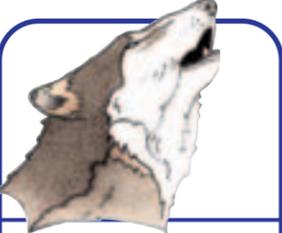


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A fitting final resting place for the mighty Lab

Photo: Cpl David Cribb, 8 Wing Imaging



CH-113 Labrador 315 is towed into the RCAF Memorial Museum's air park on Sept. 3. Leading the moving team is LCol (Ret'd) Peter Nodwell (at right, in orange), with Maj (Ret'd) John Olson driving the mule.

by Andrea LeBlanc, Editor

The big yellow bird has come home to roost, or rather, to rest.

A CH-113 Labrador helicopter, tail number 315, was delivered September 3 to the air park at the RCAF Memorial Museum.

According to the museum's Executive Director, LCol (Ret'd) Chris Colton, the Lab became available upon the stand down of the Labrador aircraft in July.

Though he has yet to receive specifics on this particular Lab's history, Colton says it appears to have done service at Comox prior to arriving at Trenton for its last operational missions.

"The Lab is in a temporary resting place in the air park--it will eventually be located adjacent to the 413 Squadron cairn, where the rotor blades and all of the other equipment removed for post-operational

storage and moving will be re-attached."

"The delivery of the Lab was accomplished on schedule and without any unforeseen difficulties, thanks everyone involved," noted Colton.

The delivery may have gone off "without a hitch," but a mule was definitely necessary.

Colton explained that the moving team was ably lead by LCol (Ret'd) Peter Nodwell, with assistance from ATESS personnel and by museum volunteer Major (Ret'd) John Olson, who operated the mule needed to tow the helicopter into place.

To say Colton is pleased with the new addition to the air park would be an understatement.

"We are delighted to see the Labrador join the other aircraft on display, given its outstanding support and service in a search and rescue role with Canada's Air Force.

Phones-for-Food--8 Wing Trenton answers the call

by Capt Nicole Meszaros, A/WPAFFO

Cellular phones don't last forever and here at 8 Wing practically everybody has one. To capitalize on this, an innovative approach to disposing of phones has been adopted by this Wing.

Unserviceable phones are donated to the Gleaners Food Bank in Belleville. The phones are disassembled, and recyclable parts are sold to raise money to buy perishables for the food bank. The benefits to this process are two-fold: waste is diverted from landfills and

the food bank has more resources with which to buy food.

The impact of each phone is astounding. According to Susanne Quinlan, Director of Operations at the Gleaners Food Bank, each phone is worth about a carton of milk, a jar of peanut butter, or perhaps a whole meal.

"We are really happy about the Wing's involvement in this project," said Quinlan. In 2003 the food bank provided food to 7,022 families, underscoring the importance of the food bank and the donated phones.

"People are keen to recycle," she said.

While this is the first time that the Wing has engaged in the practice of donating cellular phones, it is likely to continue. In the past ink cartridges have been donated to the food bank in Trenton for the same purpose as the cellular phones.

Individuals who wish to make donations to the Gleaners Food Bank may do so by dropping off their phones or ink cartridges to either the public library in Belleville or to the Belleville City Hall.

Photo: Cpl Josee Menard, 8 Wing Imaging



Unserviceable cell phones, which the Gleaners Food Bank can sell to raise money to buy perishables, were donated by Col J.P.A. Deschamps, Commander, 8 Wing/CFB Trenton, on behalf of the Wing to Susanne Quinlan, Gleaners Director of Operations. Also pictured are Dot Serre and WLEO LCol D.J.Gould.

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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



According to environmental regulations, the WComd must inspect the PCB storage facility annually. It is located in the bulk hazard storage area on the North side. The storage area contains PCB, asbestos, radiation and special waste. There has been a recent improvement to the site, which was installed by the Air National Guard earlier this year. They installed a concrete pad with a drain to an oil/water separator to collect any residue from the empty barrels. While on site, the WComd took a closer look at the pad.

MORE LOCAL GENEROSITY



Well known Quinte businessman John Williams presented a cheque in the amount of \$5,000 to the RCAF Memorial Museum on September 2. The donation was part of a \$25,000 commitment to the museum's ongoing expansion project. During the presentation Williams called upon other local business owners to step up to the plate and make similar contributions. Pictured from left to right are: Wilf Wilkinson, Chair of the Quinte Area Fundraising Committee; John Williams, owner of Williams Hotels; Ken Kee, Fundraising Chair for the RCAF Memorial Museum; and Doug Whitley, member of RCAF Memorial Museum Fundraising Committee.

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NICE WEATHER, FOR THE DUCKS!



Photo: Cpl Bernie Kuhn, 8 Wing Imaging

Motorists were treated to instant carwashes yesterday as the area received record rainfall.



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Third cruise ship rescue for 442 Squadron in August

19 WING COMOX--Captain Brad Steels was awoken this morning (August 27) by a sound he knew, but took a moment to recognize. And then he immediately jumped out of bed. The sound was the unmistakable buzzing of his pager, which meant that he would be launched for a Search and Rescue mission.

Capt. Steels, a Cormorant pilot, joined the rest of his crew, pilot Capt Troy Kearns, flight engineer Philip Robin, and SAR technicians Sgt. Mike Hurtubise and Master Cpl. Rob Dumonceau, at Hangar 14, 19 Wing Comox, in the early hours of the morning. They quickly prepared for take off and were airborne at 7:30 a.m., on their way to pick up a patient with appendicitis on the cruise ship *Celebrity Mercury*, which was approximately 180 km northwest off the coast of Port Hardy.

"This was my first operational

mission to a cruise ship," said Capt. Steels. "It was great having a role in the rescue, especially in the Cormorant, which is excellent for these types of missions."

Once Capt. Steels and Capt. Kearns were in a hovering position over the aft of the cruise ship, Master Cpl. Dumonceau, SAR leader in this mission, and Sgt. Hurtubise descended via the hoist to the deck. The patient and his wife were both hoisted up to the helicopter and returned safely to 19 Wing Comox, where they were transported by ambulance to St. Joseph's hospital.

"It can be a challenge for the SAR techs and the flight engineer to operate the hoist in the helicopter's downwash," said Capt. Steels. "But, we work as a team and are becoming extremely efficient on this machine, while ensuring the safety of the crew and the patients."

BRICK BBQ AIDS MFRC

Photo: Judy Leavere



A barbeque held at The Brick in Belleville last weekend, held in conjunction with the store's huge tent sale, raised \$100 for the Trenton Military Family Resource Centre here at 8 Wing/CFB Trenton. Pictured here are Assistant Store Manager Dave Guppy (left), Store Manager Ken Wells, along with two happy customers (Krista Strickland and young Griffin) and one delicious-looking hotdog.

