

the **CONTACT**

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FLYING HIGH ON MEDIA DAY

Photo: Greg LeClair, CPC



Kim Coulter of CHEX television gives the "thumbs up" after safely completing a tandem jump with Cpl Dean Sehell during the SkyHawks Media Day on Friday, May 14. See page 11 for more photos.

HAPPY ANNIVERSARY EME!!



Photo: Cpl David Cribb, 8 Wing Imaging

The Sky Hawks jumped in honour of EME Squadron's 60th anniversary—flying the EME flag off the bottom of the stack. See Page 10.

Photo: Laurie McVicar



The construction site for the 8 Wing's new \$6.8 million hospital.

New hospital to streamline health care service delivery for military

by Laurie McVicar
 Assistant Editor

Construction is progressing well on a new \$6.8 million hospital at 8 Wing/CFB Trenton.

The new facility, targeted for completion next May, will streamline the way health care is offered to military personnel stationed here.

"The need for a new facility has been known for a number of years, but the opportunity to do something about it really surfaced about three years ago as part of the Health Care reform project," said Lieutenant-Commander Murray Doggett, Commanding Officer of 24 Health Services Centre.

"At that time it was identified that there were a lot of our medical clinics across the country that really, really needed to be replaced. This was identified as the top priority. We have one of the oldest buildings and it's also in the worse state of repair."

The rear part of the hospital was demolished over

two years ago after being condemned. The building was constructed in 1938.

"It's not current for today's health standards," said LCmdr Doggett. "For example, the patient flow is not very good at all."

Currently, medical and dental staff are spread out on the south side of the base in four separate buildings.

"When it was decided to build a new hospital, the medical branch was exploring a new health care delivery model where we were looking at a more up-to-date primary care model. The new clinic is designed with two Care Delivery Units (CDUs), the core area where patients will come. This will be the first clinic in the Canadian Forces that's being built with this new care delivery model," said LCmdr Doggett.

Depending on what section you work with, patients will be served by one of these care units.

"Instead of going into clinic and seeing whatever

doctor is available, you'll go to your specific Care Delivery Unit. For the patient it means that CDU should know him or her a little better because they have a smaller population to serve," stated LCmdr Doggett.

Each CDU will have a civilian physician, a military physician, a nurse practitioner, a physician assistant and three medical technicians, plus some administrative support.

"The biggest advantage of the new facility is that all of the health care services will be consolidated in one site," said LCmdr Doggett.

The new hospital will be home to labs, x-ray services, the pharmacy, physiotherapy, preventive medicine, dental services, and an enhanced mental health section.

"It will be one-stop shopping," said LCmdr Doggett. "We're not adding a lot of specialists, so it's not going to greatly improve the number of services we offer. Patients will just find it more convenient."

INTRODUCING ... Bob Clute



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MACS Carrying Place: It's not a radar station!

by Captain Ian Stock
Wing Public Affairs

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

With more than 10 years of serving at the Military Aeronautical Communications System (MACS) site in Carrying Place, one would think that MCpl Dave Richardson would tire of correcting people.

"Actually, we do get tired of telling people that we're not a radar station over here," Richardson says of the small WTISS-operated building located on the Loyalist Parkway in Carrying Place, approximately 20 km southwest of 8 Wing / CFB Trenton.

"A lot of people think that we're some sort of secret radar site or something, but we're not," explains Richardson, a radio operator. "Our job is to provide 24/7 communications link-ups to our airborne assets, and that includes providing high frequency radio, phone links and weather reports, especially for Search and Rescue."

The MACS site at Carrying Place, like its



MCpl Dave Richardson (L) and Cpl John Adlington (R), radio operators, have worked at the Military Aeronautical Communications System (MACS) site in Carrying Place for the past 10 years.

'little brother' site located further south at Point Petre, is distinguished by a relatively small red brick building surrounded by an impressive array of 100-foot antennae and a secure fence line, which may give the casual observer the impression that something ultra-secret or extra special is going on.

"No, not all. There's nothing really special going on here. If we didn't have secure access, we'd probably get a lot of curious onlookers stopping by as we're right next to a busy tourist highway," says Richardson. "And we are located on DND property away from the main base, so we need the

security." The staff at the MACS site is split between radio operators and telecommunications equipment maintainers.

While standing in front of a huge stack of sophisticated communications equipment, Cpl Brian Isbister, an Aerospace Telecommunications and Information Systems technician who has worked at the site since 2000, admits he enjoys working at a facility away from the hustle and bustle of the main base in Trenton.

"It's our job to keep all this high tech equipment up and running," says Isbister. "It's not high profile but there's

always a lot to do and we keep very busy and stay very focused without any distractions. You know, there's no place to hide over here!"

Cpl John Adlington, another radio operator who has served more than 10 years at the site, fondly recalls one of his more bizarre radio conversations.

"Back in the mid-1990s, I was monitoring high frequency radio and happened to hear the space shuttle Discovery calling out for an 'any station' radio check, so I gave him a 'this is Trenton military base, read you, over' response. He came back with a 'thank you Trenton.' That was pretty cool. I figured they must have been launching into orbit caught inbetween NASA comms links with Florida and Texas, so I helped out. That certainly doesn't happen here every day."

Adlington, who makes a long commute daily from his home in Napanee, admits he's been at Carrying Place for a very long time.

"Ten years really is a long haul but working over here makes time fly. We do a lot of really great stuff in a super location and get along



Cpl Brian Isbister, an Aerospace Telecommunications and Information Systems technician, admits he enjoys working at a facility away from the hustle and bustle of the main base in Trenton.

great with the maintain- DA holder for the entire ers. But, hey, they'll site if I stay here any probably make me the longer!"



