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REMEMBRANCE DAY OBSERVED AT NEW CENOTAPH LOCATION



Photos: Cpl Simon Duchesne, 8 Wing Imaging

An assortment of wreaths lay before the new Cenotaph at Governor Simcoe Park in Trenton, as Mr. Walt Gregory, Master of Ceremonies says a few words during the 2005 Remembrance Day Ceremony. Sea Cadet Roger Sturgeon posts vigil along with four other cadets.

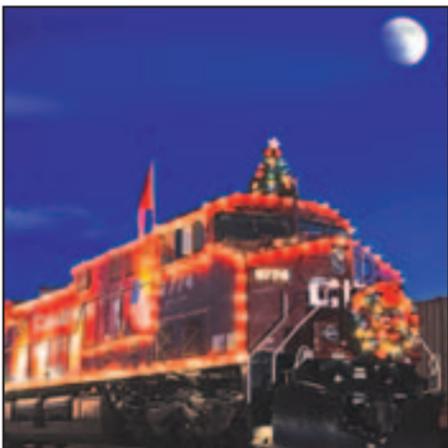


Royal Canadian Air Cadet Corporal Phillip Roy posts vigil during the 2005 Remembrance Day Ceremony at the new Cenotaph in Trenton. Cadet Corporal Roy is a member of Trenton's 173 Air Cadet Squadron.

Make way for the Holiday Train!

The Trenton Care and Share Food Bank, the men and women of 8 Wing CFB/Trenton and the Canadian Pacific Railway (CPR) are teaming up again this year to bring the CPR Holiday Train back to Trenton at 6:30 p.m. Saturday, Dec. 3. The show will take place at the same location as last year – the railway crossing on RCAF Rd. at the north end of the base.

Live performances by The Ennis Sisters and



Tracey Brown will highlight the train's visit, part of a Canada-U.S. goodwill tour designed to throw the spotlight on hunger close to home, and what communities are doing about it.

Through joint efforts with the Canadian Association of Food Banks, the CPR uses the Holiday Train program to promote the vital work done by community food banks year-round. Food bank volunteers will be on hand to receive donations of non-perishable food items at the event.

Thousands of LED Christmas lights will adorn the uniquely festive train, made up of a specially-prepared locomotive pulling 12 cars — including a stage car complete with self-contained lighting and audio systems.

More than 60 towns, cities and villages in Canada will experience the magic of Holiday Train performances this year. The 2005 Holiday Train program ends Dec. 17 in Port Moody, B.C.

Since its launch in 1999, CPR Holiday Trains have elicited donations of more than 375 tons of food and almost \$(Cdn) 2 million for North American food banks. All donations in a community remain in that community for distribution.

PRIME MINISTER IN QUINTE

Photos: Cpl Simon Duchesne, 8 Wing Imaging



Colonel Andre Deschamps (left), Commander, 8 Wing/CFB Trenton, greets the Right Honourable Paul Martin, Prime Minister of Canada, on November 19, prior to his return flight to Ottawa. The PM was visiting veterans and secondary school students in Belleville.

Bob
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81 AEF working on two fronts

by Capt J.R.J-C.
Comeau
OC 81 AEF

Are we busy still? Well, by now, after reading the many articles that appeared in this newspaper, you probably know the answer to that already.

Right now, two major projects are on the go for this unit as we recently started working on the construction of a new C-Span building for 424 Squadron and 8 AMS, and on a new lodge being built up north of Kaladar and Napanee, a resort held by the Fish & Game Club (NPF/PSP) and called the Northern Lodge.

Tempo is still extremely high as up to 45 per cent of 81 AEF military personnel are either in Gagetown doing engineer trade courses (QL5 and QL6A) or are deployed overseas. Nevertheless, we carry on with trying to deliver to our clients, what they have been waiting for so long now, and as promised.

The C-Span project has been on the books for some time now, and in order to help us erect this new building, some expertise and specialized equipment are required. The acknowledged experts in erecting the steel structure falls into the hands of 141 AEF and 144 AEF, located in Bridgewater and Pictou, Nova Scotia.

81 AEF personnel have already dismantled the former Sprung Shelter that was located where the new C-Span will be located, near 424

Squadron, and have started working on the concrete formwork that is required to hold down the new steel structure. A special Automated Building Machine (ABM) will be borrowed from our fellow 2 CER Army Engineers located in Petawawa, and when the time comes, we will then form the required steel as an arch and assemble the dome of the C-Span, using some more help coming from some other tradespeople from Base Construction Engineering in Kingston.

Once the new C-Span is in place, 81 AEF will then proceed with finishing up the inside installations required, like the lighting and gas heating. As for the inside insulation required, it is estimated that the end of next spring, early summer will be the proper time to undertake that, as weather won't allow us to safely perform that last task (an adherence problem).

As for the Northern Lodge project, 81 AEF was tasked by the Wing Commander to undertake the construction of a new main lodge that was destroyed by fire last year. We started building the new lodge three weeks ago, and our three-trade group of carpenters, plumbers and electricians expect to complete this project by the end of November.

This project offers the opportunity for this unit to construct a new building of residential format from scratch, which no longer happens frequently these days, and where all our tradesmen are



Carpenters, plumbers and electricians have been busy at the Northern Lodge. Watch The Contact for photos of the finished product!

involved at the same time. The complex holds six lodges plus the main one that was destroyed, and is available to any DND/Federal Service employees who wish to go hunt and or fish in that area. Cpl Lee Leroux, a carpenter at 81 AEF, is the current President of the Fish & Game Club. Further information can be found on that topic by asking PSP personnel. Good work! CHIMO!



Photos: Submitted

Construction of a new Main Lodge is expected to be completed by month's end.



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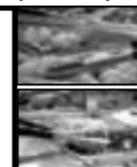
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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Personnel from 81 AEF have begun construction of a new C-Span building for 424 Squadron.

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SQUADRON HONOURED



At the Air Force Association of Canada (AFAC) Awards Dinner, held Oct. 9 in Red Deer, Alberta, nine former members of 429(T) Squadron received the Gordon R. McGregor Memorial Trophy, "in recognition of outstanding and meritorious achievement in the field of air transportation." From left to right: CWO Stephan Guy (429 Sqn Chief Warrant Officer), LGen (Ret'd) A.M. Dequetteville (AFAC Honorary National President), LCol Michael Hood (429 Sqn Commanding Officer), Maj Darwin Ziprick (429 Sqn Tactical Air Transport Officer).

