

# the contact

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## Celebrating "height of modern technology" at 8 ACCS

by 2Lt Kendrah Denny  
A/WPAO

Twelve years after the wheels were first put in motion to bring 8 ACCS to the height of modern technology, the squadron is finally reaping the long-awaited rewards. At a small ceremony last Friday, members and guests celebrated the completion of The Modernization Project as new Air Traffic Control and Communications equipment was officially declared operational.

It took the effort and dedication of many people to realize the project's goals. This state-of-the-art technology will significantly increase the squadron's capabilities, allowing them to carry out essential tasks, in particular Area Surveillance and Precision Approach Radar,

concurrently. With a set-up time of only a couple of hours, the ensuite of radars, control towers and satellite communications will also be more time-efficient. Not only has the number of operators required dropped from 23 to 18, but most pieces are also designed with a two-man lift capability.

For MWO Harry Rush, Friday's ceremony was bittersweet. MWO Rush is an ex-member of 8 ACCS and has followed the Modernization Project since its conception over a decade ago. As the representative from 1 CAD, he was on-hand to witness the official transition. "This is a new era in technology for the squadron. They will be able to operate a minimal team and offer maximum capability," he says with pride. "It's been a lot of hard work but it's nice to

have been there at the start and to be here at the end."

According to Capt. Ken Hannon, 8 ACCS Ops Officer, the squadron is now fully committed to utilizing the new equipment. "We'll deploy between 50-60 times over a year anywhere from a few days to four months in duration. With this new equipment, we are fully self-sustainable and can essentially go anywhere; it's a huge step forward," he says.

8 ACCS is unique in Canada, being the only squadron to have this impressive equipment. Although it has already been used for training purposes, the first official deployment will be in August with Operation BOXTOP at Ellesmere Island.

Please see page 11 for more photos.



Photo: Cpl Tim Jordan 8 Wing Imaging

A handover ceremony was recently held at 8 Wing Trenton to commemorate the turnover of modernization equipment for 8ACCS. The 8 ACCS Modernization Project provided innovative and state-of-the-art equipment including an Air Traffic Control radar suite, control tower, a communications suite, and much more. This cutting edge equipment is fully deployable via road, rail, or airlift on CC-130 Hercules aircraft, making the new kit ready to go anywhere at anytime. WO Grant Anstey provides a capability briefing of the new IFR / Radar Control Shelter to Lieutenant-Colonel Pierre Beauchamp (NDHQ / Directorate Air Requirements). The ATC radar system is capable of monitoring over 200 targets simultaneously. WO Grant Anstey, 8 ACCS Stds & Trg WO, was the first qualified Radar Controller within the Air Force to provide Precision Approach services while utilizing this new equipment.

## 2004 Law Enforcement Torch Run for Special Olympics



Photo: Cpl David Cribb, 8 Wing Imaging

A total of 16 members of the Military Police Squadron took part in the annual Law Enforcement Torch Run for Special Olympics, held the afternoon of May 31. Running with the MPs were representatives of the local police services as well as a number of Special Olympians, including Trenton's own Jim Tooley, who will head to Japan for the 2005 World Special Olympics as a member of the Floor Hockey team. The total amount raised--just by the 8 Wing MPs--was an impressive \$1,333. Kudos to all who took part.

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# Upcoming federal election--what you need to know

A federal election has been called for 28 June 2004. For CF members, we vote under the Special Voting Rules of the Canada Elections Act. This allows for the flexibility of a system that will allow CF members everywhere they are stationed or deployed, to be able to vote.

In a federal election you can vote if you are a Canadian citizen and are

at least 18 years of age by civilian election day. To vote at your unit's polling station, you must be: a member of the Regular Force, or the Reserve Force on full-time training or service or on active service, a member of the Special Force, or a civilian working outside Canada for the CF as a teacher or administrative support staff in a CF school, or

in support of deployed operations.

When you enrolled with the CF or entered into a contract with the CF, you should have completed a Statement of Ordinary Residence (SOR) form. The civilian address on this form is considered your ordinary residence for voting purposes and is used to determine where your vote will be counted. You can make changes to your SOR at any time. However the changes will only take effect 60 days after your CO receives them. If changes are made during an election, they will not take effect until 14 days after civilian election date. You may vote only once in an election, and only for a candidate running in your own riding, which is determined by the address on your SOR.

Within the next few days, the Senior DRO for Trenton, Maj Edmilao, on behalf of the Wing Comd, will be posting notice, as part of Routine Orders (ROs) and as a base-wide e-

mail, advising on the days and times and locations for voting. The CF advance polling days have been established as 14-19 June 2004. During this voting period, the polls must be open on at least three days and for at least three hours each day. Again watch the ROs and base-wide e-mail

ing the member an outer envelope, the DRO will ask the member to write down their name, their riding/electoral district's name and the member's unit on the back of the envelope. The member then signs the outer envelope to declare that they are qualified to vote, have not yet voted and will not vote again

envelope and seal it. The member then inserts the sealed inner envelope into the outer envelope and seals it. The outer envelope is then returned to the DRO. Or the member may choose to mail the outer envelope to Elections Canada themselves. In which case, the DRO will have adequate postage which they will affix to the envelope prior to the member leaving with it. The envelope with the ballot must reach Elections Canada in Ottawa before 1800hrs 28 June 2004. Late ballots, that is ballots arriving after 1800hrs on 28 June 2004, by law, cannot be counted.

After ballots arrive in Ottawa, the outer envelope will be checked for completeness and sorted by riding. Starting with one riding at a time, election officials will remove the unmarked inner envelopes containing the ballots from the outer envelopes and mix them together unopened in a ballot box. The ballot box is then opened and the votes counted.

Should there be questions or concerns regarding the election, the CF polls, or any other election-related matters, please do not hesitate to contact the Senior DRO for Trenton, Maj A. Edmilao at 613-392-2811, extension 2595/2062.

*Within the next few days, the Senior DRO for Trenton, Maj Edmilao, on behalf of the Wing Comd, will be posting notice, as part of Routine Orders (ROs) and as a base-wide e-mail, advising on the days and times and locations for voting.*

regarding the exact timings and locations of the CF polls. Personnel deployed overseas will be given the opportunity to vote and will be handled by the in-theatre administrative staff and chain of command. Members on TD or leave during the CF polls should have their travel claim or leave pass annotated with their SOR and electoral district (riding) so they can vote at the nearest CF base simply by showing appropriate identification and their travel claim and leave pass.

At the polling station, Deputy Return Officers (DROs) will confirm that the member's name is on the list of electors. After hand-

ing this declaration is made, by signature, the DRO gives the member: a blank special ballot, an inner envelope, the outer envelope that was signed, a list of candidates for the member's riding, turned to the appropriate section of the listing. The member then goes to a voting screen to mark the ballot secretly. The member prints on the ballot: the name or initial and the surname of the candidate that they choose for their riding. The ballot is then folded and the member proceeds back to the DRO. In front of the DRO, the member must insert the folded ballot into the inner



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# OFFICERS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1 APOLOGIZE THAT THE MESS CALENDARS HAVE BEEN ARRIVING LATE. THIS HAS BEEN DUE TO THE NFF CUT-OFF DATES FOR OUR END MONTH. PLEASE FEEL FREE TO CALL THE OFFICE AT ANY TIME TO ENQUIRE WHAT MENU IS SCHEDULED IF YOU HAVE NOT RECEIVED YOUR MESS BILL. @793-2811 EXT.2205</p>						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**Anniversary D Day Juno Beach**

**Down Homers Night**

**Golf Day Call Mess Office to Register**

**MTGIF Chinese Food 17:30 HRS**

**Sandwich Bar 11:30 - 13:15**

**MTGIF Taco Bell 17:30 hrs**

**MTGIF Golden Chicken 17:30 HRS**

**MTGIF Moved to MTGIF**

**MTGIF Steak Night 1700 hrs**

**JUNE 2004**

**ALL RANKS DANCE - SATURDAY 19 JUNE 04**  
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Featuring Kim Mitchell & 2 Bands  
Cost \$10.00 Per Person  
Dance Open To The Public

## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Mr Dave Robinson and Cpl Joel Fitzgerald from WCE are busy performing summer maintenance in preparation for the boiler shut-down for the summer, Bldg 169.



## July 21 is "Ride To Work Day"

by Maj. Brian Quick

Calling all motorcyclists! Typically find yourself car bound during your daily commute? Have you been meaning to get back on that motorcycle which is sitting dusty in the garage? Wednesday, 21 July is the 13th Annual Ride to Work Day.