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- The Investment Club Option – July 15, 2004**
- How to Look After Your Aquarium – September 8, 2004**
- Basics of Camera Operation (Film or Digital) – September 15, 2004**
- Session d'information sur le Regroupement Socio-Culturel Francophone de Quinte – October 13, 2004**
- Employee Assistance Program – January 2005**

To register online, for more information or updates, go to:

http://hr.ottawa-hull.mil.ca/admhrciv/regions/ontario/loc/engraph/Trenton/lunchlearn_future_e.asp

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



EME Sqn celebrated its 60th anniversary on the 15th of May. The Electrical and Mechanical Engineering (EME) Branch has had a long distinguished history of dedicated service in the defence of our country. The EME Branch traces its roots to 1944, when RCEME was formed to maintain the army's equipment. The Branch has evolved to its present form by adjusting its functions and structure in response to changing operational requirements and technological advances. The aim of the EME Branch is to provide the engineering and maintenance support to permit other arms and services to accomplish their mission. "Arte et Marte" (By Skill and By Fighting).



TORCH RUN FOR SPECIAL OLYMPICS



Photo: Andrea LeBlanc

With the Ontario Law Enforcement Torch Run for Special Olympics 2004 fast approaching (May 31, 2004), participants are gearing up for the big event. Pictured here at the front of the Trenton McDonald's Restaurant (local sponsor of the event) are, from left: Cpl Lyne Papineau of the 8 Wing Military Police, local Special Olympian Jim Tooley, and Quinte West OPP Constable Ed Jostra. Tooley, from Trenton, has qualified for the World Special Olympics—slated for 2005 in Japan—as a member of the Floor Hockey team. The Torch Run is set to begin at 1:30 p.m. at the Subway in Trenton's west end, finishing up at McDonalds, Trenton Town Centre. Come out and show your support!

Search & Rescue UPDATE



Our C-130 crews were tasked this past week for two ELT searches. The first was on May 14 near Sudbury and the second ELT was in the Ottawa area on May 15. Shortly after the arrival of the C-130, in both cases, the owners of the ELTs were contacted and they turned off their ELTs, which had been inadvertently activated.

Missions for 2004: 36 Missions for May: 8 Persons rescued: 4

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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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Editor-in-Chief: Capt. Andy Coxhead
Editor: Andrea LeBlanc
Asst. Editor: Laurie McVicar
Advertising Sales: Judy Leavere
Media Marketing & Sales: Sandi Ramsay
Advertising & Promotions Assistant: Corrie MacDonald
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Assistant Translator/Proofreader: MCpl Louise Fagan
PSP Manager: Bob Payette
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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: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



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



The Contact
 Wing Headquarters Building Annex
 8 Wing / CFB Trenton
 PO Box 1000, Station Forces
 ASTRA, ON K0K 3W0

Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
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Gov't of Canada and Hewlett Packard reach settlement

Government of Canada

OTTAWA — (May 14, 2004) The Government of Canada today announced it has resolved a dispute with HP Canada, stemming from a complex scheme designed to exploit both parties through contracts inherited with HP's merger with Compaq Computer Corp. HP Canada has agreed to reimburse the Government of Canada the sum of (CDN) \$ 1 4 6 , 0 0 0 , 0 0 0 -- a n amount determined by both parties to be appropriate upon investigation - and has thereby fully and completely honoured its contractual obligations.

As a result, the Government of Canada will fully cooperate with HP Canada to take appropriate steps, including action in the courts to recover these funds from the individuals and companies involved in the scheme. HP, a company known for its high ethical standards and exemplary business practices, cooperated fully and openly with the Canadian Government throughout the investigation and remains a valued IT supplier to the Canadian government.

Contact

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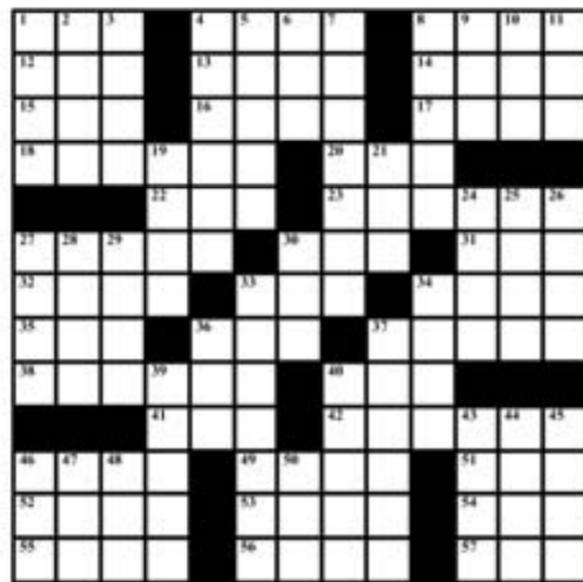
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By Bernice Rosella and James Kilner

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This Week in Contact

1974 – The Department of National Revenue is eliminating 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.

Now, claims will be paid separately...The view has been taken that payments made as assistance on leave travel should not continue to be considered as personal living expense subject to taxation.

1984 – In celebration of the 60th anniversary of the RCAF, homecoming celebrations will be held at 8 Wing. It will give you a unique opportunity to renew old acquaintances, toast absent buddies, make new friends, and enjoy reminiscing about the "Good Old Days" when Air Force Blue, Flight Sergeant Shatterproof, Pilot Officer Prune and McGee's poem "High Flight" inspired us all.

1994 – Sarajevo's reputation as the most dangerous airfield on earth has been usurped by Kigali, which is in the middle of a civil war that may have already killed as many as half a million civilians. Since April 24, the only pilots and aircraft who have dared to make the Kigali run are Canadian airmen from CFB Trenton.

