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Following in his father's footsteps--1,250 feet in the air

by Laurie McVicar
 Assistant Editor

For Corporal Mark McKinnon, a former airborne member, getting the opportunity to participate in his son's first parachute jump was the highlight of his 25-year military career.

Mark's son, Private Rob McKinnon, completed his Basic Parachute Course last week and performed his first jump over Mountain View on April 6.

"I knew some guys in the CPC so I arranged to do the jump with him," said Mark. "When he came back from Afghanistan (in February), he told me he was slated for the March course. I did a memo up, went through my section, and it was good to go."

Mark joined the military in 1979 and spent from 1982-1984 with the Airborne regiment. He was again a member from 1990-1992.

Rob followed in his father's footsteps and joined the military in 2000. With the completion of his jump course, he will now join the

3RCR Parachute Company.

"It's a major accomplishment. It feels so good knowing that he'll be serving in an elite unit," said Mark. "The airborne was such a big part of my life. I really enjoyed it and I'm glad that he's following suit. He'll have lots of fun and meet some really good guys."

"I've always wanted to be a jumper. When I first joined that was my goal...It had to be something with challenge to it. Something with a little bit of pride behind it too," said Rob.

Doing his very first jump with his father was a memorable event for Rob, who had never before seen his dad parachute. For Mark, it was both a nostalgic and proud moment.

"I was pretty nervous, not so much when we were getting dressed, but when we were walking out to the aircraft. I started getting memories coming back. It's been so long since I jumped - about 10 and a half years, I guess," said Mark. "Once we got into the aircraft I got a little nervous, then I

calmed down. I was awestruck watching my son go off the end of the ramp. I had a big smile on my face as I watched his chute deploy and then I got to go."

Purely by luck, Rob was facing the aircraft as his dad jumped.

"It was pretty cool," said Rob. "That was the first time I've actually seen anyone jump."

Fate definitely had a hand in this occasion, agreed Mark. He plans to begin his retirement in July. Had Rob not been accepted for the March Basic Parachute Course, the next one offered would not have been until August.

The McKinnons extend their thanks to the following people who helped arrange for the jump: WO James Newman, CPC and instructors on the 0309 Basic Parachute Course.

"It was the capping off of my career. I couldn't have asked for a better way to go out of the military. To have finished it jumping with my son, I don't think there is anything more I could have asked for," said Mark.



Photo: Sgt Rick Ruthven, Imaging Services, CPC

LIKE FATHER, LIKE SON...Corporal Mark McKinnon (right) and son Pte Rob McKinnon both jumped out of a perfectly good airplane last week--it was Pte McKinnon's first-ever jump as he completed his Basic Parachute Course at the Canadian Parachute Centre, and his father was there not only to see it, but to jump along with his son. The elder McKinnon is set to retire in July, as his son's career is just beginning.

Government of Canada extends tax break to military and police personnel

April 14, 2004--
 OTTAWA--Today, the Government of Canada confirmed that the tax exemption for Canadian Forces members and police officers announced in Budget 2004 is extended to all deployments except low-risk missions.

The Prime Minister, the Right Honourable Paul Martin, made the announcement at Canadian Forces Base Bagotville.

With this measure,

approximately 3,000 Canadian Forces members and police officers deployed abroad will benefit from a tax exemption, including Afghanistan, Bosnia-Herzegovina and Haiti.

"Those who put their life on the line to protect Canadians deserve our support," said Defence Minister Pratt. "The tax break will improve the quality of life of our Canadian Forces members and their families."

Retroactive to January 1st, 2004, the employment income that Canadian Forces and police personnel earn while deployed to high-risk and current moderate-risk operational missions will be exempt from income tax. The tax break will apply, regardless of the length of the deployment and the rank, up to the highest level of pay earned by a non-commissioned member of the Canadian Forces -

approximately \$6,000 per month.

Budget 2004 introduced this measure in recognition of the special contribution that Canadian Forces personnel and police make to international peace and stability while serving their country on international missions.

The list of eligible military missions includes: Afghanistan, UN Assistance Mission, 1 personnel as of April

8/04; Afghanistan, NATO International Security Assistance Force (ISAF), 1682 personnel; Bosnia-Herzegovina, NATO Stabilization Force (SFOR), 651; Congo, UN Mission in Democratic Republic of the Congo (MONUC), 7; Haiti, UN Multinational Interim Force, 511; Iraq, Iraqi Freedom (exchange personnel) 2; Kuwait, Iraqi Freedom (exchange personnel), 1; Middle East, UN Truce

Supervision Organization (UNTSO), 8; Middle East, Multinational Disengagement Observer Force (UNDOF), 193; Middle East (Sinai), Multinational Force and Observers (MFO); 28; Senegal, Office of the Secretary General for West Africa, 1; Sierra Leone, UN Mission in Sierra Leone (UNAMSIL), 5; and Sierra Leone, International Military Assistance Training Team (IMATT), 7.

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Setting the record straight: MND

DND-CF
Statement by the
Minister of National
Defence

OTTAWA - (April 13, 2004) The following is a statement by the Honourable David Pratt, Minister of National Defence on the procurement process for the Advanced Distributed Combat Training System.

Recent media articles concerning the Advanced Distributed Combat Training Systems have contained erroneous and misleading information. I would like to take this opportunity to set the record straight.

I can state unequivocally that the Advanced Distributed Combat Training System procurement process was open, fair, and transparent. The Government engaged in extensive consultations with both Bombardier and CAE in developing the requirements and eval-

uation criteria.

Moreover, BCMI Consulting Inc., an independent fairness monitor, confirmed that the evaluation methodology and process was fair and equitable.

From the initial public tender in June 2003, CAE was well aware of all the terms and conditions. Throughout the entire procurement CAE gave no indication that they objected to the process. You can understand my surprise when I learned of CAE's very public objections after the contract was awarded. Furthermore, despite their protests and the subsequent media tempest, CAE has not launched an official appeal, an avenue open to any bidder wishing to challenge a contract award.

The acquisition of simulators is governed by the provisions of the North American Free Trade Agreement (NAFTA). Restricting competition to Canadian companies or



Photo: DND-CF

**The Honourable David Pratt,
Minister of National Defence.**

including provisions for Canadian content is expressly prohibited.

The contract was awarded to a Canadian company, Bombardier Inc., because its bid represented the best value for Canadian taxpayers. Fully two-

thirds of this contract features Canadian content.

I am convinced the Canadian Forces are getting the right training capability at the right price as a result of an open, fair, and transparent process."

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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Personnel from 86 Airfield Systems and Utilities (86 ASU) and personnel from WCE, 4 Wing Cold Lake, deployed to Inuvik in December to install Transportable Arrestor Gear (TAG). The team was deployed to modify the anchoring system for the TAG. This work was necessary due to a recent runway overlay, which in turn caused the TAG mounting pads to be below the runway edge. This made the installation of the TAG unsafe and could have resulted in a failure of the TAG to make a safe arrestment. The work was slow and tedious due to the extreme conditions; on average, the temperature was -28C to -32C during the day (what little daylight there was), not including the wind chill factor. Despite the weather, the work was completed on time. The end result was there were four picture-perfect CF-18 engagements and the modification was declared a success.

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MND and CDS visit Canadian troops deployed in Haiti

DND-CF

OTTAWA – (April 8, 2004) The Minister of National Defence, the Honourable David Pratt, and the Chief of the Defence Staff, General Ray Henault, arrived in Port au Prince, Haiti, today for a visit with Canadian Forces personnel deployed to Haiti on Operation HALO.

“This is a necessary operation and Canada has a responsibility to participate in efforts to bring peace to this troubled country. And I know that you will carry out your mission with your tradi-

tional dedication and professionalism,” said Minister Pratt in a statement to the troops. “Along with our partners and allies in this UN-mandated mission, you will be making a tremendous contribution towards improving the quality of life of the Haitian people.”

“I cannot think of a better Canadian contribution than sending the finest men and women our country has to offer,” General Henault told members of Canadian Task Force. “With your training, skill and dedication, I know that you will make an

important difference.”

Operation HALO is the Canadian Forces commitment to the United Nations sanctioned Multinational Interim Force (MIF) which was created at the end of February and is scheduled to last for about 90 days.

The mission of the MIF is to contribute to a secure and stable environment in the country, to facilitate the provision of relief aid to those in need, and to help the Haitian police and the Haitian Coast Guard maintain law and order and protect human rights.