In late April of this year it was announced that 429 (Bison) Squadron would stand down and its resources consolidated with a sister unit, 436 Squadron at 8 Wing, Trenton. To recognize its 42 years of valuable service to the RCAF, the Canadian Forces and the citizens of Canada, four years as a bomber squadron, and latterly, 38 years in the air transport role, the AFAC takes great pleasure in announcing the award of the prestigious Gordon R. McGregor trophy to this most worthy transport squadron, and its enviable record. Culminating this record in year 2004, the squadron found itself committed to national and international transport operations in the annual re-supply of Station Alert, Ellsmere Island, to Bosnia-Herzegovina to assist that country reshape itself as a democratic European nation, in supporting the UN's effort to stabilize Haiti and in Operation Athena, to support Canadian troops in the UN mission in Kabul, Afghanistan. The squadron's record of operational effectiveness and capability throughout the year was further enhanced by its participation in several multi-national combat exercises held in the US and Canada. On the humanitarian front, in May, 429 Squadron single handedly rescued 428 Cree residents of Attawapiskat, ON from the rapidly rising, ice-clogged neighbouring river and flew them to safety. With 11 Battle Honours, and 396 lives lost in service to country, 429 Squadron's exemplary contributions to the Air Force are reflective of the highest order of dedication, and professionalism.

Search & Rescue UPDATE



424 Squadron Tigers in the past week had one mission. An American tug lost its barge on Lake Ontario near Cleveland, Ohio during the night. They requested the help of Canadian SAR to search for the barge. After searching all day, nothing was found.

Until next week, stay safe.

Missions for 2005: 154 Missions for Nov.: 10 Persons rescued: 124

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

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



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message from the

Editor

It was with great dismay that I learned this week of the vandalism unleashed at the beautiful, brand new site of the Cenotaph in Governor Simcoe Park.

Of all the places; of all the times of year.

A spokesperson for Branch 110 of the Royal Canadian Legion confirms that, in addition to ugly graffiti covering some of the surrounding benches, some of the steps leading up to the Cenotaph have been chipped by skateboards. This poses a particular problem as the steps are made of coloured concrete--which is extremely difficult to match when undertaking the necessary repairs.

Vandalism has always been the act of irresponsible and disrespectful cowards, but this latest defacing takes it to an entirely new level. Here we have cowards and fools defacing an important and emotional symbol and what is meant to be a heartfelt tribute to war heroes. Our heroes. You can't get much lower than that.

Shame on you, whoever you are.

And to all the veterans and their families out there, please know that this callous act is not representative of how your community feels about you. We hold you in the highest regard for your selfless actions and your many sacrifices. And we always will.

And to the vandals out there--grow up and show some respect! You should instead be eternally grateful to our veterans, who ensured the freedom that you now enjoy yet so wantonly abuse.

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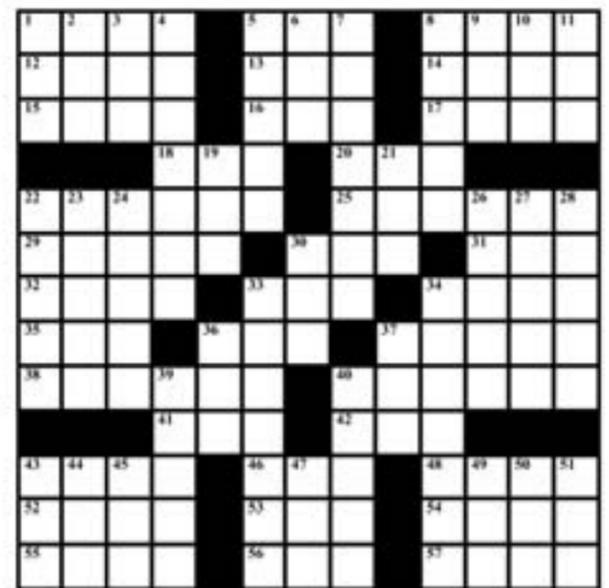
By Bernice Rosella and James Kilner

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This Week in Contact

1975 – Aerial dog fighting has undergone some radical changes since the days of the Red Baron and Billy Bishop. Canadian and American fighter pilots practiced the modern versions of air combat recently here for ten days. CF-104 Star fighters from 417 Tactical Fighter Operational Training Squadron pitted their speed against the manoeuvrability of F-8 Crusader all-weather fighters from the United States Naval Reserve's VF201 Squadron, based at the Naval Air Station, Dallas, Texas.

1985 – Over the past several months you may have noticed many Bell Canada employees on Base property. They were here for the installation of the new SL-1 telephone system. Controlled by a Central Processing Unit (CPU), this enables the controlling agency to individually program every phone in the system. The SL-1 is a very flexible system designed to save you valuable time and remove many of the frustrations associated with using a telephone system.

1995 – Defence Minister David Collenette says the government intends to proceed with the procurement of a new Search and Rescue helicopter to replace the aging fleet of CH133 Labrador helicopters that went into service in 1963. An efficient Search and Rescue service is fundamental to the thousands of Canadians who make their living in remote regions of this country, be it at sea, on land or in the air.

Created by Lt J. H. MacDonald,
 Compiled by Jason Newman.