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



THE LIGHTER SIDE OF VOLUNTEERISM



Photo: Laurie McVicar, Contact
Yuk Yuk's comedian Lawrence Morganstern entertained a crowd of 100 people during a volunteer luncheon at the Officers' Mess. In addition to being treated to a delicious meal and a comedy show, volunteers were also praised for their contributions to the health of 8 Wing/CFB Trenton. "I believe our programs are second to none because of all the hard work and effort you put into the things you do," said Major Tim Gushue, who represented the Wing Commander. "You are what makes this wing healthy!"

Chèque remis à un ancien combattant ayant participé à des essais de guerre chimique

Défense nationale

OTTAWA – (le 11 mai 2004) À l'occasion d'une cérémonie à Chilliwack (Colombie-Britannique) aujourd'hui, le caporal à la retraite Roy Wheeler a reçu une indemnité forfaitaire de 24 000 \$ en reconnaissance de sa participation à des essais d'agents de guerre chimique. Sa demande est la première approuvée dans le cadre d'un nouveau programme du gouvernement. C'est le Major Angelo Battiston, commandant de l'Unité de soutien de secteur Chilliwack, qui lui a remis le chèque.

Le programme de reconnaissance de 50 millions de dollars destiné aux anciens combattants canadiens ayant participé à des expériences de guerre chimique entre 1940 et la fin des années 1970 à Suffield (Alberta) et au Laboratoire de guerre chimique à Ottawa a été annoncé le 19 février 2004 par le ministre de la Défense nationale et le ministre d'Anciens Combattants Canada. La somme forfaitaire de 24 000 \$ s'ajoute aux prestations de retraite auxquelles ces anciens combattants peuvent avoir droit. « Des anciens combattants comme M. Wheeler ont fait preuve d'un dévouement sans borne et se sont sacrifiés pour épargner à leurs compagnons d'armes les horreurs de la guerre chimique », a déclaré l'honorable David Pratt, ministre de la Défense nationale. « Ces volontaires ont jeté les fondements de la réponse du Canada à la menace très réelle de la guerre chimique – une menace qui plane encore aujourd'hui. » « M. Wheeler représente tous les anciens combattants qui ont servi leur pays en tant que participants à ces expériences », a poursuivi l'honorable John McCallum, ministre d'Anciens Combattants Canada. « Ce programme

souligne officiellement la contribution des personnes comme lui et témoigne de l'immense gratitude de la population canadienne à leur égard. »

En 1966, alors qu'il était poseur de lignes au Quartier général et à l'Escadron des transmissions du 1er Groupe-brigade du Canada à Calgary (Alberta), le caporal Wheeler a participé à un essai au cours duquel on a utilisé une dilution de gaz moutarde à la station expérimentale de Suffield. L'expérience avait pour but de créer un agent d'entraînement que l'on pourrait utiliser en toute sécurité durant les exercices de campagne. Grâce aux données ainsi recueillies, les militaires qui ont participé à d'autres exercices à plus grande échelle ont pu s'exposer à des conditions de guerre chimique réalistes qui posaient un risque négligeable pour leur santé et leur sécurité.

Le bureau du Programme de reconnaissance des anciens combattants ayant participé à des expériences de guerre chimique a ouvert ses portes le 5 avril 2004. On y a reçu plus de 1 700 demandes de renseignements et plus de 700 demandes d'indemnité. À ce jour, environ une centaine de demandes ont été approuvées et l'on est actuellement à poster des chèques à des anciens combattants admissibles.

La date limite pour la réception des demandes au bureau du programme est le 31 mars 2006. Les anciens combattants peuvent obtenir des précisions sur le programme en composant le 1 800 883-6094 ou en envoyant un courriel à reconnaissance@forces.gc.ca. On les encourage à s'informer des indemnités de retraite auxquelles ils sont admissibles auprès d'Anciens Combattants Canada, au numéro 1 866 522-2022 (français) ou 1 866 522-2122 (anglais).

Stage set for second Show Tour

OTTAWA - A talented and diverse group of Canadian artists are slated to entertain Canadian Forces members during the Op ATHENA Show Tour in Afghanistan scheduled from mid-May to June.

Masters of Ceremonies Joey Elias and Dominic Paquet, both Just For Laughs veterans, and singers Gabrielle Destroismaisons, Richard Petit, Matt Laurent, Ima and others will round out the show. Produced by Montreal-based Les Productions Phaneuf Inc., and co-ordinated by the Canadian Forces Personnel Support Agency (CFPSA), the group will perform seven shows for the more than 2,000 CF members deployed on Op ATHENA.

Elias, himself on his third show tour, says he can't wait to go. "The men

and women of the CF deserve more entertainment than anybody," he says. What's more, he's thrilled to visit a part of the world few would ever get to see. "How many people call their travel agents to book a trip to Kabul?" he asks.

CFPSA Manager Deployment Policies and Resources Major (Ret'd) Mark Larose expects the tour to be an outstanding morale booster. "Many well-known Quebec artists are on this tour," he says. "I know the show will be outstanding and bring a piece of home to our CF members deployed on Op ATHENA."

Show tour producer Gary Quadros of Phaneuf Productions, who has produced 15 Show Tours, says it's a win-win situation both for the performers and CF members.

"Having visited many

of the bases around the world and witnessing the hard work that goes on every day at various locations – including Christmas Day - the reaction of the soldiers when a show tour comes to town beats any big arena crowd at home in Canada."

In fact, he adds, "The show tour program is one of the most uplifting life experiences for the entertainers - not to mention the morale boosts that the various camps experience each time the show tours come rolling in."

CFPSA has a long tradition of providing show tours to CF members serving overseas and in isolated locations. Over the course of a six-month rotation, a CF Show Tour plays an important part in major operations and is always a big morale booster, bringing a small piece of Canada to deployed members.

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MAY

2004



Help your teen celebrate safely

Congratulations! Your son or daughter is about to pass a major milestone by graduating from high school. This is a time of celebration.

