

the Contact

• May 14, 2004 •

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton

• Volume 39 Issue Number 20 •

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Change of Command held for Canadian Parachute Centre



Photo: Greg LeClair, CPC

(R) Brigadier-General Lessard hands over Command Pennant to (L) LCol Bruce Ewing, the new CO of CPC, during the Change of Command ceremony on May 10 at CPC.

by Laurie McVicar
Assistant Editor

The skies over 8 Wing/CFB Trenton were filled with paratroopers on Monday, May 10,

kicking off a Change of Command ceremony for the Canadian Parachute Centre (CPC).

Among the group of paratroopers were incoming

Commanding Officer Lieutenant-Colonel Bruce Ewing and outgoing Acting CO Major Gary Yuzichuk. The Reviewing Officer for the ceremony was Brigadier-General

Marc Lessard, Commander of Land Force Central Area.

Maj Yuzichuk took over command of CPC following the tragic death of LCol Mike Blanchette during a annual refresher jump over the Bay of Quinte last September. His widow was in attendance.

"The previous months have been challenging for this unit. I would like to thank everyone who has supported my short but gratifying command time," said Maj Yuzichuk during his address. "CPC is facing new challenges in the coming months, the transfer to the land force doctrine and training system and a transition to a special warfare center, you will be in good hands under the leadership of LCol Bruce Ewing. His professionalism and no-nonsense approach will preserve the core values and objectives of the unit. Once again, thank you for helping me maintain the airborne spirit. Je me souviens airborne."

In his speech, BG

Lessard stressed the importance of the work done at CPC.

"CPC is known throughout the army but it's not well understood. It's not just a training centre and schoolhouse. It's not just about qualifying people—it does more. We challenge our candidates physically and mentally," he stated. "People don't only get trained, they overcome their physical and psychological fears. That's the greatest part of this centre."

BGen Lessard then focused his address on the closeness of CPC's members.

"This is a very tight-knit, cohesive unit," he said. "We have rarely seen such cohesion in a unit. First on that fateful day when you tried to save your CO and after when you provided comfort to his family."

BGen Lessard also spoke about future changes for CPC.

"This unit will transform into an advanced training centre. What this will be, we don't know yet," he stated. "You will deliver

the best, first-class training to the army—which we've also seen here at CPC... You are a first-class unit, second to none."

Speaking to unit members, LCol Ewing referred to change of command as "the most important day of my career" and praised personnel for their high quality of work.

"I guarantee I'll do my best to maintain the high standards and reputation CPC has throughout the army and the SkyHawks have throughout Canada."

Maj Yuzichuk is headed to the United States—posted to Staff College in Fort Benning. LCol Ewing has spent half of the past 20 years serving in Infantry Battalions and completed five regimental tours of duty including: two with the 3rd Battalion (RCR), two with the 1st Battalion (RCR), and one with the Canadian Airborne Regiment. He also served as Deputy Commanding Officer for 1st Battalion.

Photo: Greg LeClair, CPC



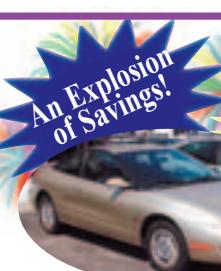
Brigadier-General Lessard inspects CPC personnel during the Change of Command from Maj Yuzichuk to LCol Ewing on May 10 at CPC.

AIR FORCE VISION BRIEFING



Photo: Cpl Bernie Kuhn, 8 Wing Imaging

Major-General Marc Dumais, Commander, 1 Canadian Air Division, met face-to-face with close to 1,100 8 Wing/CFB Trenton personnel on May 12 to unveil the Air Force Vision. The briefing was held at the Gymnasium. MGen Dumais stressed that in order to ensure long-term sustainability and relevancy, the Canadian Air Force must evolve and transform its capabilities. Watch the Contact in the coming weeks for a more in-depth report on this new vision.



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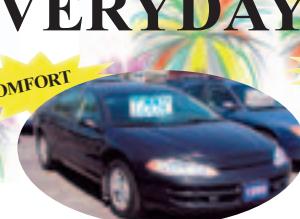
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Free pension services provided by Legion

Beginning in April 2004, the Royal Canadian Legion began providing pension services at 8 Wing / CFB Trenton.

Scott Young, the Legion Service Bureau Officer, now attends the base on a monthly basis, providing pension services on the third Friday of every month in Room 103/104 of the Headquarters building. Hours of operation are 8:30 a.m. until 12:30 p.m. Mr. Young's next visit is scheduled for Friday, May 21, 2004.

The Royal Canadian Legion is the largest veterans'-based service organization in the country, mandated by its members to serve veterans and still-serving Canadian Forces members and their families.

The Legion Service Bureau Officer is mandated to assist CF members in making application for pensions and other Veterans Affairs Canada benefits--*you need not be a member of the Legion to obtain these services.*

The Legion has never faltered in its efforts to improve the lot of veterans and CF members.

Indeed, many of the benefits enjoyed today are largely due to the persistence of dedicated Legion members at all levels of the organization. These programs include the Veterans Independence Program, spousal benefits, ongoing home services for widows, appropriate consideration for Post Traumatic Stress Disorder (PTSD) benefits, creation of the Pension Review Board and many others.

With this new service, CF members now have a choice regarding representation to

Veterans Affairs Canada. Members can choose to contact the local VAC office, or speak to the Legion Service Bureau Officer now on base each month.

There is no charge for this service, and there is no prerequisite that you be a Legion member. There is no need to make an appointment to speak with Scott Young--just drop by his 8 Wing office on May 21, or contact him by telephone at the Ontario Command Office of the Royal Canadian Legion at 905-841-7999.



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CORRECTION



The Commander's Commendation is presented by A/WC LCol Bill Lewis to Cpl Mark Wilson for outstanding performance and an unwavering commitment to the volunteer Fire Department during a volatile and extremely hazardous fire in the Canadian Forces Station Alert Power Plant. Incorrection information appeared in last week's *Contact*.

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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



The Heavy Equipment section of Wing Transport recently cleaned up the CE Garbage/Recycling Compound located on the Northside. Shown here is the access ramp that has recently been re-identified with the locations of the Wood, Garbage, Cardboard and Metal bins. Users are asked to ensure that the bins are not over filled and that the items are placed in the appropriate bin. Doing so will assist in reducing cross contamination, and eliminate extra dumping fees. Examples of items that are NOT to be placed in these bins are tires, propane tanks, chemicals, yard waste and home garbage. If you are unsure of how to dispose of an item, you may contact the Wing Environment section at local 3295 or 3997 for assistance.



THE TWO LITTLE MULES THAT COULD



Photo: Cpl Gayle Wilson, 8 Wing Imaging

A D14 mule towing a Hercules aircraft and a D8 mule towing a Labrador Helicopter at 8 Wing/CFB Trenton.

Search & Rescue UPDATE



Our crews have been busy in the past week. On May 6 and 7, our Herc was sent to Lake Michigan to assist the US Coast Guard in a search for an overdue powerboat. Two crews flew a total of 10 hours with no luck. They were released and sent home to Trenton. In addition, on May 7 the Lab was tasked to investigate a report of three persons in the water near Montreal. Rescue Coordination Centre (RCC) called off the mission while the crew was enroute. May 10 found both the Lab and the Herc heading for the Georgian Bay area with a report of a floatplane in trouble, and again they were stood down by RCC.

Missions for 2004: 34 Missions for May: 6 Persons rescued: 4

5th Annual Celtic Caper

On Saturday, May 29, the Friends of the CFB Trenton Pipes and Drums will be hosting their 5th Annual Celtic Caper at the Batawa Community Centre.

If you enjoy the toe-tapping, hand-clapping downhome style music, then this is for you!

Our Master of Ceremonies this year will be none other than the "Godfather of Celtic

Music," John Allan Cameron, Member of the Order of Canada.

Sandy MacIntyre, the master of the Cape Breton fiddle, and his band "Steeped in Tradition" will grace the stage with traditional East Coast music. Other performances will be given by the 8 Wing Pipes and Drums, as members begin their season of concerts and

competitions, as well as the McGilly Highland Dancers.

Bring your appetite, as there will be plenty of homemade steak pies with all the trimmings (including the Haggis!) to start things off. There will also be a Silent Auction and door prizes. Doors open at 6 p.m.

Proceeds from this event will go to support the Pipe Band's quest to compete for gold against the best at the World Pipe Band Championships in Glasgow, Scotland.

If you're looking for a great time, this will definitely be the place to be. Tickets (\$20 per person) are available at Riverside Music, Front Street, Trenton, or you can call Beth at 965-0752.

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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.

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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

Intranet: LeBlanc AL@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.



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 Editor

Well, I have to admit that I wasn't expecting much. It was, after all, just a school play. I couldn't have been more wrong.

Breadner Elementary's production of the musical Annie Jr., performed last week on Wednesday and Thursday evenings, was quite spectacular.

It was obvious that an incredible amount of effort went into this wonderful musical production--from the smallest little "orphan" to "Annie" herself--the very talented Jessica Wayner. And let's not forget the staff who so successfully managed, directed, inspired, costumed, encouraged and supported all the members of the cast.

I would be remiss if I didn't single out two of the show's performers--Maggie Teters and Jessica Wayner. Though all members of the cast are to be congratulated, these two young ladies deserve special mention. Jessica as Annie was delightful, and her singing voice was outstanding. Maggie was outrageous and funny as the horrid Mrs. Hannigan. Kudos, ladies.

I look forward to next year's offering. Well done, Breadner!

