8AMS improves serviceability rates for Hercules aircraft

by Laurie McVicar
Assistant Editor

Much like their motto says, 8 Air Maintenance Squadron has proven that with “Combined Powers” great things can be achieved.

Despite a hectic operational tempo since Op Apollo began, Canada’s largest Air Force squadron has managed to continually improve their first-line serviceability rates since September 2003. “The first-line serviceability rate over the past year has hovered between 50-60 percent. The previous recent high over a one-month period was 68 percent in May 02. Prior to OP APOLLO, 8 AMS saw short-term serviceability rates of around 70 percent in Nov/Dec 01,” said Major Andy Fitzgerald, AMO Flight Commander.

“From 11-29 Feb 2004, the serviceability rate was 75 percent. On 18 Feb it was 100 percent with eight of eight aircraft serviceable.”

Maj Fitzgerald credited the improvements to dedicated technicians and good fortune. “High aircraft serviceability is always a challenge, particularly in the winter months when lack of hangar space has a significant impact. We overcame that shortfall in February, however, we are not doing anything significantly different,” he stated. “I would attribute the improvement to three things of the utmost importance. 1. Most importantly, continued focus and dedication to operations by 8 AMS technicians and supervisors. 2. We are beginning to see some returns on our investment in technician training. 3. Clearing the backlog of labour-intensive aircraft Special Inspections. An element of good luck with the aircraft behaving well.”

According to Maj Fitzgerald, the number of first-line aircraft has varied significantly over the past year, from as low as 4-5 to as high as 10.

“The fluctuation is due to a backlog in second and third-line maintenance and varying aircraft requirements for OP ATHENA. Over the past several weeks, we’ve had 9-10 aircraft operating from 8 Wing. During steady-state operations, with OP ATHENA not deployed and a normal third-line program, 8 Wing should have up to 16 aircraft on the line,” he said.

“Maintaining this rate is very important to ensure that our aircrew get the training and proficiency that they require to support national and international operations. It also improves our operational readiness to respond to short-notice operations, such as the recent OP PRINCIPAL in Haiti. Thanks to the high aircraft availability, 8 Wing was able to send four aircraft to Haiti on extremely short notice to fulfill Canadian interests.”

“I would like to sincerely congratulate all the members of 8 AMS for their continued dedication and professionalism, especially during this period of unprecedented operational tempo,” stated Lieutenant-Colonel Bill Lewis, Acting Commander of 8 Wing/CFB Trenton. “To achieve the increased availability and serviceability rates during this past month, culminating in a 100 percent serviceability on Feb 18, is truly commendable. Through your efforts, the Wing has been able to meet the demands of OP ATHENA, OP PRINCIPAL/HALO, and the remaining training and operational demands. Congratulations to all the men and women of the Squadron.”

“I have witnessed first hand the dedication and professionalism of our aircraft technicians and managers. Though we face significant hardship at times, be it the lack of aircraft parts or a large influx of new personnel, we always rise to the challenge and produce excellent results. The numerous kudos received for Op Apollo, Op Athena and Op Halo clearly attest to this fact,” stated Major Michel Pichette, Acting CO of 8AMS.

8AMS manages and maintains all Hercules aircraft flown by 424, 426, 429, and 436 Squadrons. The squadron is also responsible for the completion of second-line maintenance for Greenwood’s 413 Squadron and Winnipeg’s 435 Squadron CC130 aircraft.
March 26, 2004

Department of National Defence acquires new CF-18 simulators

CFB BAGOTVILLE, QUEBEC--A contract valued at up to $200-million has been awarded to Bombardier Inc. for six CF-18 simulators and 10 part-task trainers that make up the Advanced Distributed Combat Training System (ADCTS) project.

“This project places Canada at the forefront of globally networked military simulation,” stated the Honourable David Pratt, Minister of National Defence, in an address to Canadian Forces personnel at CFB Bagotville. “Emulating the world’s most advanced simulation technologies, ADCTS will enable coalition training with our principal allies, enhance international cooperation and readiness, and realize tremendous long-term cost savings.”

“This initiative is a concrete demonstration of the Government’s commitment to CFB Bagotville and the local community,” said the Honourable André Harvey, Member of Parliament for Chicoutimi – Le Fjord. “The facility will create 50 construction jobs and 16 permanent positions right here in Saguenay.”

“The full mission training capability of the ADCTS simulators will allow our pilots to accomplish CF-18 tasks that in the past were not possible outside of actual combat,” said General Ray Henault, Chief of the Defence Staff. “This system will pay great dividends in the safety and operational readiness of our CF-18 fleet.”