Search & Rescue UPDATE



The Cormorant was tasked on Sept. 2 to search for a possible person in the water near Port Elgin, ON. Nothing was found and the Cormorant returned to base. The Cormorant was then tasked to search for a missing 16 ft. fishing boat near Parry Sound. Shortly after arriving on scene, flares were spotted by Coast Guard 07. The fishing boat had suffered mechanical problems and was taken under tow by Coast Guard 07 and the Cormorant returned to base. On Sept. 3 the Cormorant was tasked to look for a person in the water in the vicinity of the American span of the '1000 Islands' bridge. Nothing was found and the Cormorant returned to base. On Sept. 4 the Cormorant was tasked to investigate an ELT signal in the vicinity of the Barrie Air Park. It was determined that the ELT signal was emanating from an aircraft parked on the airfield. The owner was notified and the Cormorant returned to base. Then the Herc was tasked to assist the US Coast Guard in locating an aircraft that had disappeared off radar over Lake Michigan. Upon arrival the weather was too low over the search area to conduct any SAR operations. The Herc returned to base. Upon arrival over Trenton the Herc was retasked to investigate an ELT signal in the Ottawa area. Multiple passes were conducted around Ottawa, no ELT signal was detected, and the Herc returned to base. 5 Sep the Herc was tasked to search for an overdue 14 ft. aluminum boat with one person aboard on Lake Simcoe. Upon arrival on-scene the boat had already been located by OPP/Fire Rescue and was met by a surface vessel. No further assistance was required and the Herc returned to base.

Missions for 2004: 127 Missions for Sep: 12 Persons rescued: 20

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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 J.P.A. Deschamps 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:

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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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8 Wing/CFB Trenton Annual Recreation & Leisure Show Sunday September 12th Noon to 4 pm at the RecPlex (Indoor Pool)

Come see what 8 Wing and our surrounding community have to offer. Many clubs & organizations will be conducting program registration at this time.

Entertainment for the kids! Lots of activities to choose from! See you there on Sunday.

CORRECTION

An error appeared in the article entitled *Do You Need Life Insurance?* submitted by SISIP Financial Services and published in the September 3 issue of The Contact. A sentence in the article's third paragraph should have read: Under this law, upon the death of a Regular Forces member, a lump sum death benefit equivalent to two times his or her salary is payable.

SISIP regrets the error.

Contact

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Forts and Fortlets

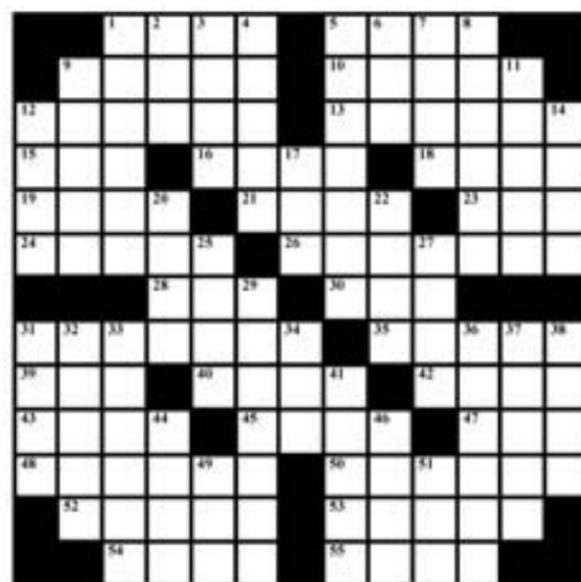
By Bernice Rosella and James Kilner

ACROSS

- Set out (nautical)
- Extended
- Manitoba Fort
- Buffalo
- More malleable
- Northwest Territories Fort
- Flower petals
- Tell all, slangily
- Chop finely
- Dry
- Mountain passes
- Poetic before
- Alberta Fort
- Measured
- Corporate exec
- Hairy bovine
- British Columbia Fort
- About the kidney
- Hurt
- Favourites
- Partial
- Wolf
- Placed
- Open ground
- Under control
- British Columbia Fort
- Uppity one
- Small drum
- Conifers
- Machine pistol

DOWN

- African journey
- Significant creations
- Deadly sins
- Style of poetry
- British Columbia Fort



- Beate's babe
- North, to some
- More risque
- Robot
- _____ bleu
- Pizzazz
- Require
- Name, to Normand
- Engrave
- Heavenly body
- Jalopy
- Scrimps
- Egg creations

- Amounts of gas, abbe.
- Rampages
- Ontario Fort
- Greek letter
- British Columbia Fort
- Eastern ruler
- Deceiver
- Screens
- Woodwind instrument
- Darn
- Despicable
- Biblical patriarch, to his friends

See answers on page 14



This Week in Contact

1974--Private Joseph Daniel Maurice Santerre, 19, of Sherbrooke, Quebec, is recovering in the British Base Hospital at Dhelelia, Cyprus after being stabbed in the abdomen on August 20 while on duty with the United Nations Forces in Cyprus. Pte Santerre was one of two men manning an observation post in the Nicosia district when he went to investigate noises in a building below him. He was then stabbed by an unknown assailant.

1984--In the interests of safety, all Middleton Park PMQ residents are reminded that there is no longer a crosswalk between Canex and Yukon Lodge, on County Road 21 (AMDU Road). The crosswalk signs have been removed and the road markings painted over. All personnel are urged to use the crosswalk at the intersection of Rivers Drive and AMDU Road.

1994--After nearly 10 years of faithful service to AMDU, the VAX 11/750 has been removed from service, replaced by a newer (and much smaller but more powerful) VAX 4500A. The system most recently was used primarily as the AMDU Local Area Network and Wide Area Network router as well as the load host for the IBM Gateway to DCB Borden

Created by Lt J. H. MacDonald
 (Compiled by Andrea LeBlanc)





OUR BALL HOCKEY TEAM IS TOPS!!



Photo: JoAnne Gagne, Borden Citizen

DND donates Army supplies to support stabilization efforts

National Defence

OTTAWA – (September 1, 2004) The Minister of National Defence, Bill Graham, today announced that a variety of basic Army supplies will be donated to the African Union (AU) to assist them in their efforts to provide security and stabilization in the Darfur region of Sudan .

These supplies were requested by the AU, and are drawn mainly from surplus stocks and valued at about \$250,000. This consists of body armour, helmets, flashlights, protective insect nets, cots, and pocket knives. These supplies will be sent next week.

The Canadian Forces (CF) currently has two members deployed to Sudan with the United Nations Advance Mission in Sudan (UNAMIS) on Operation SAFARI , in support of the United Nations Stand-By High-Readiness Brigade (SHIRBRIG).

