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• September 24, 2004 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 39 Issue Number 37 •

## 8 Wing rises to the challenge in support of the United Way

by Andrea LeBlanc  
 Contact Editor

The September 16 Wing Commander's Charity Golf Tournament was a resounding success, raising the unheard of amount of \$7,316 for the United Way Campaign.

According to Campaign Chairperson Major Paul Fleury, this year's tournament take far surpassed last year's, or any other year for that matter.

“Special thanks must go to Apollo and the rest of the staff of the Fitness and Sports Flight for organizing such a successful tournament,” said Maj Fleury.

Following on the heels of that success was the Pancake Breakfast held September 20 at the Cadet Dining Facility at the Yukon Galley. An impressive \$662.80 was raised, proving that 8 Wing/CFB Trenton personnel are really “hungry” to help out the United Way.

Organizers were so impressed by the turnout that another hearty breakfast is being planned for the near future.

“We will be running another breakfast later this fall, which will include bacon and sausage, due to popular demand. People are reminded that the next breakfast, like the first, will be an all-you-can-eat affair.”

And not to show favouritism to the first meal of the day, an All-You-Can-Eat Luncheon is set for October 15 from 11 a.m. until 1:30 p.m., also at the Cadet Dining

Facility. The luncheon will feature pizza, spaghetti, Caesar salad and garlic bread. As with the breakfasts, COs are encouraged to help out by allowing their personnel sufficient time to attend this lunch-hour function in support of the United Way.

Next up, however, is the ever-popular Wing Commander's Challenge, set for the morning of Friday, October 1.

“Next Friday will be a very busy, fun-filled day, with the Wing Commander's Challenge in the morning, followed by a barbeque lunch, and, later that evening, the All Ranks Dance sponsored by Labatt and celebrating the 209th birthday of Alexander Keith.”

“It's not too late to form and register a team for the Wing Commander's Challenge—but don't delay in ensuring you have a team entered for October 1!”

The All Ranks Dance will be held at the WOs & Sgts Mess—tickets are \$5 per couple or \$2.50 per person and the doors open at 8 p.m.

Another confirmed United Way fundraising event is the Battle of the Bands, which is slated for November 26 at the Astra Lounge and is sure to feature at least four top-notch bands.

Maj Fleury encourages 8 Wing/CFB Trenton personnel to contact their canvassing OPIs—and read the Contact weekly—for details on more upcoming events, draws and raffles.



Photo: Pte Kimberly Gosse, 8 Wing Imaging

The United Way Charity Pancake Breakfast at the Yukon Galley Sept. 20 saw MWO Konrad Ostner (WATC), MCpl Andy Whynott (426 Sqn) and Capt Carl MacDonald (424 Sqn) serving up the pancakes and french toast for the troops, including Lt Irene Dierck. A total of \$662.80 was raised.

## BATTLE OF BRITAIN REMEMBERED



Photo: MCpl Daren Kraus, 8 Wing Imaging

Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, and CWO Don Cheverie, WCWO, prepare to lay a wreath in front of the cenotaph during the Battle of Britain Service, held at Trenton's Centennial Park on Sept. 19, 2004.

## SPLISH SPLASH!!



Photo: MCpl Daren Kraus, 8 Wing Imaging

The Extreme Water Slide was a huge hit with the kids at the recent 424 Squadron Family Day, held at Baker Island. Pictured above in Kyla Smith demonstrating her freestyle body surfing skills. See more photos on Page 10.



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There will be a Wing-wide power outage on 2 Oct 04 from 0800 hrs to 1600 hrs. This will affect all buildings EAST of RCAF Road and SOUTH of Hwy #2. The rain date for this outage will be 16 Oct 04.

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



The Fire Fighter's Physical Fitness Maintenance Program (FFPFMP) has replaced the CF Express Test for Fire Fighters and is a wellness program designed to promote physical fitness and an active lifestyle that will ensure that Fire Fighters are physically capable to complete demanding tasks. The FFPFMP consists of an exercise prescription, information made available on active living, safer sex, alcohol and other drugs, smoking prevention and cessation, stress management nutrition and healthy weights, and suicide prevention; and an annual task-based evaluation.

**FAMILY DAY FOR 426 SQN**



Pictured above are Mary Pennington (top), and Matthew Nesbitt (bottom) enjoying a real-life flight during 426 Squadron's annual Family Day, held Sept. 11. Organizers say approximately 100 adults and children showed up for the daytime festivities, while 75 enjoyed the Pigapalooza (a.k.a. pig roast) at the WOs & Sgts Mess that evening.

**JR RANKS MESS**

SUN	MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	TGIF 24 Last BBQ Steak 17:00 HRS Fri-Mess Golf Tournament Slow Pitch Tournament	25
26	27	28	29	30	General Mess Meeting 2:30pm @ the Officers Mess	

★

**SEPTEMBER 2004**

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# Cormorant crew rescues hunter

by Captain Cheryl Robinson

19 WING COMOX – Provincial Emergency Health Services requested rescue assistance from the Canadian Forces the night of Saturday, September 18th, to rescue a hunter who had been injured by a falling tree, approximately 100 kilometres north of Bella Bella, B.C.

That assistance came from a 442 Squadron Cormorant helicopter, called in because of the aircraft and the aircrew's capabilities to complete the risky mission, which took place in darkness, in the mountainous tree-covered region.

The Cormorant helicopter, piloted by Captains Troy Kearns and Chris Hulser, hovered 40 feet above a cliff, with a steep mountainside looming close beside.

"Once we got on-scene the weather was okay," said Capt. Chris Hulser, a US Coast Guard on exchange at 442 Squadron. "However, the topography was not good. We were 2500 feet above sea level, the mountain had a 60-degree slope and there were numerous rock and tree slides in the area."

The darkness and terrain made it difficult to find the injured 39-year-old Swiss man and even more challenging to reach him.

"We knew the approximate location," said Sgt. JP Cossette, Search and Rescue technician and team leader for the rescue. "The hunter had a space blanket that reflected off our search light, which was the main reason we spotted him."

SAR techs Sgt. JP Cossette and Master Cpl. Andrew MacKenzie were then hoisted to a small ledge by flight engineer Master Cpl. Carl Schouten, where they began a 50-metre climb to the injured hunter.

"It was a physically demanding rescue," said Sgt. Cossette. "It was very steep, with a lot of loose rocks, trees and mud, which was a more serious issue when trying to hoist the litter out. We decided to hoist from where the hunter was, rather than the ledge, because of the hazardous conditions."

"The patient was in a great deal of pain when we reached him," said Master Cpl. Andrew MacKenzie. "He was hanging in there, though."

"Overall, it was a challenging mission but the efficiency of our team enabled us to reach the patient and get him aboard the helicopter as quickly as possible."

The SAR techs monitored the patient onboard and he was safely delivered to Terrace, B.C., where he was taken by ambulance to Terrace hospital.

## Search & Rescue UPDATE



A lighter than normal week for the crews here at 424 Sqn with five missions since our last article.