Students usually celebrate this success with their friends at proms and pre and post prom parties. Impaired driving crashes, unplanned sexual activity, property damage, injury, and alcohol poisoning are a few of the possible outcomes.

Jean Terhaar, a public health nurse with the Hastings & Prince Edward Counties Health Unit, urges parents and guardians to encourage their teenagers to celebrate safely.

"Discuss plans with them, help them understand the dangers of drinking large amounts of alcohol, of drinking and driving, and of take a ride from someone who has been drinking. Act as a role model - when it comes to alcohol be responsible, and never drink and

drive yourself," she said.

If you are a parent or guardian of a teen planning to host a party, know the law. It is against the law to give alcohol to anyone under the age of 19. Also, you are liable for any alcohol your teens or their friends drink in your home, even if you did not provide it. If they get drunk and hurt themselves or someone else, you may be sued.

Parents and guardians can act to reduce the risk of problems at these events. Follow these tips to help your son or daughter host a safer party:

- Be home during the party.
- Set clear rules about smoking, alcohol and drugs.
- Negotiate how many people can come.
- Have plenty of food and non-alcoholic drinks available.
- Make sure everyone has a safe ride home.
- Keep cash on hand for taxis.



- Allow friends to stay over if they can't get a safe ride home.
- Discuss what to do in case of an emergency.

"Parents can and do have an impact on the choices their teens make," said Terhaar.

For more tips on keeping your child safe when they are attending or hosting a party, pick up a Parent Party Planning Pack at any Health Unit office in Hastings & Prince Edward Counties or call the Health Unit at 966-5513, ext. 259.

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Fitness, Sports & Recreation



INTERSECTION BALL HOCKEY LEAGUE BEGINS SEASON

Photo: Laurie McVicar, Contact



The opening ceremonies for intersection ball hockey took place at the RCAF Flyers Arena on Monday, May 17. Dropping the ball to officially start the season was Captain Stephane Racle, League President. The first game saw CPC face off against Wing Accomodation. Representing the teams were captains Brian Pearce and Sergeant Hammy Hamilton.

Port Hope Swim meet successful for Dolphins



The CFB Trenton Dolphins had outstanding results at a swim meet held in Port Hope recently.

The CFB Trenton Dolphin swim team all had finishes in the top ten this past weekend in Port Hope.

Katrine Bureau took top place in the 100-meter backstroke and walked away with two 5th place times in the 50m freestyle and 100m IM for the 11 and under girls.

Lucy Foss finished 1st place for the 12-13 girls in the 50m freestyle with a second place finish in 200m freestyle and two third place times in the 200m IM and 200m backstroke.

Lauren Klassen finished third in the 50m freestyle in the 11 and under girls also taking home a 5th place time in the 100m

freestyle.

Anabelle Lamothe, the club's youngest swimmer, swam a fast 50-meter freestyle to finish 5th place in the 10 and under girls.

Paula Klassen, 9 years old, made 9 her lucky number finishing 9th in both the 50 freestyle and 50 m backstroke.

Gabriel Braun, our only male swimmer at the meet, did us proud by grabbing first place in the 50m breaststroke and 2nd in both the 50m freestyle and 50 m backstroke.

The swimmers will be hosting a home meet on May 29th at the base pool. All spectators are welcome and admission is free.

Clean Up Dive

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

Help us make a difference and improve the quality of Trent River.
For more information, contact Scott & Katherine Woodburn at 771-0915

Help is out there



Laurie McVicar

Confessions from the Gym

Wednesday, May 19

Weight loss. An eternal struggle for some, barely an after thought for others.

We obsess about it, we pay thousands and thousands of dollars to do it, and so few of us are able to maintain it. Luckily, the weight loss fad has benefits - it's spawned oodles of free local programs designed to help battle the bulge.

If the pants are snug, but the wallet is light these programs are an excellent way to get on track without going over budget.

Here at 8 Wing/CFB Trenton, the Health Promotion Department runs a *Weight Wellness* program twice a year. The curriculum includes lessons on how to identify internal and external signals that lead to over eating, how to choose healthy food and how to create a personal weight loss plan.

In the local community, the Hastings and Prince Edward Counties Health Unit offers several healthy eating programs, including *Food Steps*. Developed by registered dieticians and other health professionals, *Food Steps* is a self-help program based on Canada's Food Guide. For more information, log on to www.hpechu.on.ca.

18th Annual Surf `n Turf

When:

The race will be on 4 June 2004 rain or shine beginning at Baker Island at 0900 hrs "sharp".

Team Composition:

A team can enter in to one of the below categories (# of team members is 8). Also, individual military members may register as a "Tinperson" and complete all legs of the race on their own. **Note:** a Tinperson may participate as a member of a Team but can only compete in the first leg of the race (the 10 km run) as part of that Team.

Categories:

Open - open to any mixture of age and gender.
Mixed - must have a minimum of two females or two males.
Female - all female team
Masters - sum of all participants ages must equal 280+.
Tinman - one male completes all legs of the race.
Tinwoman - one female completes all legs of the race.

Captain's and Volunteers Meeting:

Captain's Meeting: 1 Jun 04 1300 hrs, HQ Theatre (3rd floor). Volunteer's Meeting, 1 Jun 04, 1400 hrs HQ Theatre (3rd floor)

There is also a spares list so if you want to participate but are not part of a team, call local 2993 to add your name to the list and we'll do our best to find you a team.

Race OPI is Fitness & Sports Instructor, Jen Lecuyer at local 2993. Volunteers are needed to help with the organization of this event. Please contact 2993 if you would like to become part of the organizing team.

Using herbicides and pesticides



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

We use chemicals to rid our gardens and lawns of weeds and bugs. These chemicals are poisonous not only to the intended target, but also to humans, livestock, pets, and the environment. They are dangerous, so be cautious when you use them.

