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• April 30, 2004 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 39 Issue Number 18 •

## WCommander's Safety and Health message

The week of 2-8 May 2004 is being heralded as "North American Occupational Safety and Health Week." The theme for this year's safety week poster is "Build a Safe Beginning."

"Safe Beginnings" is a well practised concept at 8 Wing/CFB Trenton, where "safety" is the solid foundation of all that we do, both in the air and on the ground. The Wing Safety Policy includes the full support of union leaders in a cooperative safety and health partnership.

Our efforts have realized some recent successes in reducing both the frequency and severity of our accidents. That is the good news. The fact that we continue to have unnecessary accidents at all has been the bad news for too many members of our 8 Wing/CFB Trenton family.

Our attitudes, as well as our statistics, are improving. The most recent General Safety audit has revealed that more and more units are developing formal programs to address concerns such as "Physical Fitness Safety", "Off-Duty Safety" and fully detailed Indoctrination Programs for our personnel. I believe that this reflects an attitude that will help us to achieve

excellence and personal satisfaction in all our endeavours.

A parallel theme for the "North American Occupational Safety and Health Week", and one that fits in very well with 8 Wing/CFB Trenton aspirations, is: "Partners In Safety."

I want to acknowledge several other "partnerships" that are necessary for our safety and health programs to be effective. These include government agencies and community service groups, professional safety and health associations, and the personnel of 8 Wing/CFB Trenton. In particular, I want to thank those people, who, at every level of our organization, have contributed their leadership qualities for the benefit of all. This contribution may have prevented an injury, eliminated a hazard or could be a simple act of promoting the program.

The records confirm your participation. I want to encourage your continued interest and activity in developing and implementing a safe, healthful environment. I have come to expect nothing less from our personnel, whether military or civilian. I commend you for your caring attitude!

## RPP ensures health and safety of DND personnel

by Laurie McVicar  
 Assistant Editor

8 Wing/CFB Trenton personnel can breathe a little easier (and safer) these days thanks to a program offered at the Wing Fire Department.

The Respiratory Protection Program (RPP) was developed in 1994 in response to growing concerns over the health of DND employees. Throughout North America, several workers lose their lives each year due to failure to take proper protection in oxygen deficient or contaminated environments.

"Normally, air contains about 21 per cent oxygen by volume. Low levels of oxygen are usually associated with confined spaces and with occurrences such as chemical reactions, displacement by other gases, and fire. When air does not contain enough oxygen or if it is contaminated, a respiratory hazard exists," said Sergeant Jean-Guy Cayouette.

"Some contaminants in air are considered Immediately Dangerous to Life or Health (IDLH). These contaminants may cause irreversible injury or death to someone without respiratory protection. Other contaminants may be very dangerous over a long period of exposure or through repeated short exposures. Others might cause less serious injuries or irritation."

Those personnel who do participate in the program

Photo: Laurie McVicar



MCpl Steve St. John conducts a quantitative test on Pte Cedric De Belder using the Portacount system. Pte De Belder, an Apprentice on Rotation with the 8AMS AVSO lab, was a recent participant of the Respiratory Protection Program offered at the 8 Wing Fire Department.

are taught how to care for, clean and repair their masks. More importantly though, they are fit tested.

"I normally tell students that it's not enough to be partially protected. You have to be fully protected," said Sgt Cayouette.

"No matter what mask you have--there's a cartridge that attaches. Only certain types of cartridges can be used for each environment," said Captain Steve Vollhoffer, Wing Fire Chief. "We have to teach (participants) the limitations of each use."

In the past, students of the program were exposed to a testing agent to determine whether or not their mask fit correctly. The agent was easily detectable by its odour, taste or the irritation that it caused. Recently, a new system was introduced.

"A quantitative test is recognized to be the best testing method," said Sgt. Cayouette. "The respirator is fitted with a sampling probe and worn in a test environment with a computer call Portacount. The wearer performs a series of tasks during which the performance of the respirator is monitored."

Tasks include moving your head from side to side, bending down to touch your toes, and reading out loud.

Capt Vollhoffer reminds personnel, "Every mask they use, they have to be refit tested. Every mask has its own fit factor."

"If you lose or gain weight, you should also come back in," added Sgt. Cayouette.

For more information about the RPP, contact Sgt. Cayouette at local 7890.

## ANNIE COMING TO BREADNER!

Photo: Andrea LeBlanc



Breadner Elementary School is presenting the musical extravaganza *Annie Jr.* on May 5 and 6 at 7 p.m. Be sure to get your tickets for this don't-miss event for \$3 per person or \$10 per family, either in advance at the school office or at the door. Pictured above are some of the talented cast members of the show, including Jessica Wayner (Annie), Josh Dubuc (Daddy Warbucks), and "orphans" Michaela Lomond, Molly Teters, Brooke Bartley, Alissa Crane, Kelly Brett and Stephanie Hutchison.

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# Message du commandant de l'escadre sur la sécurité et la santé 2004

La semaine du 2 au 8 mai est désignée « Semaine nord-américaine de la sécurité et de la santé au travail ». « Créer un départ en toute sécurité », tel est le thème de cette année.

Nous adhérons tous à ce concept au sein de la 8e Escadre/BFC Trenton, où la « sécurité » constitue la base solide sur laquelle reposent toutes nos activités, que ce soit dans les airs ou sur terre. La politique de l'Escadre en matière de sécurité est appuyée inconditionnellement par les dirigeants syndicaux qui participent à un partenariat en matière de santé et de sécurité.

Récemment, nos efforts ont porté fruit vu qu'ils nous ont permis de réduire la fréquence et la gravité des accidents. C'est la bonne nouvelle. Mais la mauvaise nouvelle pour trop de membres de la 8e Escadre/BFC Trenton, c'est que des accidents continuent de survenir.

Nos comportements ainsi que nos

chiffres évoluent. D'après la plus récente vérification de la Sécurité générale, de plus en plus d'unités élaborent des programmes officiels afin de répondre à certaines préoccupations comme celles qui portent sur « la sécurité du conditionnement physique », « la sécurité après les heures de travail » et la mise au point de programmes de familiarisation détaillés pour notre personnel. À mon avis, cela témoigne d'une certaine attitude qui nous aidera à atteindre l'excellence dans toutes nos entreprises et à en tirer une satisfaction personnelle.

« Partenaires en matière de sécurité » est un thème parallèle à celui de la « Semaine nord-américaine de la sécurité et de la santé au travail » qui cadre très bien avec les aspirations de la 8e Escadre/BFC Trenton.

Je voudrais aussi mentionner plusieurs autres « partenariats » qui sont indispensables pour garantir l'effi-

cacité de nos programmes de sécurité et de santé, partenariats conclus notamment avec des organismes gouvernementaux, des groupes de service communautaire, des associations professionnelles de sécurité et de santé, et le personnel de la 8e Escadre/BFC Trenton. Je tiens à remercier, en particulier, les gens qui, à tous les niveaux de notre organisation, ont mis leur leadership au service de tous. Par leur contribution, ils ont peut-être évité une blessure, éliminé un danger ou simplement fait la promotion du programme.

Nos dossiers confirment votre participation. Je vous encourage à continuer de vous intéresser à cette question et à poursuivre vos efforts pour mettre en place un milieu de travail sain et sécuritaire. Je n'attends rien de moins de notre personnel militaire et civil.

Je vous félicite de votre attitude bienveillante.

## CONGRATULATIONS TO 429 SQUADRON!



The 429 Sqn crew flew the A/CLS, MGen Caron, to Kabul and return during his recent visit to Op ATHENA. He was most impressed with the professionalism demonstrated by the crew and awarded them each with the Chief of the Land Staff Coin as a sign of his great appreciation. In awarding these to the Aircraft Commander, Capt Rumpel, he indicated that it is his policy only to award these on the rare occasion when he sees military personnel working at the highest level of proficiency and competence. Congratulations to the entire crew: AC - Capt Rumpel, FO - Capt Robblee, Nav - Capt Lemieux, FE - Sgt Bourdeau, LM - Sgt Conlin, LM - MCpl Corkum, MSASO - Cpl Dunn.