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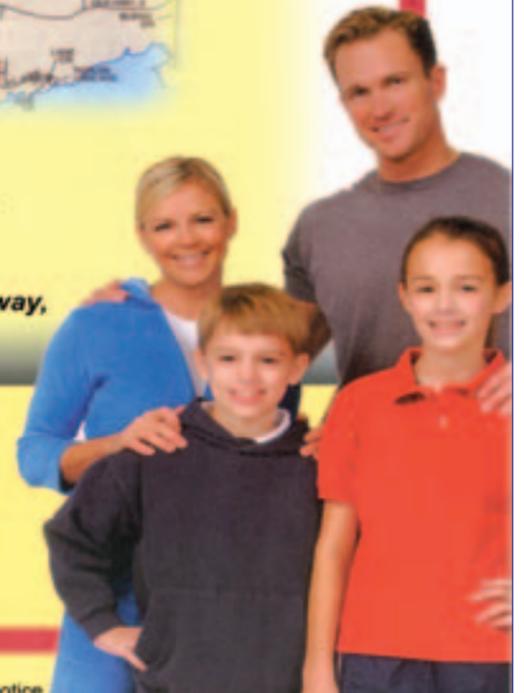
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8 ACCS goes tactical at Brigade Training Event--EX Phoenix Ram

by Capt Mike Hirst
8 ACCS D/TSO

The vast training area of CFB Camp Wainwright was the scene of the recent Brigade Training Event 2005 (BTE'05), culminating with Exercise Phoenix Ram.

The exercise was developed to confirm the combat capability of 1 CMBG HQ and selected elements. The units operated as a brigade group combining war fighting, peace support, and humanitarian aid/relief training in a complex three-block war scenario. Approximately 6,000 personnel would participate between 6 Sept 05 and 21 Oct, 2005; including elements from 8 ACCS, 1 RCHA, 1 PPCLI, 2 PPCLI, 2 R22eR, 1 CER, 408 THS, 430 ETAH, 1 CMBG HQ&Sigs and many other participants.

The largest single deployment in the history of 8 ACCS, the exercise provided an excellent training opportunity and many milestones for the squadron.

8 ACCS deployed 27 of its 50 members in three detachments to fulfill separate and varied supporting roles that included all mandated capabilities of the squadron.

Seventeen (17) members of the squadron deployed to provide essential communications and Air Traffic Control services to 430 ETAH. The location was a small airstrip outside the town of Irma AB, roughly 30 km northwest of the Wainwright training area. The small strip was quickly transformed into a busy heliport where Griffon helicopters from 430 ETAH would launch for their daily

Photos: Submitted



Members of 8 ACCS complete the set-up of the Very Small Aperture Terminal (VSAT) satellite dish shortly after arriving at CFB Camp Wainwright. The 8 ACCS detachment would work closely with C-Troop, 1 CMBG HQ&Sigs Sqn, to provide email, internet and phones to the HQ during the exercise.

missions. 8 ACCS deployed an IFR Airfield, including the MPN-25 Radar, deployable control tower, and the IFR Shelter, from where 8 ACCS Air Traffic Controllers guided over 110 precision approaches to safely land returning helicopters. Communications from the austere airfield to the rest of the world was made available through a satellite link provided by an 8 ACCS telecom det, including email, the internet and telephones.

The situation in Wainwright was a little different than Irma. A 6-member team deployed with a VSAT satellite dish in order to provide a communications link for 1 CMBG HQ&Sigs. The exercise called for the small team to move with the Brigade HQ as the mock war unfolded. 8 ACCS had never been deployed into a tactical war-fight-

ing environment, and the VSAT dish had never been assembled under red light conditions. Phoenix Ram lasted for 10 days, and the challenges to 8 ACCS were met successfully with smiling camouflaged faces.

The third 8 ACCS det supported the HICON/EXCON, which was located in the Tommy Prince Drill Hall, CFB Camp Wainwright. The det was 4 members whose primary task was to administer the secure networks, including AFCCIS and eventually taking over responsibility for TITAN as well.

Exercise Phoenix Ram is now over, and all 8 ACCS members have returned home safe and sound, with lessons learned, valuable training completed, and a little mud from Wainwright still stuck on their boots.



An aerial photo taken after the small strip in Irma had been converted into a busy heliport by 8 ACCS and 430 ETAH. The heliport would become the staging area for many missions during Ex Phoenix Ram.

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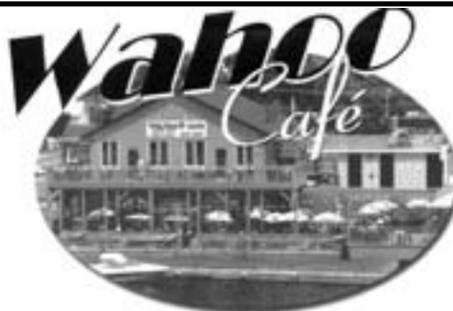


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Confessions from the Gym

Despite the sometimes miserable, cold weather associated with the season, winter can offer an exceptional opportunity to incorporate fun new activities into your fitness schedule.

If lower body toning and great cardio are your goals, this could be your time of year. Between snowshoeing, skiing, and ice skating, you can kiss those budding "saddlebags" goodbye.

In a moment of

enthusiasm a couple of weeks ago, I purchased a pair of hockey skates.

I have never, ever skated in this type of skate before, however, after some convincing from a friend that they were better than figure skates, I gave in.

Of course, he waited until we were already on the ice to ask me if I knew how to stop in them. It occurred to me then that there was no pick to slow me down.

I shrugged and replied, "I figure the boards will do a good job at helping with that."

Despite the gaggle of children who diabolically cut me off every chance they got, I managed to make it through the entire skate without falling...well, almost.

As we were starting another lap, my friend pipes up, "hey, want to make this the final one?"

One minute I was opening my mouth to respond, the next I was staring at his feet. When I turned my head towards him, my skate caught and brought me down into a rather graceful spin on my back. Ok, so maybe graceful isn't the right word, it was

more like a yelp of shock followed by the uncoordinated waving of legs and arms, but I digress.

After five years or more of not being on the ice, I wonder now why I haven't returned to it sooner. Not only was it an effective workout for my legs, but it was a warm reminiscence of childhood winters spent skating on Weller's Bay until there was barely any feeling left in my feet.

As the mother of a toddler, I'm thrilled to get the chance to share the activity with my son...at least after I get a little more practice. It may be hard to teach while sprawled out on the ice.

Bowling update

Pete Davis and Sue Clerk led Wing Ops to the top of the standings. Mike Stoddart rolled

games of 303 and 290 to take over the high double for the year. The team to watch is the Sexy Seniors as they keep climbing up the ladder towards the top spot. We are still looking for a few more teams to join the league as we still have five spots available. If you are interested in entering a team or participating as an individual please e-mail Capt Mike Stoddart or Ernie Strocel.