MDN donne du matériel militaire pour appuyer les efforts de stabilisation

Défense nationale

OTTAWA – (le 1 septembre 2004) Le ministre de la Défense nationale, Bill Graham, a annoncé aujourd'hui que son ministère donnera du matériel varié à l'Union africaine pour appuyer ses efforts visant à assurer la stabilité et la sécurité dans la région du Darfour, au Soudan.

Ce matériel, demandé par l'Union africaine, provient essentiellement des stocks excédentaires et est évalué à 250 000 \$. Il se compose principalement de gilets pare-balles, casques, torches électriques, filets de protection contre les insectes, lits pliants et couteaux de poche. Ces objets seront expédiés la semaine prochaine.

Actuellement, deux membres des Forces canadiennes (FC) sont affectés à la Mission des Nations Unies au Soudan dans le cadre de l'opération Safari , pour appuyer la Brigade multinationale d'intervention rapide des forces en attente des Nations Unies (BURFA).



Photo: JoAnne Gagne, Borden Citizen

CONGRATULATIONS to the 8 Wing/CFB Trenton Flyers Ball Hockey team--The new National Champions!!

The team, representing Ontario Region, battled four other regional teams (Quebec, Atlantic, Pacific and Prairies), to earn the title. The tournament was held in Borden from August 29 to September 2, with the Flyers facing Valcartier in the finals and winning 2-1 in a real nail-biter. Cpl Bruce Matthews (at left), of 8 Air Maintenance Squadron, was awarded the Tournament MVP Award. The Flyers came in second place in last year's contest.



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19	20	21	22	23	24 TGIF Last BBQ Steak 17:00 HRS Tri-Mess Golf Tournament Slow Pitch Tournament	25 ★
26 Slow Pitch Tournament	27	28	29	30 General Mess Meeting 2:30pm @ the Officers Mess		

SEPTEMBER 2004

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Myths about financial advisers

(NC)-When it comes to getting financial advice, many people are misinformed. Read on to set yourself straight! *Myth #1 - Financial advisers are only for people with lots of money.* Not true! Good advisers work with the money you do have available to invest, and can help you make choices about saving, investing and managing it. But some products and services they suggest may depend on how much you have to invest.

Myth #2 - Financial advisers are for people who read the financial pages everyday. Advisers should stay on top of the investment market, so you don't have to know everything. But you should take an interest, and stay informed about any news that might affect your investments.

Myth #3 - Financial advisers are all the same; it doesn't matter which one you choose. Choosing the right adviser can be tricky, so it's worth doing some extra leg work to find one who is qualified to help you. Spend time researching what to ask and look out for what by using unbiased resources such as "How to Work with a Financial Adviser" - found at www.investorED.ca. This online program explains in plain English how to build a solid relationship with a financial adviser.

For free, objective information on advisers and investing visit www.investorED.ca. The Investor Education Fund is a non-profit organization established by the Ontario Securities Commission, the provincial investment industry watchdog.

Where's money safe? You might be surprised.

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Garth Turner

In a world gone crazy, where is money safe?

That was the basic question folks wanted answered during a call-in radio show I did the other day in Victoria, where host Joe Easingwood enjoys the local status of a deity.

"How are people supposed to pay all the bills when they hit 65, and beyond?" the Divine One thundered into the microphone. "People don't trust the market anymore, so what are the options left?"

Of course, these are the queries on the lips of most Canadians, especially in 2004 when the stock market, and mutual funds based upon it, has returned nothing.

Meanwhile, interest rates remain at one of the lowest levels in history, which means tried-and-true guaranteed investment certificates--after inflation and taxes--are about as interesting and complex as Hilary Duff. The result has been twofold--millions of Canadians are sitting on billions of dollars in cash or near-cash investments because they have no idea what to do; and, real estate continues to roll along

at artificially pumped-up values.

So, are there other options to make money grow? Here are a few points to remember::

Bonds--when it comes to corporate and government bonds (not Canada Savings Bonds), there is an inverse relationship between interest rates and bond prices. So, when interest rates are very high, bonds are cheap to buy, but when rates tumble, bond prices soar--which is the case today. Therefore, if you decide to invest in bonds right now, be prepared for the value of your investment to drop as rates inevitably rise, which means you are best to buy bonds you intend on holding to maturity.

Canada Savings Bonds--are not really bonds, just big, cashable GICs clothed in patriotism and sold to you by a government hoping you are too dumb to notice that they have a negative yield after inflation and taxes. So far, it's working pretty well.

Income Trusts--all the rage over the past few years that stock markets have been wonky and volatile. In fact, lots of companies

have abandoned issuing stock and turned themselves into income trusts instead, which promise investors a regular stream of income. But these should only be bought if that-- an income stream--is what you need. As far as the investment aspect goes, many income trusts are worth far less than the purchase price in a short time, since they have to unload assets to keep paying the interest. Be wary. Ask many questions.

Mutual funds--there are dozens of types and thousands of funds to choose from, so don't dismiss funds with a curt wave of the hand. I still believe the stock market will double in value over the next five to 10 years, since the economic fundamentals of North America are extremely sound. That means there is a lot of sense in having at least a few index funds around, which cost nothing in fees, and which pace market growth. Just make sure you buy them and don't check on them for at least three years, at which time you will be delighted.

Stocks--this is the time that a talented stock-picker can shine. There are many great companies which have been buffeted around by turbulent markets, and whose shares are trading at discount levels. If you have enough money, then hire a good portfolio manager who will set up a discre-

tionary account and construct a diversified portfolio for you, based on your income needs, tolerance for risk and lifestyle goals. A discretionary account means he has the discretion to trade in it as he wants. It doesn't mean you have the discretion to harass him.

Real estate--the asset of choice for millions of people, especially since Nine Eleven. House prices are not going to plunge, even though mortgage rates will be gradually rising. Yes, the market will cool, prices increases will level off, and the number of new and resale homes changing hands will decrease. But, no bust. However, having said that, real estate is likely to just pace inflation over the rest of the decade, which means substantially no growth for all the money you have stuffed in it.

One strategy, then, is to borrow against the equity in your over-valued home at the lowest interest rates in an entire generation, to use that cash to buy undervalued shares in great companies, and then to write all of the loan interest off your taxable income, meaning you borrowed the money at almost no cost to you whatsoever. The timing of this could not be better and the potential rewards never more substantial. But only a relative handful of us will do the obvious because we are, well, Canadians.

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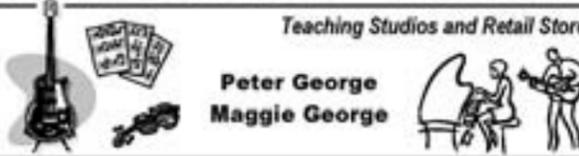
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Working without delight (de-light)



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Have you ever noticed how you have more get-up-and-go at certain times of the year than others?