PORT-AU-PRINCE, HAITI — Soldiers of the Second Battalion, The Royal Canadian Regiment (2RCR), form-up in preparation to conduct a foot patrol in the city of Port-au-Prince, Haiti, as part of Operation HALO.

Search & Rescue UPDATE



424 Squadron was tasked to search with both the Herc and the Lab on Apr. 6 for two overdue snowmobilers in the vicinity of James Bay. The Herc was successful in finding the first snowmobiler and dropped supplies and SAR-Techs to aid the individual in distress. The Herc then escorted the Lab to pick up the snowmobiler and SAR-Techs on the ground and take them to Attawapiskat. The search was then continued by the Herc crew, who successful found the second snowmobiler at a base camp.

On Apr. 12 the Herc was tasked to an ELT search near Parent, Quebec. The ELT signal was homed to an ultralight on skis parked on a nearby lake. The owner was notified and the ELT was turned off.

Missions for 2004: 27 Missions for Apr.: 2 Persons rescued: 4

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

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



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Déclaration du MDN

MDN-FC

Ottawa - (le 13 avril 2004)

Voici ce qu'a déclaré l'honorable David Pratt, ministre de la Défense nationale sur le processus d'acquisition du Système avancé d'entraînement à distance pour le combat.

« De récents articles parus dans les médias sur le Système avancé d'entraînement à distance pour le combat étaient erronés et portaient à confusion. J'aimerais saisir cette occasion pour redresser cette situation.

« Je peux affirmer, sans équivoque, que le processus d'acquisition du Système avancé d'entraînement à distance pour le combat était ouvert, juste et transparent. Le gouvernement a participé à de longues consultations en la matière tant avec Bombardier que CAE, afin d'élaborer des critères sur les exigences et l'évaluation.

« De plus, la société BCMI Consulting Inc., un organisme indépendant en matière de surveillance de l'équité, a confirmé que la méthode et le processus d'évaluation ont été justes et équitables.

« En juin 2003, dès le début de la période de l'invitation à soumissionner, CAE était au courant des modalités et des conditions. Tout au long du processus d'acquisition, CAE n'a aucunement signalé son objection au processus. Vous comprendrez alors ma surprise lorsque j'ai appris que CAE avait formulé publiquement ses objections, une fois le contrat attribué. De plus, en dépit de la protestation de ses dirigeants et de la tempête médiatique qui s'en est suivie, CAE n'a aucunement interjeté l'appel officiellement, un moyen qui est ouvert à tout soumissionnaire qui souhaite s'opposer à l'attribution d'un contrat.

« L'acquisition de simulateurs est régie par les dispositions de l'Accord de libre-échange nord américain (ALENA). Le fait de limiter la concurrence à des sociétés canadiennes ou d'inclure des exigences relatives au contenu canadien est formellement interdit.

« Le contrat a été accordé à une société canadienne, Bombardier inc., parce que sa soumission offrait le meilleur rapport qualité-prix pour les contribuables canadiens. Au moins les deux tiers de ce contrat comprennent un contenu canadien.

« Je suis convaincu que les Forces canadiennes se dotent de bonnes ressources d'entraînement au meilleur prix, suite à un processus ouvert, juste et transparent. »

Canadiana Crossword

Red is the Colour

By Bernice Rosella and James Kilner

ACROSS

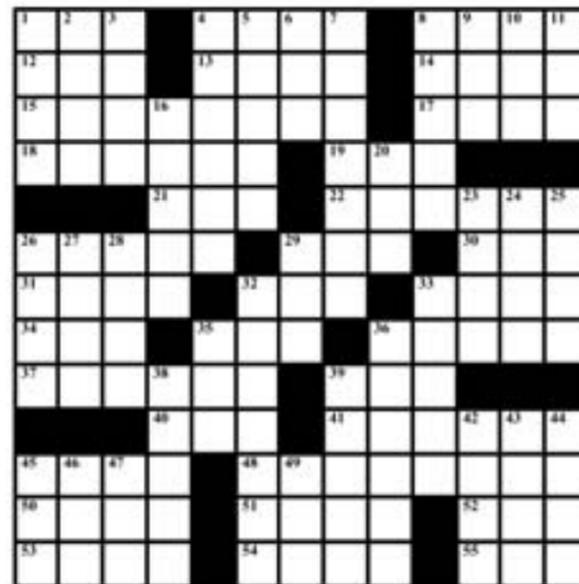
- 1 Spigot
- 4 Dance
- 8 Brother of Cain
- 12 Island, to Armand
- 13 Old world buffalo
- 14 Peel
- 15 Forever
- 17 Funeral fire
- 18 New Brunswick's Red

DOWN

- 1 Rank
- 2 Neighbour of Sask
- 3 Chick sound
- 19 Alias
- 21 Compete
- 22 Red _____, Alberta
- 26 Ria
- 29 Cereal grain
- 30 Latin for hail
- 31 Red _____, Alberta
- 32 Snoop, in a way
- 33 Beehive
- 34 Ms Shropshire
- 35 Sapp milieu
- 36 Inactive
- 37 Inuit
- 39 Pressure meas.
- 40 Hopeless
- 41 Ornamental shrub
- 45 Niche
- 48 Red _____, Saskatchewan
- 50 Greek portico
- 51 Loony _____
- 52 Words at a wedding
- 53 British Columbia's Red

DOWN

- 1 Rank
- 2 Neighbour of Sask
- 3 Chick sound



- 4 Robber
- 5 Herb
- 6 Batch
- 7 Set aside
- 8 Disgust
- 9 Newfoundland's Red
- 10 Stray
- 11 Downwind
- 16 Manitoba's Red _____
- 20 Baby fox
- 23 Red _____, Ontario
- 24 Above
- 25 Cried
- 26 Idea, in Iberville
- 27 Tidings
- 28 Onion
- 29 Scrap
- 32 Cues
- 33 Tantrums
- 35 Friend, to Fernand
- 36 Newfoundland's Red
- 38 Notions
- 39 Hymn
- 42 Call for
- 43 Prefix denoting inside
- 44 At the pinnacle
- 45 Viper
- 46 Spanish coin, abbr.
- 47 Distress sig.
- 49 Till



This Week in Contact

1974 -- A retirement dinner was held in AMDU WO's and Sgt's Mess for seven retiring members.

1984 -- "Effective this month Fire Alarm boxes located at Cosmo and Caribou, South Side PMQ's will be removed. In future all Fire emergencies shall be by telephone only." The Snowbirds have started their 14th annual '84 tour. Around 68 performances are planned across Canada and the United States this year. The presentation will be 25 minutes long, and contain fast-paced maneuvers.

1994 -- The Air shows have shown another record-attendance year. At 440 North American air shows had a record 25.9 million people. This is a large jump (6%) from 1992's 24.4 million figure. If the growth rate continues to climb, the industry expects 1.5 additional spectators to attend this year. This would bring a record 27.5 million people to aviation entertainment.

Created by Lt J. H. MacDonald,
 Compiled by Kevin Leahy



Official grand opening set for newly renovated French language school, combining elementary and secondary

by Amber Gooding
Student Intern

Official opening ceremonies, celebrating the renovation and amalgamation of École Cité-Jeunesse and Marc Garneau, are set for April 23.

Cité-Jeunesse, an elementary school open to students from Kindergarten to Grade 6, and Marc Garneau, a secondary school for Grades 7 to 12, are now under the same roof (the combined school has actually been open to students since the beginning of January).

The schools were amalgamated as it was proven to be more cost efficient and beneficial to renovate and expand in École Cité-Jeunesse's existing structure, as opposed to renovating both schools independently. Both schools welcome all students from various ethnic and religious backgrounds, who wish to pursue their education in a French language school.

Each school has been able to maintain its learning and teaching objectives throughout the amalgamation, as well as its programs and educational services.

"The only change brought upon the two schools was the requirement to harmonize their (students) daily activities in an

effort to optimize the use of common areas," said Elaine Constant, vice principal of École Cité-Jeunesse. "We wish to do this while ensuring minimal contact between secondary and elementary students."

On the other hand, said Constant, there are a number positive ways students can benefit, as the older students act as mentors, giving younger students a helping hand within the elementary school population.

