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Canadian Air Force engineers set the bar for NATO

by Sgt Craig Tucker
 OCdt Christina Waters

86 ASU – Engineers from 86 ASU deployed to Goose Bay, Labrador this March in order to complete the set up, testing, and certification of a new Computerized "Servo BAK-12" Aircraft Arresting System (AAS).

It is the latest modification developed by ESCO, the original manufacturer of the BAK-12 AAS, which has been in use for many years. This new computerized system brings with it many advantages; along with giving the Canadian Armed Forces the privilege of having the first operational computerized arresting system in the world.

Most people have seen arresting systems in movies such as Top Gun, on the aircraft carrier. When airplanes land on the deck of the carrier, they hook a cable, which then stops them on the ship.

The cable is just one component of the land-based AAS. On each side of the runway, two energy absorbers change the aircraft's forward momentum into heat, or thermal energy. The Servo BAK-12 AAS brakes work in a similar way to that of your car's ABS brakes. The Fighter or tail-hook equipped plane lands on the runway and hooks a cable stretched across it. The cable is attached to two tapes wound around the

spools of the arrestor gear, which are located on both sides of the runway. The arresting gear is composed of large disk brakes that slow the plane, through the use of hydraulics and the new computerized servo system. These systems are vitally important to the safety of the modern fighter aircraft because they are a backup braking system for the aircraft in the case of emergencies such as: hydraulic braking failure, stuck throttle, or an aborted take-off. They can also allow for a Fighter to land on a wet, icy, or battle damaged runway.

The major advantages of the new computerized system are:
See Arresting, Page 2



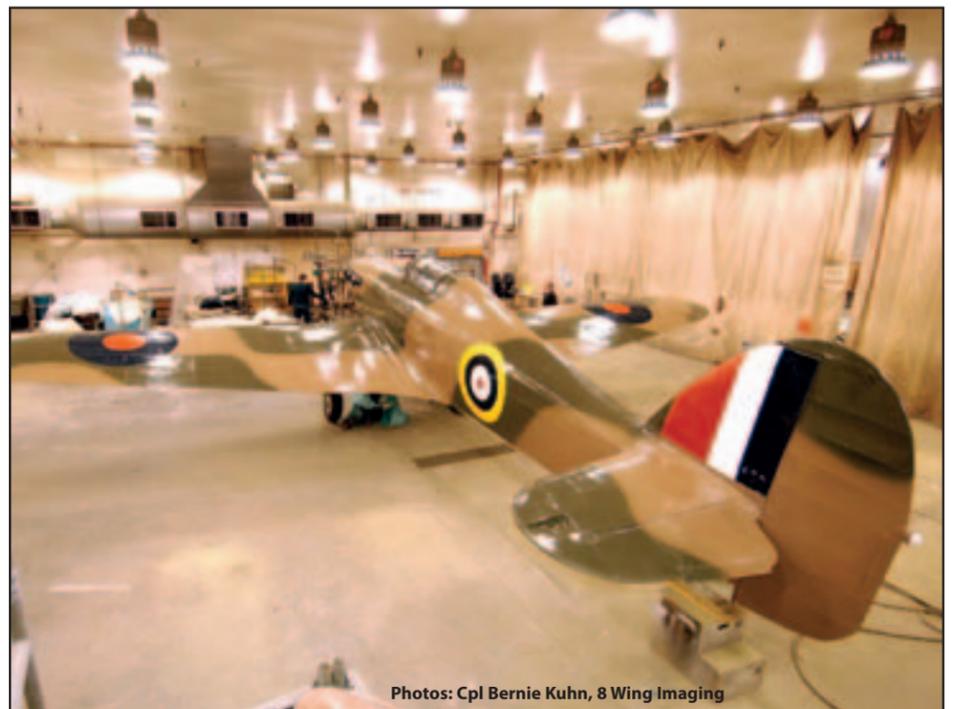
Photo: Cpl Chris Bentley, 8 Wing Imaging

An F-18 taxiing and landing during arresting system testing at 5 Wing Goose Bay.

RCAF Memorial Museum readies for Hurricane...Spitfire



Art Skidmore (Major, Ret'd), former Hurricane pilot, applies finishing touches to the Hurricane aircraft prior to its delivery to the Air Park. At right, the Hurricane after completion of painting at the Refinishing Hangar. See page 6 for story and more photos.



Photos: Cpl Bernie Kuhn, 8 Wing Imaging

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Arresting system, Cont'd from P. 1

-tem are: the ability to stop an aircraft in a pre-determined distance regardless of weight and lowering the stress on the aircraft. It has a primary electronic system, a back-up electronic system and a mechanical failsafe built-in to ensure that the AAS will work safely and correctly. It will also lessen the maintenance time required to keep it operational, as well as lengthen the operational use of the system.

The original BAK-12 system was sent to 86 ASU, at 8 Wing Trenton for overhaul, and was modified by

our technicians. In early March, four technicians traveled to Goose Bay and assisted SERCO personnel. They endured the bitter cold and installed two sets of the original BAK-12 and the one new Servo BAK-12 system. In the true spirit of the Engineers, work was conducted in all weather, including wind and snowstorms. The hard work paid off on March 24, when seven successful engagements certified all four sets of AAS in Goose Bay, including the new Servo system. With the success of the first certification process, it is anticipated that all

Canadian AAS gear will be upgraded with the Servo Controller components. All engagements were captured on film by the 8 Wing Trenton Imaging section in order to make a training video.

This was a true team effort, and we would like to thank all who gave their support to this project including, but not limited to: SERCO, ESCO, Patlon, and Trenton Imaging section.

The Canadian Forces have set the bar for other NATO countries by employing the first operationally certified intelligent AAS in the world.



Front row: Ocdt Christina Waters, Capt Sowoski, Bernier Bolger, MWO Rick Gunter, Capt Marco Raagmaker (F-18 pilot) Bill Mansi. Back row: Sgt Stormy Knight, Steve Gregory, Mike Parsons, MCpl Stewart Macdonald, WO Tom Ross (ESCO), Sgt Tuckers, Tom Glaquinto (ESCO), Steve Mann (Palton) and Cpl Max Murphy (Imagery Tech).

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



MS Johnston is seen here preparing French Canadian Meat Pie for lunch at the Yukon Galley.

New support ships mark exciting era for Navy

National Defence

VICTORIA — (April 16, 2004) The Department of National Defence today announced further details concerning the Government's intention to acquire three Joint Support Ships for the Canadian Forces.

The Joint Support Ship Project will deliver ships capable of a host of support capabilities such as at-sea support to naval task groups, sealift and support to deployed forces ashore.

"The \$2.1 billion Joint Support Ship project will provide Canada with an invaluable capability both to support and enforce domestic maritime security as well as support our foreign policy objectives such as humanitarian and peacekeeping missions," declared the Honourable David Pratt, Minister of National Defence, in a ceremony at Canadian Forces Base Esquimalt. "The Government has committed to providing the Canadian Forces with the equipment and training they require to do their jobs and this initiative is another concrete demonstration of that commitment."

"The Joint Support Ship is a vital component of a naval task group, able to significantly extend the range and duration of naval operations," said General Raymond Henault, Chief of the Defence Staff. "The capability to transport an Army Battle Group over great distances and support operations ashore will be invaluable to the future domestic and international operations the Canadian

Forces will be called on to undertake."

The Joint Support Ship procurement process will consist of three phases. The first phase, or pre-qualification, will identify industry teams capable of fulfilling the project requirements. The second phase, project definition, will fund two industry teams to submit design proposals and recommendations for in-service support. The final phase, project implementation will select one industry team to design and build the ships, and provide long-term in-service support.

The delivery of the first ship is expected in 2011. The Joint Support Ships will eventually replace the Protecteur class Auxiliary Oiler Replenishment vessels that have been proudly serving Canada since the late 1960s and are nearing the end of their service lives.

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Military Police to set up new community office next month

by Laurie McVicar
Assistant Editor

The Military Police at 8 Wing/CFB Trenton will be moving a little closer to the community they serve as part of an new outreach initiative.

Starting May 3, the MPs will have a community office set up at 2 Godfrey Avenue.

"At a lot of bases, the Military Police are integrated a little closer to the PMQs. In this particular case, we have quite a division as to where our PMQs are (and where we are)," said Major Terry Langs, A3 PM.

The Military Police Squadron is currently housed on the south side of the base near the main gate. This new, additional location will allow officers to build a stronger rapport with

local residents.

"A lot of times we learn a lot about what's going on in the community when we're immersed in the community. We know there's an awful lot that goes on within the community that doesn't necessarily get back to us," said Maj Langs. "Right now it's kind of hard. We do the normal patrols, we do the normal things in the schools, but it's quite a trek for someone to leave one of the schools and come all the way over here."

The MPs are hoping the new office will allow them to interact more with local youth.

"The idea is that youth, or anyone, can come here, ask questions, talk to us about certain things. We will be doing things like

child identification, which we haven't done in a long time. People bring in their child and we fingerprint them. We'll actually do a videotape of the child now so that, God forbid anything happens, we actually have the latest video," said Maj Langs.

