follows. And we wonder why they hate us...

Burned by the brokers, the Boomers turned their attention to real estate following the pivotal events of Nine Eleven.

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BUSY TIMES AT RCAF MEMORIAL MUSEUM

Photo: Cpl Bernie Kuhn, 8 Wing Imaging



Four Members of 8 AMS braved the sunny morning of September 19, 2004, to wash the largest display at the RCAF Memorial Museum, the CP107 Argus. The aircraft wash was in preparation of the Museum's largest annual event, the Ad Astra ceremonies, held Sept. 25. As a non-profit organization, the museum relies heavily on the support of volunteers. Any unit or organization wishing to adopt an aircraft may contact the museum curator at local 3521.

Construction crews at the RCAF Memorial Museum uncovered a unique piece of artwork recently. The mural, done by PJ Moore, was painted on the front of the former curling club. Unfortunately admirers have a limited time to view the artwork before construction continues on the building and it is covered once again.

Photo: Cpl Bernie Kuhn, 8 Wing Imaging



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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
October 3 - October 9

ARIES (MARCH 21-APRIL 19): Relax with friends and share all your thoughts ideas and concepts on the 3rd and 4th. The information you gain and the enthusiasm that your conversations spark will lead to something good. Opportunities may arise on the 5th, 6th and 7th but be aware that not everyone will be on your side or looking out for your best interests especially at a personal level. Keep secrets to yourself. Engage in fun and games on the 8th and 9th, you will have a competitive edge so don't back down from a challenge. You are the one who will get everyone around you revved up and ready to take action.

TAURUS (April 20-May 20): Money matters can be dealt with on the 3rd and 4th. You can change your career direction or do something that will help to enhance your cash flow. Don't be shy, have confidence and share your ideas. You can't go wrong on the 5th, 6th and 7th as long as you stick to your original plan. Someone you have been interested in doing more with will feel the same way. Approach this person with enthusiasm. You may have some worthy advice to offer on the 8th and 9th but meddling in someone else's affairs may lead to trouble. Offer suggestions if you must and move on quickly.

GEMINI (May 21-June 20): You can't waste time on the 3rd and 4th. Once you have your main chores out of the way move on to something creative or develop one of your talents. You have more going for you than you realize. Don't get sidetracked by personal matters on the 5th, 6th and 7th. You should be focusing on what you can do to improve your financial or professional situation. Friends will sympathize with you on the 8th and 9th but someone you are close to may not. Get out of the house and do what you do best. Talking to experts or people you trust will lead to answers.

CANCER (June 21-July 22): Not everything will be clear on the 3rd and 4th and you must not make decisions based on hearsay. Problems at home may lead to uncertainty regarding your status and what you should do to maintain it. Someone you have to respond to will cause emotional turmoil on the 5th, 6th and 7th. Stay calm and have your facts straight. Getting upset will only give any opponent you face the edge. Be smart and observant. Do what you can to help others on the 8th and 9th. Remembering your past may bring back some ideas that can be turned into a profitable venture. Make an effort to contact someone you lost touch with.

LEO (July 23-Aug. 22): You will surprise people on the 3rd and 4th with your ability to respond to whatever you are faced with. Your control and sure-fire method of taking matters into your own hands will attract admirers. Something tells me that money is in the picture on the 5th, 6th and 7th. An investment, rebate or even winning something is apparent. Focus on how you can make your dollar go the furthest. Change can be profitable. You will light up a room on the 8th and 9th. Your dynamic outgoing persona will capture the attention you crave and lead to some interesting options.

VIRGO (Aug. 23-Sept. 22): Be careful what you wish for on the 3rd and 4th. You may think that you are headed in the right direction but things are not likely to be as they appear. Prepare to alter your course quickly. You will be the center of attention on the 5th, 6th and 7th. Prepare to get your point across and to put your plans into motion. You can be a hero if you remain organized and helpful. Don't back down. Money and business affairs will fall into place on the 8th and 9th. Keep your plans to yourself and move swiftly to make things happen. You are in control so don't lose sight of your basic goals.

LIBRA (Sept. 23-Oct. 22): You will know exactly what's required of you in order to get your own way on the 3rd and 4th. Love is in your corner and if you are quick to respond you will feel the joy of winning for a change. You may want to keep a low profile on the 5th, 6th and 7th. Observe what others do and make sure that whatever you do is done well. Eyes may be on you so don't give anyone a reason to complain. Be observant. Partnerships will flourish and new developments will lead to a brighter future on the 8th and 9th. Make a decision and stick to it. It's time for change.