**Support your local CANEX!**

## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Pte Lorraine Fox, W Sup Orderly Room RMS Clerk, is hard at work catching up on her daily workload after the PER rush. As a new member of the CF, Pte Fox has been with Sup Sqn since 28 November 03.



## GAETZ-SINCLAIR AWARD



On the 28th November, 2003, Cpl John Freeman was honoured as the third recipient of the annual Gaetz-Sinclair Award. This award is presented by the Canadian Military Flight Engineers Association, in conjunction with 426 Squadron, to the entry level flight engineer from a calendar training year that is recognized by staff and CO of 426 as exemplifying all that would be expected in the quintessential FE. Qualities noted include positive effect on peers and superiors, initiative, teamwork, and noteworthy attitude--all important ingredients in the recipe for a future leader.

The award itself honours the memory of the last two flight engineers to give their lives in service of their country in the 20th century, the first century of flight. These two gentlemen made the ultimate sacrifice as crew members of rescue 305, a 413 sqn Labrador helicopter that crashed while on a SAR mission at Marsoui, Quebec in 1998.

Present at the presentation were Capt Martin Couture and WO Molnar of 426 Sqn. Mr Greg Miller, resident of Yellowknife and member of the Canadian Military Flight Engineers Association made the presentation.

" You have impressed your peers and superiors as representing the future of the trade" said Mr Miller, an active flight engineer flying with First Air in Yellowknife. The award resides in the trophy case at 426 Sqn in Trenton, and Cpl Freeman received a certificate representing his accomplishment.

## Search & Rescue UPDATE



The last seven days were quiet ones for 424 Squadron, with no Search and Rescue call-outs.

Missions for 2004: 28    Missions for Apr.: 4    Persons rescued: 4

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## The Contact Newspaper

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

### The Contact Staff

**Editor-in-Chief:** Capt. Andy Coxhead  
**Editor:** Andrea LeBlanc  
**Asst. Editor:** Laurie McVicar  
**Advertising Sales:** Judy Leavere  
**Media Marketing & Sales:** Sandi Ramsay  
**Advertising & Promotions Assistant:** Corrie MacDonald  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** MCpl Louise Fagan  
**PSP Manager:** Bob Payette  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

### Letters to the Editor:

Internet: [LEBLANC.AL@forces.gc.ca](mailto:LEBLANC.AL@forces.gc.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

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



### A Military Community Newspaper



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



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#### letter to the

## Editor

Dear Editor,

Thank you for writing the article concerning Trentcard for the last edition of the newspaper. It was very informative concerning our direction. I did notice a few little errors that I hope that we can have corrected.

1. Wing Accommodations was the first PSP entity to go on line on April 1/04. The 8 Wing Golf Course was the second on April 16/04.

2. Our web site to go to is [www.trentcard.ca](http://www.trentcard.ca). It is listed as [www.cfb-trenton.com](http://www.cfb-trenton.com). There is a link to the Trentcard site through [www.cfb-trenton.com](http://www.cfb-trenton.com), but the actual site we give to our clients is [www.trentcard.ca](http://www.trentcard.ca).

3. Under the picture for the article, it states that Chad is using the Trentoncard Point of Sale terminal. It is a Trentoncard Point of Sale terminal.

Thank you,

Brenda Ganske -  
 Trentcard Assistant  
 Manager  
 Trentcard Office,  
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### Team members wanted!

If you would like to take part in the Cancer Society's Relay for Life, but currently are not a member of a team, contact Cheryl Rothenburg at local 3767. The Relay is scheduled for June 25-26 at Loyalist College.

# Canadiana Crossword

## Les Eaux

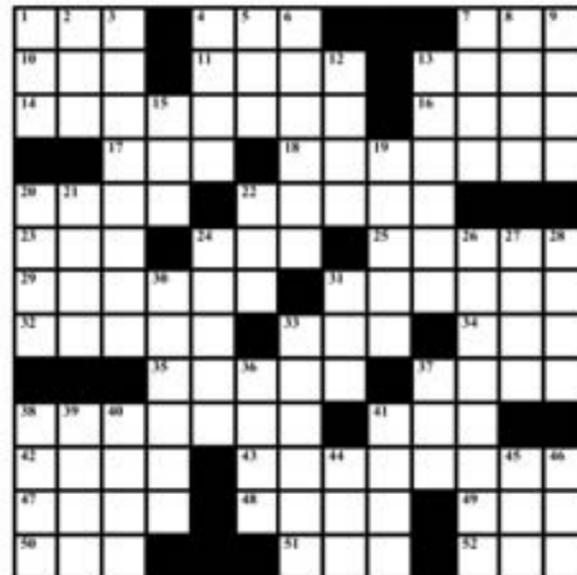
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Energy
- 4 Cheer
- 7 Chit
- 10 Stringed instrument, slangily
- 11 March 15th, for example
- 13 Confine
- 14 Canadian's Jean
- 16 Gumbo
- 17 Calgary Stock \_\_\_\_\_
- 18 NHL bruiser, Keith
- 20 Portend
- 22 End
- 23 Primate
- 24 Turf
- 25 Dipper
- 29 Animals
- 31 Flowering tree
- 32 Sharp
- 33 Male turkey
- 34 Lamprey, for one
- 35 Nth
- 37 Imitation
- 38 Astronaut Marc
- 41 Radioactivity unit
- 42 Depart
- 43 Separatist Jacques
- 47 Fishing tackle
- 48 Child's card game
- 49 Brit. air aces
- 50 Note in Guido's scale
- 51 Nog
- 52 Marque letters

#### DOWN

- 1 Tavern
- 2 Make do
- 3 Quebecor chief Pierre
- 4 Rip apart



- 5 Summer refreshment
- 6 Piled
- 7 Expropriate
- 8 Taj Mahal site
- 9 Boy friend
- 12 Koran chapter
- 13 Senator Gerald
- 15 \_\_\_\_\_Bizard
- 19 Muslim faith
- 20 Sponge cake
- 21 Oil cartel
- 22 Lettuce
- 24 Plaque
- 26 Visionaries

- 27 Welsh onion
- 28 Fashion Magazine
- 30 Impedes
- 31 Mauna \_\_\_\_\_
- 33 AWOL
- 36 Faucets
- 37 Shriners' lid
- 38 Protein molecule
- 39 Skating figure
- 40 Singer MacNeil
- 41 Mellow
- 44 Once Ontario Premier
- 45 Swiss river
- 46 ET vehicle



## This Week in Contact

1974--Quick and thoughtful action at the scene of an automobile accident March 18 has won praise from the Ontario Provincial Police for a Canadian Forces nurse serving here, Lieut. Betty Nicholson, 26, of Lloydminster, Sask.

Lt. Nicholson was one of the first persons to arrive at the scene of a head-on collision involving a tractor-trailer truck and a Cadillac car, 60 miles northwest of Kingston, Ontario.

1984--There were several tense moments as the twin Beechcraft descended on final approach and rolled out on a two point landing, keeping its right tire off the runway as long as possible. The right gear failed on touchdown, sending the airplane skidding down the runway. It continued across the main runway and came to rest in the outfield on two wheels and the right wing.

1994--The personnel of Canadian Forces Base Trenton heartily invite you to their Armed Forces Day and Quinte International Air Show...Four full scale, flying replicas from the Great War Flying Museum of the Ontario Aviation Historical Society will be on static and flying display. One is the Fokker Dr1 triplane, the same aircraft in which Germany's famous "Red Baron," Manfred von Richthofen, scored 21 of his 80 victories. The other aircraft include the SE5, the Supermarine Spitfire Mk IX and the Hawker Hurricane.

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



# Pay improvements announced for Medical and Dental Officers

**National Defence**  
 OTTAWA — (April 26, 2004) Pay improvements, based on comparability with the earnings of physicians and dentists in private practice, were announced for Canadian Forces medical and dental officers today.

“I am committed to ensuring that our Canadian Forces members receive a high standard of health care,” said the Honourable David Pratt, Minister of National Defence. “These pay improvements will greatly assist our efforts to recruit and retain medical and dental officers and will ensure our military personnel continue to

receive the level of health care they deserve.”