An evolution in training systems, ADCTS provides the training component for all updated aircraft and weapons systems, while reducing airframe-fatigue and overall operating costs. The ADCTS project is part of a larger effort to modernize and re-equip Canada’s CF-18 fighters.

Networked simulators are a new technology that allow participants to interact with one another, shifting the objective from beating the computer to competing with, and reacting to, a real-life opponent. The six networked cockpits will be used to allow pilots to practice highly realistic combat flying, working together as a team in a simulated environment. The ultimate goal is to connect with allied networks to engage in coalition flying and combined operations simulations.

The 10 part-task trainers will be used to engage in specific drills that do not require the full cockpit. These drills incorporate the use of advanced systems such as radar, infra-red target imaging systems, radios, navigation, and combat ID systems.

The contract includes the design and construction of state-of-the-art training facilities at CFB Bagotville, Quebec, and CFB Cold Lake, Alberta, as well as the provision of full instructional and support services for up to 15 years. Funding for this initiative was provided for in the existing fiscal framework.

William Lishman
Award-winning sculptor, film maker, inventor, naturalist and one of Canada’s pioneers in ultra-light aviation

Lishman is most famous for teaching migration routes to Canada Geese. His first film ‘C seize Groove' received six international awards and documents his experimental flying with the geese. In 1996, Lishman assisted in the making of Colombia ‘Picture hit film Fly Away Home based on the autobiographical adventures of ‘Father Groove'.

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424 Squadron had only one mission launched this past week. The Lab was called out to investigate a flare sighting in the vicinity of Clayton, U.S.A. The Lab returned to base without further incident.

Lab flew 2.3 hours and, after an extensive search of the area, nothing was found. The Lab returned to base without further incident.

Missions for 2004: 24

Missions for Mar.: 7

Persons rescued: 2

**The CF Aeromed training program**

by Sgt Dale Coulton
and Maj Carolyn Shaw

There have been some significant changes to the training aircrew receive with respect to the psychological, physiological and performance aspects of flight, at the changes have occurred at the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) in Winnipeg.

This past year, both the hypobaric (altitude) and hyperbaric (diving) facility received significant upgrades that included the modernization and replacement of high-pressure gas lines and fittings, equipment upgrades, and new paint. The solid oxygen generators in the hypobaric chamber have been replaced by emergency passenger oxygen system hoods, which will enhance the students’ ability to safely egress the chamber in the event of an emergency.

Now altitude chamber profiles have been developed as well. Both the Type I (25,000 ft) and Type II (43,000 ft) hypoxia profiles have been replaced with a single profile. The new profile, simply termed the “hypoxia profile” exposes all aircrew to an altitude of 30,000 ft. This flight begins with a slow decompression to 30,000 ft, at which altitude a hypoxia demonstration takes place. A descent to 18,000 ft follows and a visual acuity demonstration is conducted. Students breathe ambient air for five minutes in a darkened environment and are instructed to view a colour chart for a few moments before reconnecting to 100 percent oxygen. This exercise emphasizes the marked visual acuity and colour impairment aircrew could experience in low light conditions at a cabin altitude of 18,000 ft.

Students no longer practice breathing against positive pressure at altitudes above 30,000 ft. Positive pressure breathing training ensures students experience how it feels to breathe against positive pressure, not unlike what ejection seat aircrew would experience with loss of cabin pressure at high altitude. Instead, this training is provided by using a ground level positive pressure breathing training device that CFSSAT designed and built “in house”. The use of this device negates the requirement for students to ascend to altitudes up to 43,000 ft to complete this training, reducing the risk of decompression sickness.

The slow decompression from 4,000 to 18,000 ft in less than 30 seconds has also been modified. Students will now experience a slow decompression from ground level to 12,000 ft in less than 30 seconds. The familiar rapid decompression from ground level to 10,000 ft in one to two seconds remains unchanged.

Aeromedical training terminology, which could be ambiguous and confusing to non-CFSSAT personnel, has been amended to better identify the various aircrew communities and their respective aeromedical training requirements. CFSSAT staff continually promotes its role in supporting air operations and remain current with developments in many aviation-related fields. The latest developments to the CFAMTP are a testament to the commitment demonstrated by the aeromedical training community. Scientia ad Astra!

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**The Contact 3March 26, 2004**
The Contact Newsletter

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 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 atmosphere, 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 contributing officer except otherwise attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold or delivered charged to this newspaper whose liability is limited to a refund of the sales charged for the incorrect item. Published every Friday with the kind permission of Colonel David Higgin 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 communities for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help contribute to the success of this mission. Safe journey home.

All can be proud of their contribution to this extremely important mission. On behalf of all Canadians, and I am sure, the Afghan people, I thank all AF personnel for their hard work and personal sacrifice. Please pass on my comments to all personnel involved.