Starting in the summer, bicycle patrols will also be run from the community office.

"We'll have internet terminals as well. We want to make it an educational process for the kids, and the community in general," said Maj Langs.

He's also hoping that the accessibility of the office and its casual atmosphere will encourage people to drop by and report any complaints.

"You see offices like this more on the civilian



Photo: Laurie McVicar

The site of the new Military Police community office, at 2 Godfrey Avenue.

police force side. It's something that can work and will pay great dividends for us from the law enforcement aspect of it," said Maj Langs. "I think it will serve the community well."

Search & Rescue UPDATE



424 Squadron had a quiet week with no SAR callouts.

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

Mother's Day is fast approaching! Don't you dare forget about Mom!!

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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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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.



A Military Community Newspaper



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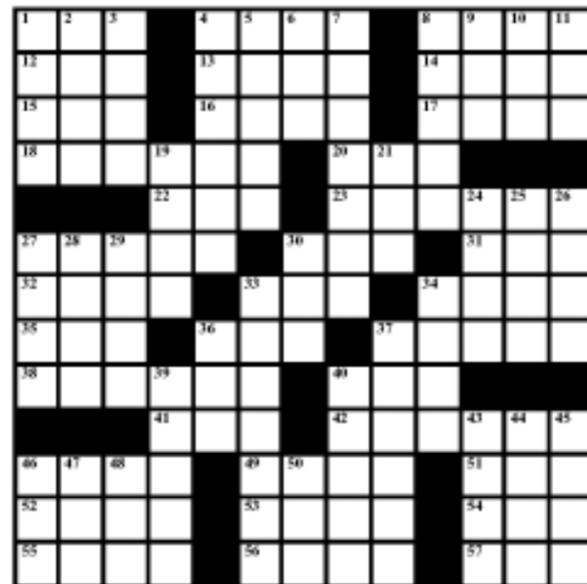
By Bernice Rosella and James Kilner

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This Week in Contact

1974 -- A no notice base disaster exercise was held at Mountainview to test the CFB Trenton emergency response to an aircraft crash at night and during winter conditions. Trentons response time put over one hundred personnel into the area within a half hour of the report.

A flag ceremony and a fly past at NATO Headquarters marked its 25th anniversary, as well as a port visit by NATO-Assigned ships including Canadian.

1984 -- A BE99 twin-engine aircraft made an unplanned landing at CFB Trenton. The pilot declared an emergency landing because of mechanical difficulties. On approach, the right main gear refused to lower, this made for a thrilling landing. The pilot and passenger walked away unharmed.

A memorial cairn was unveiled in dedication to the RCAF 60th Anniversary.

1994 -- April 17-23 is National Volunteer Week, a time to thank and honour people who give their time to help with their community as volunteers.

April 16-29 is seat belt campaign. Effective January 1, 1994 a consequence of two demerit points will be given to offenders.

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



8 Wing/CFB Trenton soon to go cashless with Trentcard

by Laurie McVicar
Assistant Editor

The CFB Trenton golf course has become the first Personnel Support Program (PSP) entity to offer a Point of Sale (POS) option for Trentcard holders.

With just a swipe of their card, course users can now pay for their membership, green fees, and concession stand purchases. Much

the Trentcard POS implemented by May 04.

"We see the Trentcard as being a multi-purpose card for sure. It is used as a key card; it is used as an acquisition card, and a recreation card. There are many other possibilities and we're looking at other ventures that will benefit the holders of Trentcard," said Maj Sokolowski.

One of these ventures includes enlisting the sup-

ported your money, or you can cancel your card in case you lose it. We've ordered (this program), we just need to get it set up," said Maj Sokolowski.

The POS system will assist entities with inventory control as well, he stated.

"It will keep track of all their purchases and how much stock they have left on hand. You can set the system up to let you know when it's time to order

other bases and they too can take advantage of linking to a common one-card. We envision that Trenton and other bases will come under a common umbrella of CF One-Card system. Our only limiting factor

with this system is our imagination. There are infinite possibilities with Trentcard and our goal is to explore many options to develop programs that will continue to benefit our civilian and military com-

munity." For more information concerning the Trentcard system, go to www.cfbtrenton.com or call our office @ 392-2811 ext: 2929 or 965-2929. You can also email them at info@trentcard.ca.



Photo: Laurie McVicar, Contact

Chad Banks, an employee at the CFB Trenton Golf Course, demonstrates to Ron MacDonald how the new Trentoncard Point of Sale system works.

like a pre-paid phone card, members have the option of visiting the Trentcard office and placing a minimum of \$20 on their card. The Galley will also be another location where you can deposit funds on your card (After 31 May 04). There is no maximum amount.

According Major Terry Sokolowski, Wing Personnel Support Services Officer, the next entity expected to come online as early as next month will be the Yukon Galley. The Trentcard will be replacing the traditional meal card. The messes will also have

port of local merchants and installing our swipe system at their establishment so it will accept Trentcard.

"The One Card Advantage Program would allow people to use their card at selected places downtown (Trenton and Belleville)," stated Maj Sokolowski.

In the very near future (May 2004), cardholders will also be able to check their balance online.

"Using your own pin number, you'll be able to go on the internet and check how much money you have left on your card, where you

more inventory. It's a great management tool," said Maj Sokolowski. "The system is set up to generate a multitude of reports that can automatically be sent to managers on a scheduled basis.

"We are also in talks with other bases to link to our POS network, so the card can be accepted at

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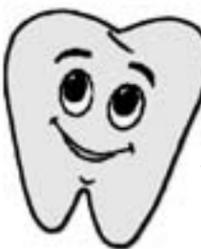
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Canada



Spitfire and Hurricane aircraft readied for display at Museum

by Peter Nodwell

As can be expected, any new venture begins with a dream or simple idea.

During an Executive Meeting of the Canadian Fighter Pilot's Association (CFPA), Central Wing in 1998, the members shared a vision.

Although the original goal of obtaining and restoring a Spitfire to flying condition as a memorial to Canadian Fighter Pilots was deemed beyond the association's financial capability, an affordable alternate solution was proposed. Specifically, the CFPA decided to purchase a full size fibreglass Spitfire replica similar to the one on display at Biggin Hill, England. And so the quest was on.

Following a series of discussions, phone calls, fundraising events and a visit to the United Kingdom, the project gained momentum and evolved to include acquisition of a Hurricane aircraft as well. The CFPA also received some very wel-



Photo: Cpl Bernie Kuhn, 8 Wing Imaging
Art Skidmore and Peter Nodwell read up on the history of the Hurricane aircraft.

come news—the Weston Foundation kindly offered to cover the cost of the acquisition.

As a point of interest, 65 years earlier, Mr. Garfield Weston had generously donated a squadron of Spitfires and a squadron of Hurricanes to Winston Churchill at the outbreak of WW II.

Following selection of the RCAF Memorial Museum as home for displaying both fighter aircraft, it was time for the CFPA to meet with the museum staff. I can still remember the Executive Director's phone call inviting me to meet some members of the CFPA who were visiting 8 Wing Trenton to view the RCAF Memorial Museum's latest acqui-

sitions—two famous WW II fighter aircraft, the renowned Spitfire and Hurricane.

After greeting these distinguished gentlemen, we headed over to the flight line to view the aircraft, still neatly stowed on cradles following their flights from the United Kingdom aboard two CC130 Hercules aircraft. During this day in early March 2002, the weather was cloudy, cold and windy but the spirits were high—smiles and laughter all around. Although much work lay ahead, we were all buoyed by eternal optimism and a firm belief that the difficult we would do today, the impossible tomorrow.

During my initial years as a museum volunteer, my duties in the Air Park required liaison with a number of military sections located on 8 Wing's North Side. Very quickly, I realized that the skilled professionals with whom I came in contact would play a very important role in accomplishing a number of activ-

ities associated with the Air Park. I listened intently as the CFPA members tentatively ran down their wish list pertaining to aircraft modifications. Fully aware of the technical expertise at arm's length, I answered each CFPA request with a confident 'No problem'.

And so the work commenced. Although both aircraft were manufactured from the same materials—metal tubing and fibreglass, each replica presented its own unique challenges. For example, the Spitfire's undercarriage was also made of metal tubing and fibreglass which precluded traditional aircraft towing. Fortunately, space was allocated in the Refinishing Hangar to permit assembly on site prior to painting. Once safely inside, the

composite section repaired extensive wing damage inflicted by an ugly wind-storm while the aircraft was stored on the flight line. The Halifax Restoration Team ('Hali Boys') also came to the rescue on several occasions, especially when heavy duty lifting and assembly were required. To accommodate a CFPA request, major modification to the cockpit area required extensive metal work.

The 'Hali Boys' patiently walked me through the 'ins and outs' of working with their equipment and let me loose in the Halifax Restoration Area producing various Spitfire components. The months passed and slowly results were beginning to show as the aircraft began to take shape. I now have a more informed appreciation for the fine work produced by metal techs. After nine months' work, the aircraft was now ready for painting.