Besides being a fantastic sport and outright fun, motorcycles as a means of transportation help relieve urban congestion, create additional parking spaces and save energy. Nothing puts motorcycling into the fabric of everyday life like Ride To Work Day. And considering that motorcycle sales in Canada have been steadily increasing, there are lots of riders out there! So get on that bike of yours and

make it a part of your daily life. Members and friends of the 8 Wing Astra Riders Motorcycle Club typically ride to work everyday, but we will certainly be out in force on 21 July. Please join us!

The Astra Riders are a group of motorcycle enthusiasts (all brands)

and welcome everyone to join them on their Thursday night ride which departs Tim Horton's on Sydney Street every Thursday at 1800 hours sharp. Monthly meetings are the first Tuesday of every month at 38A Rivers at 1900 hours. Join us for a ride!

### Astra Riders Motorcycle Club Weekly Ride

Join the 8 Wing Astra Riders for an enjoyable ride along some of the best roads in Ontario. The group departs Tim Horton's (Sydney Street opposite Holiday Inn) each Thursday at 1800 hours for a relaxed two hour run. All bikes are welcomed and membership in the Club is not required.

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## Search & Rescue UPDATE



The only mission to report this week was a Labrador tasked to support the US Coast Guard in their search for a person in the water, in Sodus Bay, east of Rochester, NY. As the Lab arrived on overhead, surface vessels were in the process of retrieving the missing person from the water. The Lab then returned to Trenton.

Missions for 2004: 43 Missions for May: 15 Persons rescued: 7

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## The Contact Newspaper

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

### The Contact Staff

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- Media Marketing & Sales: Sandi Ramsay
- Advertising & Promotions Assistant: Corrie MacDonald
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- Assistant Translator/Proofreader: MCpl Louise Fagan
- PSP Manager: Bob Payette
- Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### 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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### Message From the Interfaith Committee on Canadian Military Chaplaincy, Canadian Forces Day 2004

by Rev'd Dr. Andrew R. Irvine, Chair

It is with great pride that as Canadians we watch you, the personnel of our Armed Forces, engage in our unique role of Peacekeeping around the world. It is evident that the role has changed greatly in the last number of years and more and more your engagements are those of active engagement and increased danger. We think back to the tragedies in which our troops have been involved in recent years with deep emotion and a heartfelt thank you for those who have given so much for the sake of peace.

This increased and changing tempo of engagement is not only difficult on those who go out to serve, but also on those who stay to maintain the structures and offer the support that is necessary here at home. To all who serve, to the families who wait, to those who serve in critical supportive role the members of the Interfaith Committee, on behalf of the churches and faith groups in Canada, say thank you.

What to us is so unique about your role is the way in which Peacekeeping and Peace creating is viewed in part as the act of community rebuilding. With pride we read accounts in the Maple Leaf and in our national newspapers of you, our troops, involved in acts of service to humanity, the rebuilding of a school, a bridge, a mosque or a community center. It is evident that your role is not only to prevent hostility but also to rebuild those areas of community that foster renewal of spirit and pride among people put down by war and hatred.

Robert Putnam, an American Sociologist in this publication *Bowling Alone: The Collapse and Revival of American Community* (1995) spoke of the unraveling of American society in the later part of the 20th century as persons and families became disconnected and community broke down. As this continues, he claims, the nation will not be able to sustain itself.

Putnam concludes that faith communities are the single most important component in maintaining community. He challenged Americans, and I believe us as Canadians, to become deeply engaged in meaningful faith community. Churches, synagogues, mosques and other centers of faith become important in maintaining meaningful communities. It is important as peace is maintained and communities are rebuilt that the spiritual center of what you do be present.

Thank you for what you have done and will continue to do in bringing a greater sense of peace, stability and spirit to our world.

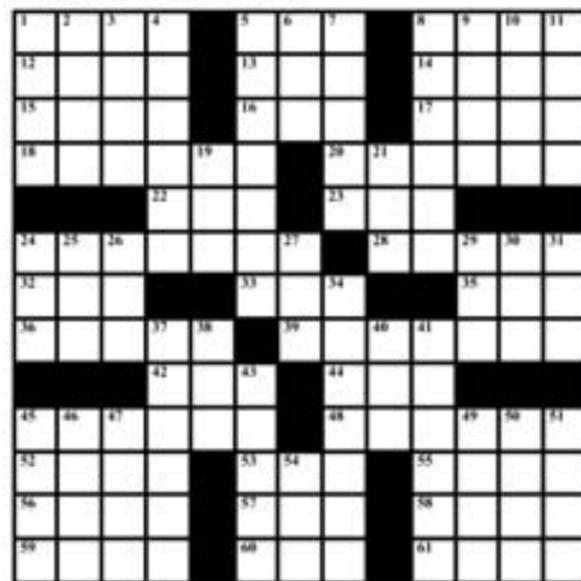
# Canadiana Crossword

## Topographical Transplants

By Bernice Rosella and James Kilner

- ACROSS
- 1 Wild out, for one
  - 5 Viper
  - 8 Stockings
  - 12 Aleutian island
  - 13 Grassland
  - 14 Peak
  - 15 Rebuff
  - 16 Staff
  - 17 Pro \_\_\_\_\_
  - 18 \_\_\_\_\_ Caesar!
  - 20 English county or Ontario town
  - 22 Charged particle
  - 23 Mil. address
  - 24 Creature comfort
  - 28 Dive
  - 32 Plead
  - 33 Sup
  - 35 From, in a way
  - 36 Of England
  - 39 Pennsylvania town or Nova Scotia county
  - 42 Globe
  - 44 Old horse
  - 45 Scottish Island or Saskatchewan hamlet
  - 48 Ill will
  - 52 Incurison
  - 53 Hawaiian garland
  - 55 Lined up
  - 56 Morph or derm preceeder
  - 57 Barley sandwich?
  - 58 Baseball team
  - 59 Form of security
  - 60 Combat
  - 61 Mimic

- DOWN
- 1 Launder
  - 2 Bunsen burner
  - 3 Handbag
  - 4 Irish Capital or Ontario



- 30 Opening
- 31 Pestilence
- 34 Moroccan town or place in Nova Scotia
- 37 British Capital or Ontario city
- 38 Mineral
- 40 Household god
- 41 Large lizard
- 43 Municipal ordinance
- 45 Russian city
- 46 Hindu princess
- 47 Vulture
- 49 Nerd
- 50 Not here
- 51 Vessel
- 54 Note in Guido's scale



## This Week in Contact

1974 - Base Admin staff, along with Accounts and 708 Comm Sqn are now firmly ensconced in their new quarters, Building 22. The building, one of the first constructed at RCAF Station Trenton in 1931, has been recently refurbished both inside and out.

1984 - Col GRJ King, Base Commander, CFB Trenton was requested to preside over a fishing derby, pitting the City of Trenton against the City of Belleville and to decide which city is "The Fishing Capital" for 1984. The derby, held on 30 May 1984, was followed by a dinner at which Col King presented a trophy to the winning city.

1994 - Colonel Barry Krall presents a cheque for \$3,406.38 from the Astra 5 Pin Bowlers Association to Suzanne Ross, President of Big Brothers and Big Sisters of Trenton and District. The funds were raised during the 8 Wing Bowlathon on 11 February.

Created by Lt J. H. MacDonald,  
Compiled by Laurie McVicar

### IT'S NOT PERMANENT, IS IT?

Photo: Laurie McVicar, Contact



Six-year-old Julia Nelles (middle) sits patiently while Lindy St. Aubin creates a floral masterpiece on her arm. Julia and sister Katherine (4) dropped by the Trenton Military Family Resource Centre during the annual Open House and Daycare Anniversary on Wednesday, June 2.

### Museum to host warplane dedication

The Royal Canadian Air Force (RCAF) Memorial Museum, Canada's National Air Force Museum, is pleased to host the Canadian Fighter Pilot Association's (CFPA) dedication ceremony on Sat. June 5. The ceremony will commemorate the newest displays in the museum's Air Park. A Hawker Hurricane Mk I and a Supermarine Spitfire Mk IX were acquired from the CFPA by the museum with major financial assistance from the Weston Foundation.

The Hurricane is depicted in Battle of Britain colours as flown by the then Flight Lieutenant B.D. "Dal" Russel. Mr. Russel, along with numerous Second World War veterans, will be in attendance at the ceremony, joined by

hundreds of CFPA members from around the world. The ceremony is also open to the public.