Bravo Zulu.

LG. Gen K.R. Pennie

A job very well done

Message from the Chief of the Air Staff

Now that Roto Zero personnel have completed their mission with overwhelming success, I take the opportunity to express my sincere appreciation and pride in their efforts. They have made a significant contribution to the peace and security of Afghanistan and her people.

Congratulations to the TUAV team, still in theatre; their professionalism and dedication also contributed to the success of this mission. Safe journey home.

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This Week in Contact

1974 – The first Red Cross Blood Donor Clinic in several years will be held here under the wish of the Base Commander. The Clinic will operate from 0930 to 1600 hours, on the 26 of March. Males 17 and over will be eligible, but must pass these screening rules. No one with chronic illness or jaundice will be accepted, or those who have undergone major surgery in the last 6 months, anyone who was hospitalized and under a physicians care within the last 6 months, donated blood within the last 3 months, and aircrew personnel if scheduled to fly within 72 hours of donating.

1984 – The NRC Space Vision System is a machine that is designed to work with the Space Shuttle and Canadarm (the remote system Canada contributed to the United States Space Shuttle Program). The NRC is made to give the shuttle orbiter sharper eyes, and is supposed to make it easier for astronauts to approach, capture, and then assemble other structures in outer space. An early prototype has been demonstrated to NASA, in ground simulations, with very successful results.

1994 – Trenton Curling Club is to host the 9th annual Curl for Cancer Bonspiel. It is a fun day to promote the sport of curling and at the same time raise money for the Canadian Cancer Society. We hope that the Trenton and Brighton curlers, sponsors, merchants, businessmen, and organizations will once again all participate in this worthy event. There is a 32-team limit, which fills up quickly every year.

Created by Lt J.H. MacDonald
(Kevin Leathy)
Health and Lifestyle Survey to begin soon

by Najwa Asmar
Canadian Forces Medical Group - Public Affairs

The seventh edition of the Health and Lifestyle Information Survey will be launched on April 1, and will gather important information on health-related problems or concerns among CF members.

The Canadian Forces Health Services (CFHS) Force Health Protection Team, will mail a detailed questionnaire to 5,000 Regular Force and 4,200 Primary Reserve members.

For those who would like to get a better idea of the questionnaire’s content, a copy will be available on the CFHS site on March 17.

The survey is anonymous, confidential and optional. Members selecting to participate will have 14 days to fill out and return the questionnaire. Members’ input in the assessment of their physical and mental health will be used to help develop the best policies and programs for forces with high operational efficiency and superior quality of life.

The questionnaire includes topics such as working conditions (particularly on deployments), lifestyle (eating habits, tobacco or alcohol consumption, etc.), stress, injuries and illnesses, and a personal assessment of member’s personal state of health and of CF health services.

The 2004 survey is on a series of similar surveys of CF members conducted since 1982. However, in 2000, several improvements were made to the process, particularly in terms of its scope and content. Reservists were included, and questions were added concerning the quality of health services and the effects of deployments and military duty on members’ health.

CF members will be informed of the 2004 survey results, in early January 2005. Meanwhile, the preliminary results of the 2000 and 2004 surveys will be used as a starting point for more thorough research for improving health promotion programs and implementing effective preventive measures against health risks associated with deployments.

Members are strongly encouraged to participate in the survey and to contribute to the implementation of policies and programs beneficial both for members and for operational readiness. Survey organizers are hoping for a 70 per cent participation rate, enabling them to obtain scientifically valid results.

For more information, CF members can call the survey co-ordination office at (613) 945-6607 or send their questions by e-mail to the following address: DCOS VOS FHP Inquiries@ADM(HR-Mil)DGHS@Ottawa-Hull.

Members may also visit the Canadian Forces Medical Group Internet or intranet sites at www.forces.gc.ca/health http://hr.dw.an.dnd.ca/health.

Pour la version française, voir la page 12.
Délai de présentation de la déclaration

**CF Personnel Newsletter / Bulletin du personnel des FC**

L’Agence des douanes et du revenu du Canada (ADRC) et Revenu Québec (RQ) ont approuvé une prolongation de délai pour les déclarations de revenu 2003 pour les militaires au service de la Coalition à l’extérieur de la Cour de justice des Nations Unies (ONU), de la Force du Canada dans des circonstances de danger pour la vie. Les déclarations de revenu des membres de la Coalition doivent être soumises à RQ au plus tard le 31 octobre 2004. Il n’y a aucune prorogation de délai pour une contribution à un REER. Consultez CANFORGEN 032/04 à http://cdn.bwn.drd.ca (réservé aux utilisateurs de l’Intranet) pour plus de renseignements.