Consider the following safety tips:

If possible, remove the weeds by mechanical means such as digging them out. If you have a lot of weeds, consider hiring a company that

specializes in this type of work. They have the proper equipment and chemicals for the job.

Follow the manufacturer's instructions when using herbicides or pesticides. Read the first aid treatment on the label, just in case.

When spraying or using chemicals, wear personal protective equipment (PPE) such as goggles, gloves and coveralls. It's dangerous to wear shorts or bathing suits while using these chemicals.

Be aware of the direction of the wind when using sprays. Don't spray into the wind. Use caution when spraying trees. Don't stand under the area you're spraying. Keep children and pets away. Avoid walking in areas you have just sprayed.

Don't handle food,

smoke, go to the wash-room, or play with your children until you have washed thoroughly with soap and water.

Thoroughly wash the clothes that you wore while spraying. Wash them separately from other clothes.

After you have used chemicals in your yard, keep children and pets off the area. The directions for using the chemicals should tell you how long you should stay off. Many manufacturers advise a 24-hour period.

Shortly after a parent had used a powder ant killer in the back yard, he noticed his 14-month-old child eating the dirt where he had sprinkled the pesticide. The child was taken to the hospital. Fortunately, the child didn't ingest enough to cause serious problems.

RIDING THE BIG BIKE



Approximately \$1,500 was raised May 14, 2004 during the Big Bike for the Heart and Stroke Foundation, held in Trenton. Nineteen enthusiastic representatives from 8 Wing/CFB Trenton took part in the fundraising event, which was organized by WO Wayne Malashevsky, 2 Air Mov Squadron, and Health Promotion Director Cheryl Rothenburg.

Have an opinion or story to tell?

Write a letter to the Editor

Email: LeBlanc.AI@forces.ca
Fax: 613-965-7490

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ATTENTION MQ RESIDENTS:

HYDRANT FLOW TESTING BEING CONDUCTED

The 8 Wing Fire Department will be once again conducting annual fire hydrant maintenance from mid May through the end of August 2004, which requires the flowing of fire hydrants. During this process, some temporary discolouration of the Wing water supply may be observed. This is a normal occurrence during testing procedures and will not be a health concern to the occupants in the MQ's. If discolouration of the water occurs, all that is required is to let your water run for a couple of minutes until it runs clear. For more information, please can contact the Wing Fire Prevention Office at local 7890.



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EME Squadron celebrates 60th anniversary this month



Electrical Mechanical Engineering (EME) Squadron recently celebrated its 60th anniversary, with a number of activities including a Mess Dinner and a fun sports day. Pictured clockwise from top right: During their sports day, EME Squadron members took part in a tug of war, tried a unique form of volleyball, and, from left to right, Capt Charles St Denis, Capt Craig Kossowski, and Capt Brian MacPherson cut the special anniversary cake.



PHOTOS COURTESY OF CORPORAL DAVID CRIBB, 8 WING IMAGING



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Media Day offers opportunity of a lifetime



It was a win-win situation for local reporters and members of the SkyHawks Parachute Team during a Media Day last Friday. Five reporters, one VIP and the new CO of CPC were taken on tandem jumps during the event. In exchange, Canada's premiere aerobatic team got the chance to promote their members and the beginning of a new show season.

Photos: Greg LeClair, CPC



ROOTS



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ANOTHER HAPPY CANEX CUSTOMER



Photo: Sandi Hibbert-Ramsay

Congratulations to Michael Sanderson, winner of the CANEX Gold Sale draw. Sanderson received a diamond ring, which he presented to girlfriend Beth Ramsay-Collechio.

Pet Particulars
Mutt March/Mingle
with your Mutt

(Don't worry--it's for CAT PEOPLE too!!!)

On Saturday, June 12 the Quinte Humane Society is holding a walk-a-thon and after-party at Victoria Park in Belleville. There will be many pet-friendly vendors that cater to dogs and cats. Some of the highlights will include a pet-craft table, pet food companies, the Cat's Meow cat boarding, a pet friendly retreat, pet grooming and a licensed pet- chiropractor. There will also be a BBQ, silent auction, yard sale table and much, much more! So whether you prefer canine or feline company (or both), plan on attending the day's event.



Cheque presented to veteran of Chemical Warfare Agent Testing

National Defence

OTTAWA – (May 11, 2004) Retired corporal Roy Wheeler received a \$24,000 payment at a ceremony held in Chilliwack, B.C. today in recognition of his participation in chemical warfare agent tests. His application was the first to be approved under a new government program. The cheque was presented by Major Angelo Battiston, Commanding Officer of the Area Support Unit, Chilliwack.

The \$50-million recognition program for Canadian veterans who were involved in chemical warfare agent tests between the 1940s and the 1970s at Suffield, AB, and the Chemical Warfare Laboratories, Ottawa, was announced on Feb. 19, 2004 by the Minister of National Defence and the Minister of Veterans Affairs. The one-time \$24,000 payment is in addition to pension benefits to which these veterans may be entitled.

"Through their selfless service, veterans such as Mr. Wheeler spared their comrades in arms the horrors of chemical warfare," said the Honourable David Pratt, Minister of National Defence. "These volunteers provided the foundation for Canada's response to the very real threat of chemical warfare – a threat that continues to this day."

"Mr. Wheeler represents all veterans who served their country as participants in these tests," said the Honourable John McCallum, Minister of Veterans Affairs. "This program recognizes the contributions of these individuals publicly and acknowledges the debt of gratitude that Canadians owe them."