The Spitfire's markings depict the aircraft as Wing Commander Lloyd V. Chadburn flew it in 1944 while he commanded 127 Wing in the United Kingdom and in France. Chadburn was later killed in a flying accident during the Normandy campaign.

The dedication ceremony will be highlighted by a flypast of a fully restored Spitfire Mk XVI owned and piloted by Michael Potter of Ottawa, and a Canadian Forces CF 18 from 433 Squadron in Bagotville, Quebec.

The ceremony is set to begin at 2 p.m. in the Air Park at the RCAF Memorial Museum.

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father's day draw  
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### JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 TGIF 1700 hrs BBQ Steak 1800 hrs Pool	5
		6	7	8	9	10 TGIF 1700 hrs BBQ Steak 1800 hrs Euchre
		11	12	13	14	15
		16	17	18 TGIF 1700 hrs BBQ Steak 1800 hrs Pool	19	20
	21 Happy Father's Day!	22	23	24	25 TGIF 1700 hrs BBQ Steak 1800 hrs Euchre	26
	27	28	29	30		

**JUNE 2004**



# Thank You, John

On the 18th of May this year, the men and women of 436 (T) Squadron, led by LCol Robin Godwin, took the opportunity to thank a fine Flight Engineer, John G. McCullough, at our annual Mess dinner--John retired after more than 35 years of dedicated service.

John was born in Vancouver on July 14, 1947. At John's birth, the RCAF was flying aircraft like the Tiger Moth, the Avro Lancaster and the Hawker Hurricane just to name a few. John enrolled in the Canadian Armed Forces on December 6, 1968 and , on completion of his trade training as an Airframe Technician, John worked on a wide-ranging vintage of aircraft. Some of these aircraft were the CC 129 Dakota, the CC 137 Boeing 707, and the CC130 Hercules.

In June of 1976, John began his flying career as a Flight Engineer at CFB Comox with 442 SAR Squadron on the CH113 Voyageur/Labrador helicopter, accumulating an impressive 2,300 flying/hours in his first tour. In July 1980, John headed cross-country to CFS Gander, Nfld, again flying on the Labrador until the summer of 1982. Then it was cross-country again to CFB Edmonton, Alberta where John began his first "Hercules" tour with 435 Squadron.

In May of 1987, John went east and joined 437 Squadron as a line Flight Engineer on the Boeing 707. During the Persian Gulf War in 1991, John deployed with 437 Squadron to provide air-to-air refuelling for the coalition forces. In February 1993, travelling even further East, John's wide-ranging experience was shared with our NATO friends at # 1 Squadron TCA (Transport/Cargo Aircraft) in Geilenkirchen, Germany where he remained until May of 1999, and 1,610 more flying/hours were added to his flying log book.

In May of 99, John returned back to Canada and joined us at "Canucks Unlimited" and his name was added to 436 (T) Squadron's nominal roll, where his vast knowledge and experience became assets to the squadron. John's career culminated in 13,247.8 flying/hours, which is 551 days or 1-1/2 years in the air. For over 35 years, this Flight Engineer has served his country in peace and war. His dedicated service is an ever-inspiring example that he has passed on to all of us here at 436 (T) Squadron. We wish WO (Ret'd) John McCullough the very best in his future endeavours, and we would like to let him know that the "Ramp" is always open to him at 436 (T) Squadron.



# 8 ACCS provides EALS support to 12 Wing

by MCpl Jim Ray, 8 ACCS Radar Con/EALS NCM

8 Air Communication and Control Squadron (8 ACCS) recently deployed to 12 Wing Shearwater to install the Emergency Airfield Lighting System (EALS).

The EALS were

installed as a back-up system for the current system providing airfield lighting to 12 Wing. This mobile system provides runway edge, threshold, and multi-intensity approach lighting with strobes. It also includes Precision Approach Path Indicators (PAPI), which indicates the aircraft position relative

to the glide path while on final approach. This system comes with its own generators and can be used to illuminate up to a 10,000 foot runway. Designed to deploy using airlift support, this system was transported via road (flatbed truck).

Although not used on this particular deployment, the EALS can also be fitted

with Night Vision Goggles (NVG) compliant lenses enhancing tactical operations within the Air Force.

8 ACCS personnel were assisted with the lighting set-up by 12 Wing Shearwater Airfield Electricians and by members of CFB Halifax Naval Construction Team (NCT).



8 ACCS and CFB Halifax NCT personnel beside the EALS trailers during installation at Shearwater.

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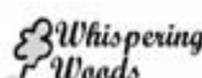
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**June 20 is just around the corner...  
 Don't forget Dad!**



# 8ACCS VSAT Detachment deployed to OP HALO Haiti

by Capt Jeff Szumlanski, 8ACCS VSAT Det Comd

A team of six 8ACCS personnel departed March 24 for Port au Prince, Haiti to provide national rear link to the OPERATION HALO National Support Element (NSE) and 430 escadron tactique d'helicopteres (ETAH).

This was the first operational deployment of the new 8ACCS medium-capacity satellite communications equipment, and its first use supporting a DCDS international operation.

"The Air Force and 8ACCS are pleased to provide such an extremely valuable service to OP HALO," stated Capt Jeff Szumlanski, the 8ACCS VSAT Detachment Commander.

Some of the new 8ACCS Modernization Project equipment is operating under very austere environmental conditions. So far, the communications equipment, shelters, and electrical generators have held up well to the elements. The 8ACCS VSAT Det technicians have worked extremely hard under stressful and difficult living conditions to meet the communication demands of the camp.

"The techs deserve a lot of credit," says Szumlanski, "they developed some creative solutions to accomplish the mission. I'm very impressed with the team."

The 8ACCS VSAT Detachment provides the NSE and 430 ETAH with connectivity, technical support, and 24/7 help desk service to the DWAN computer network, the AFCCIS secure communication system, COOP helicopter maintenance net-

work, the Canadian Forces Weather Observation System (CFWOS), the internet for morale and welfare purposes, and voice lines connected to a camp telephone switch.

"We've wired the equivalent of a mini-base in the middle of a field," says Capt Szumlanski. The NSE/HEL DET camp, nicknamed "Possum Lodge" is home to just under three hundred people living under modular tents right next to the main runway at Port au Prince international airport.

Another 8ACCS project in Haiti was the installation of a double-hop microwave link enabling 2RCR Infantry Company to access DWAN software applications and personal email at a third location within the city.

8ACCS technicians installed dual microwave radios and antennas at a commercial repeater site guarded by a friendly Haitian family living on the side of mountain overlooking the city of Port au Prince.

"CF personnel rely on access to the DWAN," observed Capt Szumlanski. "The Infantry Company was very appreciative of the capability 8ACCS provided."

8ACCS is not normally responsible for national rear link services for DCDS international operations, a capability provided by the Canadian Forces Joint Signals Regiment (CFJSR) in Kingston. However, due to limited availability of MT terminals and personnel, NDHQJ6 asked the Air Force if it would be able to support OP HALO using the new Modernization Project equipment.

"There was a big learning curve at the



Standing beside the satellite communications dish and transportable operations shelter of the 8ACCS VSAT Detachment, Task Force Haiti (TFH), National Support Element (NSE) are, left to right: Capt Jeff Szumlanski, Sgt Mike Pierce, Cpl Rick Myette, MCpl Dana Whitty, MCpl Jim Briggs, MCpl John Shorter (Absent - Cpl John Buckovic).

beginning of the deployment," admits Capt Szumlanski, "but we had a lot of super help along the way from people in Ottawa, Kingston, Winnipeg and Trenton. We would not have been successful without the support of others back home."

MFRC Trenton sent a peacekeeper care package to the 8ACCS VSAT Det in Haiti for Easter. 8ACCS personnel were very touched by the thoughtfulness of the cards and well wishes from the children.

"There was even peanut butter, homemade cookies, and traveling books," smiles Capt Szumlanski, "opening the box was an emotional experience we will never forget."

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# JUNE

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# Fitness, Sports & Recreation

## Slacking off during summer months



Laurie McVicar

Monday, May 31

As we stand on the brink of summer, it's more than likely that many of us will trade in our running shoes and gym clothes for sandals and sunglasses.

Even the most com-

## Confessions from the Gym

mitted athlete must feel somewhat pained to have to leave the sunshine and step into an indoor weight room.

While skipping one or more planned workout sessions is seldom advisable, it's highly probable. Injuries, work commit-

ments, personal commitments, social events - they can all take time away from physical fitness.

So what happens if you occasionally choose the beach over buffing up? According to [www.muscleanfitness.com](http://www.muscleandfitness.com), not much.