We start with our Cormorant crew being tasked to aid the Local OPP det. in the search of a 90-year-old man and his red Hyundai Excel in the area of Whites Rd. Our crew spent its time searching the shores of the Bay of Quinte and the Trent River but found nothing. Later the same night, after the man's car was located, we again performed a search centered on the man's car and worked outward. Again the crew had no success finding the man. The next day the Squadron was contacted by the OPP to inform us that the gentleman was found alive and well by an OPP helicopter in the woods near his car. Thursday of last week found our C130 crew investigating an ELT in the Kitchener area. The signal was tracked to a communication tower near Fergus Ont. Rescue 325 was released by JRCC and returned to Trenton. On Friday the Herc crew were tasked to investigate another ELT, this one in Southeastern Ontario. The signal was homed past Sarnia and on into the Flint, Michigan area. The weak intermittent signal was pointing to west Detroit and Rescue 325 was released and returned home. On Sunday JRCC tasked the Cormorant to investigate the sighting of a red flare along the south shore of Lake Erie. The crew found nothing after covering its assigned area and returned home to Trenton.

Missions for 2004: 141 Missions for Sep.: 26 Persons rescued: 20

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## The Contact Newspaper

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

### The Contact Staff

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### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

### Letters to the Editor:

Internet: [LEBLANC.AL@forces.gc.ca](mailto:LEBLANC.AL@forces.gc.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

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



### A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity and is not funded by public funds. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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 8 Wing / CFB Trenton  
 PO Box 1000, Station Forces  
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**Editorial:** 613-392-2811 Ext. 7005 Fax: 613-965-7490  
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### message from the

## Editor

8 Wing Transport will be holding it's own type of "pancake" fundraiser for this year's United Way campaign. Tickets are now on sale for the 2nd Annual Car Crush and this year is my year (I hope).

The winner (please be me) of the draw 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 can be purchased from MCpl Flowers at local 7669 or you can drop by in person at the Heavy Equipment Section--located on the north side. Or, you can contact Cpl Dubeau at local 7258, at the main Transport building on the south side. Tickets are \$1.00 each. The winner's name will be drawn on October 27, and 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).

Please buy some tickets in support of the United Way, and come out and catch the action on Oct. 28, as I get out all my frustrations by flattening a vehicle. What a stress reliever that would be!

Just so you know, I will be absolutely crushed if I don't win this year.

Contact

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# Canadiana Crossword

## Winter Wonders

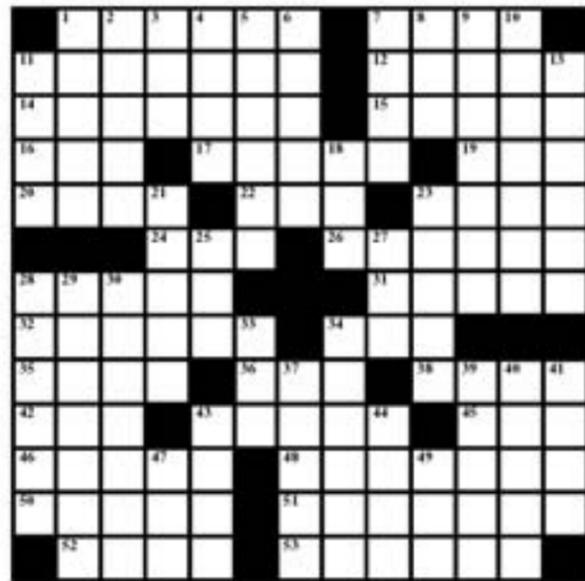
By Bernice Rosella and James Kilner

### ACROSS

- 1 Drug
- 7 Rob, in a way
- 11 Loss of memory
- 12 Faith
- 14 1984 Olympic gold medalist Gaetan
- 15 Greek letter
- 16 Mall, abbr.
- 17 Sea eagles
- 19 Dhabi
- 20 Appear
- 22 Compass pt
- 23 Machine pistol
- 24 Concert hall, slangily
- 26 Prince
- 28 Mongolian conqueror
- 31 Edible fats
- 32 1968 Olympic gold medalist Nancy
- 34 Foundation
- 35 Heavy metal
- 36 Ontario Premier, once
- 38 Quarrel
- 42 One, in Muenster
- 43 Golfer Nick
- 45 Macaws
- 46 Anoint
- 48 1992 Olympic gold medalist Kerrin Lee
- 50 Join
- 51 Precambrian rocks
- 52 Cereal grasses
- 53 Failed Fords

### DOWN

- 1 Hit
- 2 Habituate
- 3 Month, abbr.
- 4 Wimbledon champion



- 5 Layered
- 6 Deserves
- 7 1998 Olympic gold medalist Rebagliati
- 8 Sash
- 9 Inheritor
- 10 1992 Olympic gold medalist Nathalie
- 11 Basics
- 13 Hangouts
- 18 Poetic ever
- 21 Bleated
- 23 Taters
- 25 Pot
- 27 Employ
- 28 Shining
- 29 1976 Olympic gold medalist Kathy
- 30 Slang for cheap restaurant
- 33 Amount of time
- 34 1994 Olympic gold medalist Myriam
- 37 Aquatic organisms
- 39 Seminar group
- 40 Zones
- 41 Small lake
- 43 Dues
- 44 Tolkien creatures
- 47 Shirt size, abbr.
- 49 One and only



## This Week in Contact

1974--Lieutenant-General Stanley C. Waters, Commander of Mobile Command, says there is indeed "a high risk" for Canadian troops in Cyprus, but, he said, today's Canadian soldier joins for adventure and excitement and that's what he's getting in Cyprus. "It's exactly what a professional soldier looks for," said Gen Waters. "I can't imagine him not enjoying it."

1984--Another first was achieved recently at CFB Trenton when Captain T.E. Adkins of 437 (T) Squadron presented his father, Major R.G.M. Adkins of RCO Cadets with a third clasp to the Canadian Forces Decoration, representing 42 years of service in the Canadian Forces. This is the first time in Canadian Forces history that a father/son combination have been so involved. These two officers were also the first father/son team to fly around the world together (435 T Squadron in 1975). It is interesting to note that this father/son team represent a combined total of 60 years of air force service in this 60th anniversary year.

1994--On September 1, Commodore R.D. Buck, OMM, CD, took over as Commander, Canadian Forces Training System, at a Change of Command Ceremony held at CFB Borden.

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



# Annual Personnel Readiness Verification (APRV) at 8 Wing

by Capt Nicole Meszaros, AWPAFFO

During the weeks of the 13th and the 20th of September members of 8 Wing/CFB Trenton underwent the Annual Personnel Readiness Verification (APRV), a process that all members of air command will undergo annually henceforth.

The information collected is intended to provide commanders at all levels with readiness information that will assist them in four main areas:

- (a) selecting personnel for deployments and/or courses;
- (b) monitoring the performance of the unit's training plan;
- (c) quantifying any unit/personnel shortfalls with higher headquarters; and
- (d) monitoring the progress of personnel who are not capable of deploying.

Items that were

checked during the APRV fell into several main categories, including but not limited to: medical (immunizations and last medical date), dental, orderly room (PEN, SDB, FCA, etc), transport, fitness test, security information (ID discs and valid ID card), and training (weapon handling, NBCD, first aid, and firefighting courses).

"This is an incredibly important process in that it speaks to moving towards a more expeditionary posture," said LCol W.M. Roberts, Wing Administration Officer. "It allows COs to have a baseline on their people," he said.

It also gives each member an opportunity to have a look at their records to determine areas where they are deficient. For example, during the APRV some members were very surprised to learn that they did not

have SISIP coverage, a fact that could be disconcerting to learn in the event that it was needed.

After completing the APRV each member can then move forward and update those requirements found to be expired or lacking. Doing this in advance of a deployment message should allow for a member to be able to spend more time with their families before going into theatre, rather than spending time on course required for the deployment.