"It is a great opportunity for the high school students to fulfill their mandatory 40-hour community service obligation"

The formal part of the ceremonies will take place in the school's gymnasium, starting at 1:30 p.m. and running until approximately 3:30 p.m., concluding with a tour of the school. A celebration, which is open for anyone to attend, will kick-off at 6:50 p.m. with a brief speech from Mrs. Maureen Graham, school principal, followed by a music show from a Franco-Ontarian group called 'Swing'.

Parents and students are invited to join the afternoon ceremony, and the evening celebrations will be open to the public, said Constant.

The evening celebrations will also include a videotape, with a congratulatory

message from Canada's first astronaut, and the secondary's school's namesake, Marc Garneau.

Tickets for the evening celebration can be purchased at either school, for \$10 in advance or \$12 at the door.



Photo: Amber Gooding

A newly renovated and expanded École Cité-Jeunesse has merged under one roof with French Language Secondary School Marc Garneau, now welcoming students from Kindergarten right up to Grade 12.



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| 18  | 19 | 20 | 21 | 22 | 23 TGIF 1700 hrs - Donairs Sports - Pool | 24 |
| 27  | 28 | 29 | 30 | 30 TGIF 1700 hrs - Pizza Sports - Euchre | ★ | 31 |

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Budget 2004 – A message from CDS

On 23 March 2004, the Minister of Finance tabled budget 2004. The budget introduces a tax exemption for Canadian Forces personnel on designated missions, investments to modernize and acquire key capabilities, and additional funding for current and future operations.

Recognizing that Canadian Forces personnel are often called upon to carry out their duties in dangerous environments, the government announced that, starting 01 January 2004, the employment income that Canadian Forces members earn while deployed on high-risk operations outside Canada would be exempt from income tax. The proposed tax relief would apply to

income up to the highest level of pay earned by a non-commissioned member of the Canadian Forces.

Approximately 6,000 dollars per month. This is in addition to the hardship and risk allowance that is already paid to Canadian Forces members while on a mission, which is non-taxable.

The tax exemption pay will apply to all military personnel (officers and non-commissioned members) and members of Canadian Police Services (including RCMP) regardless of how long they are in theatre. As indicated by the Minister of national Defence the details as to which missions fall under the tax exemption are being consid-

ered. I expect to have more information on this initiative in the near future.

In addition to the tax exemption, the government announced that it will accelerate the delivery of modern fixed wing search and rescue (SAR) aircraft to replace older fleets of Hercules and Buffalo aircraft. To do so, the government will provide defence new funds of 300 million dollars per year, starting in 2005-2006, until this procurement is completed.

Other major acquisitions identified in the budget are replacement for the Navy S replenishment ships (i.e. Joint Support Ship Project). In conjunction with the government's intent to move forward with the

Maritime Helicopter project and the acquisition of new mobile gun systems, these announcements bode well for the Canadian Forces over the coming years.

Budget 2004 also provides 300 million dollars over the next two years to support Canadian Forces operations, as well as additional resource required to cover the incremental costs of future out-of-country deployments.

We recognize your important contributions in the service of Canadians. Through your efforts, we have accomplished much over the last several years. We must build on these achievements as we move forward and prepare for the future.

First ever Walk-a-thon to be held for the TMFRC

On Saturday, May 8th the first 'Moms of Many...March for Children's Programs' makes its fundraising debut.

This 5-kilometre walk starting and ending at the Trenton Military Family Resource (TMFRC) on Rivers Dr. in Trenton is to raise funds for the children's programs provided at the centre that includes playgroups, on-site child-

care, workshops etc. The hope is to create an awareness of these programs as well as the other services provided by the TMFRC.

In addition to the walk there will be a silent auction with family related items including an autographed copy of Robert Munsch's latest book. The acoustic duet "The Flaming Moes" will be making an appearance at 11:00am entertaining

all who come out to support this family event. A prize will be awarded to the participant that raises the largest amount of pledges.

Registration time is 8:30am that morning and the walk begins at 9:00am. Moms of many spirits, cultures and communities are welcome; it is not just for military families. The MFRC, which is a not-for-profit organi-

zation, is a support centre for military families but it is also open to the entire community. It'll be a fun time for all while raising money for a good cause: quality children's programming. For more information and to pre-register for the Mom's Of Many walk-a-thon (\$10 pledge minimum) call the Trenton Military Family Resource Centre at 965-3575 or drop in at 50 Rivers Dr.

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Burns and Scalds: Prevention and protection are key to keeping kids safe



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

Burns are the third-ranked cause of injury-related deaths in Canada. In the five year period from 1987 to 1992 there were 753 children hospitalized in one province alone due to burns and scalds.

There are countless ways in which children can get burned. Playing with matches, lighters, and electrical cords often results in severe burns, or even fatalities. Children have been scalded from pulling pots of hot food from the stove onto themselves, or from exposure to extremely hot water in the bathtub. And as we all know, hot liquids burn like fire. The potential sources of burns and scalds seem almost endless. We have to teach our children from a very early age to respect the dangers of fire, electricity, and excessively hot

liquids. We also have to protect them by preventing them from being exposed to situations where they might potentially get burned.

The majority of fire related deaths (more than 75 per cent) occur in private residences. A large percentage of burned children survive, although many require long term treatment. Functional losses as well as pain and psychological problems are inestimable. *Annals of Emergency Medicine* Feb. 1993).

1. Burn Prevention in the Kitchen

Keep handles of pots and pans turned inward, and well away from the front edge of the stove. Pots might get pulled off the stove by little ones. Cooking on the back burners may help prevent this.

Always plan ahead before you move a hot pot, pan, or dish. Train yourself to determine where your child is in relation to you and your planned movement. Get into the habit of announcing a warning such as, "Hot stuff coming through!" Then always wait until the path is clear.

When you are carrying hot pots and pans, use pot holders. Never handle hot pots or kettles with wet or

greasy hands. You do not want to risk dropping hot food or liquids onto a child. Take precautions even if the child is several feet away from you. Hot liquids can cover a large area if they get spilled; not only will your own legs and feet get splashed, but your child may get splashed as well.

Mop up spills promptly.

Avoid holding your child while you are cooking at the stove or microwave. Steam and splattering fat can cause serious burns. Be especially cautious when opening microwaved packages or covered dishes; the burst of steam can burn.

Coming into the kitchen in a rush to answer the phone or to attend to an emergency? Never sit your baby on the stove, even if you check the burners beforehand; your child might turn an element on when you're not looking.

Install childproof knobs on the stove and use stove guards when small children are around the kitchen. Keep children far away from the stove. Remember that guards and knobs are only aids to safety; never rely on them totally.

Keep dangling cords from hot water kettles and other electrical appliances away from the counter where

they can be pulled down. The risk of things being pulled down is, of course, increased if a child is in a baby walker.

Keep a fire extinguisher in a handy place in the kitchen. Learn how and when to use it. Consult your local fire department about the rules for identifying and extinguishing kitchen fires.

2. Preventing Scalds

Don't hold your child while you're drinking something hot; scalds are commonly caused by spilled hot liquids. Remember that stur-

dy, wide-bottomed mugs may take more jostling around than more "elegant" cups before they spill the hot contents.

Keep hot liquids – coffee, tea, grease, soup – off counters and away from young children. Be sure that appliance cords for kettles, bottle warmers, mug warmers, frying pans, and deep fat cookers are not within reach of little hands.

Cook on the back burners and turn pot handles toward the back of the stove.

Pre-set your hot water heater to 120°F (48°C) or less. Severe burns have resulted from the tap being turned on unintentionally. Consider installing an anti-scald device on the tap.

Prevention of tap water burns requires reduction in the temperature of tap water to 120°F (48°C). Exposure to a water temperature of 140°F (60°C) for only three seconds can result in third degree burns that would require hospitalization and skin grafts.

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Pet Particulars

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Join us on Saturday, June 12, 2004 for a scenic stroll along the Riverside Trail and afterwards "Mingle with our Mutts" in the park for an event which promises to be a "tail waggin good time !!!"

Enjoy a tasty BBQ and live local singing talent, pet friendly vendors, pet photography, pet contests (pet/owner look-a-like, biggest lap dog, smallest lap dog, best singing voice or howl, best pet trick, cutest beggar, longest tail, best kisser, most unusual name and many more), games for your canine companion (digging for buried treasure, doggie limbo, agility trials, doggie musical chairs) will also be held. These are just a few of the events planned. Details will be available soon. If you are interested in participating please e-mail us at pets@quintehumane.com.

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The dietary goals for children and their families are well-balanced, healthy meals and a healthy approach to eating. These changes should be considered permanent rather than a temporary eating plan for rapid weight loss.