For high-level athletes the body can become untrained within two weeks. For recreational athletes, this time extends to six weeks.

The real short-term downfall of skipping a workout or two is the men-

tal self-punishment that often follows. Although missed workouts do give the body time to rest, investment advisor turned...umm...news anchor Lucas Tyler said it best - "Skipping workouts on a regular basis is akin to self-neglect. You'll feel it...inside!"

Need tips on how to enjoy all that summer has to offer without compromising your fitness routine? Contact the fitness staff at the 8 Wing/CFB Trenton Gymnasium today.

## Date extended for RV Compound clearout

There has been a change of dates for the RV Compound to be cleared of all vehicles.

Originally, the compound was to be cleared by 31 May 04 in order for WCE to carry out a brush clean-up. This date has now been changed and all vehicles must be removed in order that Roads & Grounds can carry out work in the compound from 12 to 16 July.

Serving military members wishing to renew their current contract may do so at this time.

Retired military members and civilian employees may renew their contract starting 15 October, space permitting.

## Summer Rec Camp

The Calendar of Events is now available at the RecPlex

Still space available. Features lots of new and exciting trips such as National Sports Fun Centre, Petticoat Creek, Cedar Park Resort and Waterslide Park, Cobourg Beach, Pucks Farm and more. There will be plenty of new activities, surprise guest speakers and cool crafts.

We will even venture to Warsaw Caves for an overnight camp out.

Call the RecPlex for more information.



*C.F.B. Trenton*

# Ripples

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## Trailers and lights

Boat trailers are a wonderful and necessary invention, but why must they and their lights, or lack thereof, drive us to distraction? Before you rip the wiring out and start anew, try these handy tips.

Often the problem is corrosion at the male -female connector or the sockets. Clean the female and male contacts with a small piece of fine emery paper wrapped around a small slot head screwdriver, twig or matchstick. Spray with WD40 and let dry. Squeeze the female end lightly with a pair of pliers to tighten and reshape them. Use the same method to clean the sockets and carefully raise the contact with the small screwdriver. Spray WD40 and let dry.

Don't fool around with the bulbs —just replace them...they are cheap and Canadian Tire will appreciate the business. Then check to see that the ground (the white wire) is well connected to bare metal. Still not working ... you're on your own now mate!

One last tip, keep the axel and bearings well greased. Why do mechanics always tell you not to submerge the trailer? How do they think this boat — trailer — water — launching thing works?

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See next week's Contact for photos and results from the 18th Annual Surf n Turf.

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# Former Canadian and British base in Picton stands test of time

by Captain Ian Stock  
Wing Public Affairs

*Editor's note: This is the fourth in a series of current and former 8 Wing/CFB Trenton and DND sites in the Quinte area.*

Erie.

There's no other word to describe the former Canadian Forces and British RAF military base located on a high plateau, just south of Picton in Prince Edward County.

"The airfield and most of the buildings, including the hangars, are basically intact," explains Terry Clifton, a director of the Prince Edward Flying Club and a local historian. "The main airstrip, in particular, is in extremely good shape and requires very little maintenance for our club to upkeep. As they say, they don't build them like they used to."

Even though the base has been bereft of formal military involvement since its closure in 1969 due to Canadian Forces amalgamation and downsizing, its pristine condition gives the ghostly impression that troops have only just recently departed for good.

The RAF constructed

the 700-acre airfield in 1940, using a standard "template" of a triangular shaped 2,600 by 150 foot airfield, and included six hangars, a hospital, a multitude of barracks, married quarters and mess halls; almost all of which are still standing today.

The base was constructed out of a desperate wartime need for aircrew and adequate training facilities, and housed the RAF Bombing and Gunnery School and became a top-rated training facility for navigators, pilots and air gunners.

"One of the reasons the hangars here are in great shape is that the original contractor got mixed up providing steel and wood frames between here and Mountainview," says Clifton. "Picton ended up with the steel frames by mistake and so the hangars here are in much better condition than the wooden ones at Mountainview."

The facilities are in such good shape that they were used in the production of the 1993 CBC television mini-series "Dieppe."

The site--now owned by a commercial real

estate corporation--is primarily used as an industrial park with a diverse group of occupants, including a pallet manufacturer, a hammock maker, the Canadian Opera Company (for equipment storage) and the Prince Edward Flying Club.

"There were several owners of the facility over the years, including a Japanese company which was going to construct an air maintenance and engineering facility, but that fell through," laments Clifton. "At one time, these hangars were chock full of wartime aircraft, including Harvards, Dakotas and Lysanders, and even P-51 Mustangs; now it's just cars, boats and equipment."

Despite the "demilitarization" of Picton, the base is still often abuzz with activity. During summer months, the Air Cadets out of 8 Wing/CFB Trenton use the airfield for glider training and 424 Transport and Rescue Squadron frequently lands its CH-113 Labrador during training stopovers.

"We last had a Hercules over here about six or seven years ago,"



Photo: 2Lt Kendrah Denny

**Terry Clifton, Director with the Prince Edward Flying Club and local historian, poses in front of a replica WWII German reconnaissance plane.**

adds Clifton.

Local resident Doug Marvin, who now cuts the grass around the airstrip on behalf of the Cadets, fondly remembers the glory days of the base in Picton in the 1940s and 50s.

"The bombing ranges essentially included all the waterways around the shores of Prince Edward County and even included East and West Lakes," he recalls. "Sometimes the crews missed with their dummy bombs and they struck land."

"In fact, I distinctly recall some family friends near Cherry Valley who went out to the barn to milk their cows," recalls Marvin. "And when they came back, a dummy bomb had crashed through their living room! And this sort of thing was rather common and people put up with it because of the war."

At its wartime peak, there were more than 1,000 airmen stationed at Picton.

"I remember growing up, we often hosted up to

eight or ten of the airmen in our home at any given time and they were great," says Marvin.

Just south of the airfield, lies several newer buildings that were constructed in the late 1950s for the 1st Battalion of the Canadian Guards, the last official military occupants of then Canadian Forces Base Picton.

These buildings, including a barrack block and mess, closely resemble current DND standard facilities in any base found across Canada.



Photo: 2Lt Kendrah Denny

**Rows upon rows of barracks at the former RAF base in Picton once housed hundreds of troops. Now they sit silent.**



Photo: 2Lt Kendrah Denny

**Look familiar? Some buildings at RAF (later CFB) Picton closely resemble standard 'CF issue' at bases across Canada.**

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The ribbon-cutting duties were assigned to Maj Jean Roy, Program Director DGAEPM/PM 8ACCS, and from the left: Mr Jim Slinger, VP General Dynamics Canada, Col Bryan Righetti, Director DGAEMP (R&CS), Maj Cam Stoltz CO 8 ACCS and MWO Harry Rush, 1 CAD HQ/A3 Aerospace Systems 4.



The signing over of the state-of-the-art equipment on May 28, 2004 was handled by MWO Harry Rush, 1 CAD HQ/A3 Aerospace Systems 4 (left), Major Cam Stoltz, CO 8 ACCS, LCol Pierre Beauchamp (NDHQ) signing and Capt Ken Hannon, 8 ACCS.



MWO Harry Rush of 1CAD describes the new control tower for the portable airfield kit to Col Bryan Righetti and LCol Pierre Beauchamp at the 8 ACCS modernization program handover ceremony. According to MWO Rush, the new system is being closely watched by other NATO countries for their own modernization programs.



Master Warrant Officer Harry Rush of 1 Canadian Air Division describes the radar mast (in the background) for the portable airfield kit on May 28 to Colonel Bryan Righetti and Lieutenant-Colonel Pierre Beauchamp at the 8 Air Communications and Control Squadron (8ACCS) modernization program handover ceremony.

**Photos courtesy of  
Corporal Tim Jordan  
8 Wing Imaging**

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**Avoid these big offenders**

(NC)-Reduce your intake of trans fats this summer by cutting back on these foods, unless the label indicates that they are low in trans fats. Trans fats are often (but not always) found in: Pancake and muffin mix, deep fried foods, such as fried seafood, onion rings and fries, some bottled salad dressings and mayonnaise, ice cream sundaes and hot fudge sauce, cookies and crackers, pies, pastries and doughnuts, hard margarine and shortening.

**Tips for lawnmower safety**

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

Summertime is finally around the corner. This means that grass will start to green and grow, and people will be using lawnmowers to mow it. This also means that many people will pay a visit to emergency departments of hospitals throughout the country with lawnmower related injuries.