For example, it can be quite easy to get up at 6 a.m. on a June morning and go for a walk, but really difficult to do so in darkness during an autumn or winter morning.

Could this dragged-out feeling increase a worker's risk of suffering an injury on the job? Two university professors who specialize in researching the body's internal (circadian) clock think so.

Dr. David Glass, a professor of biological science at Kent State University in Ohio, says some people become extremely depressed and lethargic because of a lack of sunshine in the

winter. This condition is called Seasonal Affective Disorder (SAD).

"Some people are really rocked by it. They feel really depressed and they don't want to get out of bed. Their productivity is way down," says Glass.

He suspects others who might have a milder form of SAD could experience decreased alertness and productivity on the job during the fall and winter months.

Dr. Ralph Mistlberger, a professor of psychology at Simon Fraser University in Burnaby, British Columbia, also believes there might be some truth to people being less alert in the winter.

"Bright light has an alerting effect and one would certainly think if you are going to work in the dark there would be some effect."

However, Mistlberger says he is not aware of any specific studies into seasonal alertness.

He suggests drinking an extra cup of coffee might help a worker compensate for having to rise in darkness, as might sitting in bright artificial light, which reduces the

brain's production of melatonin, a hormone.

Melatonin levels increase in darkness, leading to a sleepy feeling. When daylight arrives, levels drop and the person begins to awaken.

Mistlberger says exposure to artificial light can help increase alertness when the sun isn't around to do it. Indeed, many people who suffer from SAD find relief by sitting near special light boxes.

A National Institute for Occupational Safety and Health (NIOSH) publication called Plain Language About Shiftwork, by Roger Rosa and Michael

Colligan, reports that laboratory research has found people exposed to a few hours of bright light in the morning felt alert earlier in the day than those who were not.

"Still, workers have to be careful about using bright light, so that they will be alert at the right time. For bright light to work, a worker also must stay in low light or darkness during some times of day," say Rosa and Colligan.

Too much bright light at the wrong time can throw your internal body clock off. If this happens, you won't be alert at the times you really need to be, they add.

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MUSEUM WELCOMES LABRADOR



Photo: Cpl David Cribb, 8 Wing Imaging

RCAF Memorial Museum volunteer Maj (Ret'd) John Olson tows Labrador 315 into the air park September 3. For more information, please see story on Page 1.

trenton scottish IRISH festival

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9:30a.m.	Trenton Citizen's Band
10:00a.m.	Parade of the Bands
11:00a.m.	Opening Ceremonies
11a.m - 4:00p.m.	Massed Bands
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Prostate Cancer--risk factors, signs, symptoms

What causes prostate cancer?

There is no single cause of prostate cancer, but some factors appear to increase the risk of developing it:

- Age - particularly after 65
- Family history of prostate cancer

- High levels of testosterone
- African ancestry

The effects of diet (especially a high fat diet), obesity, inactivity and working with cadmium are being studied.

Some men develop prostate cancer without any of these risk factors.

Signs and symptoms of prostate cancer

Having the following signs

and symptoms does not necessarily mean you have prostate cancer. They could be caused by other prostate problems, so see your doctor to be sure.

Prostate cancer is generally slow growing and may not cause any symptoms for years. Its signs and symptoms are usually divided into two groups:

Localized (involving the prostate gland)

- Decrease in the size and force of your urinary stream (weak flow)

- Difficulty starting (hesitancy) or stopping urine flow (dribbling)

- Urgent need to urinate

- Frequent urination during the day and especially at night

(nocturia)

- Inability to urinate

- Blood in your urine (hematuria)

- Pain during ejaculation

Generalized (involving areas where the cancer has spread)

- Bone pain is the most frequent symptom of cancer that has spread

- Aching pain in the lower back, hips, thighs or groin

- Weight loss

- Constant tiredness

- Urinary obstruction and/or retention

- Low red blood cell count (anaemia)

Source: Canadian Cancer Society, www.cancer.ca

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HEALTH PROMOTION will be offering the following courses, beginning in September:

WEIGHT WELLNESS--Registration-13 Sept 04, 1400-1500 hrs; HP classroom. Begins Sept 27--12 group sessions over 15 weeks--1400-1600 hrs

BUTT OUT, Smoking Cessation--Registration - 16 Sept 04, 1400-1500 hrs; HP classroom. Begins 23 Sept 04--9 sessions over 14 weeks--1400-1600 hrs

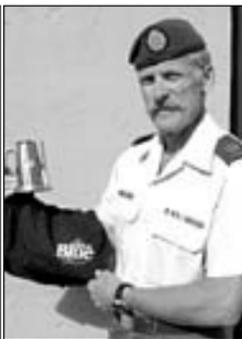
TAKE CHARGE, Stress Management--Registration deadline 13 Sept 04 Begins 22 Sept 04 - 8 sessions over 8 weeks--1400-1600hrs

Please call Cheryl Rothenburg, HPD, for more information at 3768/3767

Labatt Blue congratulates the winners of the Labatt Blue Military Prize Pack



Sue Warren



Robert Field



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Fitness, Sports & Recreation

The use of weight belts – do they really support your back?

Some clients may find the use of a weightlifting belt helpful in maintaining proper form during exercise.

However, this is not a stand-alone solution or preventive measure. Teaching proper form and prescribing the appropriate exercises and loads appears to be the best primary intervention to reduce the risk of injury during exercise. However, a

lumbar belt may provide a beneficial effect when performing maximal lifts, such as power lifting. Finally, it is important for a trainer to realize that there is a complex interaction of the muscles, such as the abdominals (especially the obliques and transverse abdominals) and other sensory influences (such as proprioception and kinesthetic

awareness) when doing lifting tasks that should always be considered when designing safe and effective exercise programs.

For more info or to book a personal training session please contact the Fitness Coordinator at local 3328.

Submitted by Fitness Instructor, Tammy Whalen

A new obstacle to overcome



Laurie McVicar

Tuesday, September 7

Physical fitness, much like life, is full of triumphs and obstacles.

Since starting this journey to better health over two years ago, it seems my path has been paved with both of these. This week, however, I think I suffered the biggest blow yet after my family doctor confirmed a case of mononucleosis (mono). Not only are you advised to refrain from strenuous physical activity, but

Confessions from the Gym

an immense lack of energy ensures you don't break this rule.

Years ago, when exercise was a under-used term in my vocabulary, I may have inwardly did a little happy dance at this little "get out of gym" free card. These days though, I look at this illness as both a huge inconvenience and an equally large disappointment. I had hoped to get back on track this fall and perhaps cover new ground and report

on new experiences. While that plan may be temporarily delayed, I can guarantee it won't be permanently derailed.