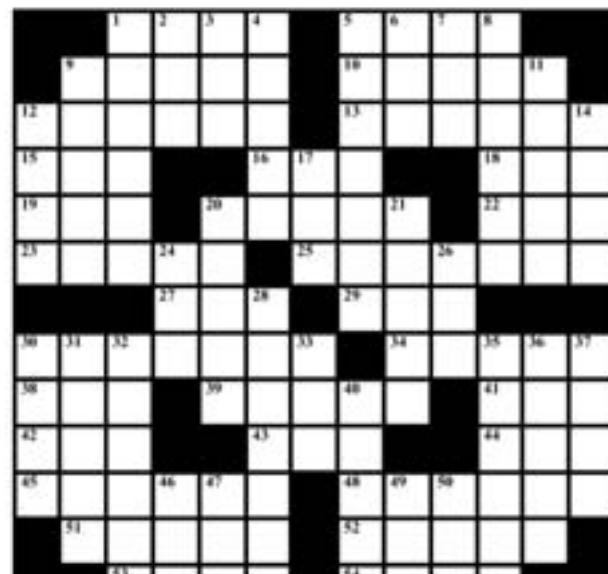


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Canadiana Crossword

Water Chestnuts

By Bernice Rosella and James Kilner



ACROSS

- Lariat
- Necklace part
- Ideal
- Downs
- Manitoba river
- Repented
- With 22 Across, deadly fly
- Greek letter
- Black cuckoo
- British Columbia Mountain
- Tennis offering
- With 15 Across, deadly fly
- Woo
- Quebec community
- Euro market
- Lion sign
- British Columbia community
- Mines
- Chemical ending
- African tribesman
- Finish on top
- Cash dispenser, for short
- That girl
- Hill
- Baldwins or Heintzmans
- X out
- Psychopath
- Assumed name
- Advance, in a way
- Stead
- DOWN
- Manitoba river
- Poem of praise
- Soup or jacket preceder

- Wash chemically
- Saskatchewan community
- Competent
- Japanese volcano
- Provide free
- Err
- Brainy bunch?
- About hearing
- God, in Gentilly
- Supply with weapons
- Prepare tea
- Foe
- Lefist
- French coin
- Coffer
- Plunge
- Objectors
- Post again
- Expression of disgust
- Landing, Quebec
- Ship speed
- Dry
- Award
- Sgt. or Cpl.
- Native land use crisis
- Whitney, for one
- Falsehood



This Week in Contact

1974 – Rising food costs are hurting everyone, and now Forces personnel on ration strength will feel the pinch. Treasury Board has given approval for an increase of \$5.80 per month for rations.

The Department of National Revenue has eliminated the income tax payable by members of the Canadian Forces on assisted transportation and traveling expenses on leave. Since income tax regulations were changed in 1972, the money being claimed has been included in regular pay and automatically taxed.

1984 – In support of ATG's responsibility for strategic and tactical airlift on a world-wide basis, many thousands of dollars and hundreds of flying hours are invested yearly in long range training flights. This expenditure was well justified recently when 436 Sqn was tasked on short notice to fly 55 passengers from National Defence College through Cuba and Central America. It came about, of course, when Canada's smallest transport squadron (they have only five Boeings) was able to provide transport.

1994 – 15 May marks a very special day in the history of the Royal Canadian Electrical and Mechanical Engineers (RCEME). A 50th birthday will be celebrated across our country commemorating the excellent service provided by our RCEME Units and the succeeding generations of "maintainers" in the operational and technical support world.

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



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The Youth Criminal Justice Act (YCJA) and you

In April of 2003, the Youth Criminal Justice Act (YCJA) replaced what was once known as the Young Offenders Act (YOA) bringing about some changes to the way the Police do business with regards to youth and crime. Prior to April 2003, Canada had the highest rate of Youth Incarceration in all of North America, which resulted in the laws being changed.

The Youth Criminal Justice Act is based on an accountability framework that promotes consequences for crimes that are proportionate to the seriousness of the offence. More serious offenders could receive adult sentences or sentences of custody. Less serious offenders will be dealt with through extra judicial measures or be subject to constructive community-based sentences. The Act emphasizes that, in all cases, youths should face consequences that promote responsibility and accountability to the victims and the community.

The Military Police and the Trent Community Correctional Committee have embarked on the first ever "Extra Judicial Measures Referral Program" under the YCJA within 8 Wing Trenton and the City of Quinte West. Under the YCJA, the police are now able to impose extra judicial measures without court involvement, which will result in the young person being held more accountable for his/her actions and the community being more

involved in the sentencing process. This will eliminate the courts being tied up with minor offences and the Young Person being spared a Criminal Record. Some of these measures may include, but are not limited to: an apology to the victim, compensation, an essay, community and/or educational programs.

The Military Police have also created a "Notice of Police Caution" form. This form is to be used by the investigating MP to formally warn the young person and his/her parent of the criminal activity that the youth has been involved in. This form would be used in the event of a first time minor offence such as minor theft or mischief. In all circumstances, the decision to warn the Young Person, refer to Measures, or lay a formal charge, rests with the investigating MP. Concerns of the Community and the severity of the offence will be taken into account when making these decisions. Serious crimes involving violence will not be tolerated and will result in automatic charges being brought against the Youth.

If you have any questions regarding the YCJA or if you have an interest in being a youth volunteer in the 8 Wing Community, please feel free to contact Cpl Steve MacDonnell, 8 Wing YCJA Coordinator, at 392-2811 Ext 2256 or on line at the following address: MacDonnell.SJ@forces.gc.ca.

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Canadian Forces Base...Prince Edward County?

by Captain Ian Stock
Wing Public Affairs

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

You work where?

Cpl Bruce Parsons, an Aerospace Telecommunications and Information Systems technician who works at the little known Point Petre Military Aeronautical Communications System (MACS) site in Prince Edward County often gets puzzled or blank looks from people when he responds to this question.

"Rather than explain

detailed directions, I usually just say 'it's over in Prince Edward County,'" says Parsons, who makes the daily commute to the site from his home in Stockdale, north of Trenton. "It's quite a long ways away but it's a very scenic drive."

The remote site of Point Petre is located on 860 acres of shoreline property maintained by 8 Wing/CFB Trenton and DND on the southwestern tip of scenic Prince Edward County on Lake Ontario. Located right next to the site is a postcard picturesque lighthouse and weather station operated by the Coast Guard.

Manned by three personnel from WTISS, the

secure telecommunications site offers peaceful serenity on an 8 Wing/CFB Trenton installation that few have heard of.

"We're not in the business of creating publicity over here as we have very busy jobs," says Parsons. "But sometimes we go for walks around the perimeter fence line and enjoy the view and the wildlife. There are quite a few tourists and locals who come out here to see the view and the flora and fauna, but they don't have access to our site."

"There are more than 200 varieties of birds which pass through here, and although I'm not a birdwatcher, I certainly appreciate them," adds Parsons.

Asked if the drive to and from work is a hassle, Parsons admits, "It can be a bit of a tough commute in the winter time but we all carpool over here together and the county keeps the roads pretty clear for us. But overall, working in a relatively isolated area does have its advantages."

"We're pretty self-sufficient here too," adds Parsons. "If we ever get

stuck or snowed-in over here, we have a kitchen and beds, and even a nice little gym."

The fenced-in site is distinctive with its "antennae farm" and single building structure, not unlike its sister MACS facility on Loyalist Parkway in Carrying Place.

Apart from the scenic and isolated location, Point Petre offers considerable historic significance as well.

"There are nine scale replica Avro Arrow models submerged just off the shoreline from here," says Parsons, pointing down a long narrow paved mini-runway strip leading from the MACS building toward Lake Ontario. "Back in the 1950s, this site was used as a base to test the aerodynamics of the Arrow and there are still many reminders around here of what went on."

At the end of the runway sits a small shack equipped with what looks like gun portals.

"They used that as a protective building to film their testing program and the holes were for the cameras," explains Parsons.

Over the past few years, there have been several civilian recovery teams in the area who have located and attempted to recover the models. Some had been granted special permission from DND to access the Point Petre site.

"They were very appreciative and even provided us with commemorative books," says Parsons. "And it was quite emotional when one of the original Avro Arrow designers came



Cpl Bruce Parsons of WTISS makes the daily commute to Point Petre in Prince Edward County.



The "runway" at Point Petre as it stands today. Nine scale model Avro Arrows lay submerged offshore.

down here last year - he had never visited this site before - to see where his work was tested."

Prior to the days of Avro Arrow testing, Point Petre and the neighbouring Army Reserve Road areas were used for a variety of World War II artillery and bombing testing, including Bofors guns and later in the 1950s, testing of the "Velvet Glove" air-to-air missile.

"I think it's pretty cool to be working over here with all the history," exclaims Cpl Roel Pacheco. "Before I joined the Canadian Forces, I used to work at cubicle at

JDS Uniphase in Ottawa. Working here is my first experience in the military and I stay in touch with all my old co-workers and they can't believe I work in such a unique and historic location. It sure beats working in a cubicle."

Cpl Paul Crowdus adds, "We really enjoy being out of the base spotlight and working in such a quiet setting. The three of us have been commuting here together for the last several years and we all still get along!"

Next week, we will discover the MACS site in Carrying Place.



In the 1950s, Point Petre was extensively used for Avro Arrow aerodynamic testing.

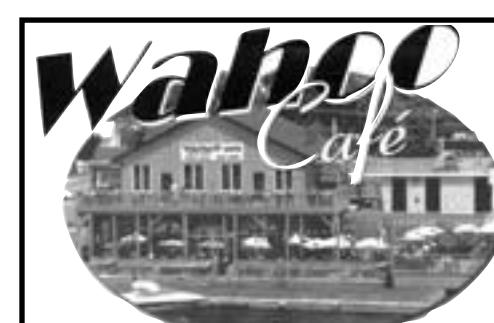
Pet Particulars

Cats and collars=danger

Recently a friend of mine learned a very painful lesson. Her beloved cat Mulby had been missing for two days before she found him. Mulby had gotten his collar caught on the branch of a bush out behind their shed and was unable to free himself. His lifeless body dangled from the branch and this image will be forever etched into my friend's mind. She wants me to warn readers of this hazard in hopes that no other cat will die this way.

Cats should be kept indoors or in an outdoor enclosure for their safety. Many dangers await cats that roam free in their neighbourhood including being hit by a vehicle or poisoned by a cruel neighbour. If you insist on letting your cats loose on the streets, make sure they wear a DETACHABLE collar. These collars allow for a cat to break free if they become caught on something and lets them safely return home. While the cat will no longer be wearing its identification tag that owners attach to the collar, at least the cat will be alive. Many cats have lost their lives because of the collars they were wearing. Don't let yours be one of them.