It’s your Money

**Garth Turner**

A theory you might want to remember

It’s called the Greater Fool theory, and it’s def-initely time we discussed this one off. It works like this: You buy something at a high price, but paying too much is okay because you figure you can find a fool greater than you to buy it later.

So, it was okay to buy a share of Nortel at $100 five years ago, even thought it had exploded higher in a wave of speculative frenzy, because there was a line-up of people wanting to buy the stock. The one who really gets whopped in the process is, of course, the last guy in – the Greater Fool, the one who bought Nortel at $120, only to sell it in disgust at $10.

Lots of assets have attracted fools, including gold, gold, stocks and houses. But of these, the most dangerous could well be real estate, since it is also the easiest to finance, leaving the greatest amount of debt in its wake. The last asset bubble in the housing market erupted in the late 1990s, accompanying a wrenching loss in the late 1980s, leading to a housing market eruption

In central-north Toronto, in a 1930s subdivision of brick houses on 30-foot lots, a two-storey fixer-upper came onto the market for more than $600,000, and was sold in a few hours for $100,000 more than the listing price after a brief, but intense, bidding war. The top price ever paid for a house in this neighbourhood in 1995 was $500,000. Today that house could easily fetch $1 million.

This is called an asset bubble – when the price of a commodity is propelled higher by surging demand that overwhelms supply. Today that demand is being fuelled by two things:

First, the cheapest money in an entire generation. Today the prime rate is just 4 per cent; five-year mortgage money is available in the 5 per cent range; and below-prime variable rate loans are as cheap as 2.99 per cent at one major bank.

Making the issue even more extreme is the fact that folks can buy a home today with no money down. Not only have several of the big banks brought in no-money mortgages, but the government’s own Canada Mortgage and Housing Corporation is endorsing home buying by people with no savings.

The second accelerant here is a firm belief by all the folks buying (and borrowing record amounts), that prices will continue to rise. What’s new here is that the rising prices have jumped 15 per cent a year, while mortgage rates are the most costly in history. Finally, when the average house can no longer be bought and carried by the average family, then the last fool will have bought in.

After the last housing bubble that white mischief in the early 1990s, we know that the average house can no longer be bought and carried by the average family, then the last fool will have bought in.

However, history is not the only place to look when trying to predict what will happen next. There is a firm belief among the Canadian housing industry that the top price ever paid for a house in this neighbourhood in 1995 was $500,000. Today that house could easily fetch $1 million.

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Suffocation - a swift and deadly enemy to children

Suffocation is a common cause of death among infants, toddlers, and young children. It can happen very easily and it can occur in a wide variety of situations.

Deaths have resulted when children put plastic bags over their head or when they have become tangled up in dry-cleaning bags. Children have suffocated when they were placed in waterbeds, and everything from toy boxes to snow tunnels are potential suffocation hazards.

In a controlled test situation a six-week-old child was placed on a water bed and video taped. The tape showed the infant falling asleep face down. Her face, including the nose and mouth, remained trapped relatively immobile in the depression. (Hazards of Mattresses, Beds and Bedding. Deaths of Infants. The American Journal of Forensic Medicine and Pathology 12(1):27-32, 1991)

Keep in mind the following tips to help prevent suffocation:
1. Fasten the bag securely.
2. Keep soft objects away.
3. Use bumpers on furniture.
4. Keep children away from cribs.
5. Keep plastic bags away from children.
6. Keep beds low to the ground.
7. Keep infants safe from suffocation hazards.
8. Keep children away from fireplaces.
10. Keep children away from electrical outlets.

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Pet Particulars
Meet Cindy-Lou
Cindy-Lou is about 11 years old (the previous owners couldn’t remember exactly), and is a beagle/hound cross and weighs about 45 pounds. She has lived outside tied to a barn for several years and was surrendered to an agent by the owners because they refused to do something to better her poor housing conditions. She is now in foster care living with another dog and a cat, and she has adapted quickly to daily routines. She takes over the couch. She walks well on leash, comes when she’s called, and has had great success with her house-training. She is super affectionate and knows basic commands. She is a great with kids and babies and other dogs once she feels comfortable around them. She loves car rides. She’s not spayed yet, but has a sponsor lined up for this (it’s Bill, the softy).

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Pet Particulars
Meet Cindy-Lou
Cindy-Lou is about 11 years old (the previous owners couldn’t remember exactly), and is a beagle/hound cross and weighs about 45 pounds. She has lived outside tied to a barn for several years and was surrendered to an agent by the owners because they refused to do something to better her poor housing conditions. She is now in foster care living with another dog and a cat, and she has adapted quickly to daily routines. She takes over the couch. She walks well on leash, comes when she’s called, and has had great success with her house-training. She is super affectionate and knows basic commands well. Great with kids and babies and other dogs once she feels comfortable around them. She loves car rides. She’s not spayed yet, but has a sponsor lined up for this (it’s Bill, the softy).