In many cases, people use lawnmowers as part of their job. Because of the safety rules of the company, they wear the proper safety equipment such as steel toe boots and goggles. It's plain to see that this is not the case in most homes. Drive down a residential street on any summer evening and you will see people cutting lawns in sandals while their children are playing close by. On occasion, seemingly intelligent people will take a perfectly good hand and reach under a running lawnmower to retrieve something as valuable as an old stick, or a wet clump of grass. The result can be disastrous. In order to prevent these things from happening, we must realize that lawnmowers are dangerous if

used carelessly.

In one lawnmower-related incident, a woman was cutting her lawn with a power mower. As she walked backwards up a hill, pulling the mower, one foot slipped and slid underneath the lawnmower. The result was a severely lacerated foot with multiple fractures.

Several features in newer lawnmowers have improved safety. For example, the deadman lever has to be kept depressed in order to keep the mower running. The rubber flap at the back helps prevent objects from being thrown by the blades. However, no safety feature is foolproof. Always treat lawnmowers with respect.

Whether you use a gas, electric, riding or a push mower, keep the following tips in mind:

Before you use the lawnmower, read the manufacturer's directions to familiarize yourself with all the controls.

Clear objects such as bottle caps, rocks, roofing nails etc. from the lawn. A lawnmower can hurl objects at a speed of 320 km/hr. Keep children a safe distance away.

Don't wear sandals or go barefoot when you mow the lawn. Steel-toed shoes are much safer. Safety goggles

will protect your eyes.

Lawn mowers are loud. Wear proper hearing protection such as ear plugs or ear muffs. Look in your yellow pages under safety equipment to purchase hearing protection.

Cut the grass when it's dry. Wet grass clogs the mower, you may be tempted to remove it with your hand. Mowing the wet grass with an electric mower increases the chance of electric shock.

When using electric mowers, be careful not to run over the cord. Make sure you are using a three-pronged plug and the electrical outlet has a Ground Fault Circuit Interrupter.

Fill the lawnmower with gas in a ventilated area when the mower is cool. Don't smoke while filling the mower. Store the gas in an approved container. Avoid filling the gas tank right to the top; leave an air space to help prevent spillage. If you spill gasoline, wait for it to evaporate before starting the lawnmower.

If you have a riding mower, don't allow extra riders. Many children have been injured or killed while riding as passengers on small tractors. These machines are not designed to carry passengers.



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**Pet Particulars Mutt March 2004**

Fixed "Fur" Life and the Quinte Humane Society will host the first-ever Walkathon--"MUTT MARCH 2004." Join us on Sat. June 12 for a scenic strutt along the Riverside Trail and afterwards--at noon--"MINGLE WITH OUR MUTTS" in Belleville's Victoria Park for an event which promises to be a "tail waggin good time !!!"

Enjoy a tasty BBQ and live local singing talent, dog AND cat friendly vendors, pet chiropractor, silent auction, yard sale table, pet photography, dog contests (dog/owner look-a-like, best singing voice or howl, best pet trick, cutest begger, longest tail,

best kisser, and many more), There will be games for your canine companion ( digging for buried treasure, doggie limbo, agility trials, doggie musical chairs, ice cream eating contest). Every dog will be a WINNER!! These are just a few of the events planned. For more information, please email, [www.pets@quinte-humane.com](mailto:www.pets@quinte-humane.com). Hope to see you there!



**QUITTERS CAN BE WINNERS!**



Photo: Laurie McVicar, Contact

Winners of the May 1st I Quit contest were chosen during a draw at the Health Promotion Office on Wednesday, June 2. Taking part in the draw were (from left) Andy Moreau (CANEX Manager), WCWO Don Cheverie, Cheryl Rothenburg (Health Promotion Director), John Farrow ( Regional Manager, CANEX) and Simon Fortin (SISIP). The contest was an initiative of DGHS-HQ and delivered by CFPSPA. It was generously sponsored by CANEX and SISIP. See next week's Contact for a list of winners.

**Volunteers.**

They are the people who freely give their time to assist their fellow human beings.  
They are the backbone of their community.  
They are the glue that holds humanity together.  
They are full-time workers and part-time saints.

The Contact would like to run articles on some of these tremendous volunteers, found right here at 8 Wing/CFB Trenton. If you donate your time to a local organization, call Laurie McVicar at local 3978.

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# Community Events

## CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND

**BIRTHDAY PARTIES ARE NOW AVAILABLE**

**GENEROUSLY SPONSORED BY THE CENTRE THEATRE**

**CALL 392-4211 FOR INFORMATION**

Matinees  
Saturday & Sunday

**MOVIES  
MOVIES  
MOVIES**

**MOVIE LINE-UP**

- Harry Potter & The Prisoner of Azkaban (PG)      1:00    7:00    9:35
- Shrek 2 (G)                              1:10    7:10    9:15
- The Day After Tomorrow (PG)    1:05    7:05    9:30

Coming Soon: Garfield, Spiderman 2

Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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



**TRENTON**  
Military Family Resource Centre

**Please register for the workshop and childcare by calling 965-3575. If there are less than five participants the workshop will be cancelled, and you will be called. There no cost for childcare for families of deployed members.**

June 9 - **Handmade Cards** - Do you appreciate the tactile quality of handmade cards?? Join us for a fun evening of card making using simple techniques and supplies and leave with several handmade cards that will you will be proud to send!!

June 16 - **Tai chi** - Movement, balance, flexibility, breathing are all parts of the ancient discipline of Tai Chi. Come and learn more!

June 23 - **Music Therapy**- The ultimate in relaxation! Learn how music can benefit your total being!

July 14 - Aug 11 - **"Deployment" Family Information Meeting**- Learn about what services are available to you during deployment.

**Clean Up Dive**

The 8 Wing Flying Frogmen Scuba Club will be hosting it's 8th annual Cleanup Dive on Saturday, June 5th, 2004. This event will be a two-tank dive and registration starts at 1100 am at Frasier Park Marina in Trenton. All divers welcome. Volunteer shore helpers are needed to help haul trash out of the river. Bring a set of work gloves as there will be glass and metal to handle. The event will be followed by a BBQ to help raise funds for the Flying Frogmen Scuba Club.

For more information, contact Scott & Katherine Woodburn at 771-0915

## County Seventh Annual Poker Run

June 12, 2004      Cascades Bar & Grill      Fee \$20.00  
Consecon, Ontario

Proceeds to Camp Trillium  
(Garrette's Island)

Departure time: 11:30am

All Riders Welcome 200km Ride  
Ride at own Risk




**Great Cause      Great Prizes**

For more information contact: Rick 1-613-392-7794



## "Men in the Kitchen" Spaghetti Dinner and Silent Auction

The Trenton Military Family Resource Centre (TMFRC) is hosting a Spaghetti Dinner at the Base Chapel on June 12, 2004 from 4-7pm and there's a twist! Local personalities will be helping serve the dinner that will raise money for resource materials for the TMFRC Youth Centre. Some of the "Men in the Kitchen" include Bob Clute, Councilor Egerton Boyce, and Jon Gibbons of the Trenton Sting. There will also be a couple of acoustic East Coast music groups including "The Flaming Moes" and Max Murphy entertaining the guests. A silent auction will give the dinners plenty of opportunity to bid for some great Father's Day gifts. So far the auction includes a Ibanez Guitar and case from Arden's Music, autographed t-shirts of Tiger Williams and Cassie Campbell, gift certificate from Bernie Gray Kayaking, package from the Body Shop, steak knife set from Cronin Home Hardware, golf passes (donated by Bob Clute), golf shirts from Reid's Dairy, and the Cannex has also donated to the auction.

It will be an exciting, fun evening with something for everyone. Information can be obtained at the Trenton Military Family Resource Centre. Spaghetti Dinner and Silent Auction, June 12, 2004, 4-7pm at the Base Chapel on Naomi Dr. For more info, call 965-3575.



## CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

**Wing Chaplain/ Aumônier de l'escadre - Major Lloyd Clifton (Presbyterian)**  
**Administrative Assistant/Adjointe administrative - Manon Pilon Ext 2490**  
*UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS*

Padre Rick Gould  
Padre Catherine Morrison

**WORSHIP SERVICES**

<p><b>OUR LADY OF PEACE (RC)</b> <b>NOTRE-DAME-DE-LA-PAIX (CR)</b></p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p><b>MASS</b> Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p><b>CONFESSION</b> At all times</p> <p><b>PARISH ORGANIZATIONS</b> 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 Silhouettes of Mary 2nd &amp; 4th Thurs 1830 hrs</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator Matthew Lucas (Bapt.)</p> <p><b>WORSHIP SERVICE</b></p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p><b>PARISH ORGANIZATIONS</b></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.