"Our goal is to have 100 per cent of base personnel completed by the end of the fiscal year," LCol Roberts said. "When the nation calls on us, we will be ready," he declared.

During the first week of the APRV approximately 840 members underwent the process, a strong indication of its importance.

Photo: Pte Kimberly Gosse, 8 Wing Imaging



Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, and Wing Chief Warrant Officer CWO Don Cheverie complete stations at the Annual Personnel Readiness Verification (APRV).

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**When:** Wednesday's 5:30 – 6:15pm and Saturday's 9:00 – 10:00 am  
**Where:** Elgin St, Trenton,  
 (Right across from Gimpel Electric, park in the Odd Fellows Parking Lot)  
**Why:** To provide quality Aikido instruction to children ages 7-14. Aikido is not a conventional fighting art or sport. Aikido is a martial art, which develops the ability to harmonize with opposing forces rather than combat them. Because of this circular and spherical movements are utilized to redirect opposing forces towards a less harmful destination. Aikido is non-competitive and non-violent. Cooperation and harmony are more important than aggression — timing and control are more important than strength. With the development of basic techniques Aikido provides a very powerful means of self-defence without undue aggression.  
**How Much:** \$120 per Semester. Fall Semester 29 Sept –22 Dec 04

**Contact:** **Todd Fleck**  
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# Fire Prevention Week

Remember, fire prevention does not only last for one week but for 365 days a year.



MCpl Downie



Pte N. Dugas



Cpl K. Ellwood



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Sgt S. Bolduc



MCpl K. Boudreau



WO D. Skeard



MCpl P. L'archer



Sgt J.G. Cayouette



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Cpl D. Contini



Pte B. Coutu



Pte N. Cristo



Pte M. Davis



Cpl J. Dedieu



WO J. Lareau



MCpl S. Duchesne



Pte K. Kingsley



Cpl A. Germain



Pte K. Kruse



MCpl J. Lessard



Cpl R.P. Johnson



Cpl S. Lewington



## A PROCLAMATION

Now know you that we, by and with the advice of our Privy Council for Canada, have thought fit to designate and do designate the week of Sunday the 3rd of October, and ending on Saturday the 9th of October in the present year as

### "FIRE PREVENTION WEEK"

This year Fire Prevention Week is from Oct 3rd through Oct 9th, embraces the theme "TEST YOUR SMOKE DETECTORS," and is dedicated to raising awareness of the dangers of fire and how important it is to ensure all detectors are working and in the correct position. While the 8 Wing Fire Department makes fire prevention and education an every day practice, this week is a special week where we make an exceptional effort to involve all of the elementary school children and all 8 Wing personnel.

Each day during this week members of our fire prevention team, as well as duty members, will visit the schools and give a presentation as well as conduct fire drills.





# Fire Prevention Week

Remember, Fire Prevention does not only last for one week but for 365 days a year.



Cpl J. MacInnis



Pte D. Manser



Pte J.. Moreau



Sgt B. Mathieu



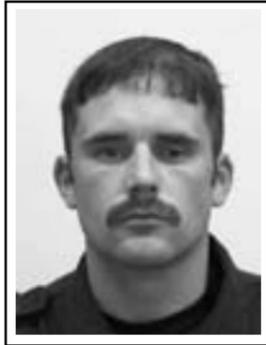
Cpl J. McCreight



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Cpl J.J.P. Bouchard



Cpl C. Petit



Pte M. Saulnier



Cpl D. Simard



Cpl G. Ridgewell



MCpl J. Robinson



Cpl M. Roddy



Cpl J. Running



MCpl G.D. Slaunwhite



MCpl J. Smallwood



MCpl P. St.Croix



WO T. Fielding



MCpl S. St.John



Capt S.R. Vollhoffer



MCpl B. Wade



Cpl D. Walker

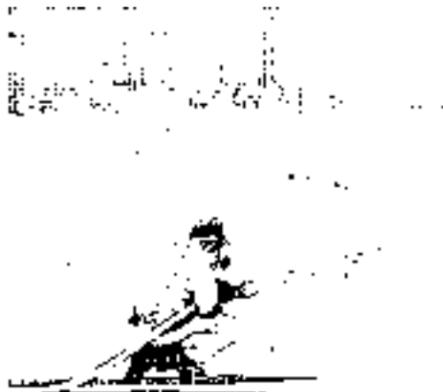


MCpl J. Dodge



The history of Fire Prevention Week has its roots in the great Chicago Fire on October 9, 1871. This tragic event killed 250 people, left 100,000 homeless, destroyed more than 17,000 homes and buildings and burned 2000 acres in 27 hours. While the origin of the fire has never been determined

there has been much speculation with one popular legend being that Mrs. Katherine O'Leary was milking her cow when the animal kicked over a lamp, set the O'Leary barn on fire and started this devastating fire.



On the Great Chicago Fire's 40th Anniversary, the Fire Marshall's

Association of North America sponsored the first National Fire Prevention Day as a way to keep people informed of the importance of fire prevention. Every year since 1925, on the Monday through Saturday where the 9th of October falls, Fire Prevention Week has been observed.



# Join the Taking Strides to a Healthier You Pedometer Challenge and win!

We are introducing a Pedometer Challenge this fall. What is a Pedometer you say? It is a small device that is used to count the number of steps you take in a given period of time.

This challenge is open to anyone employed at 8 Wing CFB Trenton and their family members. It is geared towards individuals who are looking for a way to become more active everyday. Gather up to five friends to form a team. You may participate as an individual, but we encourage a team effort! All we ask is that each participant make a small donation to the United Way.

It is a simple program, all you

have to do is clip on a pedometer, which we will provide, and keep track of the steps that you take each day. You do this for one week. The next week you try to increase the number of steps you take each day. The Health Promotion department will provide you with some tips and tools to help you make the small changes required. You may be surprised how adding a few steps here and there throughout the day will make a difference! The team/individual that makes the greatest improvement will win. There will also be prizes for team spirit, most creative new idea.

So many of us would like to shed a few pounds but far too often

we get caught up in the instant results and all or nothing mentality that we forget that every little bit helps. Every second that you are active adds up. A few minutes several times per day easily equals 10 or 15 minutes of exercise. Walking is exercise, whether it is from your car to the mall or up the stairs at work...it all adds up to make a difference. There are many ways that you can increase the number of steps that you take in a day. We would like to encourage you to pay attention to the amount of exercise that you get in a day and try to increase it. Join our challenge!

Call the Health Promotion office, Local 3392/3767.

## What exactly is chronic pain?

by Lori Weisflock  
Wing Social Worker

Chronic pain may be described as pain that continues after your body has had time to heal from an illness or injury. Chronic pain can occur anywhere in your body, and can range from mild to severe pain that interferes with your mood and ability to function. Chronic pain is usually defined as pain that lasts longer than three months.

Chronic pain may occur without clear cut injury or illness and in these cases pain signals are somehow triggered by the nervous system. It is also possible that certain brain chemicals that suppress pain may not work properly ( Peace Health Mag 2004).

Treatment of chronic pain usually includes behavioral therapy and a combination of medications such as pain relievers or antidepressants, physiotherapy and exercise. Complementary therapies such as acupuncture or yoga may also be tried. Often chronic pain cannot be cured, but it can managed well enough to significantly improve the quality of your life.

If you suffer with chronic pain, here are a few suggestions on how to find your maximum functional potential:

1. Keep a pain journal recording your

daily activities, pain level ,mood level, hours of sleep.