Team Standings: Wing Ops, 65; CCC & C, 58; Sexy Seniors, 54; A2, 49; Golden Oldies, 42.5; 81 AEF, 38; EME, 29.5.

High Average Men: Ernie Strocel, 257; Mike Stoddart, 247; Harold Stoddart, 217.

High Average Ladies: Donna Stoddart, 211; Edie Rathbun, 188; Janette Burns, 179.



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Who: Anyone interested in attending this Cutting Edge Industry Savvy Class!
Where: The Multi Purpose Room - at the Gym!
Contact: Lisa Refausse ext. 3328

Weightlifting injuries can be avoided

"Working out in the weight room without a good routine is like starting a long journey without a map. You may end up in 'Injury-ville,'" according to Howie Woodruff, Chief Instructor at the CFPSA Training Centre, teaches the Basic Fitness Training Assistant, a military course for physically fit service members who are motivated to help others reach their fitness goals.

An avid weightlifter, Mr. Woodruff says that a spirit of cooperation in the weight room can keep everybody safe. He adds, Howie offers these recommendations:

☑ When lifting heavy weights, have a spotter ready to help ease the bar up.

☑ Put all equipment away after use. If you forget and leave very heavy weights on a machine, it could harm the next person who may not be prepared to lift such weights.
☑ If a machine is broken, notify PSP personnel so that caution tape and a written explanation and warning of the hazard can be affixed to the equipment. No access to that machine should be permitted until repairs are completed.

☑ After injury, do not resume weight training until you have medical approval.

Another crucial aspect of weight room safety is to follow a personalized workout plan. "It's important to have proper training when working on equipment. One error that people make is to try and copy other peoples' workout habits, often straying from their own workout program," said Howie. "People must train smarter, not harder. Before anyone starts working out, they need to educate themselves and make sure they are conducting each movement properly. It is not the amount of weight lifted as much as how you lift it that has the greatest benefit."

Ladies Flyers edge win over Picton team

The 8 Wing Ladies Flyers were back at it again on home ice Thursday, November 10th.

In true Flyers fashion, the team stopped the Picton Ladies 6-3. It was a busy night for Corporal Celine Picotin, scoring two goals and two assists. Master Corporal Judith Arsenault kept right up with two goals as well. Captain Annie Perry and Warrant Officer Lisa Rowe capped things off with a goal each. Assists came from Sergeant Nicole Bureau (2), Cpl Isabelle Langevin, Cpl Jodi Raybould, Private Tanya Logan, and WO Lisa Rowe.

Sgt Nicole Bureau was elected team captain by her peers. Cpl Isabelle Langevin, MCpl Judith Arsenault, WO Lisa Rowe and Cpl Celine Picotin were named Assistants, also by their peers.

The team will host the Cobourg Ladies on Nov 17th at 1715 hrs and the Brighton Intermediate Ladies on December 1st at 1715 hrs. Come out and support the team!

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Notice TO ALL VETERANS

Please be advised that Mr. Scott Young Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Legion Br. 110 from the hour of:

8:00 a.m - 4:00 p.m
Tuesday, December 6, 2005

Anyone wishing more 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 and get some valuable advice concerning your problems.

For An Appointment Call
Branch 110, Trenton
392-0331 9:00 a.m - 4:00 p.m
Monday -Friday

WREATHS LAID IN REMEMBRANCE AT TRENTON'S CENOTAPH



Photos: Cpl Simon Duchesne, 8 Wing Imaging

At the 2005 Remembrance Day Ceremony at the new Cenotaph in Trenton, Mr Hugh Mackay (left) lays a wreath, while Mr Ron Bryson looks on.



Members of Branch 110 of the Royal Canadian Legion Colour Party march with flags flying during the 2005 Remembrance Day ceremony in Trenton.

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Box & Mattress King
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A LETTER TO THE EDITOR

Dear Sir/Madam:

Once again we had the privilege of a contingent of our men and women from 8 Wing join us in Marmora for the November 11th ceremony at the Cenotaph.

As a citizen I want to express our deep pride in these men and women who are a part of our Forces.

To watch them during the ceremony, to join them afterwards in our Legion Branch and be with them in comradarie; their respect for our Veterans, and us as a people makes all of us feel we have the best.

They bring a sense of pride and a feeling of strength as we watch them and talk with them.

Our feeling of pride is difficult to express, but we thank them for joining our Forces and would like to let them know our admiration for who they are and what they mean to us. No matter where they go in this world, what country, or what problems they will encounter, they will make Canada proud they are ours.

Would you please pass this message along.

With deep respect,
Bill & Marilyn Claus,
Marmora, Ont.

Editor's Note: 436 Squadron was the official 8 Wing/CFB Trenton sponsor of the ceremony in Marmora.



Wing General Safety Officer celebrates 50 years with DND

by Laurie McVicar
Assistant Editor

A special gathering on Monday had double significance for Don Heans, Wing General Safety Officer. It not only marked his 67th birthday, it was also signified the 50th anniversary of the start of his employment with the Department of National Defence.

Heans joined the military in 1955 as a Medic Aid and climbed through the ranks. In 1967 he was commissioned as a Pilot Officer and given a position in medical administration. He retired as a Captain in 1984 and, after a two-year stint with the Reserves, found

a place in the civilian workforce as the Assistant Base General Safety Officer at 8 Wing/CFB Trenton.

"I love what I do. Being the Wing Safety Officer has been the sum total of my life," said Heans. "I spent from 1955 to 1986 as a medic and when I got into safety I found it was really my calling. Every day has been exciting. I think I have made an impact on people's lives."

During a brief ceremony at the Yukon Galley to commemorate the events, Lieutenant-Colonel Darwin Gould, Acting Commander, 8 Wing/CFB Trenton, congratulated Heans and presented him with a cer-

tificate from the Prime Minister. Embarrassed by the praise, Heans credited family and coworkers for his achievements.

"Longevity is not a tribute to the person, but to the support they have received throughout the years," he stated.

"I think we have a good safety program on this base. I guess we have accomplished that not just because of me, but other people. My job is to keep these people interested," stated Heans.