In 1966, Corporal Wheeler, a lineman with 1 Canadian Brigade Group Headquarters and Signal Squadron in Calgary, Alberta, participated in a trial that used diluted mustard gas at Suffield Experimental Station. The aim of the trial was to develop a training agent that could be safely used in field exercises. The data collected ensured that personnel who participated in later large-scale exercises could be exposed to realistic chemical warfare conditions with a minimum risk to their health and safety.

The program office for the Chemical Warfare Agent Testing Recognition Program opened on April 5, 2004. The office has received more than 1,700 inquiries and more than 700 applications. Approximately 100 applications have been approved to date and cheques are already being mailed to eligible veterans.

Applications must be received at the program office no later than March 31, 2006. Veterans can obtain more information about the program by calling 1-800-883-6094 or emailing recognition@forces.gc.ca. Veterans are encouraged to inquire about their eligibility for pension benefits by contacting Veterans Affairs Canada at 1-866-522-2122 (English) or 1-866-522-2022 (French).

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MOVIES**

MOVIE LINE-UP

• Shrek 2 (G)	1:05	7:05	9:05
• Troy (14A)	1:15	7:15	
• Van Helsing (14A)	1:00	7:00	9:25

Coming Soon: Day After Tomorrow, Harry Potter

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

**CALL
392-4211
FOR INFORMATION**

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



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 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**

Take a Red Cross Babysitting Course at the Red Cross, Quinte Branch, 365 North Front Street, Suite 212, Belleville, or at your own location.

To register, call 962-9122 today!



FREE ADMISSION

BRIGHTON SPEEDWAY PARK

22 MAY 2004

The staff and owners of the Brighton Speedway Park would like to invite all Military and Civilian employees of DND to attend the Speedway on 22 May 2004

Admission will be free for DND employees for this evening

Gates open at 1800hrs and racing starts at 1930hrs.

For more information, contact the Speedway at 475-1102

County Seventh Annual Poker Run

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

Proceeds to Camp Trillium
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Departure time: 11:30am



All Riders Welcome 200km Ride
Ride at own Risk



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

Le Franco-Phare organise un BBQ familial, le dimanche 30 mai de 15h30 à 20h00, au Bain Memorial Park de Trenton (coin Dundas et RCAF Museum Rd).
Nombreux prix de présence et jeux pour tous.
www.franco-phare.ca



Mom 'n' Tot Movie Day

Taking a baby to the movies has always been a difficult task. The movies are too loud, the theatre is too dark and other moviegoers get annoyed with the occasional cries.

Now we have a movie theatre where screaming babies are always welcome. Starting Wednesday, May 26 at 10 am. the Centre Theatre in Trenton will be starting a movie morning catering exclusively to moms - or dads - and their kids. Once a month (to start), parents and (possibly crying) babies can see a movie guilt-free! There are always three films to choose from and tickets are only \$5 (kids under 3 admitted FREE). Place to leave strollers, changing tables, and baby safe lights and sound levels provided!

Our first movies will be Shrek 2, Troy, and Van Helsing

Watch the Contact for movie listings. Doors open at 9:15 a.m.
For movie info call 392-6100



A million dollar's not what it used to be...

it's your Money



Garth Turner

My wife tells me that babies are the latest status symbol. That occurred to me the other day pulling up to an intersection in midtown Toronto, where there happened to be six women pushing baby carriages on the four corners in front of me.

Now, this was of interest because in the middle of the afternoon, the odds were that most of these women--who looked to be in their mid-thirties--were stay-at-home moms. It was also a safe bet to say they were within walking distance of their houses, here smack in the middle of an area called Leaside.

Leaside was built as a suburb to Toronto more than 80 years ago, and it features rings of concentric streets built around some small parks and

schools. Almost all the lots are 30 feet wide; few houses have garages since the space between homes is too narrow for most cars; the homes are brick with a mixture of bungalows and two-storeys; backyards are universally small; and the area is just 15 minutes from the downtown financial district.

People love Leaside, despite the limitation on personal space--mostly for the convenience, the good schools, the leafy, quiet streets and the homogeneity of the population. It is deemed a fabulous place to bring up a family, which brings me back to this current baby thing. This has apparently had a profound effect in recent years on property values in the neighbourhood.

It used to be that a two-bedroom bungalow

in immaculate shape could be yours for \$250,000. Less than 10 years ago a totally-renovated, expanded two-storey home with new kitchen, bathrooms and finished lower level was available for \$500,000 or less. But all that has changed, especially since the world was remodeled on Nine Eleven.

Today a bungalow in any condition is sold for land value only, since it is destined to be

larger homes in the 'hood are now routinely cracking the \$1 million mark, with sales of \$800,000 or \$900,000 for a place that needs some work completely commonplace. And this is a trend that's being reflected across the demand neighbourhoods of Toronto, just as it is in Calgary, Montreal and Vancouver.

In the first three months of this year, sales of homes worth \$1 mil-

ing for at or above the listing price. Many creative realtors actually encourage multiple offers by listing a property for less than market value, then accepting offers only on a certain pre-determined day, ensuring all interested bidders will offer the maximum amount possible.

Now, the obvious question as I sat in my car waiting for the light to change was: How do all these 30-somethings with the babies manage to come up with \$1 million or so to live in this neighbourhood? The average family income in this country is still less than \$55,000, after all, and the average family has saved less than \$40,000 in total.

So, to buy a \$1 million house with conventional financing would take a downpayment of \$250,000, and then require about \$4,000 a month for mortgage interest and property taxes, which means an income of about \$110,000 to qualify for the loan. And that is with mortgage rates at a generational low of about 4 per cent. If rates rise (which they will over the next couple of years--by about 2.5 per cent or more), then qualifying incomes have to rise as well, since mortgage payments will

increase. The inescapable reality is, many families have become complete slaves to their mortgages.