2. Build your own PAIN TEAM of professionals that believe in your chronic pain and are prepared to work with you.

3. Become knowledgeable about the medications you are taking, their purpose and their side effects.

4. Keep your family, friends and boss informed by providing them with as much information as possible.

5. Take a close look at how your physical pain affects you emotionally. Monitor your attitude and how it may influence your ability to improve. Understand what triggers your pain.

6. Have a " plan B" if you have to change jobs or retire.

7. Eliminate coping strategies that are not providing much relief.

It is important to your health to stop the chronic pain cycle as it can lead to disability, loss of self-esteem and depression. Support groups are a great way to create a nurturing and understanding environment within one's life to help combat depression and alleviate mental pain. 8 Wing Mental Health Services will soon be offering an eight-week support group for chronic pain sufferers. For more information contact Lori at 2254.

### Chronic Pain Support Group – 8 Wing Mental Health Services Office

Wednesdays  
Oct 6 to Nov 24 1330-1530

If you suffer with chronic physical pain this might just be the support you have been looking for. The purpose of this eight-week group is to allow you to share with others coping strategies and gain control over the physical and emotional reactions associated with chronic pain.

**No Cost /** Open to military members or their spouses. Held at the new Yukon Lodge Conference Rm # 1

**Topics:** The Cycle of Pain , Pain Levels , Your Pain Team , Coping Strategies for Chronic Pain , Common Pain Symptoms , Medication / Preventing Addiction , Work and Pain , Vocational Rehabilitation , Relationships and Pain , Pain Therapies , Achieving Your Maximum Functional Potential, Attitudes and Pain , Your Future and Quality of Life .

For more info or to register call Lori Weisflock at 2254.

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# RCAF Memorial Museum recognizes a true Air Force hero

On September 16, 2004, the RCAF Memorial Museum dedicated a new display recognizing the enormous valour and the incredible contribution to Canada made by General F.R. Sharp CMM, DFC, CD. On hand for the ribbon cutting and dedication was Mrs. Elizabeth Sharp, widow of the General.

*Here is a brief biography of General Sharp, December 1915—June 1992.*

Born in Moosomin, Saskatchewan, Frederick Ralph Sharp joined the RCAF after graduating from the Royal Military College (RMC) in July 1938. Trained as a pilot, he served as a flying instructor

for the BCATP from 1940 to 1944. He went overseas in March 1944, to fly heavy bombers with 408 (Goose) Squadron. Eventually he rose to take command, serving as 408's last wartime Squadron Commander and was awarded the Distinguished Flying Cross.

After the war, he returned to Canada to serve at Air Force Headquarters and at the Central Flying School in Trenton. In 1949, he obtained a Masters Degree in Business Administration from the University of Western Ontario before taking an exchange officer post on the Directing Staff of the RAF Staff College (UK).

Returning in 1959, he held several appointments at Headquarters, notably as first Commander of the new unified Training Command. He also held important posts within the North American Defence Organization (NORAD) eventually rising to Deputy Commander-in-Chief. In September 1969, he was promoted General and became the Chief of the Defence Staff, the highest position in the Armed Forces.

In 1972, he retired and joined a consulting firm as partner-in-chief until 1979. Throughout his career, General F.R. Sharp exemplified the RMC motto "Truth, Duty, Valour".



Photo: Cpl David Cribb, 8 Wing Imaging

The RCAF Memorial Museum unveils a new display of memorabilia dedicated to General Fred Sharp, former Chief of Defence Staff, and a Trenton community leader. The General's widow, Betty Sharp, and family, along with many noted community leaders were in attendance. General Sharp's widow, Betty and their son and daughter-in-law Richard and Madeline, with his sister Eileen Weaver, proudly explain various features of the display.

## PLANNED POWER OUTAGES

### Saturday 16 Oct

BLDG	DESCRIPTION	APU ASSISTED
B001	Control Tower	Yes
B036	25Yard Firing Range	
B113	EME Garage	
B114	Small Engine Repair	
B118	Photo Lab	
B121	yacht Club	
B151	ATESS/Safety Systems	
B152	MSE Garage/ Power Plant	
B153	ATESS/PSF	
B154	ATESS/PSF	
B157	ATESS/Paint Shop	
B163A and B	Auto Club	
B164	WTISS/RM Shop	
B168	ATESS	
B169	8ACCS/Bowling Alley	
B170	Base Bands	
B172	Wood Hobby Shop	
B174	8ACCS	
B201	Engine Test Office	
B204	Hazardous Storage Building	
B210	Bakers Island	
B211	POL Building	
B236	Tacan Antenna Test building	
B241	IFRCC	Yes
B242	Barrel Storage Ramp	
B244	PAR Dome	Yes
B245	ASR Antenna	Yes
B246	ATESS Headquarters	
B288	Waste Storage Building	
B291	ASU	
B311	ASU Warehouse	
B333	Transient Explosive Storage building	
B351	ATESS Tacan Storage	
B354	Refuelling Tender Garage	
B363	Mock Tower	
B368	81 AEF	
B370	C-Span	
B376	Env Well Building	
B379	Engine Test Cell	
B407	Storage Shed	
B408	426 Herc Mockup Building	
	Tank Car and ILS 24End	

### Sunday 17 Oct

BLDG	DESCRIPTION	APU ASSISTED
B019	Firehall	Yes
B136	Roads and Grounds	
B137	ATESS/PSF	
B158	ATESS/NDT	
B160	ATESS/SPAR	
B161	ATESS/SPAR/ACSSS/Supply	
B162	Wing Supply	
B275	Firehall Storage	
B285	Pyrotechnic Storage	
B326	Firehall Storage	
B347	North Side Telecom Plant	Yes
B358	Op Griffon Building	
B393	Airbus Configs Building	
B405	Arena	

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# 424 Squadron celebrates Family Day on the island



Lauren and Paula Klassen create monstrous bubbles at the bubble station during the 424 Squadron Family Day.



Group shot of various personnel and family members of 424 Squadron during the 424 Squadron Family Day at Baker Island.



The CH149 Cormorant flies over Baker Island while family members of 424 Squadron enjoy a BBQ luncheon.



The balloon castle was a big hit with kids--Dawson Frye had a blast bouncing around and having jumping competitions with his brother Mason.



The CH-149 Cormorant waits patiently for the next group of 424 Squadron family members to board the Search and Rescue aircraft, for a familiarization flight in the Trenton area.



Captain Richard Dumais, 424 Squadron navigator, cooks up copious amounts of hamburgers and bratwurst to feed all the attendees at the 424 Squadron Family Day.

Photos by MCpl Daren Kraus, 8 Wing Imaging



# ANNUAL BATTLE OF BRITAIN PARADE HELD IN TRENTON



Photo: MCpl Daren Kraus, 8 Wing Imaging

**Tom Thomson, 413 Wing Sgt at Arms and Parade Commander, leads the parade through Centennial Park during the Battle of Britain Parade, held September 19. 8 Wing personnel participated in ceremonies in both Trenton and Belleville.**



Photo: MCpl Daren Kraus, 8 Wing Imaging

**Mr Hugh MacKay, President RCL Br#110, and Corporal John Nelles, of RCAC 704 Sqn, lay a wreath in front of the cenotaph during the Battle of Britain Service last weekend. See more photos on Page 17.**

## Museum fundraiser receives \$72,000

In a busy week of activity, Mayor Bob Campney and representatives of the City of Quinte West made their fourth of five installments on a pledge of \$250,000 to the RCAF Memorial Museum. The \$50,000 cheque was presented to the museum at its annual Board of Director's meeting, 3pm, Wednesday September 22nd at the Astra Lounge.