When asked whether he had plans of leaving his job anytime soon, Heans replied, "The only time I think about retirement is when I wake up in the morning stiff and sore."



Lieutenant-Colonel Darwin Gould presents Don Heans, Wing General Safety Officer, with a special certificate from the Prime Minister of Canada to mark his 50th year with the Department of National Defence. Looking on his Heans' wife Flo.

Stop and think before you drink

Since its discovery, alcohol has been used as a treatment for illnesses, a reliever of pain, or a giver of strength. In fact, until recently, members of the military in Canada were given daily rations of alcohol, including rum for all sailors. Today, the association of certain brands of alcohol (such as Cristal champagne) with rich hip-hop artists, and the revival of the classic "James Bond" martini, have helped to re-establish alcohol among the cultured, the educated, and the regular, everyday people.

Scientists have been no exception, and as such, science has begun to take a serious interest in possible health benefits provided by alcohol. There are very few people around who have not heard that a glass of red wine every day will help prevent a heart attack, but how true is this statement? Although the mass media tends to, as always, exaggerate or simply misreport the findings of these studies, we here at Strengthening the Forces can tell it like it is.

Does a glass of red wine every day prevent heart attacks? Here are the facts:

In reality, quitting smoking, improving diet, and increasing the amount of exercise you get, are factors that will

STRENGTHENING THE FORCES ÉNERGISER LES FORCES

reduce your risk of Ischemic Heart Disease at any age.

In people younger than 45 years old, the risks of daily use of alcohol outweigh the benefits.

Health benefits are really only significant for males over 45 and females over 49. These benefits can be achieved in most cases with one standard drink every other day.

Health benefits for the 45 + years old:

Alcohol can lower a person's risk of developing Ischemic Heart Disease (a.k.a. Coronary Artery Disease) by interfering with blood clot formation, and by slowing down plaque build-up on artery walls. In helping to prevent the development of Ischemic Heart Disease, alcohol lowers your risk of having a heart attack.

Strokes are the result of blood clots in the brain. Alcohol is a blood thinner and it can prevent the formation of clots. Therefore, alcohol can also help to reduce the risk of having a stroke.

Given these facts, it is clear that:

If you don't already

drink, do not start for the health benefits.

If you do drink for health reasons, one serving every other day is sufficient, and you should never have more than two standard drinks per day.

If you choose to drink follow the Low Risk Drinking Guidelines. Limit yourself to two standard drinks per day for a total of nine servings per week for women* and a total of 14 servings per week for men.

By following these guidelines, you will maximize any possible health gains and minimize the risks associated with drinking alcohol. Please remember these are "Low Risk" not "No Risk" guidelines. These guidelines do not apply to everyone. For more information contact your local Strengthening the Forces Health

Promotion office or visit our website at www.Forces.gc.ca/health/services/engraph/health-promotion_home_e.asp.

** It has been well documented that women absorb and metabolize alcohol differently than men.*

Go slow when shoveling snow



Submitted by
Don Heans,
Wing General Safety
Officer

You wake up one morning to the heaviest snowfall of the season. You have to shovel the car out of the driveway. When you arrive for the early shift, no one has even cleared the snow away from the plant entrance, so you reach for a shovel again, even though your back is hurting and you feel slightly dizzy. What should you do if moving to southern California is not an option?

Stop and think before you tackle these heavy jobs. Studies have shown shoveling snow can be as rough on you as a maximum-speed workout on a treadmill. Every year people die of heart attacks when they over-exert themselves while clearing snow. Back injuries and

strained muscles are also common injuries from this task.

For those who are out of shape or already have heart problems, the combination of heavy work and cold temperatures can bring on a heart attack.

Here are some tips for safer snow shoveling:

Get your doctor's okay for snow shoveling before you attempt it if you know you are out of shape or have a history of heart trouble.

Dress in layers so you can shed some clothing if you get too warm.

Don't rush into the job. Start slowly to give your body a chance to warm up.

You may be tempted to shovel quickly until the job is done so you can return to the comforts of indoors. Instead, work at a slow pace.

Stretch every few minutes and take breaks every 15 minutes or so. Drink water on your breaks to replace fluids lost through sweating.

If the snow is deep or heavy with moisture, scoop some off the top and then go back for a

second load.

Maybe you don't have to do all the shoveling in one day. If the snowfall is moderate, you may be able to tackle half the driveway one day and the other half the next.

Use safe lifting techniques for snow shoveling. Bend your knees, not your back. Lift the shovel by straightening your legs.

Keep your feet apart to improve your balance.

Keep the load close to your body.

Do not twist your body to toss the snow aside. Turn by moving your feet, and toss straight ahead.

Choose the right kind of shovel for the job. While steel shovels are sturdy, they are also heavy. Aluminum and plastic models are lighter but less durable. To remove powdery snow you can push a large shovel shaped like a plow. Wet snow requires a shovel designed for lifting.

For the safety of passersby, never leave a snow shovel where it can become a tripping hazard.

MSE Safety is offering at no cost a Defensive Driving Course for dependants ONLY. This course will be held at WTn, 11 Buffalo Ave, on the 05-06 Dec 2005 from 18:00 to 21:00 hrs. Participants must attend both teaching nights in order to receive their DDC cards and accreditation certificates. This FIRST COME, FIRST SERVE format has a limited sitting capacity of 30 persons—all interested personnel are to pre-book for subject class by contacting Wing Tn MSE Safety Section at local 3470/3347 to secure a seat. This all-time favourite always receives overwhelming response therefore if you reserve a seat and then have a change of plans please advise us soonest so we can offer the seat to someone else.
Note: This course is registered with the Canada Safety Council and may be recognized by some Auto Insurance Companies for cost reductions.

Snowbirds welcome new team members

Canadian Air Force

Three military pilots officially became the newest members of 431 (Air Demonstration) Squadron, the Canadian Forces Snowbirds, Wednesday, November 9 at 15 Wing, Moose Jaw, Sask., after a rigorous 2-week selection process.

The newest Snowbirds are Captain Shawn McCaughey, Snowbird 2, of Candiac, Que., Captain Denis Beaumont, Snowbird 5, of Loretteville, Que., and Captain Christian Dallamore, Snowbird 9, of Fort Fraser, B.C. Also new to the team is Captain Jody McKinnon of Almonte, Ont., who was selected as Snowbird 11, Team Coordinator.