Cindy-Lou is about 11 years old (the previous owners couldn’t remember exactly), and is a beagle/hound cross and weighs about 45 pounds. She has lived outside tied to a barn for several years and was surrendered to an agent by the owners because they refused to do something to better her poor housing conditions. She is now in foster care living with another dog and a cat, and she has adapted quickly to daily routines. She takes over the couch. She walks well on leash, comes when she’s called, and has had great success with her house-training. She is super affectionate and knows basic commands well. Great with kids and babies and other dogs once she feels comfortable around them. She loves car rides. She’s not spayed yet, but has a sponsor lined up for this (it’s Bill, the softy). The foster parents are ok with their email being given out to interested people who want to come to see Cindy-Lou, after they’ve been approved by the shelter staff as a potential adopter. The foster parents are: Ivy and Pat Hayes, at www.ivy.hayes@sympatico.ca.
A wild time offered at the March Break Kidz Kamp

Things were on the wild side last Thursday at the RecPlex when staff and animals from Jungle Cat World paid a visit to the March Break Kidz Kamp. Among the animals on display were, clockwise from left: an arctic wolf, a bobcat and African millipedes.

Photo: Laurie McVicar, Contact

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Medicine and vitamins aren't candy

Parents and caregivers may be surprised to learn of a potential threat to young children, common in most homes.

“People often think of household cleaners when they think of poisons in the home,” said Joanne Mestre. She is a health promoter with the Health & Prince Edward Counties Health Unit, one member of the Early Years Injury Prevention Coalition. “It is important to keep those cleaning products out of the reach of young children. But medicines and vitamins cause the majority of poisonings.”

Children age one to four years have the highest rate of unintentional poisonings of all groups. Poisonings in this age group result from children taking medication on their own, or from parents mistakenly giving their child an incorrect dose. A common cause is acetaminophen (the active ingredient found in Tylenol) according to Health Canada. Other common sources of poisoning are cold medications, multivitamins with or without iron, iron supplements, acetylsalicylic acid (the active ingredient found in Aspirin), rubbing alcohol, nail polish remover, camphor, and essential oils.

“Never refer to medicine and vitamins as candy,” recommends Mestre to parents, grandparents, and caregivers. “This gives young children the wrong impression – that it is safe for them to eat these things on their own. In fact, these things need to be taken very carefully under adult supervision. Double-check the correct dosage as well. These products can make children seriously ill.”

Try to not take medicines or vitamins in front of young children since they often like to mimic adult actions. Medicines and vitamins should be stored in high up locations and, if possible, in a locked cabinet. Discard out-of-date or unused medications safely through your pharmacy.

A Home Safety Checklist is available to help parents and caregivers reduce their risks in their homes. Those who take the Home Safety Challenge this month will be winners in more ways than one.

“Win a weekend escape for two to Ottawa or other great prizes while helping to keep kids injury free!” said Mestre.

To enter the Home Safety Challenge, pick up a Home Safety Checklist. Use the checklist to inspect your home, then complete and submit the contest ballot. Checklists and ballot boxes can be found at participating Canadian Tire Stores in Belleville, Trenton and Picton. They are also available at any Ontario Early Years Centre or any local Health Unit office. You can also enter by visiting the What’s New page on the Health Unit website at www.hpchu.on.ca. For more information on the Home Safety Challenge and Injury Prevention call the Baby-Tot Line at 906-5513, extension 223.

Take the test on April 1

(From) Diabetes is a challenging disease to manage and treat. Based on a patient’s type of diabetes, one of the biggest obstacles the patient faces is knowing how often he/she should be testing and when. The knowledge obtained from a blood glucose monitor helps you to understand how well your food intake, activity level, and medication are working to keep your blood glucose levels in a healthy range. Research has proven that maintaining blood glucose levels at a healthy range reduces the chance of complications in patients with diabetes.

On April 1st, Diabetes Day at all Shoppers Drug Mart stores across the country, patients with diabetes will have the opportunity to visit their local pharmacy for a 30-minute personal consultation with their HEALTHWATCH® Pharmacist. They will be able to ask or address any concerns they may have regarding their diabetes management, and they will receive a blood glucose logbook, which they can use to document the results of their tests. They can then take their logbook to their doctor who can determine the best course of action for them.

Take advantage of this Day and visit a Shoppers Drug Mart store in your area to book an appointment. For a store location nearest you, just call 1-800-SHOPPERS or visit the web site at www.shoppersdrugmart.ca.