SCORPIO (Oct. 23-Nov. 21): Money can be made and deals can be signed on the 3rd and 4th. You will have the upper hand. This is not the time to sit back but instead the time to take over. If you aren't happy about something or someone on the 5th, 6th now is the time to let your feelings be known and take matters into your own hands. You will be accommodated if you speak up. Love is evident. Think twice before you make a move that could damage your reputation on the 8th and 9th. Someone watching you will be critical and could cause problems. Be humble and generous and you will come out on top.

SAGITTARIUS (Nov. 22-Dec. 21): You may get more than you bargained for on the 3rd and 4th. Be prepared to do your best but if someone questions your loyalty or ability to commit to something you should probably back down. By making smart changes on the 5th, 6th and 7th that will be cost efficient and allow you to save a little extra cash you will lessen your stress and build your bank account, now's the time to be frugal. Be an instigator on the 8th and 9th and you will have all the followers you require to do what you want to do. You will be up for fun and games and no challenge will be too great for you. Love is evident.

CAPRICORN (Dec. 22-Jan. 19): Your mind will be on money and the quickest way to make it on the 3rd and 4th. An invention that you have been toying with should be developed. Follow through with your plans and prosper. The 5th, 6th and 7th is all about partnerships and how you relate to others. Both in business and your personal life you can bring things to a head and make or break whatever deals you have. Your generosity may get you into financial trouble on the 8th and 9th. You can be giving without letting it cost you. Avoid an organization looking for a donation. Do for yourself, not others.

AQUARIUS (Jan. 20-Feb. 18): Prepare to have fun on the 3rd and 4th. You can make things happen if you take control and follow through with your plans. Social events will lead to a romantic encounter. You will be in the spotlight. Someone you work with may have a greater interest in you than you first thought on the 5th, 6th and 7th. Be careful, this may jeopardize your position if you aren't careful. Focus on your creative ideas. Lots will be up in the air on the 8th and 9th. You will have to keep your secrets to yourself in order to avoid a dispute. Make love not war or you will find yourself involved in a dangerous situation.

PISCES (Feb. 19-March 20): Take cover on the 3rd and 4th especially if someone you've been sharing your secrets with turns out to be a chatterbox. Protect what's yours as well as what you know. Financial gains are apparent. Luck is with you. You can make things happen on the 5th, 6th and 7th if you are inventive and present your ideas to those who can assist you in getting what you want. Added discipline will lead to your success. You can accomplish a lot if you are work oriented and willing to put your talents on the line on the 8th and 9th. Someone will recognize what you have to offer and encourage you to continue.



The Ombudsman releases annual report, announces inquiry

Ottawa, September 29, 2004—In releasing his 2003 Annual Report, André Marin, Canada's military Ombudsman, announced that his Office is launching a systemic investigation into the recruitment process in the Canadian Forces.

"For the last few years, we have accumulated hundreds of complaints dealing with applicants to the Canadian Forces who have told us that they have been discriminated against during the application process, Mr.



Marin stated. We have heard tales of how the system is ill equipped to handle the current influx of candidates. All of this is happening while the government has announced plans to augment the forces by 8,000 soldiers." Marin announced that his Office would be examining ways for the CF to improve its recruiting

processes to ensure that they are able to meet their recruiting challenges.

In reviewing his Office's operations for 2003-2004, Marin noted that his Office had observed more cases of profound maladministration as opposed to ordinary bureaucratic inefficiency and he urged DND

and CF decision makers to beware of the "rules based mentality" where bureaucratic rules are allowed to get in the way of fair treatment of soldiers and their families.

Marin also noted that he was hopeful that after five years of being a mechanism of voice for DND and CF members and their families, as well as veterans, that the Ombudsman's Office would finally be included in the National Defence Act and recognized as a permanent institution

cemented in statute.

In 2003-2004 the Ombudsman's Office received 1265 new cases, raising 1672 complaints. The top five categories of complaints dealt with benefit entitlements, release issues, medical issues, recruitment and harassment. In addition to profiling the Office's

operations during 2003-2004 the report provides summaries and updates on the results of seven major case investigations.

The 2003-2004 Annual Report is available online at the following address: www.ombudsman.forces.gc.ca.

Support the United Way/HealthPartners Campaign!



Please give generously!



André Marin, Ombudsman de l'armée

L'Ombudsman publie son rapport annuel, annonce une nouvelle enquête sur le processus de recrutement des FC

Ottawa, le 29 septembre 2004 – En lançant son rapport annuel 2003-2004, André Marin, Ombudsman de l'armée, a annoncé que son Bureau entreprenait une enquête institutionnelle sur le processus de recrutement au sein des Forces canadiennes.