“In these times of high operational tempo, the Canadian Forces need doctors and dentists more than ever,” said General Ray Henault, Chief of the Defence Staff. “These pay improvements together with other non-monetary initiatives, will help us to attract and retain top medical and dental talent, which in turn will better enable us to meet our operational commitments.”

These pay increases are the result of normally scheduled pay reviews, and are not related to, or influenced by, ongoing operations. Effective April 1,

2003, pay improvements for Canadian Forces medical and dental officers comprise the following:

--A 2.0 per cent pay increase;

--A Special Military Medical Officer Differential of \$6,200 per year for members of the Regular Force and \$17 per day for members of the Reserve Force; and

--A Special Military Dental Officer Differential of \$6,200 per year for members of the Regular Force and \$17 per day for members of the Reserve Force.

Medical and dental officers can expect to see the effect of these improvements in their mid-May pay.



**KANDAHAR — CF Doctors, like Maj Daniel Vouriot, will benefit from the 2.0 % pay increase and Special Military Medical Officer Differential. Maj Vouriot was deployed with the 3 PPCLI in 2002 and was photographed while providing medical assistance in Quadzikariz village.**

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## Low falls can be fatal

The human eye loses its ability to perceive depth from a height of between 28 and 32 feet (8.5 and 10 metres). Above those heights, most people's brains will send out danger signals.

They might experience dizziness, disorientation or a shudder of nervousness, which prompts them to back away from a cliff's edge or clutch a handhold tighter.

At lower heights, that feeling isn't as intense—a situation Randy Wingfield, president of the International Society for Fall Protection, finds unfortunate.

"I believe a lot of our serious injuries and fatalities are happening at these lower heights because we do have that sense of depth perception. There's a complacency working at these lower elevations and often we're not protecting ourselves properly," says Wingfield.

For example, a worker who needs a 12-foot (3.5-metre) ladder will stand on the top rung of a shorter one, or use a fall arrest system improperly and crash into the structure he's working on, or onto the ground.

Someone falling six feet (1.8 metres) from a ladder will strike the ground in two-tenths of a second. That's not enough time to protect your head with your arms, so a fatal brain injury can occur easily.

Wingfield, who heads Gravitec Systems Inc., a fall protection training, engi-



neering and rescue consulting company with offices in Washington State and Alberta, says the following methods help prevent potentially fatal falls:

The best approach is to "engineer out" the risk. For example, a worker who must replace light bulbs high above a factory floor can use a telescopic pole with a bulb-gripping mechanism to do the job from the ground instead of climbing a ladder.

Guardrails, handrails or walls can be erected to protect workers.

Restraint systems can be employed to allow a worker to approach a fall hazard without the risk of falling.

A true fall arrest system that allows the worker to fall a short distance before engaging is the least desirable solution. These systems can be complicated and prone to being misused by those who lack adequate training.

Everyone is exposed to

fall hazards both on and off the job. Wingfield offers the following tips to reduce your risk of injury or death:

Know that complacency can kill you, no matter what elevation at which you're working. Come down to earth for a break once in a while.

Ask yourself: 'Can I perform this job without exposing myself to a fall hazard?'

If there's a risk of falling, have you received adequate training in the use of fall restraint or fall arrest systems? If not, talk to your supervisor.

Use a restraint system instead of a fall arrest system wherever possible.

If you're using a fall arrest system, make sure it's properly rigged to minimize the fall distance and ensure the freefall distance is less than six feet (1.8 metres). You must have the clearance necessary to avoid striking the ground or the structure upon which you're working.

## Confined spaces leave no room for air

Long before Richard Dobbertin became an expert in confined space entry and rescue training, an eye-opening experience in his own home made him a much wiser amateur on the subject.

Dobbertin, a certified hazardous materials manager who heads Dobbertin & Associates Inc., of Decatur, IL, had purchased a home needing some floor joists replaced because of dry rot.

"I jacked the house up and replaced them. I had the brilliant idea that if I sprayed them with a wood preservative they wouldn't rot," he says.

The crawl space under the house quickly filled with spray and Dobbertin began choking. He managed to escape the crawl space to fresh air, likely cheating death by a minute or two.

Every year across North America, more than 300 people perish in confined space incidents involving oxygen-depleted, poisonous or flammable atmospheres. Dobbertin can tell many stories about confined space fatalities, including that of the father and son who were working in a well and fired up a gas generator to power a light. Both died of carbon monoxide poisoning.

Here are some leading causes of confined space incidents:

--People often don't think before they enter confined spaces. They don't suspect the danger.

--They fail to test the atmosphere for oxygen levels and poisonous substances. If oxygen levels are too low, a person can quickly lose consciousness and die. If they are too high, a spark can set off a fatal explosion or fire. One breath of a poisonous gas such as hydrogen sulfide can cause instant death.

--Companies that one would assume would offer their employees confined space safety training don't always do so. For example, a Georgia company used a fleet of tanker trucks to transport Class B poisons and the tankers had to be cleaned after trips. The company's policy on tank cleaning spanned all of three words: 'hold your breath.'

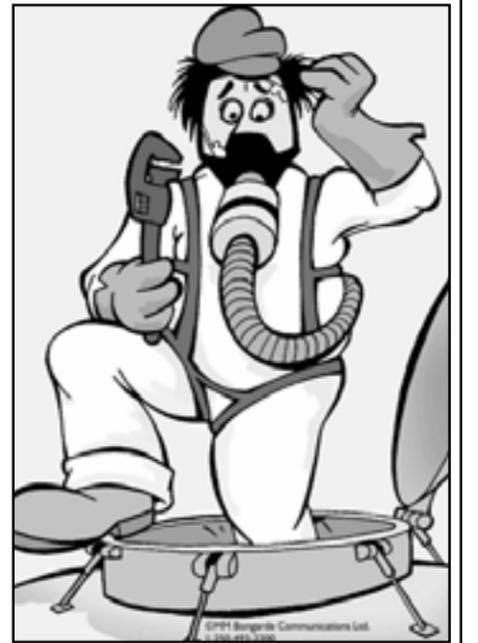
--Monitoring must be conducted

while workers are inside a confined space, even if the atmosphere measured safe before entry was made. Sudden changes can render a confined space deadly. Atmospheric monitoring is your first and last line of defence.

--People often don't know how to monitor. For instance, oxygen concentrations can vary based on elevation, and if that factor is not taken into account during testing, fatalities can occur.

Duane Bralley, president of D2000 Safety Solutions of Eugene, OR, says holding one's breath for 30 seconds in a confined space sounds easy, but if escape is delayed because clothing becomes caught on an object or the person trips and falls, all bets are off.

Bralley says two of three people who die in confined spaces are well-meaning, would-be rescuers. It takes real fortitude for a person who is untrained and unequipped for a rescue to run for help instead of entering the space and trying to assist a fallen co-worker. He notes there are likely hundreds of close calls for every confined space death, yet most people don't hear about those. The workers involved might get away with unsafe behaviors for years before their ignorance or complacency kills them.



## Taking your work home--follow safety standards

The technological revolution has put workers right back where they were a couple of hundred years ago - at home.

While the Industrial Revolution moved the people into factories and other large workplaces, today's advances in electronics and communications make it possible for some workers to go back home.

Certain types of office work particularly lend themselves to telecommuting--working at home on a computer terminal linked to the office system. Clerical, data entry, sales, writing, art, design, planning and other tasks can be done off the usual work premises.

Working at home does have its hazards, many of them the same as those in the conventional workplace. If you work at home, you must plan your work station with safety in mind. Regular

inspections of the work area will help prevent accidents.

Home workers must follow the same safety standards which apply to the company's regular



locations. Inspections for safety may also be part of your company's work-at-home plan.

Here are some reminders about home office safety:

Set up your work area with ergonomics in mind. Keep frequently used materials within easy reach and other items out of the way. Arrange tools and materials so you can move them without excessive stretching, twisting or bending. You should be able to look at your computer screen without tipping your head back and causing neck strain.