**Promote your event...e-mail McVicar.L@forces.gc.ca**

# This is it: The only way to borrow that makes sense

*it's your*  
**Money**



**Garth Turner**

There is little doubt that the cost of money will be rising over the coming months. The prime rate, now at 3.75 per cent--the lowest point in Canadian history--will be higher a year from now. How much higher is an open guess, but I'd peg the prime next summer at about 5 per cent.

That is still a bargain by historic standards, and should not pull the rug out from under the real estate market (although house prices could well be lower in 12 months, for other reasons). The really good news is that rates are not going a whole lot higher for a long period of time. There is no reason to expect mortgages or lines of credit to be in double-digit territory for years and years.

Now, this brings us to strategies for borrowing. Lately Canadians have been running up the greatest amount of debt ever.

Granted, a lot of that is mortgage debt which is cheap--especially if you borrow the right way. That, of course, is by way of a variable rate mortgage, rather than a fixed term loan. Make sure you go out and get yourself a

*You can borrow money against the equity you have already built up in your real estate. Because the loan is secured by the home, lenders are willing to give you the cheapest possible rate--the prime rate. So, you can borrow lots of money (typically up to 75 per cent of the appraised value of your home) at just 3.75 per cent.*

below-prime VRM, and you'll save thousands, even as rates rise.

Meanwhile, Canadians continue to have billions in other borrowings, namely car loans and credit card debt. The cost of this can

range as high as 20 per cent, which is insane, but legal. You should do all you can to bring this down.

Additionally, a recent bank survey showed that when it comes to saving, investing and borrowing, most Canadians are making a huge mistake. For example, almost eight out of every 10 home renovations in this country are paid for with cash--out of savings. No, no, no! Bad idea!

The latest numbers show Canadians continue to have a pathetic level of per-

sonal investments and are woefully illprepared for their looming retirement years. And yet, at the same time, 80 per cent of us are willing to take what precious cash we have saved, and use it to finance remodeling of our

homes. The trouble is, real estate values are unlikely to pace gains in financial assets like stocks or mutual funds over the sweep of several decades, and the only way you can retire and live off your house is to sell it. So, a lot of people are gambling that the real estate market will be smoking in 15 or 20 years, just when they need to bail out.

So, I have a better solution--both for people who want to renovate or expand their homes, and for people carrying disgusting car loan or credit card debt. It's called a home equity loan. You can borrow money against the equity you have already built up in your real estate. Because the loan is secured by the home, lenders are willing to give you the cheapest possible rate--the prime rate. So, you can borrow lots of money (typically up to 75 per cent of the appraised value of your home) at just 3.75 per cent. Imagine taking \$20,000 borrowed at this rate, and paying off your credit cards and car loan. Now you might be able to lower your carrying costs by 70 per cent or more.

Additionally, imagine borrowing \$100,000 to ren-

ovate your home, again at 3.75 per cent, while your \$100,000 in savings is put into a portfolio of growth assets earning 9 per cent (the historic average for the stock market). That way you could have an affordable reno and still be building up a great retirement nestegg. And by establishing a line of credit secured by real estate, you'd be able to borrow money as you needed it according to the renovation timetable.

Home equity borrowings can come in the form of either a line of credit, or a traditional mortgage. In either case, they are quick to set up, and if you ask, your lender will probably waive all fees involved. It's like making your own home into your personal bank--and at today's interest rates, it has

never made more sense.

Finally, if you borrow money against home equity for investment purposes--like buying a good quality, well-diversified mutual fund--then all of the interest on the loan is actually tax-deductible. You get to write it off the income you receive from other sources, like your job. If you're in the 50 per cent tax bracket, that's the equivalent of writing off interest of 1.9 per cent on your loans, which means the actual cost to you is also just 1.9 per cent. Deduct current inflation of 2.1 per cent and you get free money. Seriously. Can you afford not to do this?

*Garth Turner's Investment Television airs nationally on the Global network Sundays.*

## Market Index GICs give high return potential

(NC)--Many Canadians would like to take advantage of stock market gains but hesitate because of the potential risk of diminishing one's principal over the short-term. For risk-averse investors who wish to protect their initial investment, while gaining exposure to equities, market-linked Guaranteed Investment Certificates (GICs) offer an effective solution, particularly given Canada's low interest rate environment.

A market-linked GIC, such as BMO's Market Index GIC, is a 100 per cent guaranteed term investment that has its returns linked to the growth of a selected market index, such as the S&P 500<sup>®</sup>† and S&P/TSX 60<sup>®</sup>†.

"Investing in a Market Index GIC provides greater return potential, compared to traditional GICs," says Julie Sheen, Vice President, BMO Term Investments. "Consumers enjoy the safety of guaranteed principal, while benefiting from equity market

returns, which have historically been higher than GIC returns over the long run."

For many investors, there is a misconception that a gain can offset an equal loss. In fact, this is not the case. A 30 per cent loss on a \$1,000 investment will leave an investor with \$700. Yet, a subsequent gain of 30 per cent on the \$700 generates only a \$210 return. The investor would actually need to earn approximately 43 per cent to get back to their original \$1,000 investment value. However, with a Market Index GIC, the investment value never falls below \$1,000--even in the event of a market downturn. Given that the investor is protected against erosion of principal, they get back on track towards achieving their investment goals more easily.

### Overall benefits:

- High return potential. Earn potentially higher returns over traditional GICs, based on the perform-

ance of certain stock market indices.

- Your original investment is fully protected. If the market increases over the term of your investment, you benefit from the increase. But if the market declines, your original investment remains fully guaranteed.
- Sound investment in a diversified portfolio. Market Index GICs offer stock market and foreign content exposure.
- RRSP eligibility. Market Index GICs are 100 per cent RRSP eligible. BMO Term Investments, for example, offers two Market Index GICs that are 100 per cent RRSP eligible: the S&P 500<sup>®</sup> and G7--even though they track foreign market indices.
- No foreign currency risk. Unlike regular investing in foreign markets, your investment is not exposed to fluctuations in foreign currency.

For more information, visit your nearest BMO Bank of Montreal branch, call 1-888-771-0123 or visit [www.bmo.com](http://www.bmo.com).

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# LABATT SPONSORS FOD WALK, SUPPORTS TROOPS



Photos: Laurie McVicar, Contact

Labatt Breweries once again lived up to their new campaign slogan "Proud to salute those who serve" by sponsoring the May 21st Foreign Object Debris (FOD) Walk and donating a beer fridge to military members currently serving in Haiti. Representing the company was Brent McFarlane, shown above with Petty Officer Lionel Thomas, Hospitality Director for 8 Wing/CFB Trenton, and serving pizza to participants of the clean-up.

## Celebrate EAP Week

All civilian employees are invited to join us and celebrate the EAP week on 16 June 2004.

We are pleased to sponsor the following activities.

### Full face skin care

Location: 8 Wing Chapel Meeting Room

Time: 0930 - 1130 hrs

Dress: Dress comfortably as you will practice full face skin care techniques

### Hands and feet care

Location: 8 Wing Chapel Meeting Room

Time: 1330 - 1530 hrs

Dress: Dress comfortably. You will learn and practice techniques on how to care for your feet including massaging.

### Repotting your plants

Location: Greenhouse

Time: 0930 - 1130 hrs - morning session, 1330 - 1530 hrs - afternoon session. Bring your clippings, plants and your pot.

Registrations: The workshops are open to all civilian employees, men and women of 8 Wing / CFB Trenton. You MUST register NLT 10 JUN 04, with your supervisor's approval. For the Skin care and the Hands and feet care presentations, please contact Manon Pilon at local 2490 or by sending an e-mail to Pilon MA@CFB <mailto:MA@CFB> Trenton WADMO. For the Repotting your plants seminars, please contact Dot Serre at 3295 or e-mail to Serre DE@CFB <mailto:DE@CFB> Trenton WCE.

Don't forget the National Public Service Week BBQ 1130-1300 hrs in the Cadet Dining Lounge of Yukon Galley.