Although interrupted by various operational commitments at times, the moment everyone anticipated had arrived. The painting was completed. What followed next was a very painful move to the Air Park. It took all day but we made it without damaging the aircraft. The gentlemen from CFPA came down for an inspection tour. They were pleased—champagne and strawberries all around. The aircraft made an appearance at QIAS 2003 prior to receiving finishing touches at the Air Park just in time for the RCAF Memorial Museum's annual 'Ad Astra' Dedication Ceremony.

By this time, 18 months had elapsed since my first meeting with the gentlemen of the CFPA. There was one aircraft down and one to go. This time around, I was better prepared for what lay ahead. And it's a good thing too, because the CFPA's Spitfire/Hurricane Dedication Ceremony was now scheduled for 5 June 2004, a mere nine months away. Invitations were being sent out globally—no added pressure here, right?

Fortunately, the Hurricane was now equipped with an original undercarriage, which had been fitted to the aircraft following its shipment to Quelp's airport earlier in the year. This permitted



Photo: Cpl Bernie Kuhn, 8 Wing Imaging
Posing beside the Hurricane are Cpl Ernie Cowton aircraft component structure and Ken Andrews, Spar. The two are among a small group of personnel responsible for painting the aircraft.

aircraft assembly to take place in the Air Park adjacent to the Halifax Restoration Area. It was now early October and good weather was definitely at a premium. My stress level peaked following attachment of both main wings. Instead of having sight dihedral (upward slope), both wings had significant anhedral (downward slope). Once again, the 'Hali Boys' came to the rescue. Calibrated shims were manufactured and main wing struts were heated and bent to the proper angle (love those 'Hali Boys').

The next attempt at attaching the wings was uneventful and proper dihedral was achieved. With winter fast approaching, I was feeling somewhat less than optimistic about assembling the aircraft prior to the first snowfall. And then a miracle happened. Art Skidmore, a former Hurricane pilot who flew with 5 Squadron Royal Air Force in Burma during WW II, had heard that a Hurricane was being assembled at the Air Park. I welcomed him with open arms and the team of Skid and Nod was formed.

At a spry 81 years young, Skid not only carried his share of the load, but he also kept my spirits up with his endless supply of personal war stories—what a guy. Worked commenced immediately and further surprises did not materialize. Some days, our progress was readily evident. Other days, the work was tedious and slow. I was reminded of a piece of advice one of the 'Hali Boys' had offered months

previously. He told me to estimate the time required to complete a particular task, triple this estimate and then it would be close—words to live by in this business.

A good example of the assistance received from the North Side follows. I visited the Composite Section one afternoon armed with templates and requested four windscreen sections for the Hurricane's cockpit. I asked them to call when they were done. In all honesty, I hoped to get them within 10 days. The very next morning, I received a phone call saying the windscreen sections were ready for pickup. Now that's what I call co-operation.

Assembly continued at a steady pace as the winter storm clouds loomed menacingly on the horizon. With the aircraft 80% completed, a decision was made to curtail further assembly and move the aircraft to the ATESS ramp for winter parking. This proved to be a good decision because the day after the aircraft left the Air Park, a heavy rain fell that froze overnight. The place vacated by the Hurricane was now a big skating rink with ice several inches thick. Once the milder spring weather arrived, the aircraft was towed to the Refinishing Hangar for final assembly and painting. No problems were encountered during the assembly stage and the aircraft was painted in all its splendour within six weeks (the guys worked tirelessly on this project, that's for sure). Presently, the Hurricane is parked adja-

cent to the RASS Section to have an ailing undercarriage strut repaired. Final move to the Air Park should occur next week. It is anticipated that the remaining finishing touches on both aircraft will be completed by end May, just in time for the Dedication Ceremony.

So there you have it. From the time the original vision was conceived to realization of the dream, a total of 6.5 years have passed into the history books. As a fitting end to this article, I would like to acknowledge the outstanding support from the following units/sections/individuals in helping to make the CFPA dream a reality:

- 2 AMU (Spitfire towing equipment);
 - 'Hali Boys' (assistance throughout the entire two year assembly period);
 - Heavy Equipment (aircraft wing assembly and aircraft movement);
 - MSE (aircraft transport);
 - Refinishing Shop (aircraft painting);
 - Composite Shop (fibreglass repair and windcreens);
 - Machine Shop (aircraft components)
 - Welding Shop (aircraft mounts);
 - Carpenter Shop (instrument panel);
 - RASS Section (undercarriage repairs);
 - Scott and Anne Pennington (instrument panel);
 - Art Skidmore (Hurricane assembly); and
 - Les Cluett, John Olson and Tom Jordan (aircraft towing).
- What a team! Per Ardua Ad Astra.



Local girl raises over \$4,000 for Canadian Cancer Society

by Amber Gooding
Special to the Contact

When Corporal Theresa Nevills' daughter came home with the idea to shave her head for cancer, a number of things went through her head. Weeks later, she lost everything on top of it.

Tamara, a 16-year-old St. Paul's Secondary student, had never done something like this before, but after realizing the sometimes harsh realities of what children around the world go through, there was no doubt in her mind, she had to do it. Fundraising for weeks before her school's third annual Cuts for Cancer, Tamara, nor anyone else for that matter, knew what an impact she was about to make.

Theresa admits she was proud to see so much motivation within her daughter, right from the beginning. On the other hand, she was a bit fearful and concerned with what Tamara's reasons were for going ahead with her plans.

"I didn't want her to do it for the wrong reasons," said Theresa. "I was a bit perplexed, and wondered what she was going to look like, but when I saw her determination, I knew she really

wanted it, so I made her a deal."

Theresa knew that once Tamara had raised \$150 and she (Theresa) had signed the form, that Tamara would be committed. Theresa raised the bar to \$750 before she would give Tamara permission to shave all her hair off. What she didn't know at the time, was that Tamara would raise that \$750 in a matter of days.

Tamara was shocked when she saw the support she was receiving. That only fueled her drive and motivated her to set a goal of \$2,000. Knowing that not a single person had ever raised more than \$550, she had the confidence and support to reach that goal.

"I'm pretty sure that if you asked to cut all my hair off prior to Grade 9, I would have thought you were crazy," said Tamara.

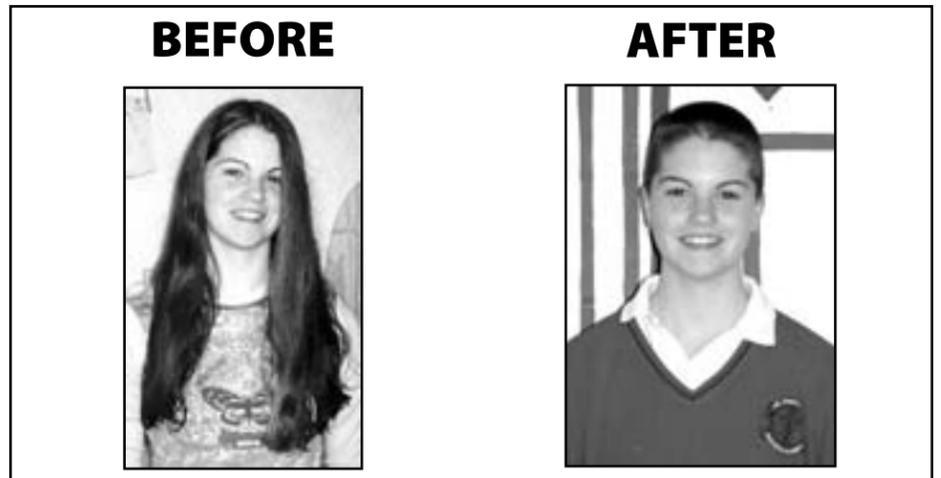
But she has certainly learned a lot since then, and says she's come to realize that her hair is not who makes up who she truly is. With so many children in the world who do not have hair, due to cancer, Apolecia or burns, she knew her hair could bring a smile to some child's face. Nothing pleased her more.

"I had a lot of hair and knew I did not need it as badly as some poor boy or girl who has been suffering from cancer would," she said. "I thought that maybe, even though they're going through a hard time, a wig could bring one of them a new confidence and hope for the future."

Tamara's no stranger to the hardships of cancer. She has watched two relatives suffer and die as a result of the disease. Knowing the impact it can have on a family, she set her goals high and was more than determined to not only provide a wig, but some money for research.

With that, her support system and what has been called a 'heart of gold' Tamara was just as proud as the people around her, as they were of her. Not once did she expect to break a record, or set one for that matter. All she had hoped for was to help others realize that cancer affects many people all over the world, and the Canadian Cancer Society needs continuous support if they are going to further cancer research and end the suffering this disease brings.

"I think people have become accustomed to



hearing about cancer and sometimes they may forget that it is a real disease, which they have not found a cure for," said Tamara. "Every bit truly helps."