Don't forget to check out the MUTT MARCH 2004 and the MINGLE WITH YOUR MUTTS after-party at Victoria Park in Belleville on Saturday June 12. Enter the Pet Furtography contest and win a great prize. Check out the Silent Auction and yard sale tables, test your dog's I.Q. or enter one of the many dog games and contests. Go to www.quintehumanesociety.com for details.



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Health & Safety Show growing by leaps and bounds

by Don Heans
Wing General Safety Officer

8 Wing/CFB Trenton's Health and Safety Show is really growing!

Health Promotions/CFB Trenton had a total of 39 displayers at this year's event, held on May 6, including very interesting and safety-oriented displays from our own Wing Fire Hall and EME Squadron. In addition, we had 22 Safety-Supply displayers, coordi-

nated by Acklands-Grainger--which did a bang-up job again for the base personnel, their families and our very welcome guests from the local communities. Last year we had 44 total displays, and the year before, about 20.

One in every 13 registered visitors to our show walked away with a significant door prize thanks to the generosity of many of our displayers and local merchants. Our total "visitor" count was estimated at about 400.

Support from base agencies was no less than superb. Special mention goes to: The Contact, PSP for loaning us their sign; Wing Transport, Wing Supply and WCE who raised the bar one more time for "providing excellent service," the cooperative and willing Arena staff, MFRC that provided TWO gracious volunteers to manage registration, and finally our Partners in Safety, Wing Health Promotions and Acklands-Grainger--without their involvement, "the show would NOT go on."



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact



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Safety


Bicycle safety - Always wear a helmet and obey rules of the road



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Cycling seems to be enjoying a tremendous revival with the advent of advanced technologies in equipment design, materials, and construction. Cycling trails are being created in all kinds of settings, from urban centers to wilderness parks.

If you enjoy cycling you might want to take your child cycling with you. Some infants accompany the cyclist safely tucked in a specially designed tandem trailer for infants and small children. When the child is old enough to sit up by herself, and has neck muscles strong enough to hold her head with a helmet on, the child may be ready for riding in a child carrier on your bike. No child under the age of one year should be transported in a child carrier. Eventually your children will be old enough and mature enough to ride beside you on their own bikes. Cycling safety is essential for every stage of the child's bicycle experience.

Safe cyclists know the rules of the road. Cyclists

should not ride on sidewalks but on the street where they must follow the same laws as motorists. Training to improve your cycling skills in traffic is available in many communities. Contact your provincial or state cycling association, the local cycling club or the local safety council for programs offered in your community.

The primary safety rule for bicycling is the wearing of an appropriate and properly fitting helmet. Before discussing child carriers for bicycles and youth bicycles, I have included a section on bicycle helmets.

Bicycling and many other sports such as skiing, hockey, skateboarding, and rollerblading are responsible for many deaths and serious injuries. However, bicycle accidents cause the most common head injuries in children. The statistics are frightening – and clear.

Last year, almost 100 children in Canada died from head injuries caused by falling off their bicycles. Thousands more were injured, some with permanent disabilities. In the U.S.A., the Center for Disease Control estimates that if all bicyclists wore helmets, perhaps 500 lives and 135,000 head injuries could be prevented each year; that is, there would be at least a 50% reduction in cycling-related head injuries.

Less than 20% of reported cycling injuries involved collisions with motor vehicles.

Most injuries occur in falls or as a result of riders losing control. Bicycle riders who wear helmets are eight times less likely to incur serious brain injuries than riders who do not wear helmets (Canadian Dental Association pamphlet, "Protect Your Family from Head Injury").

Make sure your child wears a helmet when bicycling. Bicycle helmets save lives and years of rehabilitation. Train your child from the start that you are not uncool or "nerdy" if you wear a helmet.

When picking a helmet, make sure it has an approval seal from the Canadian Standards Association (CSA) or the private Snell Memorial Foundation. In the U.S.A., it should have a Snell seal, or American National Standard Institute (ANSI) label.

A helmet should have a hard plastic outer shell with an energy-absorbing liner. The helmet should fit snugly so it will not slide around on the child's head.

Many helmets will come with an assortment of foam shims which can be placed inside the helmet to ensure it fits smaller heads. Follow the manufacturer's directions for the proper fitting of these pads.

A helmet should also have an adjustable chin strap with a quick release fastener.

Make sure the helmet is lightweight, comfortable, and is well-ventilated. If a

helmet has been involved in a serious fall, replace it at once.

Don't store your helmet away from your bike – attach it to your bicycle so that it's always ready to wear.

Ideally, when you are purchasing a helmet, you should take your child with you to make sure that it fits properly. For a proper fit, carefully measure the circumference of the head about 1 inch (3 cm) above the eyebrows. If you are unsure about making this measurement, ask your doctor or a public health nurse to assist you.

A helmet that fits properly has these features:

It is level from the front to the back and sits about 1 inch (3 cm) above the eyebrows.

The helmet sits squarely on top of the head, protecting the forehead and the base of the skull (back of the head). It fits snugly, but not too tightly; it should neither slide around on the child's head, nor pinch. The helmet has straps that are tight and comfortable. It cannot be "rolled" forward or backward and can only be removed by undoing the straps.

Child Carriers on Bicycles --

Many adults who enjoy cycling will be eager to share the experience with their young child.

Child carriers are widely used on the back of adult bicycles. However, because the carrier changes the load distribution of the bike,

which in turn affects the steering and braking, the Canadian Pediatric Society considers them dangerous and does not recommend their use.

Children in carriers have been seriously injured when the bicycle they were riding on tipped over. The child is very vulnerable when this happens. If you are not an experienced rider and have not practiced with extra weight on the carrier on the bike, don't go for the ride with your child. If you do decide to use a child carrier on your bike, please follow these rules:

Ensure you can handle a bicycle with the extra weight of a child on the back of the bike. Practice with a similar weight load before taking your child on the bicycle.

Use a bag of sand, for instance, to see how the bike handles with the extra weight. Make sure the manufacturer's recommended load is not exceeded.

Choose a seat with safety straps that cannot be undone by the child and that will prevent the child from making unexpected moves.

The carrier should be solid, rigid, and fastened securely to the bicycle frame according to the manufacturer's instructions. Check to see that it is secure every time you go for a ride.

The carrier should be designed to prevent the child's feet and hands from getting caught in the spokes. The seat should

have a high back to support the child's head and neck, and side supports to prevent a child from swinging from side to side.

Dress the child properly. Remember that, unlike you, the child will not be exerting himself. You may be warm and sweaty while the child is cold.

If the seat on your bicycle has springs, use a guard that will prevent little fingers from getting caught. Both the child and the adult should wear approved helmets that are properly fastened.

Do not ride on busy streets and always ride with extreme caution. Do not lean the bicycle against anything or use a kickstand when your child is in the seat.

Children's Bicycles --

Before children are old enough to ride a bike by themselves, they probably know from first-hand experience that bikes are a good means of exercise and a lot of fun. Sooner or later your children will want a bike of their own.

Parents should remember that there are approximately 50,000 Canadian children injured each year while riding their bicycles. Of these, 70 – 100 children die from their injuries each year. Head injuries take the greatest toll, with bike crashes being the leading cause of head injury in school age children (Calgary Herald, Feb. 5, 1995, p. A3).

Some barbecue season survival tips: Stay safe!

Every year, Canadians spend quality time with family and friends enjoying the taste of BBQ cooking, but few take the time to inspect and follow simple rules to prevent potential disaster.

Propane Gas BBQs

These safety tips apply to propane gas BBQs which are the type most commonly used in Canada:

- Inspect BBQ hoses and fixation for wear and tear.
- Use a mix of one part dish soap to two parts water on hoses and couplings to detect any

propane leaks. If you see bubbles then you have a leak.

- Inspect ventura holes for insect nests or spider webs that could restrict air entry.
- Operate your BBQ to a safe (3) meters distance from siding, decking and overhead obstructions.
- Keep the BBQ away from the path of travel and play areas.
- Establish a "Kid-Free Zone" around the entire BBQ cooking area until the unit has cooled down.

Provide the chef with long-

handled BBQ utensils to keep a safe distance from heat and flames.

All propane cylinders manufactured after April 2002 must have an overfill protection device (OPD). OPDs shut off the flow of propane before capacity is reached, limiting the potential for release of propane gas if the cylinder heats up. OPDs are easily identified by their triangular-shaped hand wheel.

Charcoal BBQs

These hints aim to increase safety for Charcoal BBQ users:

- Make sure that the BBQ base is sturdy and non-combustible.
- Use only approved BBQ starter fluid and briquettes.
- Keep children away from the grill, especially on light-up.
- Use long-handled utensils to protect against flames and heat.
- Soak coals with water when finished cooking to speed the cooling, being careful to avoid steam and splatters.
- Close all starter fluid containers properly and store them well away from the reach of chil-



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Fitness, Sports & Recreation

Slow pitch meeting

The 8 Wing/CFB Trenton Men's and Women's Slow Pitch Team is looking for players in preparation for the 2004 Ontario Region Men's & Women's Slow Pitch Championship. The date and location of the championship will be announced at a later date.



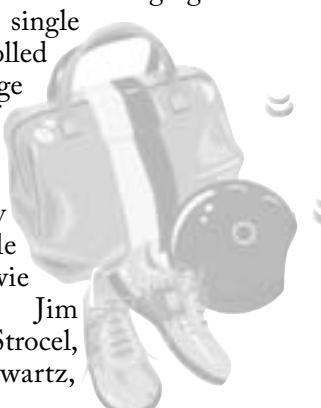
The teams are open to CF Military and Reserve class B and C members. Interested players are to attend an organizational meeting scheduled for 1000 hrs, Friday, May 21, or contact Shirley Martin at local 7160 or Dan Cormier at local 3373.