Notice to all veterans

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Branch 110 from the hour of:
8:00am - 4pm

Tuesday April 6, 2004

Anyone wishing information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage & get some valuable advice concerning your problems.

For Appointment Call: Branch 110, Trenton 392-0331 9:00am - 4:00pm Monday - Friday

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North Front Street at Hwy 401, Belleville www.quinitemall.com, 613-968-3571
Exercise for a cause

Confessions from the Gym

Wednesday, March 24

With warmer weather right around the corner, several local organizations are gearing up for annual fundraising events.

For those of you who love the thought of combining exercise and community service, the choices are limitless. For example, coming up at the end of this month is the Bowl for Kids’ Sake. Not only do you get an opportunity to help out the Big Brothers/Big Sisters Association, but you get a great afternoon of bowling!

Coming up in June is the Cancer Society’s Relay for Life. After my involvement with this event last year, I can definitely vouch that this is a fantastic way to get your cardio and help out a worthwhile cause at the same time. Register on-line at www.cancer.ca.

The Noon Hour Volleyball League, consisting of seven teams - WHO, 426 Sqn, 8 AMS, WLeod, WTISS, PSP, CCC, draws to a close with the final game seeing 8 AMS playing the PSP team. The final game was fun seeing the 8 AMS team winning three straight games over PSP. A well done to the winning team comprising of Cpl James McDonald, Cpl Matt Houtby, Cpl Val Smit, Pte Sterling Strong, Cpl Bruce Matthews, MCpl Howie Honka, Sgt Brad Shipley, Cpl Dan Heroux.

Astra Lanes report

Ann Smith receives lifetime membership award from Astra Lanes. Last night Ann was recognized for her outstanding contributions to the Astra Five Pin Bowlers Association. Ann will be moving this year and will be missed by all.

Just a reminder that a Summer League will be starting on the 12th of May and it will run until the end of July. Now is the time to show your interest to contact Ernie at Astra Lanes (local 3305) and sign up now.

Monday Scratch League

Team Standings: Gee’s Guys, 130; BSS, 125; The Bratz, 115; Doc’s Dudes, 114; Head Pins, 103.5; Da Divas 85.

Men’s High Average: Mike Stoddart, 265; Ernie Strocel, 226; Don Harvey, 213.

Women’s: Donna Stoddart, 206.1; Cathy Stoddart, 205; Edie Rathbun, 205.

High Quad: Mike Stoddart, 1222; Ernie Strocel, 1112; Jim Edworthy, 1059.

Women’s: Jennifer Foster, 985; Mike Stoddart, 960; Donna Stoddart, 944.

High Single: Jim Edworthy, 230; Mike Stoddart, 230; Don Harvey, 230.

Women’s: Donna Stoddart, 230; Lorraine Beckman, 230; Pat Edworthy, 230.

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Every CF member must fill in a Statement of Ordinary Residence (SOR). Doing so allows you to decide in which electoral district your vote will be assigned, no matter where you are serving and no matter where you cast your ballot.

You may choose as your ordinary residence:
• the place of ordinary residence of your spouse, your common-law partner, one of your relatives or dependants, a relative of your spouse or common-law partner, or a person with whom you would be living if you weren’t a CF member;
• the place where you are residing because you are a CF member; or
• your place of ordinary residence immediately before you became a CF member.

As a result of the 2001 census, an increase in the number of seats in the House of Commons increases federal electoral districts from 301 to 308. Ontario gains three seats, and Alberta and British Columbia each gain two seats. According to Elections Canada, 87 per cent of the electoral boundaries across Canada have changed.

You may change your SOR at any time simply by completing DND form 406 (EC 78000) in front of a commissioned officer, but you should consider updating/ changing your SOR well in advance of an upcoming election. With the new electoral boundaries established, now is a good time.

Consult CANFORGEN 011/04 at http://wcdl.swan.dnd.ca/ (Intranet users only) for complete information.

It’s time to update your SOR

CF Personnel Newsletter / Bulletin du personnel des FC

Every CF member must fill in a Statement of Ordinary Residence (SOR). Doing so allows you to decide in which electoral district your vote will be assigned, no matter where you are serving and no matter where you cast your ballot.

You may choose as your ordinary residence:
• the place of ordinary residence of your spouse, your common-law partner, one of your relatives or dependants, a relative of your spouse or common-law partner, or a person with whom you would be living if you weren’t a CF member;
• the place where you are residing because you are a CF member; or
• your place of ordinary residence immediately before you became a CF member.