Fundraising Co-ordinator for the Canadian Cancer Society's Belleville chapter, Matthew Del Grosso, worked closely with both Tamara and St. Paul's. When he saw the extra steps Tamara was taking, like talking to local radio and television stations, and spending a Saturday at the Quinte Mall to raise donations, he knew she was going to have an incredible turnout.

"Tamara is an amazing individual," said Del Grosso. "I can't believe the amount of money she was able to raise and the effort she put into doing this. She raised more than entire schools have in the past, and more than anyone has in this area."

On the day of the haircut Tamara had raised a total of \$3,852.52. By the end of that day, she had raised another \$88.59 bringing her total to \$3,941.11. Little did she know, the donations were not going to stop there, and would reach a grand total of \$4,006.11.

"It seems almost unbelievable, and I love the new

hairstyle as well," she said. "For anyone considering doing the same thing, all I can say is go for it! It's a great experience and you will not regret one moment of it. You're hair will grow back, for some with cancer, it may never."

The night before the haircut, Tamara's family received a phone call that her uncle had just been rushed to Sunny Brook hospital in Toronto and was diagnosed with a cancerous brain tumour behind his left eye. As painful and tragic as that call was, it gave Tamara even more strength and purpose.

People were very supportive, even those who thought she was crazy, she said. Either way, people commended her for her courage. Tamara chose the organization Angel Hair for Kids to donate her hair to because they donate wigs to financially disadvantaged Canadian children who have lost their hair as a result of treatment's and other medical conditions resulting in hair loss.

"I also learned that it takes approximately 12 to 15 ponytail's and about 200 manpower hours to create one wig," she said. "It's also incredibly expensive for a

family because one real-hair wig can cost a family anywhere from \$1,200 to \$3,000."

Tamara said participating in this event had definitely opened her eyes. Before the event, she felt that people had become so involved in their busy lives that they forgot to stop and take time to care for others.

"I guess I thought the world had become blind to problems that did not concern them. I wanted to make a difference and once I realized that there were people out there who cared, I also realized there are people who will do anything they can to support a good cause. I must say, we live in a great community."

Tamara would like to send a huge thank you to all her supporters, especially her mother, local businesses and the personnel at the base, as they were all key supporters for her venture.

"All were so very helpful and generous and I thank everyone for supporting me and my cause so heartedly," said Tamara. "I spent many hours going to people in the community and for this, I can't thank you all enough...Alone we can do so little, but together we can do so much. Cheers!"

Pet Particulars

62 Cats Seized by QHS

On Saturday the Quinte Humane Society completed a seizure of 62 cats from a single household. Several of the female cats came in pregnant or with newborn kittens. Despite the poor condition of the home, most of the cats are in very good health and are friendly and well socialized. All they need is a home. The addition of this group of cats puts a huge burden on the shelter which was already full to over its ideal capacity and the QHS is hoping the community will help by adopting a feline friend this spring and having their own pets "fixed." Donations of canned cat food and non-clumping litter are also appreciated.

One question that is often asked is "Why doesn't the QHS just give the cats away for free or at a very low cost?" There is a good and logical reason it can't. The shelter spays and neuters all cats before they leave the shelter and the adoption fee covers some of that cost. (They also vaccinate, deworm, de-flea and microchip the animals.) The money they get helps them to keep their doors open and care for all the other animals that are left behind. The shelter receives no government funding and has an annual operating cost of over \$400,000. that must be fundraised each year. It is difficult to do, but with the help of the community the QHS is confident it will survive this latest challenge and find permanent loving homes for the homeless cats, dogs, rabbits, sheep, pigs, hamsters, and other fuzzy friends who live at the shelter.



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Laurie McVicar

Confessions from the Gym

Monday, April 19

Well, Easter has once again passed us by...bringing with it hyper children and way, way, WAY too much chocolate for one household.

For some reason I just can't seem to fathom, my family finds it necessary to overload my two (almost three) year old with this tasty treat. They mean well, but for a child who rarely gets candy and is already "solid" no good can come of it.

Perhaps I'm a little sensitive, after all I too was overweight as a child (gulp..and as an adult. Okay, there, I said it). But, I know first-hand that it's a tough row to hoe for these kids and can have a long-lasting effect on their self esteem. More importantly, childhood obesity can lead to long-term health problems including diabetes, heart disease, orthopedic problems, and

other chronic diseases.

I don't claim to be an expert on this issue. Frankly, I chose this topic for three reasons: 1) I have been there, done that and still have the emotional scars to prove it, 2) proof of this epidemic can be seen everywhere, 3) My eight-year-old nephew, who is considered obese, has recently been diagnosed with diabetes.

It's frightening to think this is where our society is headed...children suffering from hypertension, hyperlipidemia (high cholesterol), and diabetes.

In an era where gym class is on the chopping block and everything is supersized..we, as a society, are solely to blame for this problem. It's time to take action, to turn off the television and reintroduce fitness into the lives of our young people. If we don't, the results could be catastrophic.

Ball hockey meeting

The I/S Ball Hockey organisational meeting is scheduled for 1000 hrs, Wednesday, May 5 in The Gymnasium conference room.

The league is open to CF Military, DND & NPF full time employees. Interested unit sports reps or team reps are to attend subject meeting in preparation for the 2004 Spring Ball Hockey Season. The league will play at the RCAF Arena.

Players with no Reps wishing to play and for more information contact Shirley Martin at 7160 or the Military Sports Coordinator, Dan Cormier at loc 3373.

Summer Kidz Kamp 2004



July 5 - August 27, 2004

The Community Recreation Association is now taking registration for Summer Kidz Kamp at the RecPlex. Military Community only from April 19 to May 9, 2004. Open registration begins May 10, 2004. RecPlex Hours are Monday to Friday, 8:30 a.m. to 9 p.m.; Saturdays, 8:30 a.m. - 8:30 p.m.; and Sundays noon to 4:30 p.m.

Call the RecPlex for more information - 392-2811 ext 3361.

Improving your golf game in five easy steps

by Ryan Thompson & Kim Holden

With the warm weather on its way, golf season is just around the corner. Let this year be the year that you finally beat your boss and your friends.

With a little added effort and commitment, anyone can find that great golf swing. Make your dream a reality by following these five easy to a better golf game.

Tip#1 - Reduce upper body fatigue during the round.

To reduce stress on the upper body (shoulders, upper back) switch the shoulder you carry your bag on every hole. Investing in a universal strap that allows you to

centre the weight of your bag into the middle of your back will also reduce the soreness the weight of your clubs can cause.

Tip #2 - Warming up before the round.

Warming up before every round of golf can reduce the number of strokes on the round because it gets your body ready for the round, especially the tough first hole. To warm up do a light jog for about 5-10 minutes.

Add in sets of arm circles while jogging to warm up the upper body. Stretch for 5-10 minutes hitting on the major muscles, and continue stretching after every hole and during stoppage of play. Hit the driving range and practice putting green to get your

body ready for the upcoming round.

Tip #3 - Walk the course.

Walking the course keeps your body warmed up for the demands of every golf swing. When using a golf cart your body does not stay warmed up and ready for exercise making you susceptible to injury, especially back injuries. By walking the course you burn a minimum of 270 calories per hour.

Tip #4 - Resistance training for increased distance and accuracy.

To increase your driving distance you need to work on power and strength through resistance training. Areas of the body to focus on when

resistance training is your upper body (chest, upper back, shoulders), and your core (abdominals, lower back, obliques, quadriceps, hamstrings, glutes). Examples of exercises to target these muscles are; leg press, bench press, lat pull down, abdominals, lateral raises, back extension, obliques.

Tip #5 - Mental Preparation.

Before every attempt know where you want the ball to go and envision the shot in your mind. Golfers that are confident and prepared for the game consistently have lower scores.

With this information, your golf season will be your best yet. Best of luck on the links.

8 Wing hockey team claims the Beaver Cup

As the morning air begins to warm on a crisp April 5th, 11 players, two goalies and their coach begin the long journey from 8 Wing Trenton to the near north destination of 22 Wing North Bay for the 2004 Ontario Region Beaver Cup hockey tournament.

The tournament began with a heart felt "Meet and Greet" and coaches meeting at no other than the Coaches Corner hot spot, Don Cherry's Restaurant. The tournament would consist of a four game round robin and a divisional semi-final and final. We broke the ice with a sound performance by our rookie goalie Sgt Jordie Larson to defeat CFB Borden by a score of 7-0.

Our second game of the day had us facing Petawawa's 2 CER "B" and once again our veteran goaltending performed by Cpl Steve Owens accompanied by some swift moves up front led us to a staggering victory with a score of 6-2.

On day two we followed up with a sweeping win over CFB



Photo: Submitted

Back row: Donny Zehr, Lee Leroux, Gerry Dower, Russ MacNeil, Mark Gowan. Middle: Fred Jordan, Steve St. John, Stephane Gaujacq, Josh Stott. Front: David McClure, Jordie Larson, Steve Owens, Jim Payne, Dave English.

Petawawa CE with a score of 9-1 in the first game and a first place securing victory over one of the hosting teams, North Bay "1" by a score of 5-1. This set the tone for the "A" Division Championships and clearly put 8 Wing Crazy Eights as the team to beat.