Here are some tips for eating a healthy, well-balanced diet:

Avoid skipping meals (especially breakfast).

Try to include foods from at least three of the four food groups (breads and cereals, fruits and vegetables, meat and

meat substitutes, milk and milk products) in each meal. Plan your meals and snacks so that you choose a variety of nutritious, tasty foods.

Limit the serving size for snacks (maximum one to two snacks per day). Choose fresh fruit and yogurt or cheese, muffin or cereal and milk, half a sandwich, crackers and cheese.

Allow your child to enjoy favourite foods in moderation without feeling guilty. Choose low-energy treats (maximum one to two treats per week) such as sugar-free gum, one to two hard candies, one licorice stick, or Gummi Bears.

Avoid having anything more than fruit after dinner so your child will be hungry for breakfast.

Choose sugar-free drinks (e.g., sugar-free

pop and Kool-Aid, Crystal Lite, soda water, ice water). Avoid regular soda pop, juice, fruit drinks, regular Kool-Aid, lemonade, honeydew, and flavoured waters. Remember it is better for your child to eat his or her calories than drink them.

Ensure that you meet the requirements for milk and milk products (two to four servings per day).

Exercise and activity level are just as important as calorie intake. Children (and adults for that matter) should be more active, not only for

weight control, but also for general health and well-being. Here are some ways to help your child lead a healthy, active lifestyle:

Encourage your child to aim for 20-30 minutes of vigorous activity four to five days per week (after consultation with your child's doctor).

Choose a variety of activities your child enjoys.

Choose some activities that can be done from home, like walking, bike riding, dancing to music, and playing games outside.

Limit television, video games, and computer games to one to two hours per day. Most doctors recommend less than two hours per day.

If applicable, take the television out of your child's bedroom to limit viewing. One research study showed that children with a television set in their bedroom watched nearly five hours per week more than those without a bedroom television.

Be a good role model - exercise with your child.

Source:

MediResource.com.

VOLUNTEERS NEEDED!

It's that time of year again...8 Wing/CFB Trenton's 18th Annual Surf 'n Turf Relay Race is just around the corner, on Friday 4 June 2004. What makes this event successful are the hundreds of volunteers that give their time to lend a hand. There are many different jobs, big and small. If you are interested in having a lot of fun and getting some fresh air, please call race organizer, Jen Lecuyer @ ext 2993.

Working together to raise awareness of boating safety

(NC)-Is boater behaviour a concern in your community? Would you like to do something about it?

The Canada Shipping Act, Small Vessel Regulations prohibits the careless operation of a vessel. This means no person shall operate a small vessel in a careless manner, without due care and attention, or without reasonable consideration of other people.

Unfortunately, many municipalities and com-

munities are unaware of this regulation and how it can help them deal with problematic behaviour. This is why the Office of Boating Safety has produced a document on the prohibitions against the careless operation of recreational vessels.

Reproduce this document and post it in key areas such as boat launches, around waterways, and marinas. Experience tells us that simply displaying infor-

mation in a strategic place is a good deterrent. Potential offenders know that police forces are more likely to enforce the law when they know boaters have no excuse for not being aware of it.

To help you cover the cost of production of these signs, you may consider soliciting sponsorship from various organizations, corporations, and local businesses and posting their logo on the bottom of the sign.

To download the Prohibitions Against Careless Operation, visit the Office of Boating Safety website at www.boating.safety.gc.ca. For additional information, phone the Office of Boating Safety toll-free at 1-800-267-6687.

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Attention boaters!

Lift-in at the CFB Trenton Yacht Club is April 25th. Drop by and check out the learn to sail programs.



8 AMS opens new Aircraft Refinishing Facility

by Cpl Jason Peiman

A new era in aircraft maintenance and refinishing began with the opening of the newly renovated 8 AMS Aircraft Structures (ACS) Shop in late February.

With some minor adjustments still forthcoming by Wing Construction Engineering (WCE), settling into the new facility has been a long awaited and much needed requirement of the very busy ACS section in 8 AMS, described by Sgt Wilf Hannas supervisor of the refurbished shop.

Inhalation, absorption and ingestion--these are the three ways in which toxins, be they nuclear, biological or chemical, enter your system and have the potential to cause harm if not controlled. Ketone, paint stripper, naphtha, paints, acids, alodine and fiberglass resins, to name just a few, all fall under the harmful chemicals which contain isocyanides and other materials that pose long-term health concerns for members within the CF who use these on a daily basis.

This concern, plus the added government safety regulations in place, combined with the revised Canadian Forces Technical Publication (CFTO) today was something that was reviewed, revised and discussed over the last several years by members of the trade, and health and safety officials within the CF.

Back in the 1970s, such concerns about the long-term health effects of the various refinishing products had little bearing on day-to-day operations. No decontamination process existed. Safety, although important at that time, just was not the issue that it seems to be today, given the responsibility of looking after the work environment and personnel working in that environment.

Through the 1980s, education and information on the harmful effects of these chemicals began to grow. Respirators were fitted with the filter cartridges, gloves

and improved forms of PP&E (personal protection and equipment) were introduced. Health and safety regulations demanded stricter controls and precautions on daily activities.

By the late 1990s and into the early 2000s, health and safety became the prime concern within the refinishing trades of the CF. With a focus on reducing the three ways a person is exposed (inhalation, absorption and ingestion), the Canadian Forces also looked at ways to reduce waste and needless pollution of the environment. New rules were put in place to control contaminated water (containing stripper, Ketone and old mixed paint) down the drains. Certain chemicals such as polyurethane now require breathing air suits, fresh air supply and the proper filters in paint booths to reduce exposures in the workplace. Personnel were required to wear special painting cover-



Pictured above are three of the four new booths--sanding and media blasting room, fiberglass room, chemical mixing room, and paint room in the new aircraft refinishing facility at 8 AMS.

alls and there was a decontamination process when entering a "clean safe area". It became obvious that more needed to be done than just purchase new respirators and coveralls. The facility itself needed to be brought up to code. It was time to bring the ACS refinishing building into the 21st century. With the new health, safety and environmental rules and regulations in hand, DDC (Defense Construction Canada) was given the contract to transform the old facility into a state-of-the-art workplace at a cost of approximately \$1.3 million.

The worker, after completing his painting, sanding or mixing of chemicals, now must follow a set of steps to ensure that no contaminants are brought outside of the working area and into the "clean safe area"--such as the change rooms, canteen, or brought home to possibly affect families. A complete decontamination area was designed to address this concern.

Work began in August

vents installed, and fresh cement laid down. Walls were knocked down in the canteen and old change rooms to make way for new construction--that was recently completed in late February of this year.

Since the ACS refinishing section is sometimes tasked to paint large sections of aircraft, or parts such as flight controls, doors, and now that the new helicopter will require its Cormorant blades to be occasionally repaired and refinished, the new paint booth was made three times larger than the old. Where these parts were once painted on the open shop floor,

there now stands an independent booth complete with the latest in down draft and cross draft air filtering systems, in addition to its own air breathing supply for air suit hook-up.

What looks like four compact rooms on the shop floor are actually the new sanding and media blasting room, a fiberglass room, a chemical mixing room and the aforementioned paint booth. Each booth also contains alarm systems, which can be activated if the technician requires help or an emergency occurs. Vents and ducts of various sizes and shapes filter the dirty air out and bring fresh air into each booth in a computer controlled system.

To further reduce the possibility of exposure to harmful chemicals outside of the booths, the air within the booths is maintained at a negative pressure so even the smallest of gaps in the doors would bring air into the booth, not out. The aim is not only to make the work environment a safer one, but also to reduce costly waste and reduce the impact on the environment of completing our taskings for aircraft maintenance at 8 Wing.

The worker, after completing his painting, sanding or mixing of chemicals, now must follow a set of steps to ensure that no contaminants

are brought outside of the working area and into the "clean safe area"--such as the change rooms, canteen, or brought home to possibly affect families. A complete decontamination area was designed to address this concern.

Nothing has been overlooked in transforming the facility and bringing it up to current safety code and standard industry procedures. Nine ACS technicians will be initially employed in 6 Hangar, including two apprentices who will now be working in a state-of-the-art 21st century facility.

Training upon arrival in the facility, with regard to safety, use of equipment and procedure for decontamination, is mandatory and Sgt Hannas is preparing his section for acceptance of this excellent new facility and the safety regulations that are to be followed.