Congratulations to the following Snowbird technicians who were selected to key 2006 show team positions, Sergeant Barry Ripley, crew chief, of Edmonton, Alta., Corporal Dan McIntyre, lead aviation technician, of St. John, N.B., Corporal Nicholas Katuski, lead avionics technician; of Wynyard, Sask., and Corporal Matt Faulkner, technical coordinator, of Stirling, Ont.

"To successfully complete a Snowbird tryout is a tremendous accomplishment and a dream come true for our pilots and technicians," said Major Ian McLean, commanding officer and team lead, Canadian Forces Snowbirds. "Our newest team members have proven that they have the skills, dedication and spirit of teamwork required to represent the men and women in the Canadian Forces with the highest degree of professionalism."

The newest Snowbirds bring years of military experience, thousands of flying hours and a wealth of operational experience to the team. Snowbird members come from various military backgrounds, including maritime patrol, maritime helicopter, tactical aviation, tactical fighter, transport and search and rescue squadrons.

MFRCs - protecting your personal info

CF Personnel Newsletter | Bulletin du personnel des FC
From the Assistant Deputy Minister (Human Resources – Military) [ADM (HR-Mil)]

Every September, your unit provides your supporting Military Family Resource Centre with a nominal roll of all its personnel. This information includes your rank, name, home address, telephone number, and reason for notification. More importantly, your unit lets your

local MFRC know, within 15 days, whenever you:

- are posted in and out of the unit;
- deploy on operations;
- proceed on imposed restriction (IR);
- proceed on temporary duty (TD) for 30 or more days; or
- are seriously injured, missing or deceased.

With this information, your MFRC will be able to contact your family when they may need MFRC services. If you are deployed on an operation, for example, the MFRC can ensure that your fam-

ily can access the many services available to them, such as the Mission Information Line (1-800-866-4546), and can connect with family activities.

MFRCs are mandated to collect and use information only in accordance with the privacy code of the Military Family Services Program and with applicable federal, provincial or territorial privacy legislation, and safeguard your privacy accordingly.

If you have questions regarding the policy, contact Chief Warrant



Officer Ray McInnis, Directorate Quality of Life Family Services, at McInnis.RA@forces.gc.ca or at (613) 996-0894, or Ms Celine Thompson, Director Military Family Services, at Thompson.CA@forces.gc.ca or at (613) 992-0255.

For more information

about MFRCs, privacy and your personal information, consult CANFORGEN 164/05 at http://vcds.dwan.dnd.ca/vcds-exec/pubs/canfor-gen/2005/intro_e.asp and visit www.cfpsa.com/en/psp/dmfs/resources/policies_e.asp.

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P3004-Silver, Loaded, V6, Lots of interior room, good condition

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2001 Ford Focus Wagon
164683B-Green, Local Trade, Lots of Cargo Space Load, Nice Clean Car, 61K

RED TAG PRICED

2001 Hyundai Tiburon SE
P3009-Auto, Super Sporty, Check it out!

RED TAG PRICED

2001 Ford Taurus
P3082-Gold, V6, Loaded, Auto, Air, CD, Good Family Car

RED TAG PRICED

2001 Hyundai Santa Fe AWD
P3115-Silver, V6, CD, Alloys, Leather, Loaded, must be driven to experience quality

RED TAG PRICED

2001 Chev Monte Carlo SS
P3162-Silver, Loaded, Leather, Sunroof, Alloys WOW! A Definate must see, very sporty!

RED TAG PRICED

2001 Chrysler Caravan SE
P3218-Silver, Loaded, PW, PL, Cruise, Air, CD, Super Family Vehicle, Loads of Space

RED TAG PRICED

2001 Dodge Caravan SE
P3164-Blue, Loaded, Air, PW & PL, Lots of Passenger room

RED TAG PRICED

2000 Chrysler Intrepid
Tan, Loaded with Air, Cruise, Tilt, PW, PL and More

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2002 Sonata GI
V6, White, Loaded, Drive in Total Comfort. A Must See!

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2001 Hyundai Santa FE
P3243-Bronze, Loaded, Leather, Alloys, Nice Family Vehicle, 75K

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P3116-Blue, Loaded, V6, Auto, Air, CD, Great Buy, Lots of Factory warranty remaining

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Military spouse shares message of hope through new CD

by Laurie McVicar
Assistant Editor

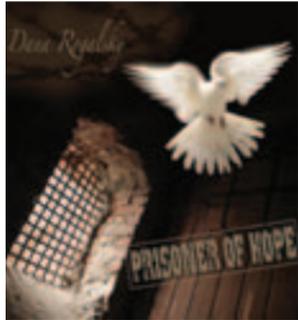
Two years ago Dana Rogalsky found herself constrained by her faith and wanting to do more to spread the word of God.

Next Friday, at the Calvary Temple in Belleville, Rogalsky will achieve that goal through the release of her first CD, entitled "Prisoner of Hope."

According to Rogalsky, the disc will feature six adult contemporary-like

songs. "One song has a rock and blues feel while a couple of others sound more like Sarah McLachlan," she said.

Work on the CD



began while Dana and her husband, Captain Craig Rogalsky, were posted to Cold Lake, Alberta. It has been a collaboration of talents, most notably with local song writer Greg Meeks and producer Brad Linnard.

The title of the CD is based on a subject near and dear to Rogalsky's heart.

"My husband and I do chapel services at the Quinte Detention Centre. I would love to see (this CD) get into the hands of some of the prisons. My

heart really goes out to them," she said.

Rogalsky, an announcer with the local Christian station, UCB 102.3 FM, will be performing some of her songs during the release party next week. She'll share the stage with internationally known Christian performer Jody Cross, who will be releasing his third CD, "Rekindle."

For more information about the CD or to order a copy, log onto www.ucb-canada.com.



Dana Rogalsky, with husband Craig, will release her first CD "Prisoner of Hope" on November 25 at the Calvary Temple in Belleville.