The semi-finals would have us facing off with none other than our top guns from NDHQ headed up by the one and only "Sharp

Shooter" himself, General Irwin, but we felt no shame in raking them over the coals as we had done all throughout the tournament and defeated them by a score of 6-1. This took us to the "A" Division Finals against our rivals from Beaver Cup Past who defeated us last year, St-Jean.

The game went just as we had expected, fast paced and one sided once again. Outstanding goaltending, enthusiastic and win driven play-

ers battled fiercely to the last second to take home the pride of the Engineers, the glorious Beaver Cup which will be displayed all year in the glass case at Wing CE. Thanks goes to the hosting unit for an outstanding performance, all who participated and to the supervisors who gave us the opportunity to represent our great unit and do you all proud. I hope we have as great of a turnout and support for years to come.

Volunteers needed for Surf 'n' Turf! Call Jen Lecuyer at local 2993.

Don't count sheep, get sleep!



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

You've tried counting sheep but you're still wide-awake, knowing how lousy you're going to feel when that alarm sounds three hours from now.

Most of us have experienced temporary insomnia. Some causes include:

- Drinking coffee or other beverages that contain caffeine after supper.
 - Drinking alcohol or smoking before bed.
 - Too much napping earlier.
 - Changes in sleep/wake schedules, through shift-work, for example.
 - Worrying about events of yesterday or what's to come.
- Try these tips for improving sleep:
- Go to bed about the same time every night and get up at the same time every day.
 - Sleep in a cool, dark room.
 - Exercise for at least 30 minutes three times a week, but not just before

- bedtime.
 - If you are regularly sleepy during the day in spite of getting what you think is enough sleep, see your doctor. You may have a sleep disorder.
 - Try to deal with worries of the day well before bedtime.
- For temporary insomnia, try:
- drinking herbal tea such as chamomile, to help you relax.
 - deep breathing.
 - imagining you have to get up right now and get ready for work. Think of the feeling of wishing you could only curl up, shut your eyes and have just one more hour of sleep. Guess what, you can!

Make sure you are "well" informed about your water

The local public health unit is hoping a flood of people take advantage of new information about well water.

An information kit has been developed jointly by the provincial Ministry of Environment, Ministry of Agriculture and Food and Ministry of Health and Long-Term Care. The Hastings & Prince Edward Health Unit is distributing the free kits. They are available from Health Unit offices in Belleville, Trenton, Picton, Madoc and Bancroft. The Health Unit also plans

to provide reading copies of the kits to local municipal offices and libraries.

The Keeping Your Well Safe to Drink kit comes in a plastic envelope and contains:

- Get Acquainted with Your Well fact sheet.
- Putting Your Well to the Test fact sheet.
- Pathogens and Your Well Water fact sheet.
- Choosing a Water Treatment System fact sheet.
- Disinfection Instruction Sheet.
- Keeping Your Well Water Safe to Drink

poster.

· Best Management Practices booklet.

"Our goal is to assist private well owners and users to ensure the safety of their well water," said Glen Hudgin, Director of Public Health Inspection for the Health Unit. "This kit provides important information in language that's easy to understand."

For more information or to pick up a kit, contact the Health Unit branch office closest to you. See the white pages of the phone book under Health Unit. Numbers and addresses are also available in the "Contact Us" section of the Health Unit website at www.hpechu.on.ca.

Getting clear on glass safety

Glass injuries are serious injuries. Cuts to the skin, muscles, tendons and arteries are all too common. Glass fragments in the eye can cause blindness, not to mention severe pain. These injuries can occur when handling glass as part of our jobs or even when doing ordinary household tasks. Glass related injuries can occur in the most unexpected places, such as an unseen glass door in a public place.

Here are some reminders about avoiding injuries from glass:

- Wear shatter-resistant safety eyewear when working with glass. This is especially important when you remove glass and caulk from a broken window because the glass can splinter.

· Wear heavy gloves when working with glass. Leather or even metal-reinforced materials are recommended for various jobs. Arm protection may also be required.

· Wear safety shoes when handling glass. A falling piece of glass can easily slice through the soft

material of ordinary footwear.

· Don't use excessive force when working with glass. If a window or door sticks, push or pull on the frame, not the glass.

· Extreme temperatures - hot or cold - can make glass more brittle. It can shatter from just a light tap. Take special care when installing glass under these conditions.

· Do not open or close a door by pushing on the glass because you might put your hand right through it. Glass doors should have bars across them to use as a handle.

· If there is a chance of someone walking through a large window or door because they do not see it, mark the glass at eye-level. Such doors may be located in offices, plant lobbies and

homes.

· Many serious injuries have occurred because of broken glass in kitchens. Handle glassware carefully. Don't plunge your hand into a sink of soapy water which may contain broken glass or other sharp objects. Do not use force when wiping glassware dry.

· Wear protective gear including gloves when handling glass for recycling - even at home.

· Clean up broken glass thoroughly to prevent injuries from splinters. Vacuum the area. While wearing gloves, use a damp disposable towel to clean up any stray splinters. If the glass was broken in a kitchen or eating area, make sure no splinters could have made their way into food or food containers.

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- The "May 1st I Quit!" challenge from May 1st to June 1st 2004
- Registration deadline: April 30, 2004
- Total value of prizes \$17,000
- Draw May 31, 2004
- Registration form, information and rules:

www.cfpsa.com/health (starting March 17)

or contact the
Office of the Health Promotion Director PSP
at your base/wing or unit

The prizes are courtesy of CANEX and SISIP FS,
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Cheryl Rothenburg, Health Promotion Director
Bldg 21, Rm 10. 58 Polaris Ave. 392-2811, ext 3767

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Mobile Radiological-Nuclear Response Labs delivered

OTTAWA – (April 20, 2004) Defence R&D Canada acquired four Mobile Nuclear Laboratories (MNLs) to provide support in the event of a radiological or nuclear incident. These \$1.5-million Labs were obtained under the auspices of the Government of Canada's Chemical, Biological, Radiological and Nuclear Research and Technology Initiative (CRTI).
 "With this new capability, the Government of Canada has greatly enhanced its national ability to respond to radiological-nuclear hazards," stated the Honourable David Pratt, Minister of National Defence. "These mobile labs could be deployed or air-lifted in emergencies where time is of the essence."

The labs will be located in British Columbia, Manitoba, Ontario, and Nova Scotia and will be available for deployment across Canada. Operators from the

Department of Fisheries and Oceans, Atomic Energy of Canada Limited's Whiteshell and Chalk River Laboratories and the BC Centre for Disease Control will be trained this month to ensure personnel will possess the technical expertise to successfully operate the labs during an event, such as responding to "dirty bombs". Bombs of this nature spread radioisotopes using explosives, and the emitted radiation can only be detected with special instruments, such as those found in the MNLs.

The CRTI was set up to address chemical, biological, radiological, and nuclear threats as a part of the Government of Canada's comprehensive \$7.7 billion security package announced in Budget 2001.

CRTI is led by DRDC, an agency within the Department of National Defence, comprising a national network of six defence research centres. The Agency works



Photo: D-News
 in collaboration with private industry, allied forces and academia to respond to the needs of the Canadian Forces. Dr. John Leggat, CEO of DRDC, is the Chairman of the CRTI Steering Committee.

For more information, visit www.crti.drdc-rddc.gc.ca.

Livraison des laboratoires mobiles d'intervention en cas d'incident radiologique nucléaire

OTTAWA – (le 20 avril 2004) R & D pour la Défense Canada a fait l'acquisition de quatre laboratoires nucléaires mobiles (LNM) pour assurer un soutien en cas d'accident radiologique ou nucléaire. Ces laboratoires d'un million et demi de dollars ont été achetés dans le cadre de l'Initiative de recherche et de technologie (IRTC) chimique, biologique, radiologique et nucléaire du gouvernement du Canada.

« En se dotant de cette nouvelle capacité, le gouvernement du Canada a beaucoup augmenté sa capacité d'intervention à l'échelle nationale en cas de dangers radiologiques ou nucléaires », a déclaré l'honorable David Pratt, ministre de la Défense nationale. « Ces laboratoires mobiles pourraient être déployés ou transportés par voie aérienne dans les situations d'urgence où chaque minute compte ».

Les laboratoires seront situés en Colombie-Britannique, au Manitoba, en Ontario et en Nouvelle-Écosse et pourront être déployés n'importe où au Canada. Les opérateurs du ministère des Pêches et Océans, des laboratoires Whiteshell et Chalk River d'Énergie atomique du Canada Limitée et du Centre pour le contrôle des maladies de la C.-B. seront formés ce mois-ci afin d'acquérir les compétences techniques nécessaires pour faire fonctionner avec succès les laboratoires en cas d'accident, p. ex., pour intervenir contre les « bombes sales ». Les bombes de cette nature dispersent des radio-isotopes au moyen d'explosifs et les radiations émises ne peuvent être détectées qu'au moyen d'instruments spéciaux comme ceux que contiennent les LNM.