Then on Thursday at 10am, Jeff Nelles, Mark Rashotte and the agents of Royal LePage ProAlliance Realty made their second installment on a pledge of \$25,000. Half of the pledge has been donated by their agents and the other half donated by the agency.

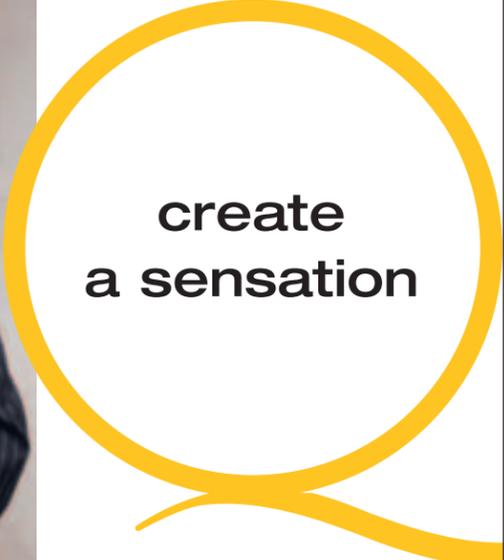
And coming this Saturday at 1 p.m., JUST prior to the Ad Astra dedication ceremony, a donation of \$7,000 will be made by the Allied Aircrew Association, which is winding down after decades of affiliating allied pilots from around the world. Time and aging has brought about the decision to wind down, and this donation to the RCAF Memorial Museum represents the remaining proceeds of the association.

Additionally, a special donation of \$10,000 will be made to our capital campaign in memory of Earl Johnson, a Halifax Bomber pilot during the Second World War. Johnson's widow will make this donation in honour of her late husband, who recently passed away.

The RCAF Memorial Museum gratefully accepts this support from individuals and the corporate community. Funds raised support the expansion program underway at the museum. Structural steel and studding is undergoing completion, and the shell of the new building is taking shape.



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# Fitness, Sports & Recreation

## 2004 WCC Registration!

Get your smiles ready, it's that time of year! 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.

**WHO:** Open to all Military & DND Employees

**WHAT:** Totally fun, non-athletic type events

**WHERE:** Sports Field

**WHEN:** Friday 1, October 2004

**TIME:** 09:00 hrs

\* Team Volunteer Meeting: Base Gym, Wed. 29 September, 10:00 hrs\_

**\*Registration Deadline: 28, September, 16:00 hrs**

Come out and enjoy a morning of fun and games with a United Way Fundraiser BBQ Lunch to follow.

Register your team of eight plus one volunteer A.S.A.P. by calling the Base Gym at local 3467 / 3328.

## KICK BOXING, ANYONE?



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.

## "FORE" THE UNITED WAY

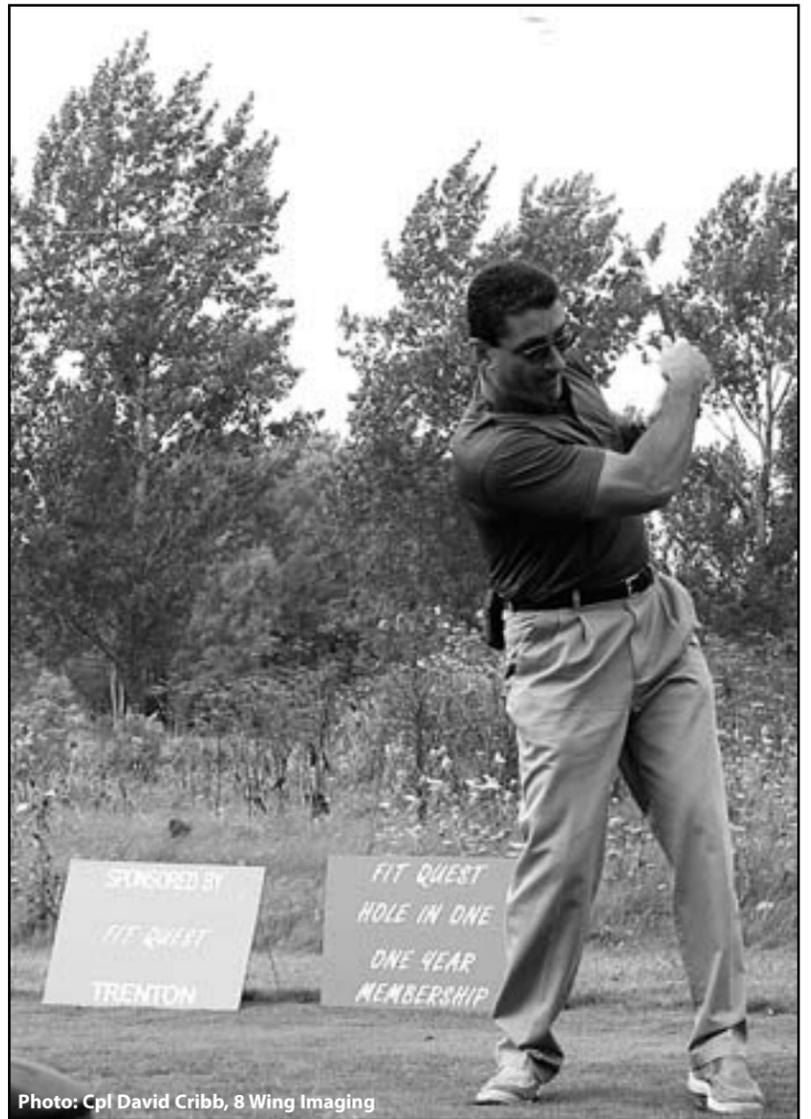


Photo: Cpl David Cribb, 8 Wing Imaging

Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, gets into the swing of things at the annual Wing Commander's Charity Golf Tournament, held Sept. 16 as a fundraiser for the United Way. An amazing \$7,316 was raised.

## Pet Particulars

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# Community Events

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MOVIE LINE-UP	(PG)	1:00	7:00	9:05
• The Forgotten	(PG)	1:00	7:00	9:05
• Mr 3000	(PG)	1:05	7:05	9:10
• Sky Captain	(PG)	1:10	7:10	9:15

Coming Soon: Shark Tales & Ladder 49  
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

**CALL 392-4211 FOR INFORMATION**

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**

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 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 colours**  
True Colours 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 Colours 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.

**Mother/Daughter Walk for Heart and Stroke**

The Cheerios Mother/Daughter Walk for Heart and Stroke takes place on Sunday, September 26th at Zwick's Park in Belleville. The Walk is held in 76 communities across six provinces. Last year we had almost 600 participants raising \$45,000 for women's heart health in our area.

Opening ceremonies begin at 1 p.m. with the walk itself starting at 1:30 p.m. There will be entertainment by DJ Stevearl, a children's area with clowns, balloon figures, face painting, games and popcorn, a twoonie prize table, a Circle of Hope, a warm up with Vicky Legate of Pure Energy, music by the Anahata Drummers and refreshments.

This event is packed with fun for the whole family. We encourage everyone to come out and join us. Gather a group of five or more family members, friends or co-workers and walk together as a team. There are special incentives and awards for team participation.