So, in the meantime, here I am banished from the weight room and pouring pathetically over fitness magazines and websites with that yearning to test out the "move of the week"...(sigh). The silver lining to this whole situation (and yes, believe it or not, there is one) I'm too bloody tired to eat! I guess fate has a funny way of balancing things out. If I can't lose weight through exercise, darn it, I'll just have to lose it existing on chicken noodle soup.

Well, back to bed rest. Cheers!

C.F.B. Trenton



Ripples

www.reach.net/~cjones/

Biffy, loo, can, w.c., john...I think you know what we're talking about. On a boat, it's called the "head" but if it's causing problems, you probably have another more colourful name for it. Problems with your boat's head usually come from three sources: hoses, the bowl or a plugged tank vent.

Hoses that are old can leach odours and need to be replaced. A leaking bowl could be the result of a crack and you need to make a close inspection. However, it could be one of the various rubber gaskets, seals or valves. You can buy a maintenance kit which costs \$115 versus a new toilet at \$189. The parts are easy to fit and the critical ones go in only one way. Yes there are always parts left over!

But all of this is for nought if you do not keep the tank vent unobstructed. If you find that the pump is hard to work because there is a lot of pressure on the handle or waste is backing up in to the bowel...cobwebs in the tank vent are the problem. You should take the through hull vent off once a month and clean it. Easy to do and not messy at all. Detach the hose, unscrew the nut on the inside and a pipe cleaner or heavy wire will do the trick. Make sure some one is holding the outer cap or it will be in the drink.

Lastly, to keep the pump working smoothly, pour in a quarter bottle of Hose Lubricant every three to four weeks. A good squeeze of dish soap is not a bad substitute if you want to save a few loonies.

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2004 /2005--WHL / NHL / LEHL

2004 / 2005 Season Meetings & Player Registrations for The Wing Hockey League, Noon Hour Hockey League & Elite Hockey League

It's that time of year again. The 04/05 Hockey Season is almost upon us. The 8 Wing/CFB Trenton Hockey leagues are open to CF Military, DND & NPF full time employees.

WHL

The Wing Hockey League will commence Oct and play every Sun, Tue, Wed evening. The League meeting will be held at 1000 hrs, Tue 14 Sep 04 at the Gymnasium all interested Team Rep are to attend.

NHL

The Noon Hour Hockey League will commence Oct and play Noon Hours at a cost of \$90.00 per player. A League meeting will be held at 1000 hrs, Wed 15 Sep 04 at the Gymnasium all interested Team Rep are to attend.

LEHL

The Elite Hockey League will play every Thur evening, cost TBA per player. League will commence in Oct.

Player registration for the NHL & LEHL will be extended until Fri 24 Sep 04 from 0800 – 1200 and 1300 – 1530 hrs Mon – Fri at the Main Office of The Gymnasium.

For further info contact the Mil Sports Coord, Dan Cormier, at Local 3373.

2004 Wing Commander's Challenge

It's that time of year again! The PSP Fitness and Sports Flight is organizing the Annual Wing Commander's Challenge, an event that is run in conjunction with 8 Wing's United Way Kick-off campaign. This years event is scheduled for Friday October 1.

The challenge incorporates teams of eight (plus one volunteer) to participate in fun, non-athletic type events open to all military and DND employees alike. Keep an eye on the Contact for more info on this upcoming event or contact Todd Peart, event organizer, at local 2993.

I/S Ladies Golf Tournament--Tue 21 Sep 04

The I/S Ladies 9 Holes 4 Ball Best Ball Golf Tournament will be held on Tue 21 Sep 04 at the CFB Trenton Golf Course. Tournament will be limited to 12 teams. Registration fee will be \$15.00 per person for non Military & Golf Club Members and \$5.00 for Military & Club Members. Bring a small \$10.00 Prize. Payment will be made at The Gymnasium Main Office NLT 1600 hrs, Fri 17 Sep 04. Tournament will be a shotgun start; Team briefing 1215 hrs. Register your team or as individuals with Shirley Martin at loc. 7160 or for info contact Mil Sports Coord Dan Cormier at local 3373.

Showcase

Showcase



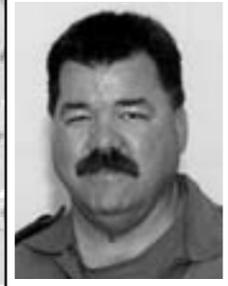
Capt K.J. Jarrett
received his CD presented by Maj K.J. McDonald.



Capt W. Snyder
received his CD presented by Maj K.J. McDonald.



MWO J.F.G. Payeur
received a promotion to that rank, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



WO B.J. Shepherd
received a promotion to that rank, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



Sgt D. Eddy
received a promotion to that rank, presented by LCol J.R. Anderson CO 426 (T) Sqn.



Pte T.L. Messier
received a promotion to that rank, presented by Lt J.C. Comeau and MWO D.M. Mullens.



MCpl D. Knap
received a promotion to that rank, presented by Maj T. MacIver.



Sgt G. Currell
received a promotion to that rank, presented by Maj T. MacIver.



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



Capt G.J. Giacomuzzo
received his SSM & his CD, presented by Maj D.M. Alexander.



Capt F. Cannon
received his 3000hr Fly Scroll on the Buffalo, presented by Maj D.M. Alexander.



Cpl V. Fisher
received a Fitness Award of Excellence (white seal), presented by Maj D.M. Alexander.



CWO D.R. Hancock
received a promotion to that rank, presented by Maj D.M. Alexander.



Maj R. Burns
received CD1, presented by Maj Alexander.



Sgt L. Furlotte
received CD1, presented by Maj Alexander.



WO J.A. Oakes
received CD1, presented by Maj D.M. Alexander.



A-3 RTF
received the Wing Commander's Comendation, presented by A/W Comd LCol W.J. Lewis.



Arlene Preston
received the schooship award, presented by A/W Comd LCol W.J. Lewis.



Lt (N) C.R. Gould
received his CD2, presented by A/W Comd LCol W.J. Lewis.



MCpl D. Frasz
received a promotion to that rank, presented by A/W Comd LCol W.J. Lewis.



MCpl G. Gauthier
received her CD2 & the Queen's Golden Jubilee Medal, presented by A/W Comd LCol W.J. Lewis.



Sgt T. Holmes
received a promotion to that rank, presented by A/W Comd LCol W.J. Lewis.



MCpl V. Jouan
received a promotion to that rank, presented by A/W Comd LCol W.J. Lewis.



MS J.E. Anderson
received the Queen's Golden Jubilee Medal, presented by A/W Comd LCol W.J. Lewis.



PO2 G. Beaulieu
received a promotion to that rank, presented by A/W Comd LCol W.J. Lewis.



PO2 S. Jolivette
received a promotion to that rank, presented by A/W Comd LCol W.J. Lewis.