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The Leverage of the Protection of the Forces of the Sanitary services of the Forces canadiennes (SSFC), which organizes this event, has developed a questionnaire of citizens who have received the SSFC at its headquarters. For those who interested in participating in this survey and in being informed of the results, they should fill out the questionnaire by the 31st and 1st. This will help you stabilize your future. You will find yourself contemplating what you can. Get involved in community events on the 31st and 1st. A business trip will help you discover if a project you want to pursue is feasible. You are likely to discover a new approach that will help you advance. Since you stay, stick to the words on the 3rd and 2nd and don't exaggerate about what you can offer. The key word is that the results will be mandatory. Don't get involved in an argument.

CANNINGTON (Dec. 21): Your emotions are likely to be close to the surface on the 28th, 29th and 30th, making it difficult for you to hold back the way you feel. If you are communicative, you can clear up any misunderstanding. You can sign contracts, take care of legal matters, invest or make changes to your personal papers without concern on the 3rd and 1st. An older family member may need assistance. Offer your home or office as a meeting place. Your mind should be on change and how you can make your life better on the 2nd and 3rd. You will feel for the difference to people you have not been able to find for themselves on the 2nd and 3rd. Use your talents to back up your life on the 2nd and 3rd. Letting little things get to you won't solve any problems. Accommodate others, but don't let others take you for granted. Let your guard down. Be as you are.

LONDON (July 23-Aug. 22): You can make some financial gains on the 28th, 29th and 30th if you are careful about handling your money. Prosperity will be out in the open. Allow yourself a little leeway to change your mind. It is important to control your emotional reactions to what is going on the 31st and 1st. Recognize your options and don't be afraid to make a move if it helps you achieve your goals. You will find yourself considering what you have actually accomplished and what you have not on the 2nd and 3rd. It is too hard on yourself — there is always time to do a little better in life.

VIRGO (Aug. 23-Sept. 22): Direct your experience and time on the 28th, 29th and 30th on an organization that is bringing about a new vision. A partnership is apparent and should lead to an important new change. Take your time on the 3rd and 1st. Concrete thinking will help you realize that you aren't interested in pursuing advancement. Information you acquire in order to complete a job will probably be withheld. Don't be upset if someone from your past contacts you back into your life on the 2nd and 3rd. Look back and feel for what is old to you. You will get an honest attempt to do the best you can. Can you make your emotions on the 28th, 29th and 30th. Letting little things get to you won't solve any problems. Accommodate others, but don't let others take you for granted. Let your guard down. Be as you are.

LIBRA (Sept. 23-Oct. 22): Don't force your problems. You can change. Enjoy the things that bring you pleasure rather than waste time trying to change the impossible on the 28th, 29th and 30th. Get creative with something that has to be changed on the 2nd and 3rd. If you can't get involved in an organization, do so with caution. A moral attitude should turn out better than you thought. STOKE (Nov. 23-Dec. 21): You have everything going for you on the 28th, 29th and 30th, and all you need is to get your enthusiasm up. You will inspire others to join your cause. Let your imagination take over Control your anger on the 3rd and 1st. Don't let your emotions get the best of you on the 2nd and 3rd. Maintain a calm and look no one else that you will be going out that you will be able to gain on the 2nd and 3rd. Use your talents to back up your life on the 2nd and 3rd. Letting little things get to you won't solve any problems. Accommodate others, but don't let others take you for granted. Let your guard down. Be as you are.

ARIES (March 21-April 19): You have a blank space before taking on an additional responsibility on the 28th, 29th and 30th. Problems with an older relative may end up being more work than you anticipated. Take time to relax on the 3rd and 1st. Something will go straight on the 31st and 1st. By not backing down, you will make some new friends who are enthralled by your enthusiasm. It is important to control your social life. People will want to do a lot of preliminary partnering. Consider what you can do on the 2nd and 3rd to make yourself look and feel better. Exercise and good nutrition are important. Whether you travel a long or short distance, the end result will be positive. Planning a social event will set the mood for the whole weekend. You will find some extraordinary things that bring you pleasure rather than waste time trying to change the impossible on the 28th, 29th and 30th. Letting little things get to you won't solve any problems. Accommodate others, but don't let others take you for granted. Let your guard down. Be as you are.

PIERRE (Feb. 19-Mar. 20): By getting together with people you enjoy on the 28th, 29th and 30th, you will discover a lot about yourself. Your creative output may lead to a new hobby. Garbage or getting involved in one of your past's personal affairs will not lead to advancement or finishing off your work on the 2nd and 1st. Focus on sending someone to a new job. Don't try to stay until your task is complete. Love and romance can be yours on the 2nd and 3rd if you make the effort to do the best you can. A partnership can be developed with someone you have never really known. Whether you travel a long or short distance, the end result will be positive. Planning a social event will set the mood for the whole weekend. You will find some extraordinary things that bring you pleasure rather than waste time trying to change the impossible on the 28th, 29th and 30th. Letting little things get to you won't solve any problems. Accommodate others, but don't let others take you for granted. Let your guard down. Be as you are.
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.