This brings me back to a column of a couple of months ago on the Greater Fool theory. That theory says you can pay too much for something like a house, so long as you are pretty sure you can find a greater fool than yourself to buy it from you later, for more than you paid. So far, it's working quite well. The 30-something moms have bought in. So have legions of Baby Boomers who are loading up on cheap mortgage debt to move up in terms of real estate when traditionally 50-somethings like them were beginning to downsize.

More and more net worth is being concentrated in real estate, which means most people have just about everything tied up in one asset in one location on one street in one neighbourhood. That's cool when house values continuously rise. But, of course, it flies in the face of the first rule of good financial planning, which is "be diversified."

Babies or not, I still think this could turn out badly.

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

Many creative realtors actually encourage multiple offers by listing a property for less than market value, then accepting offers only on a certain pre-determined day, ensuring all interested bidders will offer the maximum amount possible.

knocked down and replaced with a mini-monster house. So, a 30-foot lot now routinely changes hands for between \$300,000 and \$400,000.. Then the new owner has to build--which will set you back a minimum of \$500,000.

Existing renovated,

lion or more in Toronto were up 40 per cent from a year earlier. There have been bidding wars in lots of places as people do whatever they can to secure the home of their dreams. It's estimated that about 40 per cent of homes in these neighbourhoods are sell-

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8 Wing/CFB Trenton to host dart tournament

by Laurie McVicar
Assistant Editor

8 Wing/CFB Trenton will play host to one of Canada's most popular dart tournaments this fall.

The 9th Annual Bob Jones Memorial Dart Tournament will take place at the Warrant Officers and Sergeant's Mess from October 22-24 and is open to all players regardless of skill level. The tournament normally draws upwards of 250 people, though organizers expect an increase in attendance this year thanks to a jump in prize money. This year, it has more than doubled from \$5,600 to \$12,200.

"This is the largest ranked tournament in Canada," said organizer Wally Hilts. "Players come from all over Canada for ranking points."

Among the player's will be Kim Whaley, daughter of Bob Jones. Whaley is currently the National Female Dart Champion.

"I started playing competitive darts 15 years ago," said Whaley. "I used to enjoy the competition, now I enjoy the social part of it just as much. I have friends all over the world."

Tournament participants are guaranteed a minimum of three games and can register on the first day of the competition. Watch for flyers around the wing/base.



Left to Right: Petty Officer Lionel Thomas, 8 Wing/CFB Trenton Hospitality Director; Brent McFarlane, Labatt Breweries representative; Wally Hilts, tournament organizer; Kim Whaley, National Female Dart Champion and daughter of Bob Jones; Colonel Dave Higgins, Commander of 8 Wing/CFB Trenton; Lieutenant-Colonel Bill Lewis, Acting Commander of 8 Wing/CFB Trenton; and Bob Campney, Mayor of Quinte West.

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
May 23 - May 29

ARIES (March 21-April 19): An older family member may be a worry on the 23rd. Do what you can to help without making him or her feel inadequate. Change is good on the 24th, 25th and 26th and that's exactly what you should be putting into play. Whatever you aren't satisfied with in your life it's time to do something about it. Ideas about improving your diet or health regime should be put into motion on the 27th and 28th instead of just being a passing thought. Personal problems will arise on the 29th if you haven't taken care of the promises you made to friends and family.

TAURUS (April 20-May 20): A great time will be had on the 23rd if you get involved in a neighborhood or community event. Don't let that stubborn quality of yours take over on the 24th, 25th and 26th leading to a series of events that are preventable. You will be the one to lose out if you refuse to compromise. A little self-indulgent pampering on the 27th and 28th will give you the lift you need and the confidence required to reach your goals. Prepare to have fun on the 29th and to socialize with people who will contribute just as much as you do to the conversation and activities.

GEMINI (May 21-June 20): A new way of thinking may propel you into a totally different direction on the 23rd. Don't be afraid to take a chance. You will be able to convince anyone of anything on the 24th, 25th and 26th so stand up and say what's on your mind. Go the distance to chat with people in the know. There will be a lot going on in your personal life on the 27th and 28th. Problems at home may lead to some unexpected expenses. Take on any competitive challenge that comes your way on the 29th. Start a new hobby or project that will take your mind off your worries.

CANCER (June 21-July 22): It will be hard to hide your disappointment on the 23rd. Money is where it's at on the 24th, 25th and 26th. Focus on what you should be doing and not what you want to do. It's important to build the security that will allow you the freedom to do as you please in the future. Communication will be the key to knowledge on the 27th and 28th and your incredible memory should enable you to impress everyone you talk to. The opportunities that develop should leave you feeling good. Plan your actions carefully on the 29th and don't add to your responsibilities by offering to help others.

LEO (July 23-Aug. 22): Not everything will be out in the open for you to see and hear on the 23rd. You will be up and down and jumping from one thing to another on the 24th, 25th and 26th. Pace yourself and set your priorities straight before you do too much for everyone else and neglect the things that are most important to you. Structure, patience and practicality must be put into play. Consider your original goals on the 27th and 28th. If you haven't lived up to your expectations it's time to do something about it. Plan a little get together on the 29th. You will impress everyone with your ability to take charge.

VIRGO (Aug. 23-Sept. 22): Mingling will lift your spirits on the 23rd. Get involved in a cause that you feel dedicated to. Someone may try to hold you back on the 24th, 25th and 26th. Stay on top of what's going on around you. You must speak up in order to get the credit you deserve. Take a relentless approach and you will get ahead. Your life may become complicated at a personal level if you aren't on top of matters on the 27th and 28th. The time to really line things up and rethink your future strategy is now. Get up early on the 29th and rid yourself of any aggravating chores so that you can relax and have some fun.