For the next few weeks there will be a lot of unpacking, installing shelving and general setting up for operations. With more room, better layout and new equipment, this will no doubt become the standard of other ACS shops in the CF and the benchmark by which refinishing facilities are judged in the continuing improvement and daily operation of aircraft maintenance at 8 AMS.

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Father joins son in first parachute jump



Corporal Mark McKinnon (top right) had the pleasure of accompanying his son Pte Rob McKinnon on his first-ever parachute jump last week, as Mark completed his Basic Parachute Course with the Canadian Parachute Centre here at 8 Wing/CFB Trenton. Cpl McKinnon says he was filled with pride at this momentous occasion. Photos show the various stages of preparation prior to the jump, with father and son assisting the other. See story on Page 1.



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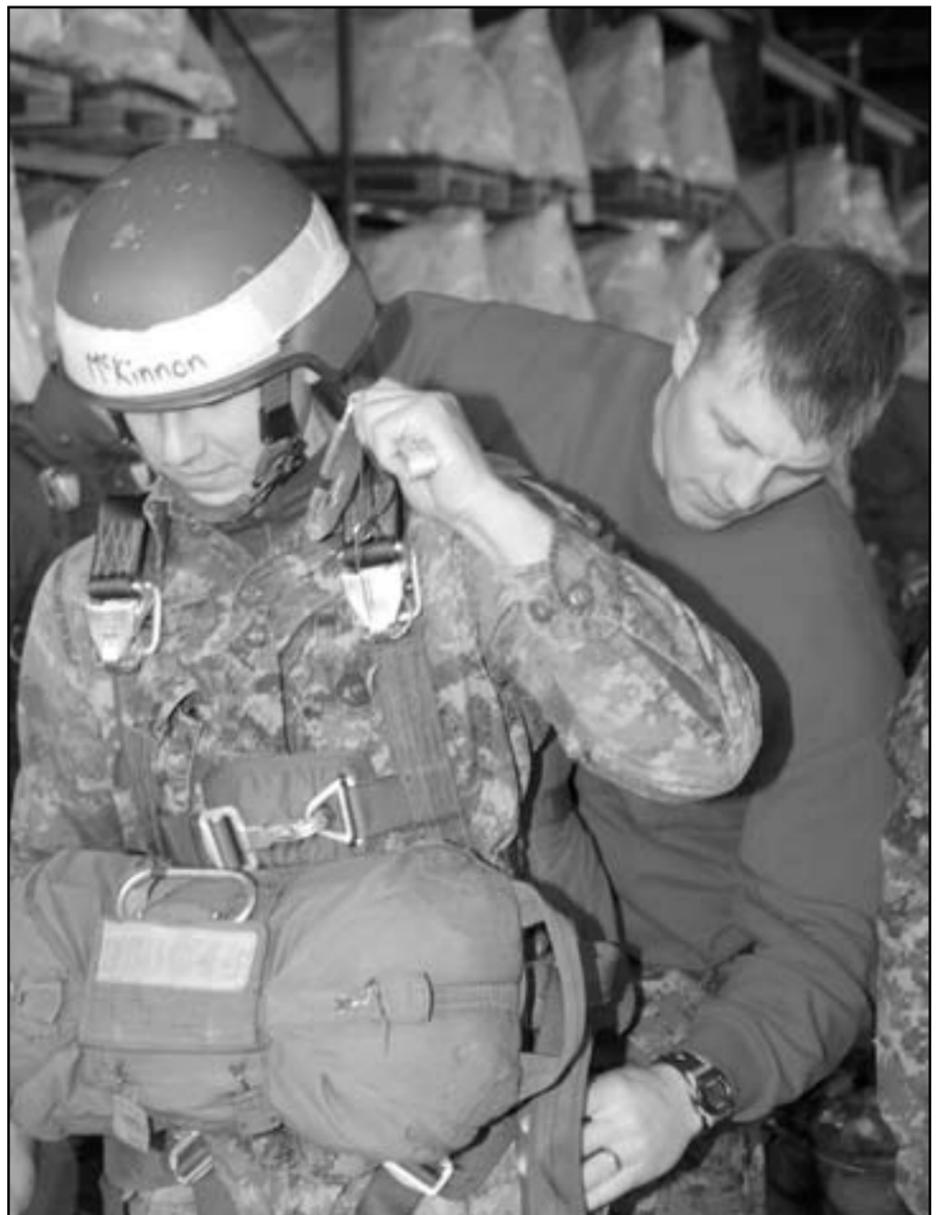
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Raising emotionally healthy boys

A local group has a message for adults who care about young male children.

"We have provided books to 13 area libraries that we feel are a 'must read' for anyone who cares about (the emotional health of) boys," said Beth Shaw, a public health nurse with the Hastings & Prince Edward Counties Health Unit and chair of the Boys' Issues Steering Committee.

Shaw attended a conference on boys' issues and felt the issue should be addressed locally. The Health Unit worked to establish the Boys' Issue Steering Committee. It was formed in August 2002. The committee welcomes new members. Current members include representatives from the health, education and volunteer sectors.

The committee has donated two books to libraries in Hastings and Prince Edward counties. One total is *Raising Cain: Protecting the Emotional*

Life of Boys by Dan Kindlon and Michael Thompson. The second is *Real Boys: Rescuing Our Sons from the Myths of Manhood* by William Pollack.

The authors of the two books discuss the relationships and emotional attachments needed by young male children to become happy, empathetic, non-violent members of society.

"As a parent of a baby boy, you probably have a mental picture of the kind of man you want him to grow up to be," said Shaw. "The image of an aggressive, macho, silent individual is not likely to be the first thought that comes to mind. Unfortunately this image goes along with the messages boys receive every day about what they are supposed to be like to fit in. Parents often give these messages without even realizing they are doing so."

The committee hopes that by making the books

more accessible to adults who care about boys, that boys will benefit from their increased understanding of what it means to grow up male. The authors shed light on the "culture of cruelty" and the "boy code".

Both *Raising Cain* and *Real Boys* provide a view of boys' relationships with their fathers, mothers and schools. Both explain the consequences that occur when boys give up hope. Each book uses real life stories from boys who have struggled and succeeded.

Funding for the donations to libraries came to the committee from the Kay Stafford Memorial Fund - QHC Trenton Site and from Alpha Beta Kappa, Belleville.

"The next time you find yourself accepting certain reactions or behaviours from a boy, but wishing they had reacted differently, take a trip to your local library. These books are a must read for anyone who cares about boys," said Shaw.

Public Service Dental Care Plan (PSDCP) revisions for 2004, 2005

The intent of this message is to advise members of changes to reimbursement rates for subject plans. The subject components of the PSDCP are premium-free plans, with the full cost incurred by the employer. These plans were implemented to assist members by reimbursing a portion of the cost of eligible dental expenses.

Since 1 January 2004, the maximum reimbursement amount for a calendar year per covered person for eligible dental expenses (excluding orthodontic services) shall be 1,500 dollars, increased from 1,400 dollars.

The maximum reimbursement amount for a calendar year per covered person eligible for dental expenses for members who join the plan on or after July 1 of any years (excluding orthodontic services) shall be 750 dollars, increased from 700 dollars.

When temporary prosthodontic appliances will be provided without regard to when the temporary appliance was first installed provided that person was covered under the plan when the temporary appliance was installed. This removes the 12-month limitation on the replacement of temporary prosthodontic appliances.

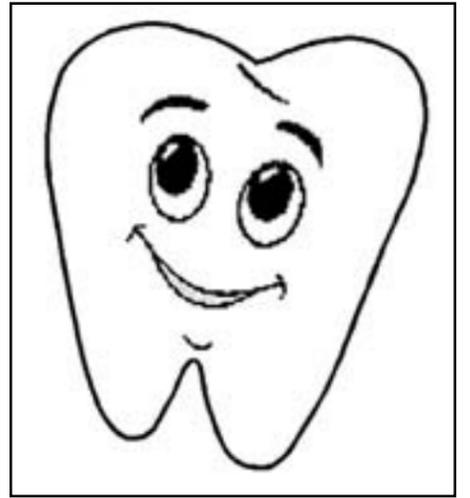
The necessary replacement of fillings (same tooth and surface) will be paid under this plan once every 24 months irrespective of the age of the filling. The necessary replacement of crowns will be paid under this plan once every 60 months irrespective of the age of the crown. This assured coverage for fillings and crowns on initial treatment under the plan.