Quinte West Lion’s Easter Egg Hunt
Saturday, April 10th
Batawa Ski Club
8:00 a.m. Pancake breakfast
10:00 a.m. - 1:00 p.m.
Free: Kids 12 & under

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.

Walk for Memories
The Annual Walk for Memories in support of the Alzheimer Society of Belleville-Hastings-Quinte is this Sunday, March 28 at the Quinte Mall. Registration and entertainment begin at 12 noon in Kindness Court. Opening ceremonies begin at 12:45 p.m. followed by the mall walk from 1 - 2:45 p.m. The entertainment continues with announcements and prizes from 2:45 - 3 p.m. Individuals and teams are welcome. Collect pledges and bring all of the funds with you when you come to the Quinte Mall for the walk. Prizes include: return trip for two to anywhere in Ontario, courtesy of Greyhound Canada Bus Lines, $200 shopping spree at Jack Fraser Men’s Wear in the Quinte Mall, tickets to the Stirling Festival Theatre and dinner at Platters Restaurant, telephone from Nortel Networks and many more. For more info, call 962-0892.

Wednesday Night Out! Everyone Welcome!
Coordinator, Eve Lawrenz, 965-3595
Activities...Workshops every Wednesday night. Childcare is available—if your partner is deployed childcare is FREE. You need to call ahead to reserve your spot for both childcare and the workshop. We need to have some idea of the number of participants.

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Padre Catherine Morrison

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Chapel Life Co-ordinator
Matthew Lucas (Bapt.)

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SATURDAY, MAR. 27TH BETWEEN 9 A.M. AND 1 P.M. BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

If you wish to donate used books... contact Kathy for further information at 392-2244.

MONTHLY BOOK SALE

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2000 Jetta GLS, 2.0 L, auto, green, local trade, 50,000 kms, VW certified warranty incl.
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2001 Jetta GLS VR6, 5 spd., sunroof, alloys, very sporty, local trade, 51,000 kms.
$21,995

2003 Beetle GLS TDI, yellow, 6 spd. CD changer, alloys, local track & serviced. 49,000 kms.
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Full price $19,995

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Laualdo Hair Connection

We are looking for an experienced hair stylist to join our team of very talented salon professionals. Interested Candidates should apply in person with resume. See Deborah at the Laualdo West Location, 459 Dundas St. W. in Trenton.

OLBIATORY

MacINTOSH, James Douglas, Lieutenant Commander (Ret’d), born May 10, 1915, the loving husband, father and grandfather passed away peacefully in his sleep on March 23, 2004, from cancer.

Son of James M. and Annie (nee Gibson) MacIntosh of Montreal, Jim is survived by his wife Valerie (nee Higgins), daughter Shawn (Joe Hamilton) and son James (Kelly Festauring), as well as his grandchildren: Nicola, Christopher, Morgan and Connor Hamilton, Riley and Mackenzie MacIntosh.

Jim served a distinguished 37 years in the Royal Canadian Navy and Armed Forces, most notably as a pilot of the Hercules aircraft from CFB Trenton and as a member of Canada’s only aircraft carrier, the Bonaventure. Other military associations include work in Ottawa at the Department of National Defense and as a First Nations member.

Jim was an active member in a variety of organizations, including the Albury Church Choir, FSNA, and the CFB Trenton Yacht Club, he will be missed by many friends. Other associations include membership in the Royal Nova Scotia Yacht Squadron and past board member of the VON.

A memorial service will be held in the Albury Community Church on Saturday, March 27 at 1:00 p.m. The family has requested donations be made to the Canadian Cancer Society or the Albury Community Church (cheques only, please). Arrangements entrusted to the Hicks Funeral Home, Picton.
March 26, 2004

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Canadian Society Cancer Society Canadas Cancer Society
Become a volunteer canvasser this April for the Canadian Cancer Society.

Be a face in the fight against cancer CALL 1-888-939-3333 or visit www.canercare.ca

Canvassers are urgently needed in all areas of Quinte West. Please contact your local office at 962-0686

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Check us out at... www.remaxtrenton.com

By knocking on doors in your neighbourhood, you’ll help open the door to a cure.

Canadian Cancer Society

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New Homes by "CARACO"

For a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston see the whole package at www.c21wyld.com

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The Contact 16 March 26, 2004

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2003 JEEP TJ SAHARA 4x4
V6 4.0L V/6, 5 speed, air, cruise, T/C,
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