Pte C.R. Myers
received her first hook, presented by A/W Comd LCol W.J. Lewis.



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
September 12 - September 18

ARIES (March 21-April 19): Perk up and do something that will make you feel good on the 12th. Make physical changes. You are in a high romantic and creative cycle. Plan to work on intricate projects on the 13th and 14th but keep yourself available, however, to receive phone calls - something interesting could develop that will help further your goals. Take advantage of the opportunities available to you on the 15th and 16th. Stop holding yourself back, if you believe in yourself you will find success. Eliminate problems on the 17th and 18th so that you can get on with your life. Money matters will keep you on your toes.

TAURUS (April 20-May 20): Question what you are going to do. Your stubbornness may stand in the way of getting what you really want on the 12th. Don't start a feud. You can make things happen on the 13th and 14th. Strive for perfection. Spend a little time and money on you. After all if you look and feel good you'll do your best. Go after your goals and don't let anyone hold you back on the 15th and 16th. Be authoritative and you will discover that people will bend to your needs. Your emotions will be close to the surface on the 17th and 18th making it difficult for you to hide the way you feel.

GEMINI (May 21-June 20): Do something with friends on the 12th and you will learn valuable information. Don't worry about the little things that people say on the 13th and 14th. Know in your heart that you are doing your best. You have more going for you than you realize so Stop holding yourself back and start moving in a direction that will benefit you on the 15th and 16th. You have been doing too much for others and forgetting about doing for yourself. Work on something you feel is important on the 17th and 18th and it will pay off. Future projects will be influenced by your actions.

CANCER (June 21-July 22): Follow your intuition on the 12th and put some thought into what you see yourself doing in the future. Love is in a high cycle on the 13th and 14th so don't be shy--put affection at the top of your list. If you are single you can meet someone special and if you aren't, enjoy your partner. Don't trust, rely on or tell your secrets to anyone on the 15th and 16th. Keep your game plan to yourself whether it deals with your personal or professional life. Lighten up and enjoy yourself on the 17th and 18th. Your excellent memory will give you the edge. Now is the time to show your true talents.

LEO (July 23-Aug. 22): You will be a little hot under the collar on the 12th. Make love not war and give people the benefit of the doubt. You can make some changes on the 13th and 14th. Ask for a raise, go for an interview or start your own business. Prosperity is apparent if you are swift to invest in yourself and your future. Someone you meet on the 15th and 16th will influence your future. Love and romance are in a high cycle. Don't be afraid to say what's on your mind. Problems at home will escalate on the 17th and 18th if you don't take care of your responsibilities or promises you have made. Tread carefully.

VIRGO (Aug. 23-Sept. 22): Double check any paperwork that is pending on the 12th. Legal or contractual matters may not be as straightforward as you think. You can accomplish a lot at a personal level on the 13th and 14th if you open up and let your true feelings be known. It may take some coaxing to get what you want but if you are persistent you will benefit in the end. Don't turn down a chance to do something on the 15th and 16th because you don't think you are qualified. Don't turn down the opportunity to try something new on the 17th and 18th. Relationships will take a favourable turn.

LIBRA (Sept. 23-Oct. 22): Lots of talk and plenty of activity should be on your agenda on the 12th. Favours will be granted and options will be made available. Secure your financial position on the 13th and 14th. This is the perfect time to deal with legal or health issues. Keep everything out in the open so that you aren't accused of withholding information. Don't bring about change on the 15th and 16th. Deal with matters as they arise and refrain from letting things get blown out of proportion. All you have to do is set your mind on your goals on the 17th and 18th. Now is the time for change.

SCORPIO (Oct. 23-Nov. 21): Don't overreact on the 12th and avoid any sort of retaliation. You will get what you want if you stay calm. You can place yourself in a high power position on the 13th and 14th. Make decisions with confidence and everyone will back your choices. Invest a little in your future on the 15th and 16th. Take care of any matters that have to do with institutions such as banks, hospitals or the judicial system. You should be able to clear up any questions that you have. Don't let jealousy stop you from having fun on the 17th and 18th. Your creative talent is oozing to take form so focus on that instead.

SAGITTARIUS (Nov. 22-Dec. 21): Take part in whatever you can that will challenge you mentally and physically on the 12th. You will attract love and friendship. Don't embellish on the 13th and 14th or you will end up losing the respect of the very people you are trying to impress. Do less and do it well. Disputes are likely. You will discover something that you didn't know existed on the 15th and 16th and this will lead to new contacts. A business opportunity will develop. Money is in the picture on the 17th and 18th. Winnings, tax rebates, insurance surrenders or a settlement is looking positive.

CAPRICORN (Dec. 22-Jan. 19): By helping someone in your family or a close friend on the 12th you will build a strong bond that will bring you many returns in the future. Mix business with pleasure on the 13th and 14th, the more versatile you are the better equipped you will be to handle greater responsibilities. Follow through with what you believe in. Be careful who you trust on the 15th and 16th. Someone may try to take advantage of you. Keep your ideas to yourself regarding a business venture. You will benefit through the groups you work with and the people you meet on the 17th and 18th. Your good management will be recognized.

AQUARIUS (Jan. 20-Feb. 18): Don't let anyone or anything fluster you on the 12th. Disappointments in partnerships may develop. Opportunities for financial gains through investments and games of chance are looking positive on the 13th and 14th. Take care of family matters quickly and you will be considered a hero. You've got the world by the tail on the 15th and 16th. Lay everything you've got to offer on the table and reap the rewards. Love is evident. Someone may be trying to make you look bad on the 17th and 18th. Defend your position but don't slander anyone even if you are upset. Diplomacy will go a long way.

PISCES (Feb. 19-March 20): Find ways to improve your life on the 12th. Start a new diet or health regime that will help you feel good and do your best. Speak up on the 13th and 14th. Personal relationships will develop if you are open and honest. You will attract unusual people. Family issues will be raised on the 15th and 16th. Your ability to deal with such matters will bring you added respect. Do your best to improve life for everyone involved. Love, prosperity and developing creative ideas will all be in a high cycle on the 17th and 18th. Present, promote and success will be your reward.

Fleet School instructor helps Afghanistans

by Corinne Doerksen
Lookout

For PO1 David Morse, setting foot in Afghanistan next month will be a first for him and perhaps for his trade. With no saltwater in sight, the Fleet School Instructor will be in unfamiliar territory.

"I'm pretty sure I'll be the first boatswain there," he says. "But boatswains can find their way anywhere."

As a volunteer fire fighter with the Langford Fire Department, PO1 Morse will travel to Afghanistan Aug. 29 where he will help Can SAFE (Canadians Sending Afghanistan Firefighting Equipment) bring donated firefighting equipment to the Kabul fire department. Twenty years ago, Kabul, a city of more than two million people, had 400 firefighters, 90 vehicles and six fire halls.