L'IRTC a été mise sur pied en vue de contrer les menaces chimiques, biologiques, radiologiques et nucléaires dans le cadre de l'ensemble complet de mesures de sécurité évalué à 7,7 milliards de dollars annoncé par le gouvernement du Canada dans son budget de 2001.

L'IRTC est dirigée par RDDC, agence relevant du ministère de la Défense nationale, formée d'un réseau national de six centres de recherches pour la défense. L'Agence travaille en collaboration avec l'industrie privée, les forces alliées et les universités pour satisfaire aux besoins des Forces canadiennes. M. John Leggat, chef de la direction de RDDC, préside le Comité directeur de l'IRTC.

Pour obtenir de plus amples renseignements, visitez le site Web : www.crti.drdc-rddc.gc.ca.



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*Who lease payments are required for the first 90 days. We will make your first month's payment. On the 91st day following delivery of a participating vehicle, lease will start making 47 monthly lease payments. Offer only available on 48 months lease. Contact your dealer for program details. †Who payments for 90 days applies to Purchase Finance offers on new 2003 models and new 2004 Mazda6. No interest charges will apply during the first 90 days of the finance contract. After the period interest starts to accrue and the purchaser will enjoy principal and interest monthly over the term of the contract. 3.9% Purchase Financing / 60 months is available on new 2004 Mazda6. Finance example: for \$10,000 at 3.9% Purchase Financing the monthly payment is \$183.25 for a total of \$10,995.00. Other finance rates available. Excludes freight and P.D.E. Offers cannot be combined. * Offers available on retail lease of new 2004 Mazda6 GS-14. For other models see your dealer for details. Lease payment includes freight and P.D.E. of \$225 for cars. Total lease obligation for the 2004 Mazda6 (GALD6AA00) is \$10,100 including down payment or equivalent trade of \$2,500. \$1,000 per year mileage allowance applies, if exceeded, additional \$0.10 per km applies. \$5,000 km lease also available. License, insurance, registration taxes and other dealer charges extra. Dealer may sell/lease for less. Dealer order may be necessary. Offers available from March 10, 2004 for a limited time only. Lease and Finance O.A.C. for qualified customers only. See your dealer for details. **Automobile Magazine February 2002. Base® is a registered trademark of Base Corporation.



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Joint Task Force Two (JTF2) seeking new recruits

JTF 2
 OTTAWA — Are you highly motivated, physically fit, team orientated and looking for a challenge? The CF counter-terrorist unit, Joint Task Force Two (JTF2), is looking for service members with these qualities to join their team. Once again this year JTF 2 recruiters will be visiting bases across the country as part of their annual recruiting campaign. JTF 2 is the CF unit responsible for federal

counter-terrorist and hostage rescue operations, and any other task in response to a potential national security threat. The unit's role demands continuous, intensive training, a high level of operational readiness and the ability to deploy anywhere in the world on short notice to accomplish missions and tasks. JTF 2 offers a wide variety of employment opportunities for military personnel. The unit is made of two categories; A and B. Category

A, special operations assaulters, are directly employable in the tactical aspects of a unit mission. Category B comprises Special Operations Coxswains, specialists and support personnel who provide combat support to operations and perform support service functions. Following the Government's decision in 2001 to expand the capability of JTF 2 there is a demand to recruit new personnel for each category. As a member of JTF 2 you will be part of a world-class Special Operations Force. Training is realistic and demanding. Members of JTF 2 learn and hone their skills relative to specialized tactics, weapons, explosives and equipment. Missions and tasks are relevant to the current geo-political situation. JTF 2 needs mature, responsible, dedicated, physically and mentally fit professional people of high integrity who are ready to push themselves to the limit.

How to apply:

Members from the Regular Force with two years of service, and members of the

Reserve Force with three years of service and are fully MOC qualified can apply through their chain of command, by completing the application form for JTF 2 service. Applicants for JTF 2 must successfully complete the physical fitness test for their category of employment at the unit. Every member of the CF has a right to apply for service with JTF 2 provided they meet the minimum eligibility criteria. Applicants for category A positions are screened, interviewed and tested for cognitive ability at their base personnel selection office. Suitable candidates for this category are invited to attend a seven-day selection process (ten for officers) at the unit. A pre-selection training program is available at any base PSP office. Applicants are strongly encouraged to prepare for the process using this package. Special Operation Coxswains applicants are also invited to undergo a selection process. Specialists and support personnel applicants who apply are selected based on their trade skills, job performance, qualification and personal pro-

file. Suitable candidates are invited to the unit for an employment interview, as well as a psychological evaluation. A CANFORGEN was promulgated early in 2004 with more information on this year's annual JTF 2 recruiting campaign. Base briefings: JTF 2 recruiting staff will be conducting information briefings at bases across Canada. The schedule for the second half of these briefings is attached. All interested members of the CF and their spouses are invited to attend the JTF 2 information briefings. For security reasons, CF members will be required to show their CF identification cards at the door. For more information on the unit and this year's recruiting campaign check out the JTF 2 website at http://www.forces.gc.ca/dcds/units/jtf2/default_e.asp (internet) or http://dcds.mil.ca/units/jtf2/default_e.asp (DND intranet). CF members may also call the JTF 2 information line at 1-800-959-9188. During base visits JTF 2 recruiting staff can be contacted by pager 1-888-

- 501-8276.
- Base / Date / Time / Location
- 17 Wing Winnipeg
- 27 Apr 04 - 0930
- Training and Education Centre (Bldg 135) Rm 111
- Winnipeg
- 27 Apr 04 - 2000
- Minto Armoury
- Regina
- 27 Apr 04 - 2000
- Regina Armoury
- Shilo
- 29 Apr 04 - 0930
- 1 RCHA Theatre
- Petawawa
- 6 May 04 - 0930 & 1830
- 2 RCHA Training Building P-115
- St John's
- 13 May 04 - 2000
- 1 Royal Newfoundland Regiment Armoury
- Halifax
- 18 May 04 - 0930 & 1830
- 0930 hrs, CF Maritime Warfare Centre
- 1830 hrs, HMCS SCOTIAN
- Greenwood
- 20 May 04 - 0930
- Hangar 6 Room 1005.

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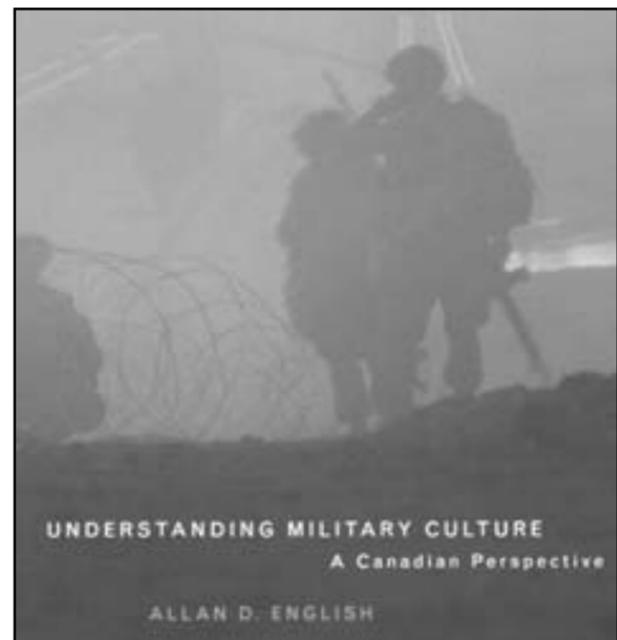
The Contact - serving our CF members where ever they go

New book examines Canadian military culture

by Allan D. English
 McGill-Queen's University Press

Culture has been described as the "bedrock of military" effectiveness because it influences everything an armed service does. The recent conflicts in Afghanistan and Iraq have highlighted the importance of culture as a concept in analyzing the ability of military organizations to perform certain tasks. In fact, a military's culture may determine its preferred way of fighting and dealing with other challenges, like incorporating new technologies, more than its doctrine or organizational structure. This book examines military culture from a the-

oretical and a practical point of view. It focuses on the Canadian and American military cultures, and it provides the first detailed examination of the culture of the Canadian Forces. It also compares their culture to that of the US armed forces. The book concludes that while the culture of the Canadian Forces has been "Americanized" to a certain extent, the culture of the US armed forces, due to changes in their personnel and roles, has experienced a certain degree of "Canadianization" at the end of the 20th and the beginning of the 21st centuries. Allan D. English served in the Canadian Armed



Forces for twenty-five years. He is a senior researcher fellow, Canadian Forces Leadership Institute, and assistant adjunct professor of history, Queen's University; he is also the editor of *The Changing Face of War*.

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- Man on Fire (14A) 1:00 7:00 9:30
- 13 Going on 30 (PG) 1:10 7:10 9:10

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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 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.
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The Trentonian Navy League Cadets and the Trenton Branch Navy League invite the citizens of Quinte West to attend the commemoration service marking the anniversary of the

Battle of the Atlantic.