« Au cours des dernières années, nous avons recueilli des centaines de plaintes provenant d'aspirants aux Forces canadiennes qui nous ont dit avoir été discriminés lors du processus d'application », a déclaré M. Marin. « Nous avons entendu des histoires faisant état d'un processus de recrutement qui n'était pas organisé pour traiter l'afflux actuel de candidats. Tout cela se produit alors que le gouvernement canadien vient d'annoncer ses plans d'augmenter ses effectifs de 8 000 soldats. » M. Marin a affirmé que son Bureau examinerait les moyens que peuvent prendre les FC pour améliorer le processus de recrutement afin de relever efficacement les défis qui les attendent.

En révisant les activités de son Bureau pour 2003-2004, l'Ombudsman a noté qu'il avait rencontré plus de cas de « maladministration profonde » que d'inefficacité bureaucratique ordinaire. Il met en garde les décideurs du MDN et des FC contre les « mentalités basées sur les règles », où les règles bureaucratiques viennent nuire au traitement équitable des soldats et de leurs familles.

André Marin aspire également à ce que son Bureau soit finalement enchâssé dans la Loi sur la défense nationale et reconnu comme une institution permanente au statut protégé puisque depuis les 5 dernières années, il donne une voix aux vétérans et membres du MDN et des FC.

En 2003-2004, le Bureau de l'Ombudsman a reçu 1265 nouveaux cas pour un total de 1672 plaintes. Les 5 principales catégories de plaintes touchent les avantages sociaux, la libération des membres, les problèmes médicaux, le processus de recrutement et le harcèlement. En plus de présenter les activités du Bureau au cours de cette période, le rapport fournit des résumés et des mises à jour sur les résultats de 7 enquêtes de cas importants.

Le rapport annuel 2003-2004 est disponible en ligne à l'adresse www.ombudsman.forces.gc.ca.

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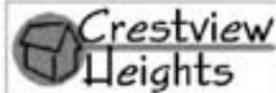
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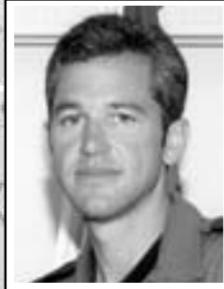
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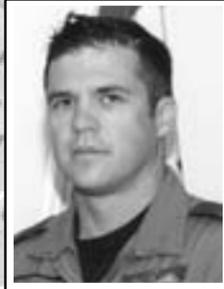
WO J. White
received his CD 1, a Lockheed 5,000 Flying Hours certificate & pin, as well as a Physical Fitness Award of Excellence - Silver Seal, presented by LCol M.J. Hood, CO 429 (T) Sqn.



Capt T. Snetsinger
received the United States Air Achievement Medal with Third Oak Leaf Cluster, the United States Air Medal, and the Air Force Commendation Medal, presented by LCol M.J. Hood, CO 429 (T) Sqn.



Capt G. Fraser
received his Lockheed 5,000 Flying Hours certificate & pin, presented by LCol M.J. Hood, CO 429 (T) Sqn.



Maj D. Ziprick
received the Commander Task Force Kabul Commendation, and a promotion to that rank, presented by LCol M.J. Hood, CO 429 (T) Sqn.



Capt C. Gervais
received his Lockheed 1,000 Flying Hours certificate & pin, presented by LCol M.J. Hood, CO 429 (T) Sqn.



Capt M. Sampson
received his Lockheed 1,000 Flying Hours certificate & pin, presented by LCol M.J. Hood, CO 429 (T) Sqn.



Capt C. Rumpel
received his Lockheed 1,000 Flying Hours certificate & pin, presented by LCol M.J. Hood, CO 429 (T) Sqn.



Capt J. Forrest
received a promotion to that rank, presented by LCol M.J. Hood, CO 429 (T) Sqn.



Pte S. Lannin
received her first hook, presented by LCol W.M. Roberts, WAdmin O.



Pte J. Kawa
received her first hook, presented by LCol W.M. Roberts, WAdmin O.



MWO S. Godin
received a promotion to that rank, presented by Maj M. Gartenburg.



MWO G.W. Sutherland
received a Fitness Award, presented by LCol J.E.F. Fortin, CO 426 Sqn.



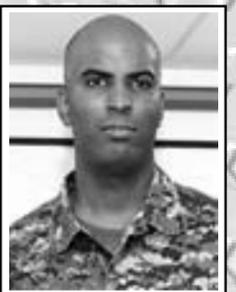
Capt D.A. Renaud
received a Peacekeeping Medal, presented by LCol J.E.F. Fortin, CO 426 Sqn.