"Now it's the same city with 180 firefighters, five vehicles and one fire hall."

The Can SAFE team consists of PO1 Morse, Fire Chief Bob Beckett and fire fighter Lt Geoff Spriggs--all from the Langford Fire Department. Together with military personnel sta-

tioned in Afghanistan, they will deliver the equipment worth more than \$320,000. The supply includes 150 sets of turnout gear (coloured gear firefighters wear as heat protectors), 76 air cylinders, 24 Self Contained Breathing Apparatus (SCBA) units, 29 portable radios, one breathing air compressor, 65 helmets, 30 pairs of boots and 20 pairs of gloves.

"These are the tools to do their job safely," says PO1 Morse, adding the equipment was donated by B.C. and Ontario fire departments. The team will train Kabul firefighters to use the equipment and teach firefighting techniques, such as building searches, how to use ropes and knots, and fire prevention and inspection.

Because of the language barrier, the team will have a translator and use flash cards and demonstrations. The training is scheduled over a five-day period for a maximum of four hours per day, but the team is prepared to go in with an open schedule, says PO1 Morse.

"I don't know what the schedule will be like, we might have to meet 10 people before the training begins. We have a plan, but we have to be flexible," he says.

The Langford Fire Department first got involved in helping the Kabul Fire Department in 2003 when it sent 70 sets of turnout gear for fire fighters to wear. The Colwood Rotary Club, a major financier of the current Can SAFE project, headed the 2003 effort. Other financial donations for the trip came from organizations including the City of Langford, the firefighters association and the Langford Fire Department.

Stationed at Camp Julien, the team will be escorted to and from the fire station by military personnel. PO1 Morse is unsure of exactly how they will get there and admits to being anxious, not scared, to enter the war-torn country.

"The travel advisory basically says 'don't go over there,'" says PO1 Morse. "I'm not nervous, but I know that it's a potentially dangerous place to go to."

PO1 Morse suspects he was asked to go to Kabul because of his military background and says it was easy to say "yes." "It's not only a worthwhile project, it's a project that makes you feel good. It might be in Afghanistan, but really they are our neighbours as well," he says. "As I understand, the Afghan firefighters are pretty excited."

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Matinees
Saturday & Sunday

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MOVIE LINE-UP

- Resident Evil: Apocalypse (14A) 1:10 7:10 9:15
- The Notebook (PG) 1:00 7:00 9:20
- Manchurian Candidate (14A) 1:05 7:05 9:25

Coming Soon: Sky Captain & Mr. 3000
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

**CALL
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FOR INFORMATION**

**GENEROUSLY SPONSORED BY
THE CENTRE THEATRE**

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.



Self Help Group
Sept. 13th / Guest: Charles Lumley from Lumley Counselling Services will talk and demonstrate the EMDR (Eye Movement Desensitization Process) and will touch on the subject of Energy Psychology and Acupressure.

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

Wednesday Night Out 6 pm – 8 pm

September 15th
Hand Made Cards
We are making cards again!! Join us for a fun evening of creativity as we use simple techniques and supplies to create several handmade cards to send to those special people in our lives!

September 22nd
Skin Care and Makeover--Enjoy a night out and try a full range of skin care products. There will be draw for a door prize and samples for everyone!
Workshop presented by Barb McGee, Aloette Products

September 29th
"Who Moved My Cheese?"
A lively fun workshop based on this bestselling book on how to deal with change in your life and work! "Learn how to move with the cheese!"
Facilitator: Joanne Belanger

True colors
True Colors workshop on Friday September 24, 2004 from 6:00 to 9:00 p.m. This fun, 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 innate temperament and 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 Manon at 392-2811 ext. 3852 or 965-3575. We will take a maximum of 20 participants.

Quinte West is gearing up for its **24th Annual Terry Fox Run**, slated for Sunday, September 19, 2004. Here in Quinte West, organizers have changed the site of the local run to Copperfield's Fitness and Rehabilitation Centre, at 421 Dundas Street West in Trenton.

This year's event co-ordinator is Tina Paquette, who can be reached at 392-1825.

Registration for the run begins at 9:00 a.m.

The Terry Fox Run was a great success in our community last year, and we know that our community will once again raised much-needed funds for cancer research.

Pledge sheets are available at Copperfield's as well as at the Gymnasium (southside) at 8 Wing/CFB Trenton.

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Canadian Military Flight Engineer Association

9th Biannual Reunion
Trenton, Ontario
September 10, 11, 12, 2004

Events: Sept. 10—BBQ at WO/SGTS Mess—open to all aircrew
Sept. 11—Dinner/Dance at Holiday Inn—open only to registered FEs
Sept. 12—Brunch at Holiday Inn—open only to registered Fes

Registration: Weekend—\$50 per person
TGIF only—\$10 per person

This promises to be a great weekend. Come and enjoy the comradeship of old and present. For details, contact Ray McIntosh, 61 Nicholas St., Trenton, Ontario K8V 4H7, 613-392-2688 or e-mail at rsmac@lks.net; or Geof Brodgen, 613-392-1905 or e-mail at gbrogden@magma.ca
For logistical purposes please register ASAP!



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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 Mid-Week Communion Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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BAPTISM/BAPTÊME
Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

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

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

Your kindness and compassion was reflected in their smiles...

by Capt Dave Myles
The TFK Civil Military
Cooperation (CIMIC) Team

KABUL, AFGHANISTAN— (Aug 22, 2004) Twenty-three little girls at the Mermau Orphanage received teddy bears, balloon animals, food and check-ups when soldiers from Task Force Kabul (TFK) visited. The TFK Civil Military Cooperation (CIMIC) Team was there to inspect the orphanage's new location.

The Mermau Orphanage is an all-girls orphanage with children ranging in age from three to 16. The orphanage recently moved to its new location, bought with funding provided by a number of donors. Although the main purpose of the CIMIC team visit was to check out the new location and assess any immediate needs, the visit became much more thanks to two Canadian medical personnel and a team of knitters from Canada.

Major Annette Snow, a doctor, and Sergeant Kelly Wilson, a medical technician, both from the TFK Health Services Support Company, accompanied the CIMIC team. Maj Snow brought out her bag of balloons, twisted up balloon animals for all the children and then, with Sgt Wilson's assistance, gave impromptu check-ups to all the girls at the orphanage.

Not to be outdone, the CIMIC team produced teddy bears for each child, some of the nearly 200 bears knit by a group of ladies from Falmouth, Nova Scotia and

sent to Op ATHENA to be given to children in need. The CIMIC team also dropped off foodstuffs to supplement the orphanage's pantry.