The service is in memory of the crews of His Majesty's Canadian ships, Canadian Merchant Marine and air squadrons who performed their duty, died so bravely and ensured the freedom of future generations of Canadians during the Second World War.

The service will be held at King Street United church, Trenton on Sunday, May 2 at 2 p.m. Organized groups attending the service are to meet in the parking lot of Ontario House, 80 Division Street, Trenton for the march into the church and depositing of colours.

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.

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



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 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.

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

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Garth Turner

It's certainly not good news for Paul Martin that the sponsorship scandal broke when it did: during tax season in Canada. Millions of people are chewing pencils, filling out incomprehensible tax returns and thinking of \$100 million or so that allegedly ended lining the pockets of some ad guys down the 401.

So, it's only natural that creative minds would start thinking about avoiding every dollar of tax possible. Luckily for you, tax avoidance is not illegal in Canada, unlike tax evasion. So, let's avoid with abandon! Here are some of my fav techniques.

First on the list is making regular RRSP contributions - not every year, but every month, and right from your bank account through direct withdrawal. That means you can

apply to have the withholding taxes on your paycheque reduced, which means your after-tax income actually rises as you get a tax refund every pay period. Just contact your district taxation office and remember, Revenue Canada which changed its name to the Canada Customs and Revenue Agency is now called the Canada Revenue Agency. Wouldn't you love to have the printing contract for all their business cards and stationery?

Next is income splitting, which all consenting adults should engage in. This means the person who makes the most money in the household should pay the family expenses. At the same time, the person who makes less, and is in a lower tax bracket, should use his or her income for investing, since the returns

will be taxed at a lesser rate. This is why it also makes sense for a higher-earner to pay the incomes taxes of the lower-earner, freeing up all the less-taxed money to invest.

Now, you can also pay your spouse (or your kids) a salary, if you have a home-based business, for example. All of the money paid comes right off your own taxable income, and is then taxed in the hands of relatives who presumably are in a lower tax bracket. This is entirely legal, so long as you can prove to the feds that the business is real, the payment is reasonable, and actual work is being done for a reasonable expectation of profit.

Next on the list is the spousal RRSP. You are allowed to dump money into a retirement plan in your spouse's name up to your own contribution limit, and deduct all of that sum from your own taxable income. After three years the money becomes the property of your spouse, and can be removed at his or her lower tax rate, which means you actually win twice with this strategy.

Next, make sure as

much of the interest on your borrowings as possible is tax-deductible. Money borrowed to buy real estate that gives you income has tax-deductible interest, and so does cash that you borrow for investment purposes. So, instead of using your own bank account to buy that mutual fund, why not set up a line of credit secured by your home, and write a cheque on that account? Now all of the interest the bank charges you can be written off from your taxable income.

Or, how about this? If you have an investment account and also a mortgage on your home, simply take the investments, cash them in and use the money to pay off your mortgage. Now go and arrange a new mortgage (at today's juicy low interest rates) for an equal amount to the old one, and use the proceeds to buy back your investments. This way you have exactly the same assets and debt as you did previously, but now your entire mortgage interest is tax-deductible - because the borrowing was made expressly to fund an

investment. This could actually create one of the biggest tax deductions of your life, since 90 per cent or so of most mortgage payments are interest.

So, see? Revenge. It's good.

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

Care for your credit

(NC)—Incurring debt is part of life for most people. Understanding how best to handle credit will help you maintain control of your overall financial situation.

Strong credit leads to quick credit approval at the best possible terms. Your credit history must clearly show your willingness and ability to pay your debts.

Your Credit Report

• During the application process, lenders look at your credit record and credit score to check how you've managed your debts.

• It's a smart idea to review your own credit report and score before applying for a loan.

• For a small fee, a credit bureau will provide an instantaneous, complete online credit report and credit score that details your current debts and payment history. They also detail what your score level means, how you compare to others, and provide tips to improve your score.

• You also may receive your credit report (without the credit score) by mail for free by contacting the credit bureau.

• When you receive your credit report, ensure that all the information and amounts are correct. Look carefully for any past-due or written-off amounts. Uncertainty and ambiguity on your credit report can be dangerous to your financial health.

Correcting Credit Problems

• If you have never had a loan or credit card, you can still show a good record of timely payments of your utility bills, property taxes or rent.

• You can establish minor credit relationships, such as short term installment loans or a credit card, and maintain a record of prompt payments.

• If you have a credit problem because of an unusual situation, write a letter of explanation. Your lender may overlook a credit problem if you can give a good reason for not having made your payment.

• If you're constantly struggling to pay your bills, seek professional help. Remember: creditors don't want to lose money. Let them know if you are having trouble with your payments. Most creditors will work out alternative payment arrangements to help you maintain a good credit rating.

Credit Tips

• Plan major purchases carefully and do not accumulate excessive amounts of debt.

• Pay down existing debts and ensure bills are paid on time, especially minimum payments on credit cards. If necessary, postpone major purchases until you can save the money required.

• Avoid large purchases before buying a house, since the added debt will affect your mortgage qualifications.

• Use credit responsibly. Establishing a track record of on-time payments will improve your credit rating.

• Avoid skipping bills to make other payments since missed payments appear on your credit report and create longer-term problems.

• Avoid defaulting on payments. Delinquent payments, collection items, and court judgments stay on your credit file for six years, even if you subsequently pay them.

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
April 25 - May 1

ARIES (March 21-April 19): Emotional frustration will hamper your concentration on the 25th and 26th. Give a negative situation a chance to defuse before you try to do something about it. Act on your gut feelings on the 27th, 28th and 29th if you want to stay in control. You can convince others to see things your way. Romance should be high on your list. Keep your personal life separate from your professional life on the 30th and 1st. If you mix the two, it will work against you in the end. Putting in a little extra work will pay off. Someone from your past may have a suggestion on how to earn more money.

TAURUS (April 20-May 20): Your warmth and generosity will win attention and favours from those you talk to on the 25th and 26th. You should contact someone from your past if you have been thinking about him or her. Don't try to force someone to be frank with you on the 27th, 28th and 29th. Have a good comeback prepared to avoid embarrassing yourself. This is not the time to make changes. Social activities will lead to love, romance and a whole lot more on the 30th and 1st. Relationships will flourish because you will be on top of your game and hard to resist. Take advantage of your good fortune.

GEMINI (May 21-June 20): If you haven't followed your heart and you are tired with the direction you have been pursuing, take 25th and 26th to find out what it will take to get back on track. It's never too late to change direction. No one will be able to hold you back or get in your way on the 27th, 28th and 29th. Promote your ideas and don't be afraid to talk to someone about your career direction. Hit the information highway and do your research. You will probably try to do more than is humanly possible on the 30th and 1st. Don't let anyone lead you into thinking you owe him or her something.

CANCER (June 21-July 22): You will be moody on the 25th and 26th. Creative endeavours will take your mind off of personal matters and bring you great satisfaction. Try your hand at something that you've always wanted to do. Remind yourself what it is you always wanted to do on the 27th, 28th and 29th. If you haven't reached your goals, consider where you went wrong and what must be done. Be open to suggestions from a friend or relative on the 30th and 1st. This person has your best interest at heart. The chance to get closer to someone you like will become easier. The connection will lead to far more than you imagine.

LEO (July 23-Aug. 22): An older relative may need your help on the 25th and 26th. The more you can do, the better you will feel about yourself. Making changes at home will provide you with alternate options. Love and romance can be yours as long as you focus on having fun. Take advantage of your good fortune on the 27th, 28th and 29th and put it to use where it will count. If there is something you have been trying to get others to help you with, now would be the perfect time to persuade them. Mull over some concepts and ideas you have for making money on the 30th and 1st. Realize your potential and you will get ahead.

VIRGO (Aug. 23-Sept. 22): Take the high road on the 25th and 26th and don't give up until you have achieved what you set out to do. You are a perfectionist and this should help you gain respect among your peers. Be careful whom you trust on the 27th, 28th and 29th, especially with information that could affect your future. Do the work yourself and eliminate the chance of sabotage. You may be thinking on too big a scale on the 30th and 1st. Tone down your ideas and pay more attention to detail. Someone from your past may try to take advantage of you. Organization will help you reach your goals.

LIBRA (Sept. 23-Oct. 22): You may be backed into a corner if you aren't careful on the 25th and 26th. Prepare to say no. Don't let anyone take advantage of you. Procrastination will lead to vulnerability. Ask for help if you need it on the 27th, 28th and 29th. Contact and talk with people who will appreciate your talents and make valid suggestions. Count on a profitable turn of events. Consider your motives on the 30th and 1st. If you aren't sure why you are pursuing something or someone, rethink your objective and change your strategy. Volunteer to help an organization you believe in.

SCORPIO (Oct. 23-Nov. 21): Your journey on the 25th and 26th should lead to a stimulating turn of events. Any interests or ideas you have can be addressed. Your awareness is growing and your motives are changing. Pursue your dreams. Money may be on the line on the 27th, 28th and 29th. Someone you work with is likely to conceal important information. Don't leave yourself open—do your own research and your own work. Talks will lead to important decisions that could bring about reform on the 30th and 1st. You will be instrumental if you take part in something you believe in.