Practical reminders regarding your plan:

Recall exams, cleaning and polishing, topical application of fluoride and bitewing x-rays are limited to once every nine months exactly.

Treatment plans are strongly recommended when a treatment is expected to cost more than 300 dollars. Please note that the remarks included on the pre-determination of benefits statement provided by the administrator are part of the treatment plan assessment and must be read in conjunction with any amounts approved.

Treatment plans also serve another important purpose. When members are discussing possible dental treatments with their dentist, certain dental treatments such



as implant, which are not covered by the plan, may be offered to members. The plan reimburses costs for reasonable and customary dental treatments for most dental conditions. Submitting a treatment plan and obtaining a predetermination of eligible expenses will provide members with important information in discussing treatment options with their dentist.

It is to the member's advantage to keep track of their reimbursements, and to know how much of the annual maximum reimbursement is remaining in their current year when planning their dental appointments.

Claims must be submitted within fifteen (15) months of the date the service was incurred in order for full reimbursement to be made. Each claim for monthly orthodontic services must also be submitted within fifteen (15) months of the date of the visit.

Please note that the administrator will adjudicate dental claims submitted electronically by your dental office with respect to routine services, if the require information is on file. The dental office will provide you with a copy of the explanation of benefits during your visit. This option is not currently available under the reserve dental plan.

As a member of the plan, it is your responsibility to be aware of the terms of your plan prior to treatment. Enrolment in the plan is voluntary but not automatic. Contact your unit orderly room and inquire about joining the plan prior to visiting your dentist.

Please note:
This article deals with 2004-2005 revisions to reimbursement rates for dependants, dental care plan (policy number 55777) and reserve dental care plan (policy number 55999).



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Community Events

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- The Girl Next Door (14A) 1:05 7:05 9:15
- Gaz Bar Blues (En Français) (14A) 3:15 Sat & Sun

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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.

The Belleville Choral Society
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Sunday, April 25 at 2:30 p.m.
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TICKETS \$10, available at Quinte Arts
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Don't miss it!

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noon. There will be an assem-
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*For more information,
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**The Canadian Mental Health Association
Hastings and Prince Edward Branch**

CMHA is a non-profit agency that strives to enhance the mental wellness and quality of life of people in our diverse community. The agency is currently recruiting volunteers for the following:

- Warm Line Telephone Support Program
- Homelessness Initiative
- Assertive Telephone Outreach Program

If you have a strong interest in helping others and making a difference in your community, call Ann @ (613) 969-8874.
CMHA is a United Way Agency

The Belleville Art Association is holding its annual spring "Artist's Choice" show from May 8th - May 22nd 2004 at the Bayview Mall, Dundas Street, Belleville. 10 am to 4.30 pm daily.

The opening will be on Saturday May 8th at 2 -4pm.



**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.

April 21- **Attention Deficit Disorder** – Jeff Waplak from Quinte Children's Homes will talk about the tools to help you identify and deal with children living with Attention Defecit Disorder.
April 28 – **Line Dancing** – Come in for a night out and learn some line dancing steps! Elaine Lemon who teaches dancing classes will show us some steps. Wear comfortable shoes and clothes.
May 5 – No guest tonight! Come in for coffee or tea and a visit.
May 12- **Tai Chi** -
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.

Who are Hometown Heroes?

Earth Day Hometown Heroes are people who have made significant environmental contributions in their communities. Earth Day Canada wants to recognize these local heroes and celebrate their efforts and achievements. We have launched The Earth Day Hometown Heroes Award Program to find and honour a 2004 winner at a gala dinner in Toronto, Ontario, on June 15, 2004. Esteemed Canadian artist and environmental leader, Robert Bateman, will present the award.

How to Apply?

Simply fill out the online application form at:
<http://www.earthday.ca/EDy2k/hometown/>

What are we looking for in a Hometown Hero?

An Earth Day Hometown Hero is an inspired community environmental leader who has truly made a difference and improved the state of the environment at a local level. Candidates can be nominated or can apply on their own behalf. Potential candidates for this award include the following: Kids, Teachers, Families, Community leaders, Schools, Municipalities, Non-profit organizations, First Nations organizations, Government employees, Community Groups

What are the important dates?

Submission deadline (electronic and postal): Earth Day, April 22, 2004.
Award presentation in Toronto, Ontario: June 15, 2004.

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

It's an orgy that's not ending anytime soon

it's your Money



Garth Turner

More insights on the cost of money, because we are on the verge of something historic taking place. It is one of the most tantalizing times in Canadian

history to borrow money, wallow in debt, and use somebody else's funds to get what you always wanted, but could never afford.

Last week's crappy employment numbers pretty well sewed things up, showing the Bank of Canada that economic growth remains tepid, and companies would rather spend money right now on computers to make their business more productive than actual employees. So, the number of working people went down and the unemployment rate edged a little higher--all

in stark contrast to what's been happening on the other side of the border. That led the central bank to trim rates this week by a quarter point, taking the

So, Bank of Canada Governor David Dodge would dearly love to see more economic growth, more job creation, enough inflation to make him sleep at night and an end to the insanely cheap cost of money. But, it ain't happening yet, and won't for some months to come.

prime down to 3.75 per cent, which is a tie with the lowest spot the key bank rate has ever touched. There could well be another quarter point yet to shave off, which is

why I am sticking with my prediction of a 3.5 per cent prime this summer, and the absolutely cheapest mortgages ever known to any generation.

The central bank, of course, is getting nervous about keeping the cost of money so low. This is because people are starting to (understandably) pig out on borrowing, and that adds to the debt side of the family ledger. When rates inevitably reverse direction, this could prove to be a major economic drag.

What's worse, cheap money leads to falling prices and the core rate of inflation is already at the absolute bottom of the range the central bank has set for it. Despite volatile energy prices and rising insurance costs, there are some growing deflationary tendencies in our society which could end up trashing both salaries and real estate values (among other things) if not held in check.

So, Bank of Canada Governor David Dodge would dearly love to see more economic growth, more job creation, enough inflation to make him sleep at night and an end to the insanely cheap cost of money. But, it ain't happening yet, and won't for some months to come.

Meanwhile, the world remains a dangerous and volatile place, what with events in Madrid, Palestine, Afghanistan and, of course, Iraq. The presidency of George W. Bush is rapidly coming unhinged as the Nine Eleven Commission recasts the war president as a stumbling bumbler obsessed with a had-been Iraqi dictator rather than the real menace--either Osama bin Laden, or Martha Stewart, I'm not sure.

The point is, John Kerry could well be the next guy to sleep at the White House, and Democrats are notorious for their dislike of foreign

conflicts. And while an American retreat from Bush's War on Terror might be a vote-getter at home, it will probably lead to more tension all over the globe as the bad guys get more space and less scrutiny. It would also mean an American border so tight that Canadian trade could be even more affected than it is today.

What does all this have to do with your mortgage? Quite a bit, as it turns out, since a continued weaker Canadian economy would give the central bank here little opportunity to reverse the declining cost of money. Certainly jacking rates up by three per cent or more would be unthinkable over the next couple of years, since that cold shower would be exactly the opposite of what the economy needs.

So, mounting debt orgy or not, these rates are going to stick. Long-term, five-year, fixed-rate mortgages will be yours for the taking in the four per cent range this summer, while below-prime adjustable rate mortgages will continue to be almost free. These days major banks will give you an introductory rate of less than 2.8 per cent which, after deducting even minimal inflation, represents a real cost of just over 1.5 per cent. When was the last time you could finance your houses at the real rate of less than two per cent? Try "never".

The consequence will be a continued robust real estate market with more moderate price gains and housing starts at a level which will turn out to be completely unsustainable. Yes, eventually, there will be a toll to pay for this five-year-long housing orgy, but it is not on the horizon yet. I'll let you know when it's close.

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

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
April 18 - April 24

ARIES (March 21-April 19): Your impatience may get the better of you on the 18th and 19th. Challenge yourself physically to ease your tension. You can spark enthusiasm in others. Money-minded deals should grab your interest. You will have the discipline, courage and fortitude to follow through and not back down on the 20th and 21st. Your ability to help people going through chaotic times will make you a hero on the 22nd, 23rd and 24th. Your ability to act fast and efficiently will put you in a position to advance. Romance will develop if you get together with friends.