Heart disease and stroke claim the lives of four out of 10 women. That's why it is critical to understand the underlying cause of these diseases. Register today by calling (613) 962-2502 or www.heartandstroke.ca/walk. On September 26, 2004, advance heart and stroke research...one step at a time.

**Take a Red Cross Babysitting Course at the Red Cross, Quinte Branch**

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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.

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**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.

# More proof the pointy heads got it wrong

## it's your Money



Garth Turner

Last week I pleaded with you not to trash your cheapo variable rate mortgage and wimp out by locking into a longer-term, fixed rate loan. This was done in the firm belief that the guys who set monetary policy, and hang out at the Bank of Canada, are rubes.

Within the last two weeks, these geniuses forced interest rates higher by a quarter point, warning that the economy was nearing full production and dangerous inflationary pressures were building up. Cool it off!, they cried, and the cost of money went up as a result. The thinking is that by making it more expensive to borrow money, we will back off, and the price of just about everything will stop going up.

The trouble is, these guys live outside of the real world, in a bubble called Ottawa. In reality, there are many soft spots in the economy and examples of where prices are falling instead of rising. Like, for example, the commercial real estate in downtown Toronto, where I spend far too much

time. Right now there is a million square feet of sublet space sitting empty, which has resulted in gross rents falling from the \$40-per-foot range for so-so buildings to something about half that.

If the Bank of Canada pointy head set had been out buying a new car in Halifax or Victoria lately, they would have discovered that prices are actually declining, as the cars get better. Or if they wandered into a Future Shop in London, they'd soon discover the price tag on a new computer or a flat screen TV was being rewritten lower, while the machine got more powerful and sophisticated.

In fact, last Friday we all got proof this is happening, when the annual inflation rate was announced--just 1.9 per cent in August, on an annual basis, compared with 2.3 per cent the month before. That was a huge drop which had economists everywhere concluding the economy is not nearly as hot as has been believed. It also caused money traders to jettison the

Canadian dollar, which lost three-quarters of a cent on the expectation interest rates are probably going nowhere.

Even more telling was this: When you strip away the commodities which are most volatile, like energy and food, the core inflation rate--the most important number to watch--was just 1.5 per cent last month. That's not only close to its historic low point, it is also comfortably below the central bank's own coveted target of 2 per cent.

The conclusion is inevitable: The Bank of Canada got it wrong again. There was no reason to take a preemptive strike against the evils of inflation. There was no reason to rob money out of the pockets of everyone with line of credit, business loan or mortgage that floats with the prime rate. There was certainly no need to send out the signal that people need to borrow, spend or invest less money. In fact, this economy needs the drug of cheap money just as much now as it did after New York blew up three years ago. Had it not been for mortgages at 3 per cent and car loans at 0 per cent, we would today be moaning about a major recession.

So, it is just a matter of time now before this nonsense talk about rising interest rates ends. The central bank will

probably carry on with another quarter point rise in October--because to back down now, so soon after the last move, would make them look silly, indecisive, impetuous and out-of-tune with Canadian reality. Which, of course, they are.

But the latest numbers mean no sustained rate jumps are in the cards. This will all be over next month and I suspect the cost of money will start going back down early in the new year in the aftermath of the American presidential elections and the dangerous impact that is likely to have on U.S. foreign policy and world tensions. These days policy-makers have to factor in not only what's selling at Wal-Mart, but also the next inevitable move the terrorists will take.

In short, this is not the time to be jacking up mortgages and car loans. It is insane to make companies' lines of credit more expensive and to divert money away from creating jobs, running up inventory or buying equipment. If the Bank of Canada wizards can't figure that out, then their political masters should pound it into them.

Meanwhile, as I said last week and as was proved last Friday, do not touch that variable rate mortgage.

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
September 26 - October 2

**ARIES (MARCH 21-APRIL 19):** Money will come your way on the 26th and 27th through winnings, investments or selling something you know longer use. Take on a competitive challenge. Your outstanding performance on the 28th and 29th will impress someone you have an interest in. A lot will be up in the air on the 30th, 1st and 2nd, making it important that you are extremely precise and detailed in all that you do. You'll have to think on your feet and be ready to make whatever changes are required. Your ability to act fast will be by far your greatest asset.

**TAURUS (April 20-May 20):** Your ideas will be better than you realize on the 26th and 27th. Share your thoughts and someone will recognize your potential. This is the perfect time to engage in something that will help you look and feel your best. A friend will take on an important role on the 28th and 29th. Offer what you can to help someone in need. Make changes to your home that will make your surroundings more comfortable. Don't let your emotions lead you down the wrong path on the 30th, 1st and 2nd. If you hold tight and observe how everyone else is reacting you will know exactly what's required of you in order to be a hero.

**GEMINI (May 21-June 20):** Someone will try to dump his or her responsibilities in your lap on the 26th and 27th. Be prepared to say no. Don't overspend on family, friends or items for your home. You will attract love, friendship and help on the 28th and 29th. Offer your services and you will see how much you get in return. A little give and take will lead to an opportunity of a lifetime. Not everyone will be open with you on the 30th, 1st and 2nd. Read between the lines and don't get suckered into a venture that could cost you. Take charge and you stand a much better chance of prospering.

**CANCER (June 21-July 22):** Let the fun and games begin on the 26th and 27th. You will be able to bask in the spotlight. Your participation will bring about a chance meeting with someone who will alter your future. Your memory will be superb so put it to good use. Don't be afraid of someone who is a know-it-all on the 28th and 29th. Rely on your intuition to guide you. Stand tall and fend for yourself. You are better to put your efforts into partnerships, group endeavours or travel on the 30th, 1st and 2nd. Someone you know through work may cause you grief. Keep your professional and personal life separate.

**LEO (July 23-Aug. 22):** You may feel as if you are backed into a corner on the 26th and 27th when it comes to financial or legal concerns but if you take a unique approach you will come out on top. Follow your gut feelings. The skies the limit and you are reaching for the stars on the 28th and 29th. Your outgoing personality coupled with your ability to lead others will result in getting what you want. You may have to rely on friends to help you out of a sticky situation on the 30th, 1st and 2nd. You are walking a tightrope and although you can make it to the other side, the way you go about it will be what counts.

**VIRGO (Aug. 23-Sept. 22):** Personal development is likely to take place on the 26th and 27th. Get involved in something you used to enjoy doing. Partnerships are apparent and can benefit you both professionally and personally. You will have to take care of matters that someone else has neglected on the 28th and 29th. Picking up the pieces can be hard but if you do so without malice you will learn a valuable lesson. Be precise, and prepare to do whatever you must on the 30th, 1st and 2nd in order to go in a direction that suits you best. You are responsible for your own happiness.

**LIBRA (Sept. 23-Oct. 22):** Don't let the ideas you have go to waste on the 26th and 27th. You may be able to turn a part time interest into something lucrative. Work related events will lead to an interesting opportunity. Someone you know well will surprise you on the 28th and 29th. The dynamics of a partnership may change or influence a decision you've been trying to make. A friend will offer you solace and good advice. Don't get frazzled on the 30th, 1st and 2nd. Protect your health and your finances. Someone may try to convince you to spend too much on something that you don't really need. Offer suggestions not cash.