SAGITTARIUS (Nov. 22-Dec. 21): Consider the way you've been eating and the way you've been taking care of yourself physically on the 25th and 26th. Make a few adjustments if you haven't been feeling up to par. Your mind will be on entertainment and travel on the 27th, 28th and 29th. Give yourself a break and give in to your whims. You will make some interesting observations about yourself if you do. Don't promise something on the 30th and 1st if you may have trouble following through. It will be vital that you mean what you say and are responsible for your words and actions.

CAPRICORN (Dec. 22-Jan. 19): You can avoid turmoil on the 25th and 26th by compromising and communicating about what is bothering you — something very interesting is likely to unfold. Play a safe game when it comes to your investments on the 27th, 28th and 29th. Take care of any pressing matters, clear up overdue bills and rethink your long-term goals. Reward yourself on the 30th and 1st for all the things you have accomplished and plan to have some fun. This is a perfect time for romance, if you have neglected someone or you are single and looking, make your move.

AQUARIUS (Jan. 20-Feb. 18): Being mature on the 25th and 26th in your dealings with peers will lead to all sorts of good possibilities. Check out opportunities for increasing your income. You will be emotional and will probably find it difficult to contain the way you are feeling on the 27th, 28th and 29th. Try to reason with yourself before making a scene. Counteract your anxious feeling with something energetic and physical. Residential changes or dealing with people who can influence the outcome of how much you get in a settlement will be positive on the 30th and 1st. You are up for wins, rewards or gifts.

PISCES (Feb. 19-March 20): Love will flourish on the 25th and 26th and your attitude will draw others to your side. Your views will make it impossible for anyone not to be enchanted by what you have to say. It's time to make a decision as to what you are going to do next. Opportunities are present on the 27th, 28th and 29th, but you must make the move. Don't let anyone talk you into giving up. Let someone you care about know exactly how you feel on the 30th and 1st. Truth will be what leads to making a partnership better or at least changing its dynamics. Someone from your past may spark your interest again.

Energy Matters -- auto tips part four

by Sgt. Carlson

Good day everyone, this week I'll finish the series with some tips on how and what to tune up on your vehicle to help stretch that dollar.

Maintenance should be undertaken on a routine basis. While your owner's manual lists all of the maintenance jobs to be done and when to do them, we have listed those checks and tests that should be done to ensure that you have an energy-efficient vehicle. Of course, you don't need to know how to do the maintenance yourself. It is

important; however, to ensure that all the checks and tests are done regularly. Spring and fall are the most common and appropriate times to get regular maintenance done.

1. Tune up your car. Modern carburetors, fuel-injection systems, and electronic ignitions are factory-set and should not be tampered with. The servicing of these systems requires special tools and equipment and should be left to a specialist.

2. Inspect and replace filters regularly. The air filter is responsible for ensuring that clean air enters

your engine. It keeps dust and air-borne impurities from entering and damaging internal engine components. Clogged air filters restrict airflow; this can mean wasted gasoline and higher emissions, so replace these parts regularly. A dirty air filter can cause a 10 per cent increase in fuel consumption. Air filters should be checked once a year (more often, if you drive on dusty roads).

3a) Change the oil. Oil is the "lifeblood" of your engine. It reduces wear caused by friction between the moving parts and removes acids, sludge, and

other harmful substances from your engine. Oil also helps to cool the engine, provides a seal between the cylinder walls and the pistons, and prevents the engine from rusting. Eventually, the oil becomes contaminated and its performance additives are used up, so it is important that the oil be changed regularly. Neglecting to replace worn-out oil can result in severe damage to your engine. The oil filter should be changed with every oil change. At the same time, check levels of oil and power steering, brake, transmission, and differential fluids (refer to your owner's manual for the location of dipsticks).

3b) Use the right motor oil. Some types of oil contain additives that reduce friction and increase fuel economy by three per cent or more. These products are marked "Energy Conserving II". Re-refined oil certified with the EcoLogo performs as well as motor oil from original sources.

4. Rotate your tires. Because the front and rear tires perform different functions on your car, they also wear differently. To make your tires last as long as possible, maintain proper tire pressure, have your tires rotated, and have your wheel alignment checked if the tread wear is uneven (e.g., worn on one side only). Consult with the garage that maintains your vehicle about disposal options for used tires.

5. Service air conditioners properly. An air-conditioned car emits over two kilograms of chlorofluorocarbons (CFCs) over its life cycle, adding to the destruction of the ozone layer. Leaks increase emissions further, so fix them promptly.

6. Have your engine emission controls checked. The state of your engine emission controls and electronics is the most important variable that affects engine efficiency and emissions. Usually, there is little indication to you that your vehicle is a big emitter. In extreme cases, smoke (unburnt fuel) will be emitted from the tailpipe.

Well, I hope during these past few weeks you have picked up a few tips on how to properly maintain your vehicle and save a few dollars.

Chimo!

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Sgt S. Raithby

was promoted to that rank, presented by Maj M. Gartenburg CO ATESS.



WO B. Wilson

was promoted to that rank, presented by Maj M. Gartenburg CO ATESS.



WO Jones

was promoted to that rank, presented by Maj W. Watson & CWO R. Bradford, CO WCE Sqn.



Pte(T) D.W.H. Zehr

was promoted to that rank, presented by Maj W. Watson & CWO R. Bradford, CO WCE Sqn.



Pte(T) S.C. Mitchell

was promoted to that rank, presented by Maj W. Watson & CWO R. Bradford, CO WCE Sqn.

Congratulations! Félicitations!



Canadian Forces to deploy for Roto 2 of Operation Athena

OTTAWA – Approximately 600 Canadian Forces (CF) personnel will deploy to Kabul, Afghanistan in August 2004 for Rotation 2 of Operation ATHENA, the Canadian contribution to the International Security Assistance Force (ISAF). The announcement was made by the Prime Minister, the Right Honourable Paul Martin, at Canadian Forces Base Galetown.

The Canadian contingent, known as Task Force Kabul, will comprise an armoured reconnaissance squadron, an infantry element, and national command and support elements. They will continue to occupy Camp Julien, the Canadian base in Kabul. Additionally, about 200 CF personnel will support Task Force Kabul from a sustainment base located elsewhere in the Arabian Gulf region.

“Canada must keep the commitment it has made to the people of

Afghanistan and to the international community,” said Minister of National Defence, the Honourable David Pratt. “Our efforts, along with those of our allies, are helping bring freedom and human rights to Afghanistan and we cannot stop short of that goal.”

“It is important to balance Canada’s international commitments with the need of the Canadian Forces to rest, train and prepare for future missions,” added General Ray Henault, Chief of the Defence Staff. “The reduced deployment to Afghanistan, coupled with a drawdown of our forces deployed to Bosnia, will permit the Canadian Forces to conduct essential force regeneration tasks.”

The current Canadian contingent is the largest in ISAF with about 1,900 personnel deployed. Canadian soldiers have conducted regular patrol missions in the Canadian area of responsibility. In addition, they are involved

in a number of projects, such as digging wells and repairing buildings, to help improve the quality of life of the people in their area. Nearly 4,000 CF members have served on Op ATHENA to date.

Canadian Lt. Gen. Rick Hillier currently commands the NATO-led ISAF, which comprises about 6,100 troops from 34 nations. ISAF’s

mission is to help maintain security in Kabul and the surrounding areas so that the Afghan Transitional Authority and UN agencies can function. It also includes liaison with political, social and religious leaders to ensure that ISAF operations appropriately respect religious, ethnic and cultural sensitivities in Afghanistan.

Canadian soldier and Bosnian employee injured in accident

National Defence

VELIKA KLADUSA, BOSNIA-HERZEGOVINA — (Roto 14, April 17, 2004) A soldier from the Canadian contingent in Bosnia-Herzegovina and a Bosnian civilian employee were injured in a road traffic accident near the city of Pnjavor, Bosnia at about 10:00 a.m. local time (4:00 a.m. EST).

The soldier and the civilian employee were both taken to local hospitals where they are currently under medical care without life threatening injuries. Next of kin of the injured have been notified.

They were travelling in a LAV III armoured vehicle, which left the road during a patrol and fell in a ravine. Four other soldiers were also on board but were not injured. The circumstances surrounding the accident are as of yet unknown, and an investigation is under way to determine the cause.

More than 650 Canadians are currently deployed in Bosnia-Herzegovina as part of

Operation PALLADIUM, which demonstrates Canada’s commitment to its NATO allies. Canadian contingents rotate every six months; the current rotation assumed responsibility for the mission on April 5th, 2004. Most soldiers on this rotation are part of the 5e Groupe-brigade Mécanisé du Canada based in Valcartier, Quebec.

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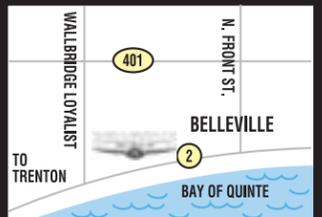


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