## LOCAL SERVICES AND TRADES



Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 email:MacDonald@forces.ca

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## HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

June 6 - June 12

**ARIES** (March 21-April 19): Your ability to act fast and take responsibility on the 6th and 7th will bring about interest from someone who has been watching you work your magic. Get to the bottom of any personal paperwork that's been piling up on the 8th, 9th and 10th. Hidden assets may be found. Changes to your home situation will be to your advantage. Something you know about someone should be kept secret. Take your best shot on the 11th and 12th and go after whatever it is you want. You won't be able to sit still until you've exhausted all your efforts. Positive action will bring positive results.

**TAURUS** (April 20-May 20): Don't believe everything you hear on the 6th and 7th. Ask questions and find out the truth if you have doubts. Don't be afraid to take the more unusual path on the 8th, 9th and 10th. You will discover so much about yourself through the people you meet along the way. You must test the waters and challenge yourself to try things that you never would have considered in the past. Get whatever has to be done out of the way on the 11th and 12th and get on with your life. You may need some time to reflect but don't linger or you may miss out on something good.

**GEMINI** (May 21-June 20): Your unique approach to whatever you do will attract someone who has insight and vision on the 6th and 7th. The more you do to stand out in the crowd the further ahead you will be. An argument will fester leading to a stalemate with one of your peers on the 8th, 9th and 10th. This is not the time to be stubborn. You must let everyone have his or her own opinion and move on to what you need to accomplish. Letting a disagreement take over will be nonproductive. You can motivate, captivate and get others to capitulate with ease on the 11th and 12th. Step into the spotlight and do your thing.

**CANCER** (June 21-July 22): Don't feel down about the way things have been going on the 6th and 7th. This is when you should be getting things in order and deciding what you are going to do next. Talk about your feelings on the 8th, 9th and 10th, this is a perfect time for love, romance and clearing the air. Being honest about what you want and expect will help you get your way. The more reluctant you are to compromise on the 11th and 12th the more trouble you will have. Consider being an observer instead of an instigator for the time being. Being able to adapt to whatever situation you find yourself in will be the key.

**LEO** (July 23-Aug. 22): You may think that the people around you are being a little difficult on the 6th and 7th but if you take a closer look it is probably you. Compromising will be required. Lots can happen when it comes to your money matters. A unique opportunity to make some money will arise on the 8th, 9th and 10th. You are right to be cautious but don't miss out on a good deal. Get out and meet new people on the 11th and 12th. Don't turn down an invitation to attend an event. You will stand out and must make every effort to be humble and gracious. The impression you make will lead to some awesome opportunities.

**VIRGO** (Aug. 23-Sept. 22): You will be in the mood to get things out of the way on the 6th and 7th so don't hesitate to do just that. Once you get started nothing will stop you. When everything is done you will feel good about your accomplishment. You may be a little off your game on the 8th, 9th and 10th. Don't let your emotions stand in the way of making a good decision. Think carefully about your motives and who you are trying to impress. Be yourself and don't let anyone push you into something you don't want to do. Set a new budget and stick to it on the 11th and 12th. Overspending will lead to uncertainty and worry.

**LIBRA** (Sept. 23-Oct. 22): You are on a roll on the 6th and 7th so don't stop to ponder over whether you should or shouldn't be doing something. Take the plunge and follow your instincts and you will please everyone including yourself. Your focus should be on making changes on the 8th, 9th and 10th to your lifestyle and to your present work situation. Use your imagination and you will be able to move into a position that suits your needs. Stop waffling and start doing. Refrain from being so hard on yourself on the 11th and 12th. It's time to recognize what you have to offer instead of thinking it's your fault.

**SCORPIO** (Oct. 23-Nov. 21): You can't win on the 6th and 7th when it comes to personal matters. No matter what you do someone won't agree or something won't turn out. Take a break and stop feeling guilty. Do the best you can and if someone doesn't like what you do - too bad. Get involved in something that will challenge you physical and mentally on the 8th, 9th and 10th. You need to know that you can still muster up whatever it takes to be victorious. Something interesting will develop if you promote yourself. Show a little moxie on the 11th and 12th and do whatever it takes to get what you want.

**SAGITTARIUS** (Nov. 22-Dec. 21): You may want to reconsider your current situation on the 6th and 7th and make some inquiries into the options available to you. Getting involved in your community or a group you feel akin to will bring good results. Not everyone will be thinking along the same line as you on the 8th, 9th and 10th. Unexpected changes may throw you for a loop. You will have to adjust or compromise in order to keep the peace. What you put out you will get back on the 11th and 12th. Your fun-loving approach to life will capture attention and certainly make you popular amongst your peers.

**CAPRICORN** (Dec. 22-Jan. 19): Take a walk down memory lane on the 6th and 7th and it will reacquaint you with some of the dreams you once had. You are ready for a change so you may want to resurrect past goals. Going back will make it that much easier to move forward. Your accomplished way of dealing with matters will lead to respect, admiration and a very healthy ego on the 8th, 9th and 10th. Love and romance will flourish so put time aside for the one you love. Don't count on anyone or anything on the 11th and 12th. You will have to be totally self-sufficient in order to get the results you want.

**AQUARIUS** (Jan. 20-Feb. 18): It won't be easy for you to hide the way you feel on the 6th and 7th. Don't hold back, initially you may face some repercussions but in the long run being honest will lead to solutions. Take the plunge on the 8th, 9th and 10th and try your hand at something quite different than what you are used to doing. This is the perfect time to look into prospects that could lead to a higher earning potential. Consider your goals and do whatever you must to make them happen. Ask for help on the 11th and 12th. Reconnecting with people from your past will make you realize how much you've changed.

**PISCES** (Feb. 19-March 20): Someone is keeping a secret from you on the 6th and 7th. Use your intuition and you will know exactly what's going on. Gossip and rumors will cause some distress but if you stay focused and honest you will come through it unscathed. You'll be your own worst enemy if you don't control your emotions on the 8th, 9th and 10th. Don't get down about situations that you can't change. Take a positive approach and consider what you can do to make your life better. Don't waste time dreaming. Concentrate on your goals on the 11th and 12th and refuse to settle for anything less. It's time to make your move.

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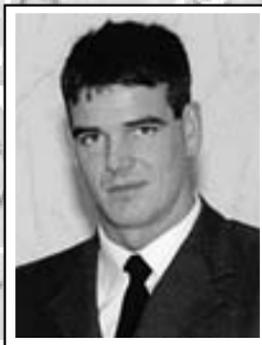
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# Showcase



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**WO F. Hasiak**  
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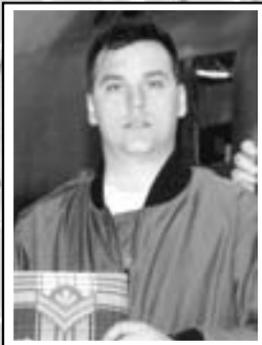
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received a promotion to that rank, presented by LCol R.B. Cooke, CO 8AMS & CWO T.C. Good



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### Announcement

## SEA CADETS ANNUAL REVIEW

#79 Royal Canadian Sea Cadet Corps Trent and Navy League Cadet Corps Trentonian will hold a combined Annual Review on Saturday, June 5 at 2 p.m. at the CFB Trenton Transport Parking Lot. The parade of nearly 70 cadets marks the end of the training year. Friends and family are invited to view static displays, demonstrations and the fine marching abilities of these young people of 10 to 18 years of age. Several awards are being presented in recognition of personal achievement. The reviewing officer is our own Quinte West Mayor, His Worship Robert Campney.

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Feature



Veterans Affairs Canada

# D-Day - A resounding success for Allied forces

Stormy weather on June 5 forced a postponement of the invasion with many units already embarked and at sea. Conditions did not promise to improve substantially, but Allied meteorologists predicted a small window of opportunity on the 6th. Aware that the moon and the tides would not be favourable again for some time, General Eisenhower gave the go ahead. There could be no turning back.

Canadian airmen and sailors were among the first into action. The Royal Canadian Air Force had already been involved for several months in bombing key enemy targets in the invasion area: roads, bridges, railways, airfields, and command and communications centres. Now they flew as part of the 171 Allied squadrons that attacked on D-Day. As H-Hour approached, RCAF Lancasters of No. 6 Bomber Group dropped thousands of tons of explosives on German coastal defences. Canadian fighter pilots fought the Luftwaffe in overcast skies, contributing in large measure to the achievement of Allied air supremacy. As well, they protected the soldiers on the beach, and attacked German formations on the ground. The first Allied planes to operate from French soil since 1940, RCAF squadrons No. 441, 442, and 443 continued to ravage enemy columns and support offensives throughout the campaign, helping to tilt the tactical balance in the Allies' favour.