Officials needed

The I/S Slow Pitch League is looking for qualified officials to officiate. League plays at the 8 Wing/CFB Trenton ball fields every Monday and Wednesday evening. Anyone interested in officiating please contact the Military Sports Coordinatat local 3373.

Astra Lanes report

The men's league has wrapped up another successful season with Larry Rankin's team edging out Dale Crawford's team by a single point. Mike Chapple rolled an impressive 250 average to finish in front of Larry Rankin's 242.



Team Standings: Larry Rankin, 613; Dale Crawford, 612; Howie MacKenzie, 580.5; Jim Edworthy, 578.5; Ernie Stroel, 553.5; and Dave Schwartz, 541.5.

High Average: Mike Chapple, 250; Larry Rankin, 242; Steve Morrow, 227.

High Single: Mike Chapple, 389; Bill Simm, 365; Ernie Stroel, 340.

High Single POA: Bill Simm, +152; Mike Chapple, +142; Kevin May, +132.

High Quad: Mike Chapple, 1254; Larry Rankin, 1158; Kevin May, 1102.

High Quad POA: Gary Schwartz, +297; Doug Richardson, +289; Kevin May, +278.

Most Wins: Bill Simm, 124; Kevin May, 118; Jack Edmonds/Gary McCray, 116.

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Cycling a path to family fitness

(NC)—With today's fast pace and busy schedules, finding time to stay active has become increasingly difficult for many Canadians. A family bike ride is easy, inexpensive and fun and is also a great way to increase fitness levels while spending quality time with the family.

For starters, you might ask yourself a few questions about your family's fitness levels. Your answers just might inspire you to start up a family cycling routine of your own.

Fitness pop quiz

- How often do you and your family exercise during a regular week?

- During the summer and winter months, do you and your children participate in outdoor activities?

- Does your children's school curriculum



A family bike ride is easy, inexpensive and fun. It's also a great way to increase your fitness level.

include physical fitness?

- When was the last time your family spent an afternoon outside, participating in a physical activity?

Cycling: for commuting, fitness and fun

According to Health Canada, getting your family fit is as simple as increasing your activity levels by 30 minutes a

day. Cycling is one of the ways you can get your family moving and have fun together:

- Try putting aside some time every day to do a physical activity as a family.

- Help the environment by cycling to work. If possible, bike your kids to school in the morning.

- Most cities and towns have bike paths, so planning a route should be easy. If there are no local trails, bike to a park or ride around the neighbourhood. Raleigh is the bicycle sponsor of the Trans Canada Trail which is the longest trail in the world and covers more than 16,000 kilometres. To learn more about a family ride on a cycling trail, visit www.tctrail.ca for trail locator information.

- Instead of driving to the convenience store for a few items, hop on a bike and bring the kids along with you.

- Heading off to the kids' baseball game? Leave the car at home and bike to the game together.

- Remember: Children and adults of all ages and skill levels should wear a helmet at all times when cycling.

Quick ways to get in gear this summer

(NC)—Summer is the perfect time to bring your fitness plan outside. With Canada's natural wonderland of hills, lakes and forests, it's even easier to make the most of your workout outdoors, and kick it up a notch to the next level.

According to weight loss experts at WeightWatchers.ca, "If you're in the city or the cottage, summer is the perfect time for everyone to get into shape. Whether you're looking to tone your butt, abs or thighs there are numerous physical activities that allow you to take advantage of the beautiful Canadian summer."

WATER

Canoeing/Paddling

This recreational activity conditions the upper body while your paddling through Canada's picturesque rivers, lakes, and streams.

Targets: Biceps, Triceps, Shoulders, Obliques and Back.

Additional Benefits: Calming.

MOUNTAIN Hiking

Outdoor trekking is an excellent way to connect with nature and can revive the spirit.

Targets: Glutes, thighs, hips and calves.

Additional Benefits: Improves Balance.

CITY Tennis

Chasing the ball

around the court is sure to get the heart pumping.

Targets: Forearms, Shoulders; Back.

Additional Benefits: Helps maintain and develop hand-eye coordination.



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9 <i>Happy Mothers Day!</i>	10	11	12	13	14 TGIF 1700 hrs Wings 1800 hrs Euchre	15 All Ranks Downhomers Night
16	17	18	19	20 TGIF 1700 hrs Pizza 1800 hrs Pool	21	22
23/30 <i>Happy Victoria Day!</i>	24/31	25	26	27	28 TGIF 1700 hrs Opening BBQ Steak Night 1800 hrs Euchre	29

MAY 2004

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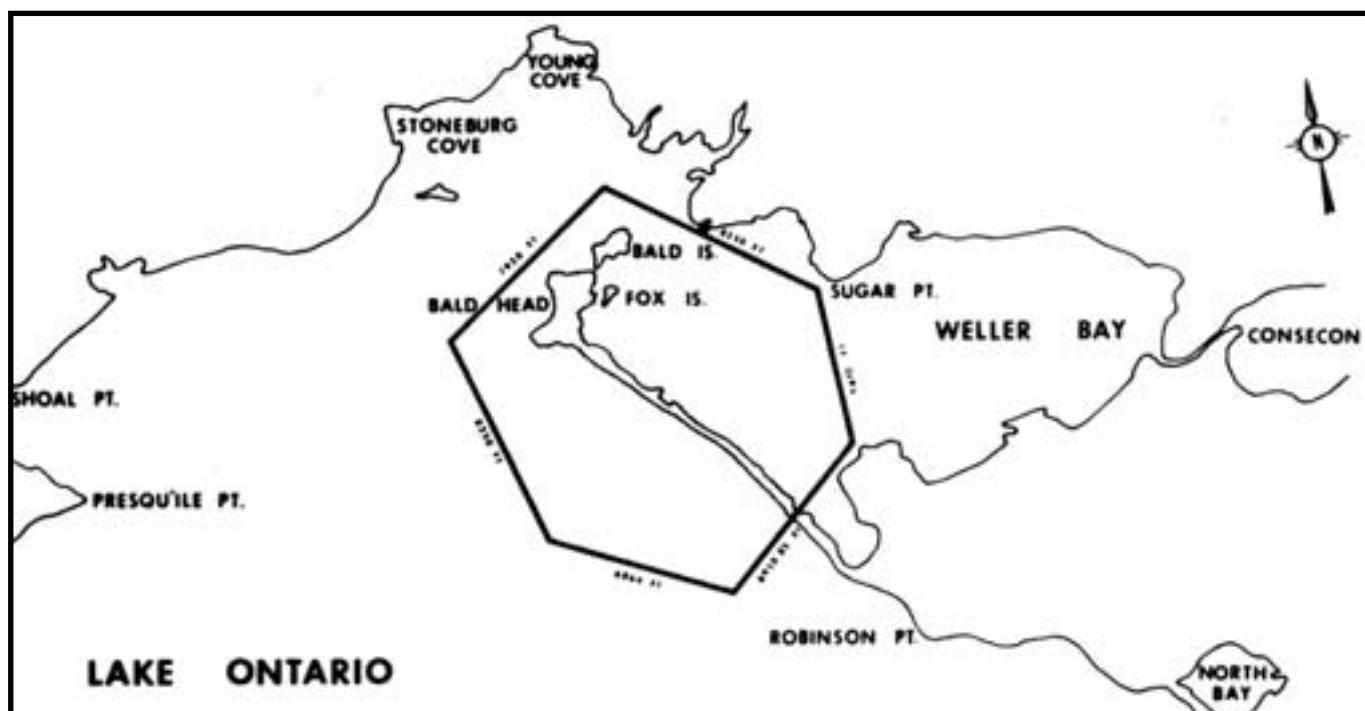
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WARNING

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The public is hereby warned that the area indicated and described below was formerly used by the RCAF for air weapons exercises. Despite efforts to recover unexploded munitions several unexploded bombs are known to exist within the land area and in the water around it.

DANGER AREA

The area bounded by a line beginning at a point North of Bald Island at North 52° 56' East and South 56° 04' East;

Thence clockwise along the line South 56° 04' East for 8250 feet;

Thence along line South 6° 04' East for 5610 feet;

Thence along line South 44° 02' 15" West for 6950.85 feet;

Thence along line North 68° 04' West for 6864 feet;

Thence along line North 18° 04' West for 8250 feet'

Thence along line North 52° 56' East for 7920' (to point of beginning).

The public is hereby warned of the danger of entering the described Danger Area.

BY ORDER
Deputy Minister of National Defence

CHAMP DE TIR AERIEN DE CONSECON
TRENTON (ONTARIO)

La population est par la présente avertie que l'A.R.C. a antérieurement utilisé la zone décrite ci-dessus pour y conduire des exercices de tir aérien. Malgré les efforts déployés en vue de récupérer les munitions qui n'ont pas explosé, on sait qu'il y a encore des bombes demeurées intactes dans la partie terrestre de cette zone et dans les eaux environnantes.

ZONE DANGEREUSE

La zone limitée par une ligne prenant son origine à un point situé au nord de l'île Bald et déterminée par l'intersection de deux vecteurs orientés respectivement à 52°56' en direction nord-est et à 56° 04' en direction sud-est. (Tous les angles mentionnés sont calculés à partir d'une verticale passant par les points d'intersection des vecteurs qui encadrent la zone.)

De ce point, dans le sens des aiguilles d'une montre, le long du vecteur orienté à 56° 04' sud-est, sur une distance de 8,250 pieds;

De là, le long du vecteur orienté à 6° 04' sud-est, sur une distance de 5610 pieds;

De là, le long du vecteur orienté à 44° 02' 15" sud-ouest, sur une distance de 6950.85 pieds;

De là, le long du vecteur orienté à 68° 04' nord-ouest sur une distance de 6864 pieds;

De là, le long du vecteur orienté à 18° 04' nord-ouest, sur une distance de 8250 pieds;

De là, le long du vecteur orienté à 52° 56' nord-est, sur une distance de 7290 pieds, jusqu'au point de départ.

Le public est averti, par les présentes, du risque qu'il court en pénétrant dans la ZONE DE DANGER décrite ci-dessus.