Provide adequate lighting. Overall lighting should be adequate to prevent falls and other mishaps. Lamps should be positioned for close-up work such as reading. Your work surface and computer screen should be free of glare from lights and windows.

Make-shift office furniture won't do. Instead of using a cast-

off kitchen table or chair, acquire the right furniture. Your company may have a program for providing the office furnishings.

Desks and tables should be at a comfortable height so you can work with minimum strain to your back, arms and hands. Your chair should be adjustable and should support your back properly.

Eliminate tripping hazards. Electrical cords must be kept out of traffic areas. Boxes of paper and other materials must be stored where no one can fall over them.

Drawers of desks and filing cabinets can also pose tripping problems if they are left open. And filing cabinets have another hazard--tipping over if the top drawers are too heavy in contrast to the bottom drawers. When filling a filing cabinet, start with the bottom drawers and work up.

Don't let down your guard

about fire safety at home. Keep an ABC fire extinguisher in your work area, ready to fight fires in paper, flammable liquids and energized electrical equipment.

Take care to not overload circuits. If the room you are working in was not originally designed as an office, you probably need to have it rewired to accommodate electronic equipment such as computers, printers and copiers.

Try not to overload your own mental circuits either. Working at home can be stressful. Learn to close the door on your office at the end of the work day and forget about the job. Concentrate on your tasks during your shift and keep household interruptions to a minimum.

A safety-minded approach to your job will help you reap the personal and career benefits of working at home--just like the good old days!



# A prescription for drug safety--heed pharmacists, doctors

Prescription drugs are used to treat countless illnesses and problems. If you are taking prescription drugs, do so intelligently. Talk to your doctor and pharmacist about them. Carefully follow directions and be aware of unwanted effects.

Before your doctor decides on a medicine to prescribe, he will need to know about any other medications you are taking. Be honest about these. Your doctor also needs to know about your consumption of alcohol, cigarettes, caffeine, over the counter drugs, herbals and even street drugs, to prevent harmful drug interactions. You must also report any drug allergies or sensi-

tivities.

Ask your doctor what the medicine is supposed to do and how it will do this. What side effects can be expected? What should you do if they occur?

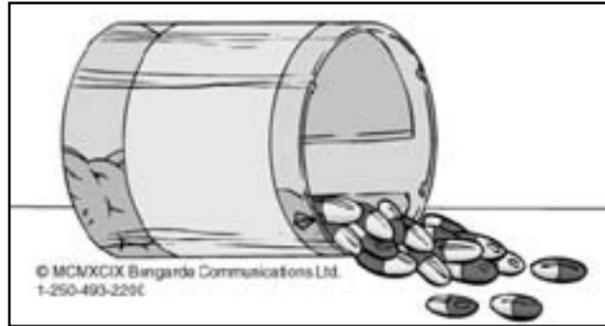
Tell the doctor clearly if the medicine he has prescribed earlier has been effective or not. Unless you tell the truth, the doctor will not be able to help. If you suspect you are experiencing a side effect, call the pharmacist and inquire. Report any side effects of medicine right away by calling the doctor's office.

At the pharmacy store:

--When you pick up your prescription medication from the pharmacist, check the label for the drug

and dosage. Look at the medicine too. If something doesn't look right, do not take the medicine. Instead

--Find out how and when you are to take the drug. How long should you take it--indefinitely, until



contact your pharmacist--mistakes do happen.

--Stick to one pharmacy. Your pharmacist will keep a medication profile on you to help avoid dangerous combinations of drugs.

the prescription is used up or until your symptoms are gone? Antibiotics in particular need to be used up even if all symptoms have subsided.

--Are there side effects associated with the drug?

How long will they last? What should you do if they occur?

--Will the pharmacist give you written information about the drug or your medical condition?

--Do not use someone else's prescription drugs. There may be significant differences between your conditions and body chemistry and that of the other person.

--Take only the prescribed dosage. Taking more won't make you better faster and it will likely create unwanted effects.

--Take the medicine only for the reason it was prescribed.

--Do not ignore a reaction to the drug. Talk to

your doctor right away. Some drug effects can be life-threatening.

--Always observe warnings on the label such as avoiding alcohol or certain foods and even avoiding sunlight. Mixing certain prescription drugs with alcohol can cause serious drug interactions.

--Follow instructions about taking the medicine with food or water. These instructions may be for better absorption or to prevent choking or damage to the mouth, esophagus or stomach.

It's up to you to use your prescription drugs wisely. Learn all you can about them from your doctor and druggist.

## Machine Guarding 101

You are responsible for your company's machine guarding program. You and everyone in your workplace depend upon one another to use machine guards correctly and to report any problems.

A machine guard is a barrier that prevents access to a dangerous area of the equipment. Guards are designed as part of the equipment, but old machinery and new hazards may require additional guarding.

The basic principle of any machine guard is to prevent a part of the worker's body from coming in contact with a moving part or from entering an area within the path of a moving part. A guard is designed to function at all times or during certain times of danger, such as when the machine is in motion.

Guards prevent contact with points of operation, gears, belts, pulleys, sprockets, shaft ends and other hazardous spots.

Guards can be fixed barriers, portable or interlocking shields. They come in countless designs to match the particular equipment and hazard.

Guards include mechanical or electronic devices that restrict contact, such as presence sensing, restraining or tripping devices, two-hand controls or gates.

Out-of-order guards should be repaired or replaced promptly. A guard should be properly designed for the equipment rather than a makeshift solution that gives little protection and constantly needs adjustment. Guards should be strong enough to withstand wear and tear.

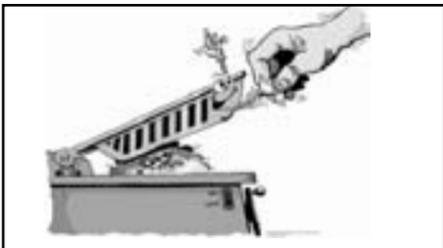
Your observations about guards are important. It is your responsibility to watch for unsafe situations, report problems to your supervisor and suggest remedies if you think of them.

There's a common notion that use of a machine guard slows work and interferes with production. Studies have shown machine guards don't interfere and in many cases actually speed up production.

Machine guards protect you; make sure you use them properly.

If you work around machinery that has guards, you should know the following:

- What are the hazards associated with the machine?
- What are the guards and how do they work?
- How do you use the guards?
- How and under what circumstances and by whom may guards be removed?
- What should you do if a safeguard is missing, damaged or ineffective?



## Infection Control--not just for hospitals

Mention "infection control" and the first workplace to pop into your head is probably "hospitals". However, hospitals are not the only place where you have to be concerned about controlling the spread of infections.

When it comes to a healthy work environment, be aware of the spread of all kinds of "germs" - micro-organisms such as bacteria and viruses which cause illnesses. How about germs found in dusts or illnesses which can develop due to lack of proper ventilation? These germs may not kill you, but they can make you sick and take you away from your job. Who likes to be laying in bed with a fever, runny nose and sore throat?

Here are a few ways to combat potential infection in your workplace.

- Wash your hands. This small task only takes a few minutes, but it could save you a week to 10 days of headaches, nausea and sinus congestion caused by colds, flu or gastrointestinal upsets. Use a mild soap when washing up and wash your forearms as well. While you don't have to wash your hands every 10 minutes, it is a good idea to wash them before and after using the toilet, before and after eating, before and after work, before applying cosmetics or lip balm and before handling contact lenses.
- Remember; the smallest cut is large enough for disease-causing micro-organisms to enter. Wash cuts and scrapes properly and cover them

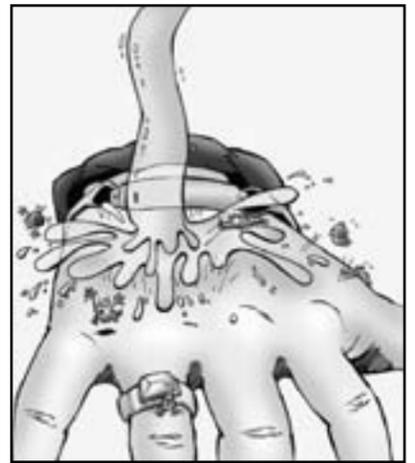
with a clean bandage. If you think your cut may be too severe to handle by yourself or if you are not sure if your cut is cleaned properly, get immediate medical attention. Neglected cuts can become seriously infected down the road. Always thoroughly clean up the blood and disinfect the area with bleach.