The Royal Canadian Navy provided 109 vessels, and 10,000 sailors as its contribution to the massive armada of 7,000 Allied vessels which put to sea on D-Day. Battling choppy waters and rain, they kept the German fleet bottled up in its ports. Canadian minesweepers assisted in the tricky but crucial job of clearing a safe path across the English Channel for the invasion fleet. The guns of Canadian destroyers like HMCS Algonquin and HMCS Sioux silenced enemy shore batteries and continued to fire in support of ground

attacks in the days to come. The armed merchant cruisers HMCS Prince Henry and Prince David carried Canadian troops and the landing craft in which they made their run to the beaches; they later returned to England with Canadian wounded. RCN flotillas of landing craft transported infantry and tanks to shore and provided additional fire support for them.

While it was still dark in the early hours of June 6, Allied paratroopers, including 450 Canadians, jumped from aircraft or landed in gliders behind the German coastal defences. Separated by gusty winds, outnumbered, and only lightly armed, they nevertheless captured a German headquarters, destroyed a key bridge, and seized an important crossroads, all the while sowing confusion and disorder within enemy ranks.

Meanwhile, the Canadian soldiers scheduled to land at Juno Beach warily approached the coastline in their landing craft. Wet, cold, and seasick, they were also confident. On "Mike" sector, most of the 1st Hussars' tanks managed to get ashore in good order to provide covering fire as the Regina Rifles touched down just after 8:00 a.m. That was fortunate since the preliminary bombardment had failed to knock out many German defensive positions. The near invulnerable pill-boxes could be destroyed only by direct hits through their observation slits but, working in tandem, the tanks and infantry succeeded in fighting their way off the beach and into the nearby town of Courseulles-sur-Mer where they became engaged in house-to-house combat. They were moving inland by late afternoon. Other Reginas never reached the beaches - a reserve company suffered terrible losses when its landing craft struck mines hidden by high tide.

The company of Victoria's Canadian Scottish and most of The Royal Winnipeg Rifles at "Mike" made it ashore without much trouble, the beneficiaries of accurate naval gunfire which neutralized the German battery that dominated their area of the beach. The Winnipeg company at the western edge of Courseulles was not so lucky. There the bombardment had missed its targets, and the landing craft came under brisk gunfire while they were still far offshore. Although forced to

"storm their positions 'cold' [they] did so without hesitation", the unit's war diary noted. Many men died the instant they waded into the chest-high water. Nonetheless, the survivors advanced past the beach defences, cleared the minefields, and occupied the adjoining coastal villages. The victory did not come cheaply. In a few hours, the company lost almost three-quarters of its men.

But none of the "Little Black Devils", as the regiment was nicknamed, "had flinched from his task, no matter how tough it was [or] failed to display courage and energy and a degree of gallantry." They had not been alone. The Winnipeg's commanding officer later paid tribute to The 1st Hussars' "gallantry, skill and cool daring" in coming to the assistance of his battalion D-Day, without thought of their own safety or state of fatigue. ...

At "Nan" sector on Juno Beach, The North Shore Regiment and The Queen's Own Rifles also encountered enemy gun emplacements that had survived the preliminary bombardment. One concrete bunker and its defenders inflicted heavy casualties on the North Shores and destroyed several Sherman tanks of The Fort Garry Horse before being silenced. The North Shore's other companies made it ashore without incident, but needed six hours and armoured support to take the town of Tailleville.

Toronto's Queen's Own Rifles received the worst battering of any Canadian unit on D-Day. The initial bombardment on their sector of "Nan" had barely dented the enemy's fortifications. The DD tanks, supposed to "swim" in ahead of the infantry to diminish German resistance, had been forced by high waves to land after them—"within a few hundred yards of the muzzles of the beach defence guns", one tank commander recalled afterward. Only a few made it into action.

A half-hour late, the landing craft carrying the Queen's Own hit the beach more or less intact. Then the blood-bath began, the men making a mad dash from the shoreline to a seawall 183 metres away with no cover in between. A hidden German 88 opened up on the lead platoon of one

company, decimating two-thirds of it before being silenced. Only a handful survived to get off the beach.

A second Queen's Own company landed directly in front of an untouched enemy strongpoint and very quickly lost half of its men, until three riflemen eliminated it with hand grenades and small arms fire. The price had been high, but the Queen's Own moved off the beach. The war diary of this, one of the oldest regiments in the Canadian Army, reflected the unit's unflagging spirit under onerous conditions.

The reserve units of the Canadian Scottish and the Chaudières arrived on the heels of the initial assault. The Scottish suffered the lightest casualties of any Canadian battalion on D-Day. But, coming in on the rising tide, many of Le Régiment de la Chaudière's landing craft struck concealed mines, and their occupants had no option but to throw off their equipment and swim to shore. Soon, both regiments were surging forward. By noon, the 9th Infantry Brigade was on its way to the beaches to exploit the 3rd Canadian Infantry Division's hard-won gains.

Although only one Canadian unit reached its D-Day objective, the first line of German defences had been completely smashed. By evening, Canadian troops had progressed further inland than any of their Allies. It was a remarkable achievement but, despite casualties being less than expected, it was an expensive one, too. "The German dead were littered over the dunes, by the gun positions", a Canadian jour-

nal had landed as many as 155,000 troops in France by sea and air, 6,000 vehicles including 900 tanks, 600 guns and about 4,000 tons of supplies and, astonishingly, had achieved complete surprise in doing it. The Atlantic Wall had been breached. But the battle had just begun. The bridgehead had to be secured and expanded to prevent the Wehrmacht from driving the Allies back into the sea.

And a resounding success it was. The British and Americans had also come ashore and pushed inland; the

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- ✓ UP TO \$10,000 CASH BACK ON SELECTED MODELS
- ✓ ON SELECTED VEHICLES

## 2004 Sebring Convertible

- Air Conditioning
- Touring Suspension
- 2.7L V6 DOHC 24V MPI
- 4-Speed Automatic
- 16" Aluminum Wheels
- AM/FM Stereo CD



**\$235\*** BI WEEKLY **\$0** DOWN OAC **We make your First 6 Payments**

## 2004 Dakota Club Cab

- HD Suspension
- Air Conditioning
- 3.7L V6 Engine
- Automatic
- Anti Spin Axle
- Tires On/Off Road
- 16"x7" Cast Aluminum Wheels
- AM/FM CD



STK# 391P

**\$199\*** BI WEEKLY **\$0** DOWN OAC **We make your First 6 Payments**

## 2004 Sebring

- Air Conditioning
- 60/ Folding rear bench seats
- 2.4L 4 Cyl DOHC 16V SMPI
- 4-Speed Automatic
- Bucket Seats
- AM/FM CD



**\$159\*** BI WEEKLY **\$0** DOWN OAC **We make your First 6 Payments**

## 2004 Jeep Liberty Limited Edition

- Air Conditioning
- 3.7L V6 Engine
- Automatic
- 3.73 Axle Ratio
- Luxury Aluminum Wheels 16"
- AM/FM CD



STK# 475P

**\$245\*** BI WEEKLY **\$0** DOWN OAC **We make your First 6 Payments**

## JUST ARRIVED

### 2004 Dodge Viper GTS



### 2004 Crossfire Convertible

**-PLUS- WE MAKE YOUR FIRST 6 PAYMENTS ON SELECTED USED VEHICLES\***

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- Bankrupt
- Divorce
- Consumer Proposal
- No Credit
- Pension Disability Income
- Collection
- Bad Credit

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Click on FINANCING, complete application

**CREDIT PROBLEMS? WE CAN HELP NOW CALL SHIRLEY AT 1-888-757-9994**

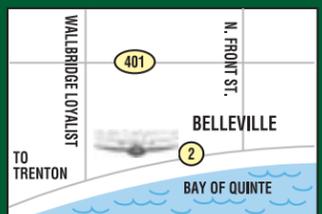


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SHOWROOM BUSINESS HOURS:  
Mon-Thurs 8:30am - 6:00pm, Fri 8:30am - 6:00pm  
Sat 9:00am - 5:00pm, Sun 10:00am - 4:00pm

\* USED VEHICLES PAYMENTS ARE BI-WEEKLY BASED ON 72 MONTH TERMS. NO CASH DOWN. OAC. BELLEVILLE DODGE TO MAKE FIRST 6 BI-WEEKLY PAYMENTS. 7.95 APR.  
\*\* 0% 300 - PLUS APPLICABLE TAXES, DESTINATION, ADMIN LIC. TAXES.  
† BASED ON MAY SALES REPORTED TO DAIMLER CHRYSLER CANADA.