PAR ORDRE

Le député Ministre de la Défense nationale



PROFESSIONAL PRODUCTION



Photo: Andrea LeBlanc

A group of very talented Breadner Elementary students took to the stage last Wednesday and Thursday evenings with their production of Annie Jr. The capacity crowd was treated to some terrific acting and singing by the enthusiastic cast, most notably Jessica Wayner in the starring role, and Maggie Teters as the despicable Mrs. Hannigan, the nasty head of the New York orphanage. Kudos to everyone involved in the musical production, including cast, crew and all the staff who had a hand in bringing the play to life, especially Mrs. Abram and Mrs. Knudsen. BRAVO!

All Ranks Downhomers' Night

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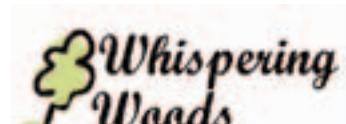
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Hours: Mon. thru Sat. 9am - 5pm

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The RCAF Flyers Arena attained its name from the 1948 Olympic and World Champion RCAF Flyers after an inter-Base competition. The Arena was completed in November 2001 and 8 Wing had their long awaited Arena.

The RCAF Flyers Arena houses several user groups and programs. The biggest user is the Military and the Military Community. We have two Military only Hockey leagues consisting of 17 teams. We have three Base representative teams consisting of Men's, Ladies and Oldtimers that play at the Canadian Forces Regional and CF National competitions. In the summer we have a Base Ball Hockey league.

We have Community based programs such as Family Skating, Parents and Tot's, Power Skating, Learn to Skate and Shinny for all Minor Hockey ages. All program information can be found and kept on this spread sheet.

8 WING/CFB TRENTON HOCKEY CAMP

BOYS AND GIRLS TYKE-BANTAM
AUG 30-SEPT 3 2004
RCAF FLYERS ARENA

Dear Parents and Players,

Welcome to our 3rd annual Hockey Camp. This year we will be operating a full day of activities and fun. Our camp is only as good as its instructors, and the staff we have offer a wide variety of talents and experience. Our goal is to ensure each player leaves here satisfied and has learned skills both on and off the ice.

The full day activities will include three hours of on-ice training with two instructors for every 15 players. We will be using all the base sporting facilities to play competitive skill games. Each group of 15 players will have a lead instructor with them all week to ensure maximum supervision. Each group will wear team colours on and off the ice using the original six team theme. There will be a one-piece hockey stick awarded to the player who works the hardest that day in their group. Everyone will be busied from activity to activity when required and lunch will be provided at the Yukon Galley. The last session in each group will be a game—the teams will be balanced out during the week to ensure a competitive game. All players will be given a sweater, t-shirt and shorts to keep. Everyone will need to bring running shoes and a bathing suit/towel.

Parent and Tot Skating

Parents are invited to bring their pre-schoolers to an arena program restricted to only parents (or grandparents) and their children (or grandchildren). Children participating must be under 6 years of age.

Begins: October 5, 2004
Ends: March 29, 2005
(There will be no Parent & Tot Skating on December 21 & 28, 2004 and March 15, 2005)
Cost: Free to CRA Members
\$2.00 for Non Members

Défense nationale Defence Programs

Judi Christopherson, CD
Community Recreation Director

8 Wing / CFB Trenton
Astra, Ontario KOK 3WO
(613) 392-2811 ext 2349
(613) 965-2704 (Fax)

Canada

RCAF Flyers ARENA des flyers arc Community and Recreation Programs

For more information please call **392-2811 Ext. 3361 or 3348**

Beginner Power Skating For Kids

Beginner Power is offered to co-ed skaters who want to learn the basics of power skating. This program is a must for children planning on playing hockey or are currently playing in the Tyke, Novice and Minor Atom levels.

Skaters must be at least 5 years old and able to skate forwards and backwards, and be able to stop. Full Hockey Equipment Required, including sticks and mouth guards.

The Community Recreation Association runs two 10 week sessions.

Beginner Power

If child meets any of the following:

- 8 years and under
- first time hockey player
- beginner skater
- Minor Atom or lower

Session 1 - October 4 to December 6, 2004

Session 2 - January 10 - March 14, 2005

\$50.00 - CRA Member
\$62.50 - Non CRA Member

Registration begins for Military Community only

Session 1 - September 7, 2004

Session 2 - November 29, 2004

Open Registration begins

Session 1 - September 20, 2004

Session 2 - December 13, 2004

Learn to Skate from 8 to 88

Have you ever wanted to learn to ice skate? Or haven't laced up the skates in a while and are feeling a little rusty? This is your chance to experience the fun and beneficial exercise of ice skating. This program is designed for the older child, teen or adult who may be a little shy to learn to skate.

Kids and Adults will be learning the FUN-damentals of the sport, which will improve their balance, agility, turning, stopping, and confidence. This Learn to Skate Program is designed to provide a fun and safe skating experience for the beginner skater. This program is not a hockey oriented program.

A helmet is recommended for children under 10 years of age. Mittens, or Gloves are also recommended.

This program is designed for anyone age 8 and up.

The Community Recreation Association runs two 10 week sessions.

Sundays 3 - 3:50 p.m.

Session 1 - October 9 to December 5, 2004

Session 2 - January 9 - March 13, 2005

\$50.00 - CRA Member
\$62.50 - Non CRA Member

Registration begins for Military Community only

Session 1 - September 7, 2004

Session 2 - November 29, 2004

Open Registration begins

Session 1 - September 20, 2004

Session 2 - December 13, 2004

CHRISTMAS ICE SCHEDULE

Mon. Dec. 20 - Fri. Dec. 24, 2004 and

Mon. Dec. 27 - Fri. Dec. 31, 2004

9 am-9:50 am--Shinny--Tyke/Novice

10 am-10:50 am--Shinny--Atom

11am-11:50 am--Shinny--PeeWee

2 pm-2:50 pm--Shinny--Bantam/Midget

1 pm-1:50 pm--Family Skating

3 pm-4 pm--Open ice for figure skating

Family Skating--1 pm-3 pm on Sat. Dec. 18/04 and

Jan. 1/05, and Sun. Dec. 19 and 26/04

Mon. Dec. 20 - Fri. Dec. 24, 2004 and

Mon. Dec. 27 - Fri. Dec. 31, 2004

9 am-9:50 am--Shinny--Tyke/Novice

10 am-10:50 am--Shinny--Atom

11 am-11:50 am--Shinny--PeeWee

2 pm-2:50 pm--Shinny--Bantam/Midget

1 pm-1:50 pm--Family Skating

3 pm-4 pm--Open ice for figure skating

Family Skating--1 pm-3 pm on Sat. Mar. 12 & 19, and

Sun. Mar. 13 & 20, 2005

Mon. Dec. 20 - Fri. Dec. 24, 2004 and

Mon. Dec. 27 - Fri. Dec. 31, 2004

9 am-9:50 am--Shinny--Tyke/Novice

10 am-10:50 am--Shinny--Atom

11 am-11:50 am--Shinny--PeeWee

2 pm-2:50 pm--Shinny--Bantam/Midget

1 pm-1:50 pm--Family Skating

3 pm-4 pm--Open ice for figure skating

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Sun. Mar. 13 & 20, 2005

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10 am-10:50 am--Shinny--Atom

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Sun. Mar. 13 & 20, 2005

Mon. Dec. 20 - Fri. Dec. 24, 2004 and

Mon. Dec. 27 - Fri. Dec. 31, 2004

9 am-9:50

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03 Dodge Grand Caravan, Loaded
03 Dodge Grand Caravan, Loaded
03 Chevy Venture
02 Dodge Caravan SE
01 Dodge Caravan
01 Mazda MPV
01 Dodge Caravan SE
00 Dodge Grand Caravan SE
98 Dodge Grand Caravan Sport
96 Jeep Grand Cherokee

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Silver
Black
Silver
Silver
Tan
Blue
Blue
Blue
Red
Black
Red
Black

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03 Dodge Ram SLT Quad Cab 4x4, Long Box
03 GMC Sierra Extended Cab
02 Dodge Ram SLT Quad Cab 4x4,
02 Dodge Ram 4x4, Reg. Cab
01 Dodge Ram 4x4, Loaded, Ext. Cab
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03 Dodge SX2.0, Sport, 5-speed
02 Chrysler Concorde Ltd., Exec. Demo
02 Chrysler Concorde LXI, Loaded
01 Chrysler Sebring LXI, Loaded
01 Chrysler Sebring LX, Sunroof
00 Chrysler Intrepid SE
00 Dodge Neon, Auto/AC
00 Buick LeSabre, Loaded
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Farewell to the Labrador after four decades

by 2Lt Kendrah Denny
A/WPAO

After 41 years as the primary Search and Rescue aircraft in the Canadian Forces, and having participated in thousands of successful recovery missions, the CH 113 Labrador Helicopter is shutting down its engines and retiring from active service.

To mark the distinguished career of the Labrador, as well as the transition to the CH 149 Cormorant, a national ceremony, hosted by 424 Transport and Rescue Squadron, will take place at 8 Wing Trenton June 25 and 26, 2004.

The Labrador has faithfully served Canada and members of the CF since 1963. Prior to the integration of the CF, both the RCAF and Canadian Army acquired versions of this large twin rotor helicopter for different purposes. The Army opted for the CH 113A Voyageur to transport troops and supplies while the RCAF got the CH 113 Labrador primarily for search and rescue work. In 1967, the two versions were merged and the helicopter has since operated as the Labrador providing support to the Army, Air Transport and, most notably, Search and Rescue.

The transition from the Labrador to Canada's

newest SAR helicopter, the Cormorant, has already begun. The Cormorant is currently operational in Comox, Gander and Greenwood, and will complete the take-over in July 2004 when the last serving Labrador squadron, 424 Squadron, makes the shift. In honour of this occasion, 8 Wing will proudly bid farewell to this exceptional aircraft during a two-day event at the end of June.