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46 MPG
Highway: 6.2 L/100km[†]

2006 Elantra GL 4 Dr

MSRP: \$14,995**

- 2.0 L, DOHC, CVT engine
- Dual front airbags
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- 4-wheel independent suspension
- AM/FM/CD/MP3 stereo

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\$149* @ **1.4%** APR
per mo./60 mos.
\$2,295 Down Payment
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Freight & P.D.E. incl.

45 MPG
Highway: 6.3 L/100km[†]

2006 Tucson GL FWD

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- 2.0 L, DOHC, CVT engine
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- Power door locks and windows
- AM/FM/CD/MP3 stereo with 6 speakers
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up to 36 months

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\$189* @ **4.2%** APR
per mo./60 mos.
\$2,995 Down Payment
\$0 Security Deposit.
Freight & P.D.E. excl.

36 MPG
Highway: 7.9 L/100km[†]

2006 Santa Fe GL FWD

MSRP: \$20,995**

- 2.4 L, DOHC engine
- Dual front airbags
- 4-wheel disc brakes
- 16" aluminum wheels
- Power door locks and windows
- AM/FM/CD/MP3 stereo with 6 speakers

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
November 20 - November 26

ARIES (March 21-April 19): Avoid any squabbles with friends or family on the 20th and 21st. Take care of your responsibilities without being asked. Money will come your way if your intentions and motives are good. The sky is the limit on the 22nd and 23rd. You can do anything you put your mind to. Take on a competitive challenge. Your changing attitude may concern someone, but it will be just what you need to move forward. Put an all-out effort into whatever you have to get done on the 24th, 25th and 26th. It's important that you get things out of the way if you want to stop feeling anxious. A money matter can be resolved if you pay or collect an old debt.

TAURUS (April 20-May 20): You may be in the mood for an adventure on the 20th and 21st, but before you start out, consider the consequences. You are a tad accident-prone and may want to give a little more thought to your capabilities. Be prepared to redo things. Nothing will fall into place or go the way you want it to on the 22nd and 23rd. Don't let your stubbornness hold you back. Focus on money, investments and your home. Love and romance are in a high cycle on the 24th, 25th and 26th, so don't hold back. Travel or get together with people you find interesting. Overindulging should be avoided, and so should overindulgent people.

GEMINI (May 21-June 20): Talks will lead to solutions. You can iron out any business or personal problems on the 20th and 21st. Invest in something you believe in and you'll be able to build a secure future. Ask questions so you don't risk the chance of loss. You will impress everyone on the 22nd and 23rd with your savvy and charming way of handling things. Friendships will develop if you get involved in something that interests you. Someone who is threatened by your popularity will challenge you. Your focus should be on home, family and making improvements on the 24th, 25th and 26th. An older relative will have some very good suggestions. Money or a gift appears to be coming your way.

CANCER (June 21-July 22): Your mind may be on love and romance on the 20th and 21st, but you had better start thinking about money and making more of it. An interesting proposal will lead to a contract you won't want to turn down. Get everything signed, sealed and delivered. Put your time and effort into both professional and personal partnerships. It's how you get along with others that will count on the 22nd and 23rd. You will learn something very valuable if you listen to someone who has had unusual experiences. Travel back to some of the places you remember fondly on the 24th, 25th and 26th, and look up some of the people you would like to hook up with again.

LEO (July 23-Aug. 22): Keep your thoughts a secret on the 20th and 21st. Your observations may change your mind drastically, and you wouldn't want to jeopardize your chance to follow a new path. Making a move will be to your benefit. You will be highly entertaining on the 22nd and 23rd. Make plans to get together with people you want to impress or ones who can make a difference to your career. A partnership may be offered, but be certain that you understand what is expected of you before you agree. Don't take drastic measures on the 24th, 25th and 26th. Have a strategic plan in place if you want to outsmart everyone around you. Secure the support you need.

VIRGO (Aug. 23-Sept. 22): You are up for change on the 20th and 21st. Take a look at your situation and, if it isn't working for you, do whatever is required to make your life better. You may want to re-evaluate some of your relationships. Get down to business on the 22nd and 23rd — it's time to make some money. Invest or work on a settlement you have coming to you. Anything to do with money that is pending should be addressed. You may be feeling the pinch on the 24th, 25th and 26th if you have put yourself on the line for someone else or even for something you believe in. Your emotions may be difficult to control. Don't let anyone see that you are uncertain. Be strong.

LIBRA (Sept. 23-Oct. 22): You won't be able to fool yourself into thinking you are following the best course for you on the 20th and 21st. Don't make the mistake of bending to what others want you to do. Follow your heart. Deal with red tape on the 22nd and 23rd and you should be able to finish up any matters that have been pending. Plan your next vacation; it will offer you the kind of excitement you need. Partnerships are looking very positive. Reflect on what has taken place and make a decision based on what you've learned on the 24th, 25th and 26th. You have to re-evaluate your motives and refuse to carry on a charade to spare someone's feelings.

SCORPIO (Oct. 23-Nov. 21): You are likely to be mystified by your good fortune on the 20th and 21st, but now isn't the time to walk around too shocked to take advantage of the good things happening. You can have whatever you strive for if you go the distance. The emphasis should be on work and money on the 22nd and 23rd. Change will be required if you plan on getting ahead. Taking on too much, overreacting or trusting someone who is questionable will slow you down or set you back. Make a financial or career move on the 24th, 25th and 26th. Someone you care about may be confused and need to talk. The conversation will benefit him or her, but you will learn something valuable as well.

SAGITTARIUS (Nov. 22-Dec. 21): Do something nice for someone on the 20th and 21st and you'll get a surprise. A new way of doing things will attract your attention. Traveling will be a learning experience but could result in an unexpected problem. Don't let your personal life slow you down or hold you back on the 22nd and 23rd. If things haven't been going well, make a few adjustments that will allow you greater freedom to follow your dreams. Tie up loose ends. Don't expect others to agree with you on the 24th, 25th and 26th. Sudden changes will take you by surprise. Take an observant approach to whatever you do. Don't make promises you aren't sure you can keep.