MWO E.G.J. Poitras
received a NATO Medal, presented by LCol J.E.F. Fortin, CO 426 Sqn.



Sgt J. Lessard
received a promotion to that rank, presented by Maj W. Watson, WCEO & CWO G.E. Morphet.



Pte (T) P. Wright
received a promotion to that rank, presented by Maj W. Watson, WCEO & CWO G.E. Morphet.



Capt J.R. Szumlanski
received his CD, presented by Col J.P.A. Deschamps, 8 Wg Comd.



Cpl J.L. Buckovic
received his CD, presented by Col J.P.A. Deschamps, 8 Wg Comd.



Cpl P.M. McGirr
received his CD, presented by Col J.P.A. Deschamps, 8 Wg Comd.



Cpl R.J. Myette
received a Task Force Haiti Commander's Commendation, presented by Col J.P.A. Deschamps, 8 Wg Comd.



CWO S.J. Morrow
received his CD2, presented by Col J.P.A. Deschamps, 8 Wg Comd.



MCpl J.J.C. Briggs
received his CD, presented by Col J.P.A. Deschamps, 8 Wg Comd.



MCpl V.R. Pye
received his CD2, presented by Col J.P.A. Deschamps, 8 Wg Comd.



MWO J.P.Y. Rodrigue
received his CD2, presented by Col J.P.A. Deschamps, 8 Wg Comd.



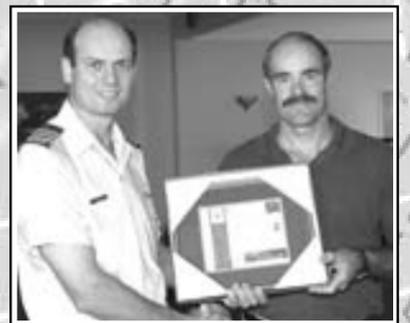
Pte M. Anderson
received his promotion to that rank, presented by Col J.P.A. Deschamps, 8 Wg Comd.



Sgt M.L. Pierce
received his CD2, presented by Col J.P.A. Deschamps, 8 Wg Comd.



Sgt V. Hicks
received a promotion to that rank, presented by Maj C. Charron, OC Foods/Supply.



Mr Mike Hackbart
received his 25 Yr Long Term Service Award, presented by LCol K. Shaw, CO ATESS.



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A	L	I		O	N	C	E		E	T	R	E		
A	F	T		G	U	A	R	D	R	A	I	L		
B	A	T	H	E	S		R	O	B					
			R	A	Y		V	A	R	I	O	U	S	
			L	I	T		C	A	P	I	L	A	N	O
C	I	V		S	O	N	I	C			K	I	N	
B	R	E	T	H	R	E	N			P	S	T		
C	A	R	R	O	T	S			S	O	T			
			E	W	E		S	P	I	R	I	T		
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R	E	L	Y			S	E	W	S		T	N	T	

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Winter Storage of Marine Engines

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

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

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

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

TIP: When draining water from the engine, remove drain cocks and insert a small wire to free rust and dirt and a lot more water. Replace with plugs. Use a non toxic antifreeze, taking steps to prevent spillage, and do not use it pure. If you would like a detailed copy of the author's winterizing procedure, send e-mail titled "winter storage" to lee@sympatico.ca (just my opinion of course!) Happy haul out!

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MUSEUM RECEIVES FUNDS

Photo: Cpl Bernie Kuhn, 8 Wing Imaging



The City of Quinte West presented a \$50,000 cheque to the RCAF Memorial Museum on September 22. Taking part in the presentation were: Ken Kee, chair of the Museum Fundraising Committee, Quinte West Mayor Bob Campney, LCol (Ret'd) Joe Bourgoeis and Quinte West CAO Ken Rose. The funding will be used for the ongoing expansion.

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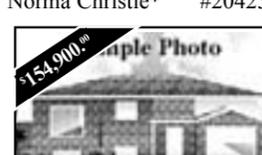
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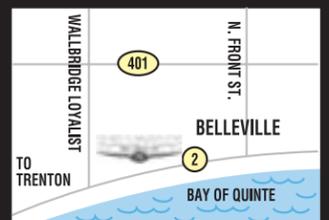
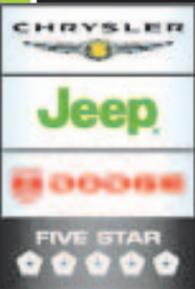
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