The retirement celebrations will kick-off Friday evening with a Meet and Greet at 8 Wing and an historical look back at the Labrador and its many years of service and accomplishments. The festivities will continue Saturday afternoon at Baker Island with a Labrador and Cormorant flying display featuring SAR tech water jumps, water landings, boat hoists and other exciting activities. A static display of the Labrador will also be set up for guests to view. The final farewell address will take place Saturday night at a Retirement Ceremony Banquet at the Atlantis Conference Centre in Belleville.

A great deal of time and effort has been invested in this upcoming event to ensure that the Labrador is retired with the dignity it deserves.

"424 Squadron is extremely pleased to be



Photo: 8 Wing Imaging

hosting the farewell ceremony to this great aircraft," says Major Dan Lachance, Event Chairman. "This weekend will bring together those who have helped uphold the respected name of the Labrador over these many years."

Anyone interested in participating in the festivities is welcome. Registered guests will have complete access to all events, including complementary beer and food at the Meet and Greet, and free beer during Saturday's showcase. The registration fee also

includes the five-course banquet dinner, a commemorative pewter engraved stein, a souvenir photo and much more. Registration is \$50 before June 1st and \$60 thereafter until June 15th. Forms are available at the SOR or on-line at www.labretires.ca.



Photo: 8 Wing Imaging



Photo: 8 Wing Imaging



Photo: 8 Wing Imaging

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SHOWCASE



Mr Ken McColm
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MCpl K.S. Horner
received a promotion to that rank & his CD presented by LCol J.R. Anderson, CO 426 (T) Sqn



MWO B.J. Woodford
received a promotion to that rank & his CD presented by LCol J.R. Anderson, CO 426 (T) Sqn



Maj J.S. Fell
received a promotion to that rank & his CD presented by LCol J.R. Anderson, CO 426 (T) Sqn



Maj J.G. Gifford
received a promotion to that rank & his CD presented by LCol J.R. Anderson, CO 426 (T) Sqn



MCpl M.E. Dorrington
received a promotion to that rank & his CD presented by LCol J.R. Anderson, CO 426 (T) Sqn



Pte K.C. Travis
received a Long Service Award for 15 yrs
presented by LCol J.R. Anderson, CO 426 (T) Sqn



Pte J. Rousseau
received a promotion to that rank & his CD presented by LCol J.R. Anderson, CO 426 (T) Sqn



Pte L. Fontaine
received a promotion to that rank & his CD presented by LCol J.R. Anderson, CO 426 (T) Sqn



Pte L. Nicolas
received a promotion to that rank & his CD presented by LCol J.R. Anderson, CO 426 (T) Sqn



Pte D.C. Gray
received a promotion to that rank & his CD presented by LCol J.R. Anderson, CO 426 (T) Sqn

Congratulations! Félicitations!



Hay fever from trees?

(NC)-Hay fever is an allergic reaction to pollen. In fact, pollen from trees such as elder, elm, hazel and especially birch cause what we call 'spring hay fever'.

Pollen that causes hay fever can vary from person to person and from region to region but unfortunately, hay fever seems to be with us for most of the year.

Grass pollen and flowers are responsible for summer hay fever, while ragweed and other late-blooming plants set off late summer and early autumn hay fever.

Some people may even experience symptoms year round - called perennial allergic rhinitis. It is caused by household dust, mould fungus and pet dander.

Happily for most people there are a number of medications that you can speak to your pharmacist or doctor about. Nasal congestion is what most people with

allergic rhinitis complain about. In fact, this is the most bothersome symptom for up to 90 per cent of allergy sufferers. Often antihistamines are combined with decongestants to treat both nasal and non-nasal symptoms of allergies. Pseudoephedrine, the most commonly used decongestant, is associated with insomnia and is not recommended for people with high blood pressure, heart disease, diabetes or glaucoma.

A newer type of antihistamine, called Aerius®, is now available in Canada without a prescription to treat symptoms of allergic rhinitis including nasal congestion. Aerius® does not make you feel drowsy and it does not contain pseudoephedrine. Speak to your pharmacist or physician about your allergies and find what medication can best help your allergy symptoms.

Why vaccines are given at such an early age

(NC)-Vaccinations, or baby shots, are given at an early age because this is when the diseases they prevent are most likely to strike or be the most severe.

Vaccinations protect your child from the following: measles, mumps, rubella (German measles), diphtheria, tetanus (lockjaw), pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib), varicella (chicken pox), hepatitis B, pneumococcal and meningococcal diseases.

Thanks to vaccines we don't see these diseases very often any more, and as a result may not think they are very serious. They are, and can still be deadly. In the past, thousands of people suffered and died from such childhood diseases as measles, diphtheria, whooping cough and polio. Even today, these diseases can lead to pneumonia, choking, brain damage, heart problems, and blindness in children who are not protected. And they still kill children around the world every year.

It is recommended that vaccines be given to children at specific ages in order to provide them with the earliest and best protection against disease.

For more information on when your child should be vaccinated, talk to your physician, public health nurse, or local health unit, or visit www.immunize.cpha.ca.



Multiple Sclerosis Facts: Did you know...

(NC)-Canadians have one of the highest rates of multiple sclerosis (MS) in the world.

Why? No one knows, but multiple sclerosis tends to affect people living in colder climates more frequently.

What is MS?

- MS is a chronic, progressive, sometimes devastating disease affecting about 50,000 Canadians (170 per 100,000). It can attack any part of the central nervous system, including: the brain, spinal cord, optic nerves. In effect, MS "short circuits" the nervous system, causing disruptions in the senses, motor abilities and thought processes.

- Managing MS can be a challenge physically, financially, emotionally and socially.

What causes MS?

- No one knows for certain what causes MS. Scientists believe it is an autoimmune disease, in which the body's immune system attacks its own cells and tissues, but they do not yet know what triggers this immune response.

Who gets MS?

- MS principally affects young white adults; it is the most common neurological disorder for this age group. MS appears most often between age 20 and 40. New evidence suggests it may be active in people as young as 15. Women are twice as likely to develop MS as men.

What are the common symptoms of MS?

- The symptoms depend on

which areas of the nervous system have been affected. Over the course of their disease, people usually experience more than one, but not necessarily all of the following symptoms:

- Fatigue
- Depression
- Spasticity
- Problems concentrating
- Memory changes
- Pain
- Visual loss
- Double vision
- Unsteadiness and dizziness
- Weakness
- Shaking and loss of coordination
- Numbness and tingling
- Bladder and/or bowel problems
- Sexual problems
- Muscle weakness, stiffness and/or spasms
- Speech difficulties

Are there different types of MS? Yes, there are two known forms of the disease.

1. Relapsing-remitting MS - there are clearly defined relapses with either full or partial recovery. Between relapses, the disease does not appear to worsen.

2. Primary-progressive MS - the disease worsens from the onset; however, there are occasional levelling-off periods and sometimes temporary minor improvements. Is MS difficult to diagnose? Yes, MS is difficult to diagnose because:

- Early symptoms tend to come and go.
- Other medical conditions and

central nervous system disorders have the same symptoms.

- There is no single test to definitively confirm or rule out MS. How is MS diagnosed?

Diagnosing MS is complex. A neurologist conducts a combination of the tests and exams listed below to provide a definite diagnosis:

- A medical history to identify potential previous MS symptoms;
- A neurological examination to test the brain and spinal cord;
- Testing of visual, auditory and other responses;
- Magnetic resonance imaging (MRI);
- A lumbar puncture;
- Brainstem evoked responses (BER) and electroencephalograms (EEG).

How is MS treated?

Although there is no cure for MS, in Canada there are two kinds of therapies used to manage the disease - interferon-betas and COPAXONE® (glatiramer acetate).

- Interferon-betas - complex biotechnology products used in the treatment of relapsing-remitting MS. Side effects include flu-like symptoms, depression and spasticity in some patients.

- COPAXONE® is the first medication of its kind. It is a neuroselective immunomodulator indicated for the treatment of relapsing-remitting MS. In clinical trials COPAXONE® was found to reduce the frequency of relapses and was well tolerated.

Roberts takes on new coaching role for kids

(NC)-Toronto Maple Leafs winger, Gary Roberts, helped The Lung Association launch two new initiatives supporting kids with asthma: Gary's Team, an online destination for kids with asthma and an Asthma Activity Book.

"It's important for children with asthma to realize that the disease can be controlled. I know firsthand that it doesn't have to hold you back from accomplishing your goals and making your dreams come true," explained Roberts, who was able to control his asthma and make his dream of playing professional hockey a reality.

Children with asthma can be a part of Gary's Team by visiting www.GarysTeam.ca, where they can access word games, mazes and other activities. Kids will also be encouraged to ask Gary questions about living with asthma and get valuable tips on how they can take control of their asthma.

"The increase in cases of asthma in children has created

a need for education, especially targeted at kids," explained Chris Haromy, Certified Asthma Educator, The Lung Association. "Visiting garysteam.ca allows children and their

families to access asthma information and management tips in a positive, proactive and fun environment."

For more information about asthma or to get your

free children's books on asthma, including the Asthma Activity Book and a sticker book, call The Lung Association's Asthma Action Helpline at 1-800-668-7682 or visit www.on.lung.ca.



Feature

Retired SAR-Tech awarded American Soldier's Medal for heroism

by Bill Hunt
The Intelligencer

TRENTON--Retired Search and Rescue Technician (SAR-Tech) Steve Trent jumped into some difficult situations in his long career with the Canadian Forces.

Trent, 82, joined the Forces in 1941 at 19 and spent three years overseas as an airframe technician. Following a few months away from the Forces following the war, he re-enlisted in 1946 and remustered to Para Rescue.

His first posting was to Edmonton with #6 Communications Flight with Northwest Air Command.

"We'd jump into a crash and stabilize and then evacuate. We didn't have have helicopters in those days," said Trent. During the next 24 years he was involved in numerous rescues, earned the American Soldier's Medal for bravery, worked security for the U2 spy plane

stalled and crashed into the water. For some reason, seconds before the landing, Trent untied the ropes holding down the equipment, including the dinghies.