TAURUS (April 20-May 20): Keep a lid on any secrets you might be harbouring on the 18th and 19th. You may have an encounter with an unlikely individual. Abide by the rules of the road if you are driving. Try to calm down and look at the big picture on the 20th and 21st. Social opportunities must not be turned down. The more you interact with others, the better. You will have plenty on your plate on the 22nd, 23rd and 24th, so take care of matters that are most important. Don't let anyone bamboozle you into doing something that you shouldn't be responsible for. Don't put added pressure on yourself.

GEMINI (May 21-June 20): Inactivity will be the enemy on the 18th and 19th. Get involved in an organization that will bring you in contact with people who have something to offer. Promote yourself. Money can flow into your pocket on the 20th and 21st if you play your cards right. You should be able to collect a debt that has been owed to you for some time. Investments, a financial settlement or even coming into money that you don't work for are all in your favour. Your changing heart and mind will confuse others on the 22nd, 23rd and 24th, but will lead you in a direction far better for you. Stop giving in to appease others.

CANCER (June 21-July 22): Be careful how you handle a family situation on the 18th and 19th. Taking sides will only lead to trouble. Listen and observe; consider how your decisions will affect others. Someone you cross paths with on the 20th and 21st may change your life. Your dedication to a cause will impress others. Don't hesitate to talk about what you are trying to do. Denying yourself the right to follow your dream will come back to haunt you on the 22nd, 23rd and 24th. Look at life as a process and start moving forward, even if you do like everything to stay the same this time change will be good.

LEO (July 23-Aug. 22): If there is something you are questioning on the 18th and 19th, delve in and find the answer. Be honest with yourself about your personal life. Someone with experience will interest you. No one is likely to be on your side on the 20th and 21st, so don't look for reinforcements. Go it alone and don't leave your responsibilities for someone else to take care of. You will be in a high creative cycle on the 22nd, 23rd and 24th. Use your ability to present your ideas colourfully to those in a position to help you. Your presentation skills will be well recognized and support will be offered.

VIRGO (Aug. 23-Sept. 22): Slow down and focus on the 18th and 19th. This is not the time to overdo it in any regard. Concentrate on your practical and detailed way of doing things. Discuss your ideas and learn more about things that interest you on the 20th and 21st. The more you do to promote yourself, your interests and your talents, the better. You can get ahead in all aspects of your life if you accept whatever change or opportunities come your way. Don't be disappointed if something doesn't go the way you want on the 22nd, 23rd and 24th. Let things ride and don't make a fuss.

LIBRA (Sept. 23-Oct. 22): Don't believe everything you hear on the 18th and 19th. Promises will be broken, so rely on yourself and your talent. If someone is holding you back, consider moving on alone. You can make changes to your residence that will increase its value on the 20th and 21st. Money or legal matters can be looked at and taken care of at this time. If a deal is placed on the table, don't procrastinate. Invest in yourself and your future now. Get the help you need to follow through with your plans on the 22nd, 23rd and 24th. Do something to enhance your looks as well as your attitude. Love will flourish.

SCORPIO (Oct. 23-Nov. 21): Something important appears to be in the works on the 18th and 19th where your job or your peers are concerned. Take advantage of an opportunity to form a partnership. A minor medical problem may surface. Your charm will attract love, respect, admiration and both business and personal partners on the 20th and 21st. Your ability to find solutions will result in new alliances with powerful people. Any form of gambling on the 22nd, 23rd and 24th will lead to loss. Keep a close eye on spending as well as being too generous with the ones you love. You may be burdened with added family responsibilities.

SAGITTARIUS (Nov. 22-Dec. 21): You need competition to get yourself motivated on the 18th and 19th. Socializing or meeting people while traveling or attending something that interests you may lead to a romantic association. Professional gains can be made on the 20th and 21st, but don't exaggerate what you are capable of accomplishing. Honesty will be the only way you will reap the rewards in the end. Uncertainty may be cause you to waffle on the 22nd, 23rd and 24th when dealing with your personal affairs. Consider your motives and your true feelings and act upon them before someone gets hurt.

CAPRICORN (Dec. 22-Jan. 19): Problems with partners as well as with your residence can be expected on the 18th and 19th. Act quickly to nip any negative action before it can fully develop. Update your image on the 20th and 21st. Looking current will help you get ahead in every aspect of your life. You are in a high cycle when it comes to love, so don't miss out. You may have to do a bit of finagling when it comes to business and dealing with associates on the 22nd, 23rd and 24th. Nothing will be out in the open or clear, so be patient. Don't be fooled: Use your head and follow your good business sense.

AQUARIUS (Jan. 20-Feb. 18): Someone you meet on the 18th and 19th will challenge you both mentally and physically, which will lead to an exciting turn of events that could reshape your future. Communication and travel should be on your agenda. You may not be too sure of yourself on the 20th and 21st, but don't rely on others to lead you in the right direction. False information can result. Do for yourself and go over everything with a fine-tooth comb. Love should be on your mind on the 22nd, 23rd and 24th. If so, make plans to set the mood for an intimate encounter with someone you consider being very special.

PISCES (Feb. 19-March 20): Financial losses can occur on the 18th and 19th if you fritter your money away. Avoid malls, TV infomercials and Internet shopping. Focus your energy on physical activity. Someone you respect will have something to offer you on the 20th and 21st. A partnership may be of interest. You will be granted the help or favours necessary to complete something important to you. You may not be able to do much about what is going on around you on the 22nd, 23rd and 24th, but that doesn't mean that you have to give in. Find something creative and enjoyable to do that will bring about some positive thoughts.

Le gouvernement du Canada étend l'exonération fiscale accordée aux militaires

le 14 avril 2004--
OTTAWA--Le gouvernement du Canada a confirmé aujourd'hui que l'exonération fiscale qui a été accordée aux membres des Forces canadiennes et aux policiers dans le Budget 2004 s'appliquera à tous les déploiements, à l'exception des missions à faible risque.

Le Premier ministre, le Très Honorable Paul Martin, a fait cette annonce à la base des Forces canadiennes de Gagetown.

Grâce à cette mesure, environ 3 000 membres

des Forces canadiennes et policiers déployés à l'étranger bénéficieront d'une exonération fiscale, y compris ceux qui sont affectés en Afghanistan, en Bosnie-Herzégovine et en Haïti.

« Ceux qui mettent leur vie en péril pour protéger les Canadiens méritent notre support », a signalé le ministre Pratt. « L'exonération fiscale améliorera la qualité de vie des membres des Forces canadiennes et de leur famille. »

Le revenu d'emploi que touchent les mem-

bres des Forces canadiennes et les policiers lors d'une affectation à des missions à haut risque et aux missions à risque moyen en cours fera l'objet d'une exonération fiscale avec effet rétroactif au 1^{er} janvier 2004. L'exonération fiscale s'appliquera jusqu'au niveau de rémunération le plus élevé d'un militaire du rang des Forces canadiennes, c'est-à-dire environ 6 000 \$ par mois, indépendamment de la durée du déploiement et du grade.

La mesure en question

a été mise de l'avant dans le cadre du Budget 2004, en reconnaissance de la contribution particulière que font les membres des Forces canadiennes et les policiers à la paix et à la sécurité internationales, dans le cadre des missions internationales où ils servent leur pays.

Les listes des missions admissibles: Afghanistan, Mission d'assistance des Nations Unies en Afghanistan, 1; Afghanistan, Force internationale d'assistance à la sécurité de l'OTAN (FIAS), 1 682; Bosnie-Herzégovine, Force de stabilisation de l'OTAN (SFOR), 651; Congo, Mission de l'Organisation des Nations Unies en République démocratique du Congo (MONUC), 7; Haïti, Force multinationale intérimaire des Nations Unies, 511; Irak, Iraqi Freedom (programme d'échange), 2; Koweït, Iraqi Freedom (programme d'échange), 1; Moyen-Orient, Organisation des Nations Unies chargée de la surveillance de la trêve (ONUST), 8; Moyen-Orient, Force des Nations Unies chargée d'observer le désengagement (FNUOD), 193; Moyen-Orient (Sinai), Force multinationale et Observateurs (FMO), 28; Sénégal, Bureau du Secrétaire général en Afrique occidentale, 1; Sierra Leone, Mission des Nations Unies en Sierra Leone (MINUSIL), 5; Sierra Leone, Équipe militaire internationale consultative en matière d'instruction (IMATT), 7.