**SCORPIO (Oct. 23-Nov. 21):** You will be hard to resist on the 26th and 27th so turn on your charm and prepare to drum up the backing required to help you reach your goals. Take advantage of an opportunity for romance. Work may be hectic on the 28th and 29th but if you are intent on finishing what you start you will feel the satisfaction of a job well done. You will be admired for your integrity and your effort. You will be emotional about personal matters on the 30th, 1st and 2nd. Don't leave yourself in a vulnerable position. Jealousy will not help resolve issues. Secrets must not be revealed at this time.

**SAGITTARIUS (Nov. 22-Dec. 21):** You may want to avoid getting involved in too many group activities on the 26th and 27th. Sitting back, reading or going over some of the things that have been making your life so complex lately will help your mental outlook. You will accomplish far more than you expect on the 28th and 29th. You will attract love, friendship or professional partnerships through your actions. Things are looking up and it's time to make the necessary changes. Question your life, your past and your future on the 30th, 1st and 2nd. It's time to face the music and move on. Fear is what's holding you back.

**CAPRICORN (Dec. 22-Jan. 19):** You can't sit idle on the 26th and 27th. Visit people who can offer you the knowledge needed to proceed down the path you have chosen. Not everyone will agree with you on the 28th and 29th but if you have a well-planned agenda you should be able to make your point. Diplomacy not force will aid you in getting your way. Things may be teetering back and forth on the 30th, 1st and 2nd. Sit up and take notice of what you must do in order to turn things around. Your future is in your own hands; if you procrastinate now you may have difficulty getting back on track.

**AQUARIUS (Jan. 20-Feb. 18):** You may be stuck in the past on the 26th and 27th, wondering about the choices you made. It's never too late to reinvent yourself or your life. Believe in your abilities and start the process. Listen to a friend on the 28th and 29th and you will turn a negative into a positive. Things are not that bad—in fact it's evident that you can find happiness. A friendship will develop into something special. You'll be feeling more optimistic about your future on the 30th, 1st and 2nd. The knowledge you have gained through the hardship you've experienced will help you do what's right.

**PISCES (Feb. 19-March 20):** You may take things personally on the 26th and 27th even if it's not about you. Concentrate on what you can do for others or work on a project that will allow you to show your creative potential. You'll be determined to go after your dreams on the 28th and 29th. Your creative talent will be obvious to others and will attract someone who will help you reach your goals. You will have to take care of matters that aren't necessarily your responsibility on the 30th, 1st and 2nd. By helping someone out you will gain a loyal friend. Finances are about to improve. Luck is with you.

## Safety

# Food poisoning--causes and prevention



Submitted by  
**Doug Bird, Deputy  
Wing General Safety  
Officer**

To maintain food safety in our homes we must practice proper sanitation and proper food handling. If we neglect safe practices we may have an outbreak of food poisoning.

If we eat food which contains harmful micro-organisms, chemicals or toxins (poisons), that food can make us sick. To describe our illness we can use the terms food-borne illness, food-borne disease, or food poisoning.

Food poisoning is caused by four agents: bacteria, viruses, parasites and chemicals.

### Bacterial food poisoning

It's estimated that one percent of all known bacteria are harmful to humans. These bacteria are called pathogens. Some pathogens can cause diseases such as strep (short for streptococcus) throat and pneumonia, while others can grow in foods and cause poisoning.

The most common bacteria that cause food poisoning are listed below:

Salmonella--causes Salmonellosis or Salmonella Food Poisoning; Campylobacter--causes Campylobacteriosis or Campylobacter Food Poisoning; Staphylococcus--causes "Staph" Food Poisoning; Clostridium Perfringens--causes Perfringens Food Poisoning; and Clostridium--causes Botulism. These bacteria can cause illness and even death when allowed to grow in foods. Bacterial food poisoning is most commonly related to foods that come from animals: poultry, eggs, red meat, seafood, dairy products, etc.

### Viral food poisoning

Various types of viruses cause food poisoning. The most common type found in food is hepatitis A. This virus is usually transmitted by an infected food handler to raw or improperly cooked food. It can also be found in water that has been contaminated with raw sewage and in shellfish that has been harvested from contaminated waters. Symptoms of the disease appear in people who have consumed infected food or water.

Foods that have been related to viral food poisonings include water, milk, sliced luncheon meats, salads, sandwiches and undercooked clams or oysters.

### Parasitic food poisoning

This type of food-borne

disease is caused by parasites. The most common known parasite is a small, microscopic worm called Trichinella spiralis that causes the disease trichinosis. This parasite is found in pigs, bears, and other wild animals. It's most often transmitted to people who consume undercooked pork. Although trichinosis occurs less frequently than in the past, all pork should be cooked thoroughly before eating.

### Chemical food poisoning

There are two types of chemical poisoning. One is caused by chemical products and the other by metals. When chemical products such as detergents, pesticides, and sanitizers find their way into food they can cause poisonings. Metals cause poisonings when foods are stored in improper containers made of materials like tin, lead, copper and zinc. These metals can dissolve in acid foods such as fruit juices and produce fast acting poison in the body when ingested.

### Symptoms of food poisoning

Symptoms of food poisoning can range from mild headache to severe flu-like symptoms. The most common signs and symptoms are nausea, stomach cramps, diarrhea, fever, chills, and vomiting. A person with food poisoning may have any combination of these symptoms depending on the cause or the

agent involved. The illness may begin from one to 72 hours after eating the food. If you or any of your family suspect food poisoning, you should seek medical aid and report the poisoning to your local health unit.

### Prevention

There are 10 important ways to help prevent food poisoning in your home:

Store foods below 4 C (40 F) or above 60 C (140 F). Remember: keep hot foods hot, and cold foods cold.

Always wash your hands before you eat, handle, or prepare foods, and especially after you use the toilet or handle cleansers or garbage.

Avoid cross-contamination of foods by keeping raw foods away from cooked or processed foods.

Don't allow foods to remain at room temperature for long periods of time (no more than 2 hours).

Cool foods quickly. This will help prevent bacterial growth.

Cook and reheat foods thoroughly to 74 C (165 F) to help destroy harmful bacteria in the food.

Clean and sanitize all food equipment, utensils, and food contact surfaces.

Keep the home free of insects.

Buy food from approved and inspected sources, and return all swollen, damaged or spoiled cans.

Practice good personal hygiene.

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# Showcase



**Lt J. Morissette**  
was promoted to that rank, and received his ATC Controllers License presented by LCol J.P.M. Fortin, A3 & Maj P.D. Fleury, WATCO.



**Capt J.L. Doucet**  
was promoted to that rank, presented by LCol J.P.M. Fortin, A3



**Sgt L.M. LeRoyer**  
was promoted to that rank, presented by LCol J.P.M. Fortin, A3



**Sgt G.C.C. Elliot**  
received a Long Service Award for 25 yrs, and a ring with Canadian Crest, presented by LCol K. Shaw, CO ATESS.



**Sgt McGraw**  
received a promotion to that rank, presented by LCol J.P.M. Fortin, A3 & MWO R.P. Day, A/WM.



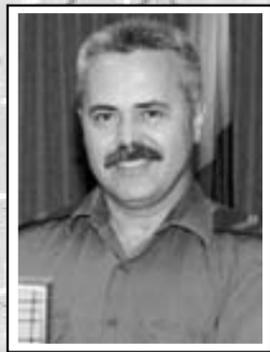
**Sgt Wallis**  
was promoted to that rank, presented by LCol J.P.M. Fortin, A3



**Sgt D. Elliot**  
was promoted to that rank, presented by LCol K. Shaw, CO ATESS.



**Sgt P. Hamilton**  
was promoted to that rank, presented by LCol K. Shaw, CO ATESS.



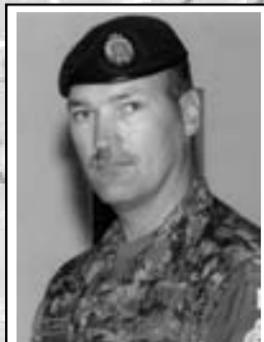
**MCpl C. Nault**  
was promoted to that rank, presented by LCol K. Shaw, CO ATESS.