"On the approach I untied the ropes. Little did I know I was going to need them," recalled Trent. "We crashed and sank in 18 seconds," he added, noting someone on shore had watched the whole event. Trent inflated the dinghies and got several of the passengers into them. There were 10 people on the Canso and nine got out, but the engineer was trapped and drowned, said Trent.

A few years later Trent became the subject of a search party himself while on a hunting trip in Newfoundland. He was at Thorburn Lake in 1951 when the aircraft that landed to pick him up had engine trouble and couldn't take off. He and pilot Jack Barton were missing for seven days before an

in seven days."

In March, 1953 Trent was stationed in Newfoundland when he volunteered to jump into a crash site after an American aircraft crashed into a hill in bad weather.

"In those days they never used radar because the Cold War was on," said Trent. "Two of us jumped in (from a) low level...just before evening," he said.

The low altitude meant he wouldn't be able to deploy his emergency chute should his main one fail. Trent and the other SAR-Tech climbed the hill to reach the crash site but there was nothing they could do.

"They were all dead--23--including a general, Gen. Ellsworth."

Despite the outcome, Trent received the American Soldier's Medal. The citation 'for heroism' reads, in part, "The courage, perseverance and devotion to duty displayed by Corp. Trent reflect great credit upon himself, the Royal Canadian Air Force and the Dominion of Canada."

The following year he was stationed at Goose Bay, Labrador when the Queen and Prince Philip visited Canada. Prince Philip went on a fishing trip on the Eagle River in Labrador and Trent was part of a support party "doing odd jobs, helping all, setting up the camp and cleaning up the camp (when the trip was finished.)"

He had no real contact with the prince, except eating breakfast in the same tent as him one morning. But Trent does have two photographs of himself carrying Philip's backpack, or "royal baggage" as Trent called it, that were sent to him by Philip's valet.

"When Philip left he gave each of us a bottle of Scotch," recalled Trent.

Six years later the U.S. spy plane known as the U2 experienced engine failure and had to make an emergency landing on a frozen lake in Saskatchewan in March, 1960. Trent was stationed in Winnipeg and was sent out as part of the recovery party.

The peculiar thing about the incident is that Trent's late wife, Millie, had had a dream in which Trent went missing.

"A couple months before that, Millie had told me I'll go missing, but don't worry, they'll find you



Retired Canadian Forces search and rescue technician Steve Trent holds a photo of himself receiving the American Soldier's Medal and the citation he received for making a low-level jump in bad weather when an RB36 crashed into a hillside in 1953.

"This one landed and they repaired it and flew out."

Asked about changes that have occurred in search and rescue over the decades, Trent noted the advent of Global Positioning Systems (GPS) that have replaced maps and compasses. Today's parachutes are superior to the one he used too. When he was jumping, a SAR-Tech's forward speed was about four miles

per hour compared to about 20 today, he said. That allows the SAR-Tech to jump in higher winds and gives him more control over his direction.

Trent was transferred to CFB Trenton in 1965 and made his last operational jump in 1966 when a Tudor crashed in Quebec. He retired in 1971 as a sergeant in Air Command.

Trent has been featured in three publications: *That*

Others May Live: 50 Years of Para Rescue in Canada, Seek and Save: The History of 103 Rescue Unit, and Heartbreak and Heroism: Canadian Search and Rescue Stories. Trent helped with the writing of *That Others May Live*.

Today the intrepid Trent enjoys playing euchre with friends and builds model wooden houses that have intricate details. And he can still fit into his Air Force jacket.

La Défense nationale accorde un contrat pour des visières de protection balistique

Défense nationale

OTTAWA - (le 11 mai 2004) Le ministère de la Défense nationale a accordé un contrat de 1,2 million de dollars à ReVision Eyewear Incorporated de Montréal (Québec) pour la fourniture de 15 200 visières de protection balistique.

« Cette acquisition, réalisée dans le cadre du projet Habillez le soldat, prouve encore une fois l'engagement du gouvernement à fournir aux soldats l'équipement dont ils ont besoin pour accomplir leurs missions », a déclaré l'honorable David Pratt, ministre de la Défense nationale.

« Cette visière est totalement compatible avec le nécessaire de fixation mis au point pour le casque du soldat et les lunettes de protection balistique contre les éclats à faible énergie. »

bre de menaces physiques qui caractérisent les opérations modernes. »

« Les membres des FC qui effectuent des opérations terrestres ont absolument besoin d'une protection balistique appropriée », affirme le Général Ray Henault, Chef d'état-major de la Défense. « Cette visière est totalement compatible avec le nécessaire de fixation mis au point

pour le casque du soldat et les lunettes de protection balistique contre les éclats à faible énergie. »

La visière de protection balistique est l'un des composants du projet d'ensemble Habillez le soldat. Elle offre aux membres des Forces canadiennes qui participent à des opéra-

tions terrestres une protection supplémentaire et de haute qualité des yeux et du visage au cours de l'entraînement ou dans des environnements dangereux.

Elle offre également une protection contre les rayons ultraviolets et satisfait aux exigences en matière de distorsion optique. Une protection de la vue contre les rayons solaires est intégrée à la lunette.

ReVision Eyewear Incorporated commencera la livraison des premières visières de protection balistique pendant l'hiver 2005. La dernière livraison est prévue au printemps 2006. Une section du contrat prévoit la fourniture de visières supplémentaires, s'il y a lieu.



Corp. Steve Trent receives the American Soldier's Medal for heroism in St. John's, NFLD in 1953.

when it made an emergency landing on a lake in Saskatchewan, and prepared a fishing camp for Prince Philip.

Trent had his own close call in an aircraft too. On July 28, 1948 he was on a re-supply flight heading to a base near the Mckenzie River in the Northwest Territories in a Canso. While landing on the river, the plane hit a deadhead and the pilot pulled the aircraft's nose up but it

American search and rescue aircraft located them. Trent said they were never in trouble because they had guns, several days' worth of food and camping equipment.

The peculiar thing about the incident is that Trent's late wife, Millie, had had a dream in which Trent went missing.

"A couple months before that, Millie had told me I'll go missing, but don't worry, they'll find you



Visor contract awarded

National Defence

OTTAWA – (May 11, 2004) The Department of National Defence has awarded a \$1.2 million contract to ReVision Eyewear Incorporated, of Montreal, Quebec for the provision of 15,200 Ballistic Protective Visors.

"This acquisition, part of the successful Clothe the Soldier Project, is yet another example of the Government's commitment to providing our soldiers with the necessary equipment to do their jobs," said the Honourable David Pratt, Minister of National Defence. "These visors will provide our soldiers with ballistic protection from the many physical threats that characterize modern operations."

"Adequate ballistic protection is essential for CF personnel conducting land operations," said General Ray Henault, the Chief of the Defence Staff. "These visors are fully compatible with both the in-service Helmet Attachment Kit that has been developed for the Soldier's Helmet and in-service Ballistic Eyewear that provides ballistic protection against low energy fragments."

The Ballistic Protective Visor is one component of the omnibus Clothe the Soldier project and is being procured to provide Canadian Forces personnel conducting land operations with high quality additional ocular and facial protection while training and when serving in hostile environments.

The Ballistic Protective Visor also has ultraviolet protection and meets the requirements for undistorted vision. Solar eye protection is built into the ballistic eyewear. ReVision Eyewear Incorporated will deliver the first Ballistic Protective Visors Winter 2005, with final delivery expected in Spring 2006. Part of the contract includes options for additional visors, if required.

8 WING REPRESENTED AT HEALTH FAIR

Photo: Laurie McVicar, Contact



Members of the 8 Wing's 24 CF Health Services were on hand to talk to local students during a health career fair last Thursday at the Knight's of Columbus Hall in Trenton. Standing with the Spectrum Air Ambulance Life Support Unit is (from left to right) Sergeant Patrick St. Pierre, Master Corporal Carole Neave, Captain Jan Rogers, Petty Officer Scott Peddle.

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

May 16 – May 22

ARIES (March 21-April 19): Get involved in something that will tire you out on the 16th like sports or physical chores. Your approach, precision and great detail on the 17th and 18th will make the difference that leads you to success instead of someone else. Be relentless in your pursuits. Don't take no for an answer on the 19th, 20th and 21st. You have to do your own thing and follow your heart. Talk about love, relationships and future plans. You may disappoint someone on the 22nd if you aren't a little more attentive or compromising. Motives on your part or the part of someone else may not be clear.

T A U R U S (April 20-May 20): Make a few changes on the 16th. Someone is probably more interested in you than you realize. You will be sensitive to what others say on the 17th and 18th so try extra hard not to overreact. A thoughtless remark handled wisely can give you an edge in the future. You may have mixed reactions on the 19th, 20th and 21st to information received regarding your future direction. Think back to what you originally wanted to pursue and you will probably find a way to work towards that goal. Open up to a friend on the 21st about the little things that are bothering you and you will soon have solutions.

G E M I N I (May 21-June 20): Make plans on the 16th that will spark your imagination and enthusiasm. Not everything will be as it appears on the 17th and 18th. Someone may be withholding information that is vital to a decision you need to make. Don't let anyone pressure you into taking action when you aren't ready. Talk is cheap so chatter away on the 19th, 20th and 21st. Find out all you can about a situation that is bothering you. Once you clear the air you'll feel better. Don't vacillate on the 22nd. You must make your mind up and follow through with your plans.

C A N C E R (June 21-July 22): Worrying about your position on the 16th won't do any good. Make the changes necessary to redeem yourself. You will have a better understanding of your direction and your future on the 17th and 18th if you discuss family history with an older relative. Someone you know is likely to exaggerate or lead you in the wrong direction regarding money matters or a problem that a common friend is experiencing on the 19th, 20th and 21st. Make your own judgments and decisions. Take a breather on the 22nd—put your feet up and tend to only the things that you really want to do.

L E O (July 23-Aug. 22): Challenge yourself on the 16th and you will be proud of the outcome. You can expect to face some problems on the 17th and 18th if you are putting too much time in one area of your life and neglecting your responsibilities in another. Balance will be important. Partnerships will turn out better than anticipated on the 19th, 20th and 21st so don't hesitate to make your move if there is someone you would like to hook up with either personally or professionally. Changes on the 22nd at home may not be what you had in mind but they will turn out to your benefit.