- If you are really sick, don't go to work. The last thing you want to do is infect others with whatever you have. Stay home, get plenty of rest, and drink lots of liquids. If your illness lasts longer than a few days, or if you have a fever, visit your doctor or local medical clinic.

- When blowing your nose at work, dispose of the tissue immediately. Leaving it lying around where someone else may touch it accidentally is a sure way to spread the misery of colds or the flu.

- Try to avoid the "communal coffee spoon" in your lunch room, and don't share your cup with others. Coffee cups and other utensils should be washed in hot, soapy water. Sinks and counters should be kept disinfected and dry. Disposable paper towels, rather than cloth ones, should be used for wiping dishes in shared kitchens.

There are viruses that can kill, like HIV (Human Immunodeficiency Virus) or HBV (Hepatitis B Virus). These are bloodborne pathogens (diseases carried by the blood). Research is constantly coming to



light about these diseases, but one thing is known for sure — people in all types of work environments must be made aware of bloodborne pathogens. It is very likely your workplace has procedures telling you how to guard yourself against potentially dangerous situations which may expose you to HIV or HBV. Read these procedures thoroughly; they may save your life.

No one is going to be able to halt the tide of all the disease-causing germs floating about, but if you take precautions, you can limit them from spreading.

Make it your responsibility to learn all you can about bloodborne pathogens. Pamphlets, brochures and books are available in health units and hospitals in your community. Go to the experts to learn about this subject.

## Cleaning under pressure--safely

Pressure washers are used to clean equipment, materials and work areas on the job. At home, they may be used for washing automobiles, house exteriors and other uses.

They can also cause injuries. Because the water is under pressure, it moves with enough force to cause damage to the eyes or skin and contribute to other types

of injuries. The noise can also damage hearing.

For safer use of a pressure washer, follow these tips:

- Read your operator's manual and follow the manufacturer's instructions for safe use, maintenance and storage.

- Wear eye and hearing protection when you use a pressure washer.

Avoid contact with the high pressure stream of water. Keep your hands, feet and body out of the way.

To keep control of the water stream, hang on to the spray wand with both hands.

Never point the sprayer at another person, whether the pressure washer is operating or not. It could discharge unexpectedly.

Maintain good footing.

Do not reach so far that you lose your balance.

Do not let children use a pressure washer.

Do not use a pressure washer in an area where the water could contact electrical equipment.

Pressure washers get the job done quickly and well. But they have the potential for causing injury, so use them safely at work and at home.



# Fitness, Sports & Recreation

## Relay for Life Confessions from the Gym



Laurie McVicar

Wednesday, April 28

Last year I had the distinct pleasure of taking part in my very first Relay for Life, organized by the Canadian Cancer Society.

Having lost several family members to this disease - my grandfather only months prior to the event - it was a way for me to finally fight back...to regain some of the power cancer strips away from you.

Although the entire evening left a huge impression on me, several moments in particular stand out, including the Survivors' Victory Lap and the Luminary Ceremony. For those not familiar with the Relay, following the opening ceremonies cancer survivors are given the opportunity to complete the first lap. What really stuck with me is the look on each survivor's face as they passed by me - that envious mix of determination, courage, and pride. After seeing how cancer can victimize a family, it was spirit-lifting to see proof that it can be beaten. Talk about a restoration of faith.

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This year's goal has been set at \$250,000. A total of \$193,000 was raised in 2003.

"The money does stay in the community," said Del Grosso. "Last year we drove cancer patients over 500,000 km and had 6,113 trips to chemotherapy and radiation treatments."

Anyone interested in registering a team for the Relay can contact the local unit at 962-0686. You can also register online at [www.cancer.ca](http://www.cancer.ca).

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- a. Under 19;
- b. 20 - 24 yrs
- c. 25 - 29 yrs;
- d. 30 - 34 yrs;
- e. 35 - 39 yrs;
- f. 40 - 44 yrs;
- g. 45 - 49 yrs;
- h. 50 - 54 yrs; and
- i. 55 and over

### Races

- a. Marathon;
- b. Half Marathon;
- c. 10 km; and
- d. 5 km.

To be eligible to compete, all participants must be a member of the Regular Forces, Class B or C reserve. Each Region is limited to 25 Runners, provided that they meet the qualifying times. Personnel who do not meet the qualifying standard may still participate but will not qualify for temporary duty. The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to the race day. Proof of time must be forwarded to 8 Wing/CFB Trenton Fitness & Sports Flight no later than September 17.

Distance	Open Under 40	Masters 40 - 47	Senior 48 - 55
Marathon (Men)	3:15:00	3:30:00	3:40:00
Half Marathon (Men)	1:35:00	1:40:00	1:45:00
10 km (Men)	39:00	45:00	50:00
5 km (Men)	19:00	22:00	25:00
Marathon (Women)	3:30:00	3:50:00	4:10:00
Half Marathon (Women)	1:45:00	1:55:00	2:05:00
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The tournament will be limited to 21 teams. All units wishing to participate will be guaranteed a spot, and left-over spots will be on a first come basis. Registration fee will be \$10.00 per person for door prizes, \$20.00 green fees for non Military Personnel and \$5 for food. Payments can be made at The Gymnasium Main Office no later than 1600 hrs, Friday, May 14.

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July 5 - August 27, 2004

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# Canadian Forces members get new Designated Travel Card

CF Personnel Newsletter / Bulletin du personnel des FC

You may have already received your new Government of Canada Designated Travel

Card (DTC). It replaces the American Express Individual Travel Card.

If you are a current holder (in good standing) of the AMEX ITC and have used it at

least once since December 2002, your new DTC has been/will be delivered to your ITC pay office number co-ordinator at your support base. You may use the DTC, an American Express corporate card bearing a distinctive Government of Canada logo, for government-authorized travel and travel expenses only.

ITC holders may use the old card for up to 90 days after April 1. However, a balance owing may not be transferred from the ITC to the new DTC, so you are asked to clear your outstanding balance as quickly as possible. You must turn in your ITC in exchange for the new DTC. Your PIN for

ATM cash access has been/will be mailed to your current ITC statement mailing address.

The DTC is a government corporate card, and misuses of the card and delinquencies in payment cannot be tolerated. Before you receive your DTC, you will be required to sign an agreement between yourself and the Government of Canada. It is your responsibility as a cardholder to ensure that you use the card only for government-authorized travel and travel expenses, and that you pay your bills on time. If your account is 90 days or more in arrears, DND will begin a recovery of

funds from you, and this may include additional administrative action up to and including dismissal.

As a DTC cardholder, you may choose one of two customer loyalty programs, AMEX membership rewards or the Air Miles Reward Program. Redemption of either of these for personal use is authorized in accordance with Treasury Board travel directive article 2.1 ([www.tbs-sct.gc.ca/pubs\\_pol/hrp\\_ubs/TBM\\_113/td-dv\\_e.asp](http://www.tbs-sct.gc.ca/pubs_pol/hrp_ubs/TBM_113/td-dv_e.asp)) and CF Temporary Duty Instruction article 4.3(1).

An enhanced insurance package includes travel accidents; flight

and baggage delays; hotel burglaries; missed connections; lost or stolen baggage; rental car theft, damage, resulting loss of personal effects and death and dismemberment coverage; and unexpected returns home.

Consult CANFORGEN 045/04 at <http://vcds.dwan.dnd.ca/> (Intranet users only) for more information, and the Director General Accounts Processing, Pay and Pensions (DGAPPP) Web site at [http://admfnics.mil.ca/DGAPPP/DTC/INTRO\\_E.ASP](http://admfnics.mil.ca/DGAPPP/DTC/INTRO_E.ASP) (Intranet users only) for FAQs, a contact list of DTC Program Co-ordinators, and more.