LIBRA (Sept. 23-Oct. 22): Use your intuitive intelligence to come up with the right solution on the 23rd. Upgrade yourself or your skills any way that you can. You can step into the limelight on the 24th, 25th and 26th. Love is in your corner. Attend a function and you will meet someone who is a perfect fit for you. Not everything will be out in the open on the 27th and 28th so don't go volunteering for something without having all the pertinent facts. Consider your options and re-evaluate your motives on the 29th. Get yourself back on track. Do things you enjoy instead of following someone else.

SCORPIO (Oct. 23-Nov. 21): You will mesmerize the people you talk to on the 23rd with your remarkably creative ideas and projects. You can't be so trusting on the 24th, 25th and 26th especially when it comes to anything that deals with work or money. Someone you care for will cost you financially if you don't put your foot down. Opportunities will appear at the most unusual moment on the 27th and 28th. Don't second guess yourself - instead jump with both feet and take advantage of your good fortune. The things you learn on the 29th just by listening to what others are saying will give you the upper hand.

SAGITTARIUS (Nov. 22-Dec. 21): Caution on the 23rd will lead to success later. Now is not the time to make a leap of faith. You will discover a lot about yourself on the 24th, 25th and 26th if you get involved with people who come from different backgrounds or traditions. You will be able to implement what you learn into your own life. You will have to watch out for people who try to push you into a commitment on the 27th and 28th. You are better to say no than to take a risk. Love interests may develop on the 29th but if you are already attached you are best to take a pass for now.

CAPRICORN (Dec. 22-Jan. 19): Give something back by making those important people in your life feel good on the 23rd. It's time to make up for lost time. Taking a risk on the 24th, 25th and 26th will not be profitable but will be enticing. Keep your money in a safe place where you won't be tempted to squander it. Get out and do your thing on the 27th and 28th and lots will develop. You have nothing to lose and everything to gain by being social. Keep a lid on whatever you are doing on the 29th. The more people you involve in your personal activities the harder it will be to control the situation.

AQUARIUS (Jan. 20-Feb. 18): Focus on what you have to do to improve your health, your position and your future direction on the 23rd. You will have to play it safe when dealing with either business or personal partnerships on the 24th, 25th and 26th. Nothing will be as it appears and you are likely to get yourself into trouble if you are too open. Tie up loose ends on the 27th and 28th and lend a helping hand to anyone you feel is in need of help. Your Good Samaritan attitude will bring about an interesting proposal. You can call the shots on the 29th. Share information and let everyone know how dedicated you are.

PISCES (Feb. 19-March 20): Start doing more things that you enjoy on the 23rd and less that you don't. Concentrate on whatever you think makes the most sense on the 24th, 25th and 26th even if you face opposition. Your intuition regarding business is right however someone is probably trying to undermine you. Relationships can take a turn on the 27th and 28th. Don't beat around the bush; state your case in plain and simple terms. Do what you can to make an older family member more comfortable on the 29th. Make changes to your surroundings that will be conducive to the lifestyle you want to live.

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Cpl B.A. Young
received his CD, presented by
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Showcase

Showcase



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Cpl J.J.S. Leblanc
received a
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sented by LCol R.C. Baker, WLEO



Cpl J.R.B. Fallu
received his CPSM, presented by
LCol R.C. Baker, WLEO



Cpl K.D. Turriff
received his CD, presented by
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Cpl M.A.M. Roy
received her CD1, presented by
LCol R.C. Baker, WLEO



Cpl P. Gallant
received his CD, presented by
LCol R.C. Baker, WLEO



Cpl R.G. Blair
received a
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Cpl S.J. Journeaux
received a
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presented by LCol R.C. Baker, WLEO



Cpl T.H. Mosher
received his CD, presented by
LCol R.C. Baker, WLEO



Maj E.S. Giles
received his CD1, presented by
LCol R.C. Baker, WLEO



MCpl G.E. McCullion
received his CPSM, presented by
LCol R.C. Baker, WLEO



MCpl M.S. Baker
received a
Queen's Golden Jubilee Medal,
presented by LCol R.C. Baker, WLEO



MCpl M.S. Simic
received a
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presented by LCol R.C. Baker, WLEO



MCpl V.E. Middaugh
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MWO G.A. Laycox
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LCol R.C. Baker, WLEO



MWO J.N. Maillet
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LCol R.C. Baker, WLEO



MWO V.B. Hatfield
received a
Queen's Golden Jubilee Medal,
presented by LCol R.C. Baker, WLEO



Sgt M.J. Manseau
received a
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Sgt S.T. Lumley
received a his CD1, presented by
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Your guide to basic landscaping

(NC)-Have you always wanted to do more with your yard? Well, here are a few tips from the John Mansz, The Home Depot Canada's gardening expert to help you get started:

- Keep a file of magazine photos of gardens and landscapes you like.
- Go on local garden city tours or garden shows to get ideas. Bring a notebook so you can jot down the names of plants and trees you like.
- Take pictures of your garden to better help you see the landscape. You can draw on the pictures to see how new plantings and features would look.
- If you're new to your home, try a little gardening to get a feel for the soil, sun and regional growing conditions. Even take a peak in your neighbours yard.

- Don't try to get everything done at once. Most gardens are not created in one season - they evolve over a period of years, but Mansz suggest planting hedges and trees first as they take longer to establish
- Keep maintenance in mind. Big flowerbeds, even with perennials, take a couple hours a week to keep in good shape. For watering, Mansz suggests an underground sprinkler system to automate this time costing task.
- The style of your home should be considered. While a Cape Cod style house screams for a white picket fence, a rustic house is complemented by a rough cedar log arbor.
- Always outline new flowerbeds with some white flour, old spray paint or a garden hose.

This will help you envision how well it fits in with your landscape.

- Consider consulting a knowledgeable garden specialist at a home improvement garden centre.



Photo: NC

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*Sales ** Associate Broker

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