**CWO J.C. Caron**  
received his CD2, presented by Maj J.F. McGrath, CO 2 Air Mov Sqn.



**Pte T.K.W. Lee**  
received a promotion to that rank, presented by Maj J.F. McGrath, CO 2 Air Mov Sqn.



**MCpl J.G.D. Belanger**  
received a promotion to that rank, presented by Maj J.F. McGrath, CO 2 Air Mov Sqn.



**Cpl L.M. McKeigan**  
received an accelerated promotion to that rank, presented by Maj J.F. McGrath, CO 2 Air Mov Sqn.



**Cpl D.R. Conron**  
received a promotion to that rank, presented by Maj J.F. McGrath, CO 2 Air Mov Sqn.



**Cpl P.L. Vanwesten**  
received a promotion to that rank, presented by Maj J.F. McGrath, CO 2 Air Mov Sqn.



**Sgt B.N. Penny**  
received his CD2, presented by Maj J.F. McGrath, CO 2 Air Mov Sqn.



**Cpl N.M. Bergeron**  
received an accelerated promotion to that rank, presented by Maj J.F. McGrath, CO 2 Air Mov Sqn.



**MCpl D. Roy**  
received a promotion to that rank, presented by Maj M.A. Gartenburg (ARMFC) & Capt T.R. Chalovich (NDTO)

***Congratulations! Félicitations!***



# WREATHS LAID IN MEMORY OF BATTLE OF BRITAIN



Photos: MCpl Daren Kraus, 8 Wing Imaging

CWO Don Cheverie, WCWO of 8 Wing Trenton, Cpl John Nelles and Cpl DJ Wilson, of RCAC 704 Sqn, stand vigil over the wreaths that were prepared for the Battle of Britain parade.



Mr Noel Funge, AFAC Ontario Group 1st Vice President, and Corporal John Nelles, of RCAC 704 Sqn, lay a wreath in front of the cenotaph during the Battle of Britain service.

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C	T	R	E	R	N	E	S	A	B	U	
S	E	E	M	E	S	E	S	T	E	N	
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A	K	B	A	R	S	U	E	T	S		
G	R	E	E	N	E	B	E	D			
L	E	A	D	R	A	E	S	P	A	T	
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M	E	R	G	E	A	R	C	H	E	A	N
R	Y	E	S	E	D	S	E	L	S		

## 1st Trenton Scouting

I would like to extend a warm welcome to those newly posted in and those members returning to a new Scouting year. For those who missed the registration days held earlier can still register their youth. To register, just show up on the night the section is hold their meeting and a leader will help you out. Meetings are held at Breadner School and the sections meet on the following nights:  
Beavers (5-7 yrs) Monday nights First meeting night will be 27 Sept 04 from 6:30-7:30pm. Contact Leader is Denise Gruchy @ 965-5880  
Cubs (8-10 yrs) Wednesday nights First meeting night will be 29 Sept 04 from 6:00-7:30pm. Contact Leader is Brian Rose @ 398-8540  
Scouts (11-13 yrs) Tuesday nights from 6:30-8:30pm. Contact Leader is Mike Young @ 394-0037  
For those members who wish join Ventures there is Venture Company in Trenton.  
If you have any questions Contact Galen @ 392-8245

## Third Annual Trenton Pet Valu "Help the Homeless Pet's Day"

On Saturday, September 25, 2004 from 10am-5pm  
The Trenton Pet Valu will be hosting its third Annual BBQ for the animals. Bring your pet and join in the festivities!

- Pet contests
  - Miniature horse for the kids to view
  - Silent auction
  - Wonderful prizes to be won
  - Cats and dogs looking for homes will be on hand
- Proceeds to benefit the



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Come on out and show your support!  
Join us in our race to outpace  
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Fax: 613-965-7490

The Contact, Wing Headquarters

Building Annex

8Wing /CFB Trenton PO Box

1000, Station Forces

Astra, ON K0K3W0

All letters must be signed

and the names will be

published unless

otherwise requested.

We reserve the right to edit

while preserving the main

objective of the writer. We

cannot guarantee that any par-

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be printed. Mail, fax,

email or drop it off in

person to the Contact office.

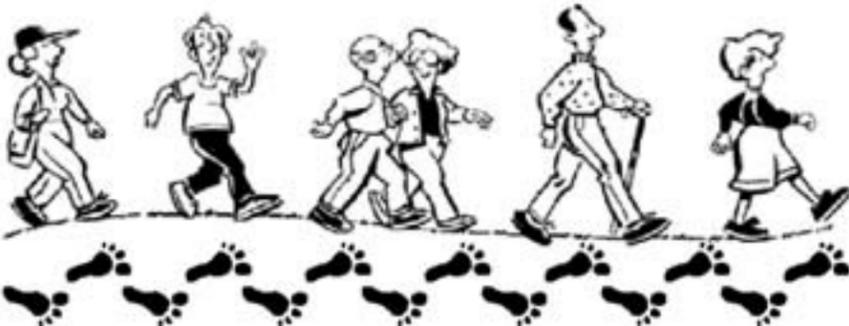


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- What** Clip on a pedometer (small gadget that counts the steps you take) Keep track for one week and then spend the next week trying to increase your steps
- When** Register by September 27
- Why** For Fun & Fitness
- How** Call Health Promotion 3392/3767 to register  
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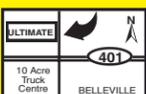
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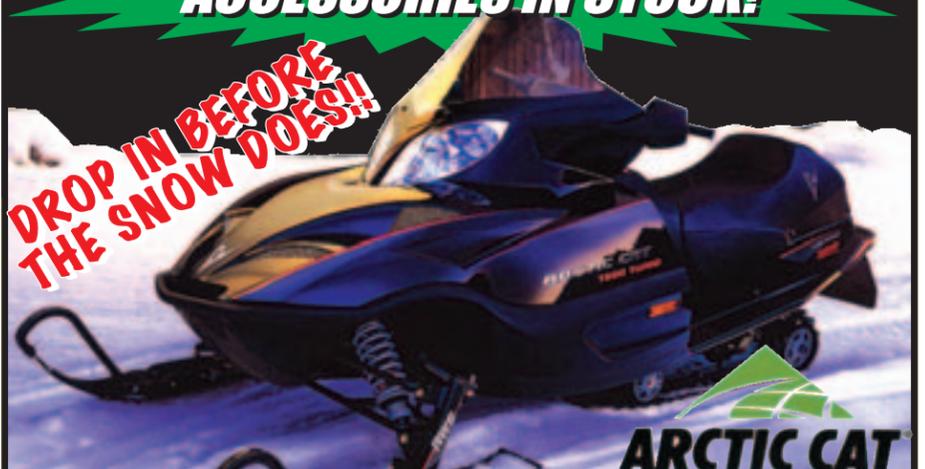
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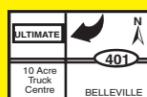
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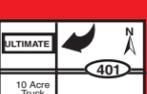
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