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# Pet Particulars

## Is "Red" your fave colour?

Red is an elderly neutered good-natured boy looking for love. He came to the shelter with a microchip and when the owner was contacted she stated that he was too old and she didn't want him. Red has recently informed us that he still has many good years left and is looking for that perfect sunlit window in which to spend them!!

He is currently living in the boardroom at the shelter.

Visit us online at [www.quintehumanesociety.com](http://www.quintehumanesociety.com)!



# WO's & Sgt's Mess Campers' Bingo

Members & Guests Welcome

**Tuesday, 4<sup>th</sup> May 04**

Doors Open: 1800 hrs

Bingo Starts: 1900 hrs

Cost: \$1.00/card



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Full Card - \$500.00 gift certificate

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# Community Events

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

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Matinees Saturday & Sunday

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

MOVIE LINE-UP		1:05	7:05	9:15
• Mean Girls (PG)				
• Man on Fire (14A)		1:00	7:00	9:30
• 13 Going on 30 (PG)		1:10	7:10	9:10

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

### Canadian Military Flight Engineer Association

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

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

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

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

### 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



## CHAPLAIN SERVICES

### SERVICES OFFERT PAR L'AUMÔNERIE

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

Padre Rick Gould  
Padre Catherine Morrison

#### WORSHIP SERVICES

<p><b>OUR LADY OF PEACE (RC)</b> <b>NOTRE-DAME-DE-LA-PAIX (CR)</b></p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p><b>MASS</b> Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p><b>CONFESSION</b> At all times</p> <p><b>PARISH ORGANIZATIONS</b> Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs Silhouettes of Mary 2nd &amp; 4th Thurs 1830 hrs</p> <p><b>BAPTISM/BAPTÊME</b> Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.</p> <p><b>MARRIAGES / MARIAGES</b> It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.</p> <p><b>DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR</b> After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator Matthew Lucas (Bapt.)</p> <p><b>WORSHIP SERVICE</b> Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p><b>PARISH ORGANIZATIONS</b> Chapel Guild Last Tues 1930 hrs</p>
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## TRENTON

### Military Family Resource Centre

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

May 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**

*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.

# There's still really only one way to borrow money

## it's your Money



Garth Turner

Quite the little dust-up took place among the towers of Bay Street last week as several of the country's top economists dropped the gloves and started tearing at each other's jerseys. The issue, of course: Central bank monetary policy. In other words, is there any more room for interest rates to fall, or are they about to ratchet higher?

In the white uniform was CIBC World Markets economist Jeffrey Rubin, who challenged his opponents with a press release stating that the Bank of Canada rate is about to fall another quarter point, dropping it to the lowest level in 50 years and giving us the cheapest prime rate at the big banks ever--just 3.5 per cent.

On the other side are veteran players like Don Drummond, TD chief economist and former Finance Department heavy, who are saying there's no way central bank boss David Dodge is going to let money get any cheaper. Drummond and most of the rest of The Street are convinced rates will soon head higher, led by the U.S. Federal Reserve, and followed by our own Bank of Canada. Many are forecasting a jump of as much as three-quarters of a point by the end of the year.

Phooey, says Rubin. The Canadian economy is growing at a snail's pace right now, with lousy job creation numbers. Inflation is as dead as Britney Spears' career, and the Canadian dollar is still

too high to give a boost to our manufacturers. That begs the question of why the central bank would risk raising rates, slowing down the pace of borrowing and spending, and further weaken a weak economy?

But the other guys just do not see it that way. The American economy has been growing furiously over

American greenback. This team is betting the cost of money has bottomed, and we should all get ready for tightening of monetary policy as early as October.

So, let's talk about your mortgage. If Rubin is right, maybe you should just sit back and let rates fall a little further before renewing, locking in or refinancing an existing loan. If

one. That's because today there is still a big premium to be paid for the privilege of locking into a five-year, fixed-rate mortgage, compared with a variable-rate, below-prime type product. Right now a long, fixed home loan will cost you anywhere between 5 per cent and 6 per cent, depending on the lender. At the same time, a VRM is available just about anywhere in the 3.5 per cent range. In fact, new variable rate loans can be had on introductory offers for as little as 2.5 per cent.

This all means monthly payments can be cut in half by going variable-rate, rather than fixed. It also means mortgages can be paid off a heck of a lot faster with a VRM if you maintain a monthly payment equivalent to that of a fixed-rate mortgage. With every payment, more is chipped off the principal, lessening the amortized interest.

And what if Rubin's wrong, and the next bank change results in higher rates?

S-o-o-o what? So long as you stick with your VRM, you will still

have a rate that is substantially below that of a fixed-rate loan--still saving money.

In fact, interest rates would have to move at least three full percentage points higher before you might even think about converting. And how long would that take? In my estimate, at least two years.

So there is no question that the best mortgage to get is a below-prime, variable rate one, with the option to lock in whenever you want to, regardless of which team of economists ends up sliding one in. There is no reason to panic over rates, if they do rise, because the road higher will be measured and slow. But if Rubin is right, and we have one more cut and then months of stability, your VRM will get nothing but more delicious.

There is no reason to go long, to lock in, or to pay a huge premium for the security that your already-too-expensive mortgage will not get more expensive. There are already enough ways in life to get fleeced.

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

*This all means monthly payments can be cut in half by going variable-rate, rather than fixed. It also means mortgages can be paid off a heck of a lot faster with a VRM if you maintain a monthly payment equivalent to that of a fixed-rate mortgage. With every payment, more is chipped off the principal, lessening the amortized interest.*

the last few months, and that is sure to increase the demand for imported Canadian goods. The U.S. Fed has already signaled that the only way rates are going is higher, and that has bolstered the

Drummond and his boys win the face-off, then maybe the smart money should be getting into a long-term, fixed-rate home loan right now.

Well, actually, neither strategy is the right

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
May 2 – May 8

**ARIES** (March 21-April 19): Help an organization that lobbies for environmental or social causes on the 2nd and 3rd and you will find a comfortable place for yourself. Put your talents to good use. You may have a greater concern with legal, financial or medical issues on the 4th and 5th. Positive changes can unfold if you push for what you want. You will have great insight on the 6th and 7th. Take advantage of this and make changes that will put you ahead of any competition. Listen to others on the 8th and stop insisting on your way. You have to allow those close to you their independence.

**TAURUS** (April 20-May 20): Improve your lifestyle on the 2nd and 3rd by taking better care of your health. It's important to be at your very best. Love is in your corner on the 4th and 5th, so don't waste time — let your feelings be known. An idea you have will be worth sharing. Favors will be granted and partnerships developed. Don't let stubbornness lead to the wrong decision on the 6th and 7th, especially if it will affect someone else, too. You can turn any negative into a positive on the 8th. Don't back down or give up. Use your own initiative and don't wait around for someone else to start the ball rolling.

**GEMINI** (May 21-June 20): Pursue your creative dream on the 2nd and 3rd. Meeting new people who are interested in the same thing you are could lead to an interesting partnership. Business opportunities will unfold on the 4th and 5th if you are patient and aren't afraid to take the road less traveled. If you put your unique ideas into play, someone with clout will recognize your talent. Nothing will go according to plan on the 6th and 7th. A little extra attention will be required. Money may be on your mind on the 8th and getting ahead should be your concern. Check out your options.

**CANCER** (June 21-July 22): Focus on what you can accomplish on the 2nd and 3rd, not on what you can't. You can make some very important changes on the 4th and 5th that will unify your relationship with the younger people in your life. You will be able to influence those around you. Love is likely to blossom. Someone may be watching what you are doing on the 6th and 7th, especially when it comes to a job you've been working on. Avoid getting sidetracked by hearsay. Don't get involved in gossip. Your ability to organize and get everyone on the same page will make you a hero among your peers on the 8th.