V I R G O (Aug. 23-Sept. 22): A business opportunity may be offered on the 16th. Do your research so you don't take on someone else's troubles. You can do no wrong on the 17th and 18th as long as you stick to what you know and do best. You will be duped into spending or closing a deal that isn't worth your while on the 19th, 20th and 21st if you aren't careful. Don't rush into making a decision. You do have time especially if it means parting with your cash. If a deal looks too good to be true it probably is. Someone will bend in order to help you do what you want to do on the 22nd. Favours will be granted and suggestions made.

L I B R A (Sept. 23-Oct. 22): Don't take a back seat to anything or anyone on the 16th — be a participant. Consider making a move or getting legal advice on the 17th and 18th. It's time to do something about whatever concerns you instead of stewing about it. You will have lots of options on the 19th, 20th and 21st and if you immerse yourself in something that interests you it will lead to meeting someone who could play an important role in your future. Don't push your luck with the people you love on the 22nd. You are likely to end up in a disagreement over family matters. Added responsibilities will weigh you down.

S C O R P I O (Oct. 23-Nov. 21): Get back on track on the 16th by putting any work you have aside and taking time to relax. Emotional issues should be discussed on the 17th and 18th. It's time to move forward regarding your personal life instead of stagnating and resolving nothing. Getting involved in other people's affairs or trying to help someone out of the goodness of your heart will backfire on the 19th, 20th and 21st. You are best to stick to your own business. Nothing will stand in your way on the 22nd so stop making excuses and start to do what you say. A thought is only a thought if you don't put it into motion.

S A G I T T A R I U S (Nov. 22-Dec. 21): Your competitive attitude will lead to some challenges on the 16th. Your ability to wheel and deal may result in some long term benefits on the 17th and 18th. On-the-job training will bring you added skills. Nothing will be nice and easy on the 19th, 20th and 21st especially when it has to do with relationships. You will have to be on your toes and your best behaviour. Reserve judgment and don't act on a hunch — you could be wrong. You may find yourself stuck doing something on the 22nd because of a promise you made a long time ago. Do your best to live up to your word.

C A P R I C O R N (Dec. 22-Jan. 19): Relax and don't take things so seriously on the 16th. Nothing is so important that it can't wait. Make a decision and act on it on the 17th and 18th. You will have the right combination when it comes to social skills, charm and the ability to attract attention. Make sure everything you are working on is done to your satisfaction on the 19, 20th and 21st. Don't leave any room for failure and be sure to leave yourself extra time. You may feel neglected or you may have neglected someone else on the 22nd. Regardless of which it is you will have to do some fancy footwork to make amends.

A Q U A R I U S (Jan. 20-Feb. 18): Get involved in something worthwhile on the 16th. Trouble could be brewing at home or with someone you consider to be close to you on the 17th and 18th. Avoid discord by doing everything possible to make the people you love the most happy. Disagreements will not solve anything. Actions will take precedence. Challenge yourself both physically and mentally on the 19th, 20th and 21st and you will gain back the confidence you've lost. Take better care of yourself on the 22nd. Consider changing your diet or going easy on the sugar, alcohol or anything else you tend to indulge in.

P I S C E S (Feb. 19-March 20): Put yourself first. Your strength and courage will take you a long way on the 16th. Your charm coupled with your strong intuition will enable you to get exactly what you want on the 17th and 18th. Your ability to make your point heard will bring you attention. You may be let down or disappointed on the 19th, 20th and 21st by someone you thought you could count on. Make your own decisions and plans so that you aren't left out. Everyone will want to be on your team. Travel about and spread your ideas and it will be easy to put them into play.

Showcase

Community Events

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MOVIE LINE-UP

- New York Minute (G) 1:05 7:05 9:00
- Van Helsing (14A) 1:00 7:00 9:25
- Mean Girls (PG) 1:10 7:10 9:05

Coming Soon: Troy, Shrek 2, Day After Tomorrow

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

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**CALL
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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.

Canadian Military Flight Engineer Association

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

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

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

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



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Padre Catherine Morrison

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Chapel Life Co-ordinator/Responsable de la communauté chrétienne

Padre Bastien Leclerc (RC)

MASS

Sunday Mass (English) 0900 hrs

Messe Dominicale: 1015 hrs

CONFESSTION

At all times

PARISH ORGANIZATIONS

Parish Council 3rd Thurs 1900 hrs

Knights of Columbus 1st Thurs 1900 hrs

CWL 2nd Tues 1900 hrs

Chorale Merc 1900 hrs

Choir Tues 1900 hrs

Silhouettes of Mary 2nd & 4th Thurs 1830 hrs

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
Matthew Lucas (Bapt.)

WORSHIP SERVICE

Divine Worship (Sun) 1130 hrs
Holy Communion 1st Sunday of the month

Mid-Week Communion Wed 1230 hrs

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

BAPTISM/BAPTÈME

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.

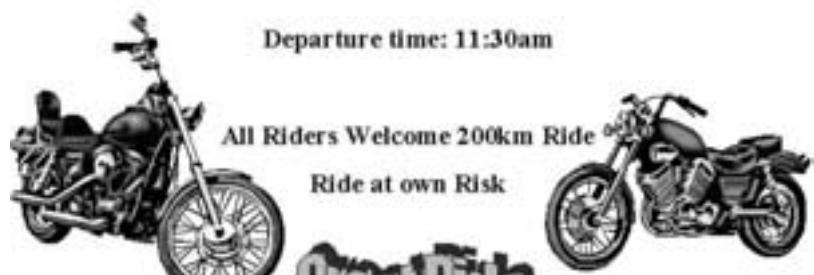
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After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier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

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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.

May 19 - **Quilting** – Fran Vidal will bring a trunk full of samples of different quilts and quilting supplies. She will introduce you to the basics of quilting and will talk about the different methods of quilting; patchwork, reverse, picture etc.

May 26 - **Mind Mapping** – Relieve your stress, explore and expand your mind by focusing on your dreams. Visualize and focus on what you would like to do and let your imagination take you there! Linda Shepherd will lead this workshop.

June 2 - **Hand Made Paper**

June 9 - **Hand Made Cards**

Clean Up Dive

The 8 Wing Flying Frogmen Scuba Club will be hosting its 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.

Help us make a difference and improve the quality of Trent River.

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



How should you react to rising interest rates? Don't.

it's your Money



Garth Turner

Are interest rates about to rise? In a word, yes. Last week's employment numbers in both Canada and the States were very strong, showing that the American economic recovery is well under way and employers have regained confidence. In Canada the dramatically lower dollar is the best news possible for the exporting and manufacturing sectors, and that bodes well for growth here.

Central banks in both countries are ever vigilant for signs of inflation, and these job numbers have their complete attention. With money at the lowest point in more than a generation, the bankers figure they have plenty of room to start bringing them back to more normal (ie. higher) levels, without throwing a bucket of cold water on the economy.

What does that mean, exactly? Well, my economist buddies tell me it means the central

bank rate, and the bank prime based on it, are going up between 2 per cent and 2.5 per cent over the next 12 months. That would take the current prime of 3.75 per cent to around the 6 per cent mark. It would also add

So the only possible reason to lock into a five-year, fixed-rate mortgage right now is that you are an insecure borrower afraid rates are going to charge back to 10 per cent or beyond. Well, get over it. Ain't going to happen.

an identical amount to the cost of a variable rate mortgage.

Now these short-term, floating mortgages have been all the rage for the past four years--and little wonder! Anyone who went variable instead of locking in to a five-year fixed-rate mortgage has saved a ton of money in interest payments--and if

cent, this means the real cost of the mortgage is less than 1 per cent. The last time this happened? Try, "never."

But many people with variable rate mortgages are now worried that the central bankers will spoil their party, and send their monthly payment skyrocketing. This is bad news since the size of mortgages has

they maintained the high monthly payment of their old fixed-rate mortgage, then they have also paid a big chunk of their debt off.

Today all of the major lenders will give you "below prime" type mortgages, which means that money is available now in the 3 per cent range. Many of these guys will also give you a deal on the first six or nine months of payments, so in some cases borrowers start out at around 2.5 per cent. With inflation running a little less than 2 per

ballooned right along with the cost of houses. Canadians have never carried as much mortgage debt as they do today, since ultra-low rates have made financing it a breeze.

Of course, cheap mortgages also allowed the price of real estate to rise further and a lot faster than it would have otherwise. The average house price rose 10 per cent last year; is up 7 per cent in the latest 12-month period; and has surged ahead 37 per cent since 2001. But is all that likely to change, and should wise people take this moment in time to lock into a safe, predictable, fixed-rate mortgage with payments that won't budge for the next five years?

Nah. I don't think so. This is because the road to higher rates should be a slow and smooth one, with central banks raising the cost of money in small, quarter-point increments over the course of many months. In other words, you have plenty of time to decide to lock in, and should probably continue to enjoy low rates while they are here.

Secondly, the premium to be paid with a fixed-rate five-year

mortgage over a variable-rate loan is bigger than Conrad Black's ego. Today you will find that locking up means tacking 3 per cent or so onto your mortgage rate. But, remember--the most economists expect rates to rise over the next year is 2.5 per cent.

So why would you opt for a 3 per cent increase in your home loan rate to avoid paying 2.5 per cent more on your variable rate mortgage?

It makes no sense. Besides, the economy could soften over the next year and rates could again fall. After all, there is virtually no inflation, and rapid technological advance is bringing down the price of almost all manufac-

tured goods. That means the odds will almost always be greater that rates will fall rather than rise.

So the only possible reason to lock into a five-year, fixed-rate mortgage right now is that you are an insecure borrower afraid rates are going to charge back to 10 per cent or beyond. Well, get over it. Ain't going to happen. By historic standards, a prime rate of 6 per cent is cheap, and that's about as dear as things will get for a long, long time.

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May 15th

(Raindate May 16th)
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For Sale

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Home and Garden

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