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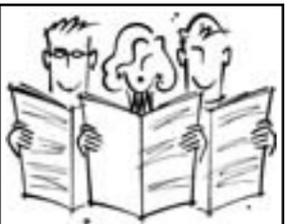
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Sgt R.M. MacNeil

received his 1000 Hour CC130 Here Certificate, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



Capt A. Bennet

received his Peacekeeping Medal, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



Sgt S.K. Jikinosky

received his 1000 & 2000 CC150 Airbus Certificate, presented by LCol J.R. Anderson, CO 426 (T) Sqn.

SHOWCASE



Maj J.F. Burger

received his CD2, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



Sgt D.M. Sangollo

received his CD1, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



Maj T.D. Hunter

received his CD, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



WO J.P.M. Lachance

received his 1000 Hour CC150 Airbus Certificate, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



Sgt A.L. Burley

received his CD1, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



MCpl L.L. Gumb

received the Queen's Golden Jubilee Medal, presented by LCol J.R. Anderson, CO 426 (T) Sqn.



Sgt J.S.F. Nichols

received his CD1 presented by LCol J.R. Anderson, CO 426 (T) Sqn.



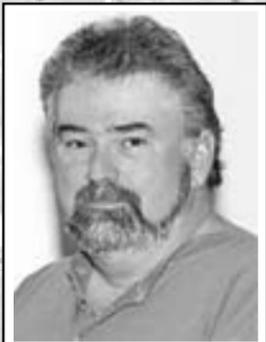
Cpl Y.D. Leclerc

received his CD, presented by LCol W.J. Lewis, Wing Admin. Officer.



Cpl A.G. Peters

received his CD1, presented by LCol W.J. Lewis, Wing Admin. Officer.



Jamie Young

received his 15 Year Certificate, presented by LCol W.J. Lewis, Wing Admin. Officer.



LS M.J.N. Labonte

received her CD, presented by Maj J.B. Bain, Wing Surgeon.



Cpl (Ret) B. Richardson

received her Queens Golden Jubilee Medal presented by Maj J.B. Bain, Wing Surgeon.

Congratulations! Félicitations!



The Air Force Association of Canada: At a crossroads

"We have to be more relevant to today's serving member"

by Holly Bridges

Ask the average member what the Air Force Association of Canada (AFAC) is and what it does and the answer might not exactly be a positive one.

Perception is everything and unfortunately, many Air Force personnel perceive AFAC as simply a social club for aging veterans, retirees and ex-officers.

In actual fact, AFAC is a 15,000 member, all-ranks, non-profit organization that supports the Air Force in many different ways, including lobbying government, raising funds for Air Force related events and causes, including Air Cadet flying scholarships, publishing the flagship Airforce magazine four times a year, and of course, presenting its prestigious annual awards to deserving members.

One of the distinguishing features of AFAC, according to outgoing Executive Director Bob Tracy, who retires in June, is its work lobbying for better benefits for the veterans of today.

"We're constantly advocating for veteran's benefits for the new younger people," says Mr. Tracy. "The Veteran's Charter from WW II looks after the older veteran very well but as time goes on there needs to be more done to support the United Nations vets and the modern vets. So that's where we come in. We are a veteran's lobby group, as well as an advocacy group on behalf of our Air Force."

It may surprise the average Air Force member to know that AFAC is now trying to raise its profile across Canada to better promote the Air Force, its people and its requirements. Part of that campaign includes trying to attract more serving Air Force members to join the association so they can fan out into the community and promote what the Air Force does.

Don McLeod, president of AFAC, says in order to do that AFAC needs to stop "living in the past" and start showcasing the needs and

accomplishments of the Air Force of today.

"We have to become relevant to today's serving member. I had a 70-year-old member tell me, with respect to Airforce magazine, for example, 'Enough already with the Halifax bombers and the Lancaster.' It's the old guys that are telling me this. We need stories on today's Air Force, what the commander would like to see, what he would like to say, stories on Sea King replacement, heavy airlift and get away from stories on the Battle of Britain and Billy Bishop."

"When we have a dinner in Truro, Nova Scotia, it's not enough to have the Mayor of Truro or the Chief of the Police there. We need to bring people in from 14 Wing Greenwood and 12 Wing Shearwater to that dinner. We have to promote our Air Force to these communities. I tend to be controversial and some of our people say, 'We don't want to upset people' but we want the attention. It's coming but we're not there yet."

Part of the plan also includes opening some new Air Force clubs or "Wings" as they are known, particularly on Air Force Wings. AFAC has approached 15 Wing Moose Jaw, for example, about starting a Wing there.

Wing Chief Warrant Officer Stephen Joyner says although initial interest seems to be low, with the right briefing package, members may actually want to join.

"I do know that our wing commander and all other wing commanders have been asked by their senior leaders to pursue this and see if there is interest. We have offered to AFAC the opportunity to come here and brief our people and bring their message forward."

So as more and more members of AFAC age and pass on, it might just be that the future of the association depends on both the community at large and the Air Force rank and file.

"People have had the notion that once you get out or retire that's the time to join AFAC," says Mr. McLeod. "And that's fine, but we have to be relevant to those people

who are still in."

AFAC mission:

The Air Force Association of Canada is a national not-for-profit aerospace and community service organization composed of aviation-minded citizens established to remind Canadians of their country's rich aeronautical tradition and history, to support Canada's Air Force and to support and encourage the civil aviation component within the country.

Objectives

To preserve and perpetuate the glorious traditions of the Royal Canadian Air Force and all who served in it.

To provide a forum for serving and former participants in military and civil aviation.

To sponsor and encourage aeronautics in all its forms and branches.

To support Air Cadets and work closely with the Air Cadet League of Canada, and to participate in local civic and community programs, especially those designed to develop the physical, mental and moral well-being of our nation's youth.

To undertake charitable and other projects of both a national and local character.

To work with the RCAF Benevolent Fund and various veterans organizations in the attainment of their objectives.

To promote and encourage responsible citizenship among all Canadians.

To advocate a proficient and well equipped Air Force in Canada. For more information go to www.airforce.ca.

Did you know?

The Royal Canadian Air Force Association was formed in 1948 as a national advocacy group to support the Royal Canadian Air Force, and to unite Air Force veterans of the Second World War.

Thirty years after the demise of the RCAF, the association changed its name to the Air Force Association of Canada on

July 1, 1994.

AFAC members have raised more than \$780 000 since 1991 through the RCAF Association Trust for 70 projects such as Air Cadet flying scholarships, band equipment, meeting space, field trips, and other projects such as the Ad Astra stone project at 8 Wing Trenton, the RCAF Memorial Museum and other projects too numerous to mention.

AFAC is actively lobbying the federal government to preserve the First World War hangars at 16 Wing Borden.

AFAC currently has 15,000 members across Canada with the newest Wing being opened in Lake Chapala, Mexico.

Hola! y saludos de México!

AFAC has just opened this newest Wing, located 40 kilometres south of Guadalajara, where a group of Canadian Air Force retirees are joining forces with Mexican Air Force retirees and retired commercial pilots to officially open their own AFAC Wing.

"Until we held our Charter dinner on March 25, it was really just a

gleam in the eye of several people down here," says Col (Ret'd) Bill Watt. "We needed 25 members at large to start the Wing and I would say we have more than 40 down here who wanted to join."

904 Wing plans to meet monthly at a Mexican restaurant owned by a former CF member. And

although it is mostly a social club, comprising 40 percent snowbirds who winter down south, 904 Wing is for anyone who loves flying.

"The one thing we all have in common is aviation," says Col Watt. "We have all travelled widely and now we're all coming together for this common interest."



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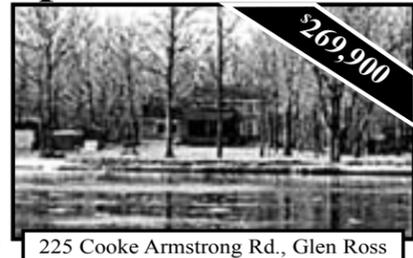
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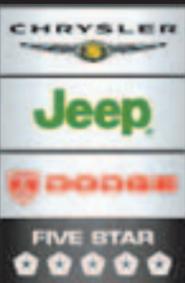
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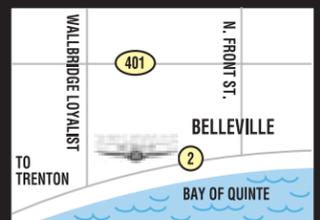


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