**LEO** (July 23-Aug. 22): Someone unusual will come into your life on the 2nd and 3rd. Communication will be an important factor in future developments. An open mind and heart will result in a whole new way of thinking. Money matters may be of concern on the 4th and 5th. Make sure all your papers are in order. Invest in your home and pay special attention to your family. You will be competitive and eager to show your worth on the 6th and 7th. Romance will come easy with a little extra flirting if you are single and tender loving care if you partnered. Your priority should be to turn things around on the 8th, prepare to make changes.

**VIRGO** (Aug. 23-Sept. 22): You may be questioning what you are doing with your life on the 2nd and 3rd. Be creative and you will discover a world that you never considered in the past. Partnerships can be formed, alliances made and group efforts put into play on the 4th and 5th. Success can be yours if you ask for favors. Take note of what everyone around you is doing on the 6th and 7th, but don't criticize. Avoid being aggressive or taking matters into your own hands. Opposition will be much greater if you take a reticent approach. Self-improvement projects started on the 8th will turn out superbly.

**LIBRA** (Sept. 23-Oct. 22): Stop being so hard on yourself on the 2nd and 3rd. Reflect on what you can and want to do. Put some money toward enhancing your looks and you will feel ready to conquer the world. You can change your direction on the 4th and 5th. You have some very unique ideas that should be put into play. You can make headway on the 6th and 7th if you discuss issues that concern you. Reforms can be made and the dynamics of your relationships can be improved with help from people who care about you. Don't take anything or anyone for granted on the 8th. Rely on yourself so that things get done.

**SCORPIO** (Oct. 23-Nov. 21): Force yourself to deal with all the little things you've been brushing off on the 2nd and 3rd. Get back on track and do what you know in your heart is best for you on the 4th and 5th. Someone you love may try to discourage you. Ignore this person's negativity. Act fast to resolve any financial problems you have on the 6th and 7th. Consider the type of work you can do that will bring in extra cash. Being industrious will be what turns things around. The more information you get on the 8th, the better. You may even hook up with someone who is trying to do something similar.

**SAGITTARIUS** (Nov. 22-Dec. 21): Stop complaining on the 2nd and 3rd about the things bothering you and start doing. Romance or at least an interesting friendship will develop through the task you take on. If you are prepared on the 4th and 5th, nothing can hold you back. Changes in your home and personal life will turn out better than expected. If you are uncertain on the 6th and 7th, don't do anything at all. Sit back and let things come to you. Love connections can be made if you move slowly. You will be in an industrious mood on the 8th. You should have greater concern regarding your health. Implement a new regime.

**CAPRICORN** (Dec. 22-Jan. 19): Give yourself a chance to sort matters through in your own head on the 2nd and 3rd before you share them. Your know-how will be a welcome contribution to any group on the 4th and 5th. You will attract people that you could become involved with personally and professionally. Secret information may come to you on the 6th and 7th, but rule it out until you have a confirmation. It's better to be safe than sorry. Using finesse and compliments will work better on the 8th than bullying others to do things your way. Be prepared — your motives may still be questioned.

**AQUARIUS** (Jan. 20-Feb. 18): You'll be moving in several different directions on the 2nd and 3rd. Slow down and plan your course of action. You can achieve so much if you are organized. If someone around you is being pushy on the 4th and 5th, back away and focus on what you can get done on your own. Your value system may be tested on the 6th and 7th, so be prepared to check out options available to you. Follow what you know in your heart is the right route for you. Your insight into new trends will help you wow everyone around you on the 8th. Your contributions and creative talent will lead to some interesting proposals.

**PISCES** (Feb. 19-March 20): Prepare to invest in something you believe in on the 2nd and 3rd. Your ideas and talent must be put to better use. You may be burdened with an added responsibility — take care of it quickly and without complaint. Romance is highlighted on the 4th and 5th, so make plans to socialize or at least attend an event that will bring you in touch with people with similar interests. Making a hasty decision about your future on the 6th and 7th may lead to more frustration. Engage in events you believe in on the 8th. Relationships will be at an all-time high.

# Améliorations à la rémunération des médecins et des dentistes militaires



## Défense nationale

OTTAWA – (1e 26 avril 2004) Des améliorations à la rémunération des médecins et des dentistes des Forces canadiennes ont été annoncées aujourd'hui. En conséquence, leur rémunération sera davantage comparable à celle de leurs homologues qui exercent dans le secteur privé.

« Je suis déterminé à faire en sorte que les membres des Forces canadiennes reçoivent

des soins de santé de très grande qualité », a déclaré l'honorable David Pratt, ministre de la Défense nationale. « Ces améliorations à la rémunération nous aideront considérablement dans nos efforts à attirer et à garder des médecins et des dentistes militaires, et à continuer à offrir des soins de santé de qualité à notre personnel militaire qui le mérite bien. »

« En ces temps de rythme opérationnel accéléré, les Forces canadiennes ont besoin des médecins et des dentistes plus que jamais », a affirmé le Général Ray Henault, Chef d'état-major de la Défense. « Ces améliorations à la rémunération jumelées à d'autres initiatives non monétaires favoriseront le recrutement et le maintien en fonction des meilleurs médecins et dentistes, ce qui nous permettra de mieux répondre à nos engagements opérationnels. » Ces améliorations résultent du cycle normal de révision de la rémunération et ne sont pas liées aux opérations actuelles ni influencées par elles. Elles entrent en vigueur le 1er avril 2003 et seront apportées à la rémunération des médecins et des dentistes militaires des Forces canadiennes comme suit :

- Une hausse de solde de 2,0 %;
- Le versement d'une indemnité différentielle spéciale pour les médecins militaires de 6 200 \$ par année pour les membres de la Force régulière et de 17 \$ par jour pour ceux de la Réserve;
- Le versement d'une indemnité différentielle spéciale pour les dentistes militaires de 6 200 \$ par année pour les membres de la Force régulière et de 17 \$ par jour pour ceux de la Réserve.

## LOCAL SERVICES



## AND TRADES

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

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✓ Tune-ups - Springs ✓ Safety Inspections  
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Conveniently located between Trenton & Brighton  
Store your trailer, boat or RV in our secure outdoor compound for only \$1<sup>00</sup> a day  
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Call Geo and Ray anytime  
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# SHOWCASE



**Sgt D.A. Litchfield**

received a promotion to that rank, presented by  
LCol R.C Baker WLEO and Maj W. Watson, WCEO



**Cpl C.J. Garrett**

received a promotion to that rank,  
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and Maj W. Watson, WCEO



**Pte(T) J. Makkhuen**

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presented by LCol R.C.Baker WLEO  
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**WO D. Kleinsteuber**

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**MCpl J.A. Johnson**

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presented by LCol R.C Baker WLEO  
and Maj W. Watson, WCEO



**Sgt G.D.T. Slaunwhite**

received a promotion to that rank,  
presented by LCol R.C Baker WLEO  
and Maj W. Watson, WCEO

Thank you to all of those who send in the Showcase pictures.  
It's a great way for us to get the word out to congratulate  
those who have done a great job! Thanks,

**the Contact**

**Congratulations! Félicitations!**

*Listen*

*Lead*

*Laugh*

*Support*

*Nurture*

*Love*

*Thanks*



*This year show her what she has shown you.*

*Happy Mother's Day*

**Contact**



## TRUE TEAM EFFORT WITH ARRESTOR SYSTEM TEST



**CORRECTION:** The above photo was published with incorrect caption information in last week's issue of *The Contact*. It should have read: Front Row: OCdt Christina Waters, Capt Carol Sawatzky (86 ASU), Mr. Bernie Bolger (SERCO), MWO Rick Gunter (86 ASU), Capt Marco Raaijmakers (F-18 pilot), Mr. Bill Mansi (ESCO). Back Row: Sgt Stormy Knight (86 ASU), Mr. Derek Watkins (SERCO), Mr. Mike Parsons (SERCO), MCpl Stewart MacDonald (8 Wg CE), Mr. Steve Gregory (SERCO), WO Gord Aitken (86 ASU), Mr. Tom Ross (ESCO), Sgt Craig Tucker (86 ASU), Mr. Don Robertson (ESCO), Mr. Tom Giaquinto (ESCO), Mr. Steve Mann (Patlon), and Cpl Max Murphy (Imagery Tech).