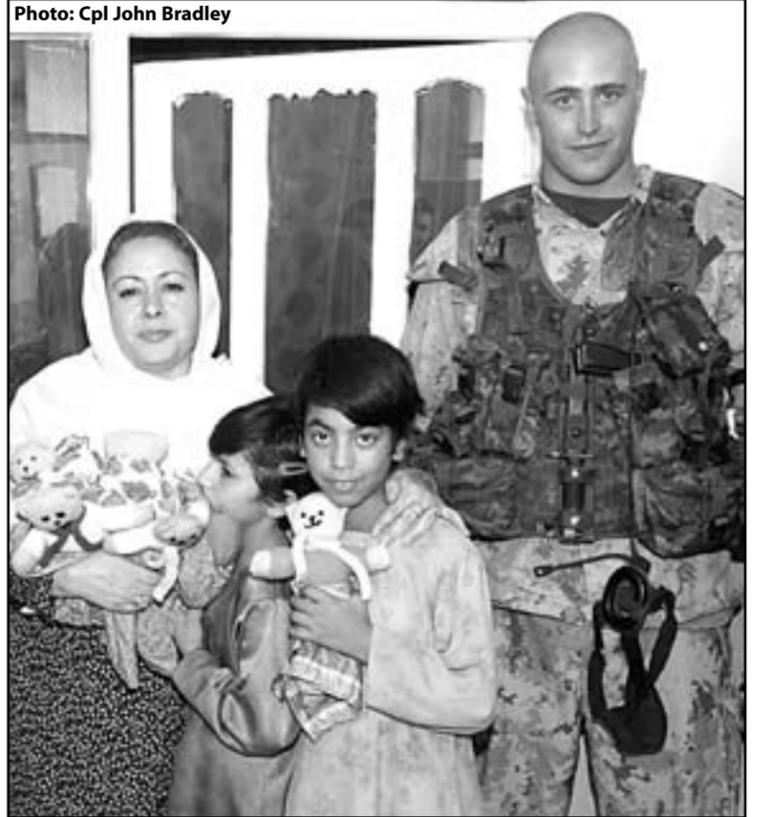
The Director of the Mermau Orphanage, Mrs. Afza Ohosa, expressed her appreciation for all the help, and asked to pass on a special thank you to the Falmouth ladies for the teddy bears. For many of the children this is the first toy they have ever owned. These children, who have very few possessions, were ecstatic about receiving the bears, which were made with such obvious kindness and compassion.

Task Force Kabul is the formation that comprises all Canadian Forces units and formations committed to Op ATHENA. Canada is assisting the International Security Assistance Force in the maintenance of a safe and secure environment in Kabul and the surrounding area to support the internationally recognized Afghan Transitional Administration.

The CIMIC team provides the link between the Canadian troops and the civilian population within the Canadian area of responsibility. The tasks of the CIMIC team are to help the contingent achieve its mission by conducting civil-military liaison and providing support to the surrounding communities. This support sometimes takes the form of projects, such as digging wells or delivering school and medical supplies. Sometimes it is as simple as liaison with the local community leaders.

(At right): Private Blake Knull, from the CIMIC Section of the National Command Element of Rotation 2, with Afza Ohosa --the director of the Mermau Orphanage in Kabul, Afghanistan.

Photo: Cpl John Bradley



(Below): Young Afghani girls smile happily after receiving balloon animals from Major Annette Snow, a doctor with the Camp Julien Health Service Support Facility who accompanied the Civil Military Co-operation (CIMIC) Section of the National Command Element of Rotation 2 to the Mermau Orphanage in Kabul.

Photo: Cpl John Bradley



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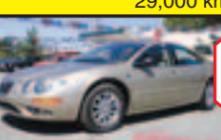
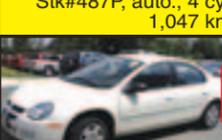
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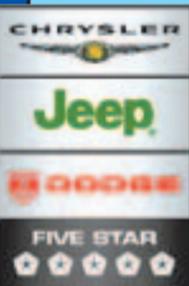
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<p>2004 Chrysler Pacifica Stk#511P, auto., V/6, air, loaded 6,000 kms.</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$305</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Liberty Limited 4X4 Stk#476P, auto., V/6, air & much more. 23,462 kms.</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$229</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Chrysler 300M Stk#520P, auto., V/6, loaded, sunroof, 29,000 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$245</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>'03 PT Cruiser Limited Edition Stk#4154A - Auto., 4 cyl., sunroof, leather, pw., pdl., pwr. seats, CD</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$165</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>
<p>2003 Durango SLT 4X4 Stk#524P, V/8, auto., loaded 44,733 kms.</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$245</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>'04 PT Cruiser Touring Edition Stk#523P, auto., 4 cyl., loaded 4,928 kms.</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$159</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Chrysler Intrepid SE Stk#527P, auto., V/6, air & much more! 27,821 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$139</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Dodge SX 2.0 Stk#505P, auto., 4 cyl., air, CD 18,000 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$139</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>
<p>2004 Chrysler Sebring Stk#440P, auto., 4 cyl., air, pdl, pw. 32,247 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$159</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Chrysler Intrepid SE Stk#521P, auto, V/6, air, nicely equipped 14,598 kms.</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$159</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2003 Jeep TJ Rubicon 4X4 Stk#526P, V/6, auto, air, CD 3,500 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$236</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Grand Cherokee 4X4 Stk#514P, auto, V/6, CD, pdl, pw and more. 19,600 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$236</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>
<p>2003 Liberty Limited Stk#4348A, V/6, auto, air & much more 40,357 kms.</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$225</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Chrysler Sebring Stk#439P, Auto., 4 cyl., air, pdl, pw., cruise 29,125 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$159</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Dodge SX 2.0 Stk#494P, auto., 4 cyl., air, CD, bucket seats, 11,196 kms.</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$139</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2003 Ford Ranger Stk#418P, V/6, auto, air, CD, box liner 37,212 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$159</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>
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<p>2004 Jeep Liberty 4X4 Stk#475P, auto., V/6, air, cruise, tilt and more. 20,344 kms.</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$229</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2003 GMC Sierra 4X4 Stk#4341A, auto., V/6, tow pkg, air, CD 13,000 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$236</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Chrysler PT Cruiser Stk#513P, auto., 4 cyl., air, sunroof, CD 12,326 kms</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$159</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>	<p>2004 Liberty Limited 4X4 Stk#481P, auto., V/6, CD, pdl, pw & more 27,385 kms.</p>  <p style="text-align: center; font-size: 24px; font-weight: bold;">\$229</p> <p style="text-align: center; font-size: 10px;">BI-WEEKLY</p>

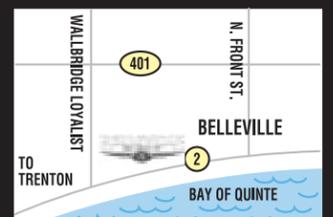
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