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 Open to all families  
 Giving priority to Military/DND Families  
 has OPENINGS in ALL Programs  
 ( 16 months-12 yrs.)  
 Accept Part-Time children - Very Flexible  
 Fun Educational Environment  
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 Some Bilingual services available  
 For more information call 965-2442  
 or Come visit 50 Rivers Dr. East Trenton.

## ENVIROPERSON OF THE MONTH



Ms Ingrid Brooks, Cleaner Supervisor and 8 Wing's first-ever ENVIROPERSON of the Month is presented a recyclable and reusable Tim Horton's coffee mug by LCol Baker, WLEO. Ms Brooks is a 22-year veteran of cleaning services and a dedicated and life-long recycler. Whether she is making sure that the "youngsters" in barrack blocks are properly disposing of their garbage, ensuring that only 8 Wing garbage goes into 8 Wing dumpsters or writing letters encouraging Tim Horton's to convert to recyclable paper cups, Ms Brooks is an invaluable part of a team that has made the 8 Wing recycling program one of the best in the Canadian Forces. Ms Brooks sets an example that every one of us would do well to follow and is very clearly a "part of the solution" to Canada's growing garbage disposal problems.

**Mark's Work Wearhouse**  
 Clothes That Work.



EACH NIGHT  
 ONE PARTY,  
 ONE SALE.

May 4 & 5th, 2004

Trenton Town Centre  
 260 Dundas St. E.

In Support of the  
 Breast Cancer  
 Society of  
 Canada

8 Wing/ CFB Trenton  
 energy conservation  
 measures are still  
 in effect.  
 So please do your  
 best & conserve!

**Best Quality** **Best Price**

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**SMITTY'S**  
**WAREHOUSE OPERATION**  
 For NEW or GOOD USED Appliances

Smitty's has been keeping customers happy for 20 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price** plus **Same Day** delivery, seven days a week. Smitty plans to be around for another 20 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

**Best Selection** **Best Guarantee** **Best Service**

**SMITTY'S**  
**KING OF APPLIANCES**  
 Open Evenings & Seven Days A Week  
 River Road-Corbyville (just N. of Corby's)

**969-0287**

## Learn to Sail

Adult Keel Boat starts May 3rd  
 Adult Dinghy starts May 31st  
 Junior starts June 28th

Brochures available at:  
 Siskin Centre, RecPlex, South  
 Side Gym, Yukon Galley or the Club.

C.F.B. Trenton  
 Yacht Club

Or call 475-4427

## Dr. Tom McDowell

### Family Dentist

Let us show you how our  
 "Practice of Dentistry" can benefit you and your family.

**OFFERING**  
 Orthodontics  
 Sedation  
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 Complete -  
 Tooth Whitening

**394-8888**  
 169 Dundas Street East, Trenton, Ontario

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SUN MON TUE WED THU FRI SAT

25	26	27	28	29	30
					TGIF 1700 hrs - Pizza Sports - Euchre

APRIL 2004



# Classified

For Classified Information Call  
392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

## Information

### CLASSIFIED AD RATES

Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

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All advertising must be dropped off at CONTACT 142 Yukon Street, South Side Room 26 before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

### ERRORS & OMISSIONS

Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

### USERS & AD READERS

CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, CONTACT reserves the right to make necessary changes in ad copy.

## Business Services

### RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street  
Trenton

392-2111

### NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up  
**NEW APPLIANCES** at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from  
**PAYS CASH** for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

**SMITTY'S APPLIANCES LTD.**  
969-0287

### KEITH STEIN Appliance Service Ltd.

PARTS & REPAIRS to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.

**We certify appliances**  
For service call 962-4048  
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Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins from 401 Brighton. Call  
**EDDYSTONE KENNELS**  
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394-6600  
DVD's FOR RENT & FOR SALE  
Toys - Videos - Magazines

255 Glen Miller Rd.  
Riverview Plaza, Trenton  
(North of 401, across from Rona)  
Open Mon. - Sat. 11-8  
Sunday 12-3

### Lost & Found

**Metal Detector Sales**  
Whites, Fisher & Tesoro  
Lifetime warranty on Fisher & Tesoro  
View products at  
(www.lost-n-foundmetaldetectors.com)

Call: 613-394-1801  
Email: clayg@sympatico.ca

### Wanted

**Wanted to Buy**  
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 968-4183

### TENNIS ALL AGES

Learn to play at Free Clinics  
Sat. May 1st 1-4 pm  
Sat. May 8th 1-4 pm  
(Raindate posted at courts)  
Trenton Racquet Club Courts

Located: King St. (Next to Hospital)  
Racquets are available for try-out  
**Join the club:**  
Beginners receive 6 Free lessons!

For more info. Call Sylvia 392-2468 or Karin 392-1605

## For Sale

### Belleville Volkswagen



2000 Beetle GLS - Auto., 2.0l, white, power group, 6 CD changer, sunroof, alloys, VW certified, 50,000 kms.  
\$16,900



2001 Jetta GLS TDI Silver, auto., CD, alloys, VW certified, 109,000 kms.  
\$21,495

All prices + Admin., GST & PST & licensing  
966-3333  
239 North Front Belleville  
www.bellevillevw.com

### For Sale

1984 Toyota Cressida Safetied & E-Tested  
New; paint, gas tank, brakes, & exhaust.  
Comes with 4 winter tires on rims. \$1600.00  
Call (613) 475-1522

### For Sale

Male Springer Spaniel pup - 12 weeks old, 1st shots, papers. \$300.00.  
Call Lisa @ 3768

### Garage/Yard Sale

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May 15th  
(Raindate May 16th)  
From Furniture to clothes to toys to tools  
Starts 9am.

## For Rent

### Great value!

1&2 bdrm apts  
ADULT OR FAMILY BUILDINGS  
clean & quiet utilities & cable included  
CLOSE TO BASE

**KLEMENCIC PROPERTIES**  
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Newly renovated upper one bedroom apartment. Fridge, stove, water incl. \$475/mth + utilities.  
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### House to Share

in Carrying Place  
Everything included  
\$350/mth  
Call 392-6346

**News we can use? Call us! Locals 7005, 3978**

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### FOR RENT

Trenton West Side Newly Renovated Apartment Buildings. New Appliances. 2 Bedroom. Frid. Stove, Heat & Water Inc.  
\$645/mth  
**NO PETS**  
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### FOR RENT

Renovated 1 Bedroom \$600/mth includes heat. Water & hydro extra. No Pets. Quiet building. Ideal for single person. 1st. & last required.  
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## Crossword Answers

P	E	P		R	A	H		T	A	B		
U	K	E		I	D	E	S		C	A	G	E
B	E	L	I	V	E	A	U		O	K	R	A
	A	L	E		P	R	I	M	E	A	U	
B	O	D	E		C	E	A	S	E			
A	P	E		S	O	D		L	A	D	L	E
B	E	A	S	T	S		L	A	U	R	E	L
A	C	U	T	E		T	O	M		E	E	L
		U	L	T	R	A		F	A	K	E	
G	A	R	N	E	A	U		R	E	M		
E	X	I	T		P	A	R	I	Z	E	A	U
N	E	T	S		S	N	A	P		R	A	F
E	L	A			T	E	E		S	R	O	

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Real Estate

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**News we can use? Call us! Locals 7005, 3978**



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 Toll Free 1-800-438-9953  
 613-545-3333 office

Visit the Canadian  
 Military Relocation Network  
 Website at [www.interbaserealestate.com](http://www.interbaserealestate.com)  
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Presidents Award of Excellence

# VIP SHOWCASE EVENT 2004

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300C**



**2004  
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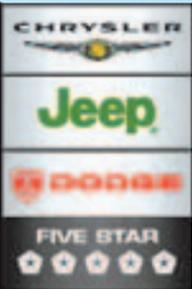


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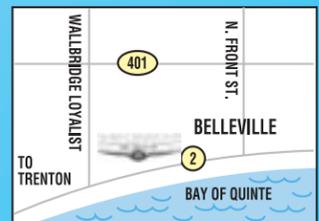


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