CAPRICORN (Dec. 22-Jan. 19): Take a break and do something nice for yourself on the 20th and 21st. Focus on love and romance. The people you care about the most will be happy to enjoy the time you take off to be with them. You need to get back to basics on the 22nd and 23rd. Once you have everything sorted out in your own mind, you will know exactly what to do to make your life better. This is a perfect time to make a commitment for life. Simplicity will be the key to getting what you want on the 24th, 25th and 26th. Stay in control, but give the people around you a sense that they are handling matters well. Diplomacy will count.

AQUARIUS (Jan. 20-Feb. 18): Stop pretending that everything is fine just the way it is on the 20th and 21st. Dead ends should motivate you to make some drastic alterations. This can be a new beginning for you if you make a few changes. Finish what you start on the 22nd and 23rd. You have to put everything behind you that you don't want to carry into the New Year. Rid yourself of the people and things that continue to drag you down. You may be emotionally confused on the 24th, 25th and 26th, but everything will turn out in the end if you let things unfold naturally. Getting involved in volunteer work or a new job will allow you to meet someone who can alter your future.

PISCES (Feb. 19-March 20): You can expect to receive something very interesting on the 20th and 21st by e-mail, snail mail or the phone. Someone from your past will influence you favourably. A change is apparent and will happen as soon as you initiate it. There will be so much up in the air on the 22nd and 23rd that you won't know what to do first. Sit tight and wait for the dust to settle before you proceed. Don't take on something that is beyond your capabilities. Take a pass on the 24th, 25th and 26th if someone invites you to do something you don't feel right about. You will be emotionally erratic and could end up saying something you'll regret. Uncertainty may lead to doing something foolish.

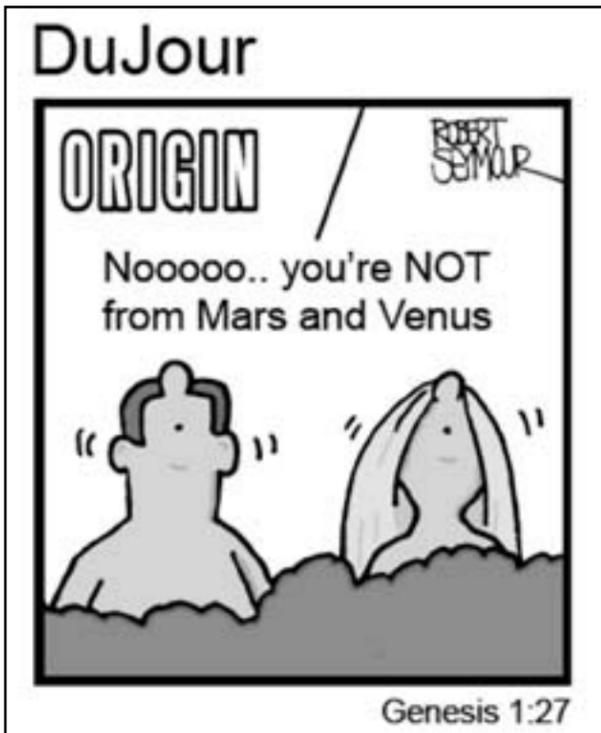
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Not In My Backyard! by Dale Taylor



IN THE ZONE BY BRIAN CODAGNONE



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• Chicken Little (G)	1:10	7:00 9:00
• Zathura (PG)	1:05	7:05 9:15
• C.R.A.Z.Y. (14A)	3:15	Sat & Sun

Coming Soon: Chronicles of Narnia & King Kong
 Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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.

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The Gate will be manned from 0630-0830 hrs. All donations and support greatly appreciated.

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<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator Padre Frank Pellerin</p> <p>MASS Sunday Mass (English) 1130 hrs Messe Dominicale: 0900 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council 4th Sun 1330 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre James Craig</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1015 hrs Holy Communion 1st Sunday of the month</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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No, not everyone should buy a house

it's your Money



Garth Turner

So, should everybody buy a house?

That question was front and centre recently after I wrote a column answering a letter from a woman in Victoria, BC – where houses are even more expensive than anywhere else in this overpriced land. That woman, in her fifties, single, with a modest \$30,000 annual income, was desperate to get into home ownership and asked for my advice. Her savings: about \$30,000, sitting in RRSPs.

My answer to her was a tad blunt. Blunt enough, in fact, that I found myself pilloried from all corners of Canada for a while by people who were outraged at my callousness (“Add me to those browned off at your reply,” says Cheryl). I told her she was nuts to consider such a move, taking 100 per cent of her savings to put against a house at a time when real estate values were at the top of the cycle.

“What are you thinking,” I asked, “with such a paltry amount of

money saved at your stage in life? What have you been doing for the last 30 years?” Bingo. Let the bags of angry emails pour in!

Especially outraged at my uber-testosterone-laden insensitivity were a lot of single women who empathized with this woman. They pointed out, quite rightly, that a middle-aged female could have been put into reduced circumstances by having a family, suffering a marriage break-up, or sacrificing her best earning years to support some dipstick of a husband who took off with a chick discovered in an Internet chat room.

Fair enough. I am chastened. But the fact remains – from a pure point of financial advice – not everyone is right for home ownership at this time. And, yes, I understand the arguments for getting into a home regardless of prevailing conditions. I have made the same case myself often – better to build equity with each monthly payment than just to pay rent. Real estate is a form of forced

savings, as you increase your stake in it over time. And, yes, this is the only investment in the country you can sell, realize a capital gain on, and yet pay absolutely no tax.

All good points, but that still does not mean a middle-aged person should surrender every cent of savings to get into a house at this time. I say this for several reasons, namely:

(1) This market has topped out. Real estate values have risen steadily for the past seven years, and especially since Nine Eleven. Residential real estate has been the investment asset of choice, and just like dot-com companies, technology mutual funds or shares in Nortel, it has become overvalued, and ripe for a correction. No time to be throwing all your hard-earned savings into it. Just wait a few months – everything will look different.

(2) Mortgage rates are on the rise, and the move higher will continue. Thanks to a jump in inflation, higher energy costs and a big boost in government spending, the cost of money is going to continue to increase with the Bank of Canada forcing the prime higher four to six more times. As I have stated, that means a below-prime, floating mortgage taken at 4 per cent a few weeks ago

will rise to at least 5.5 per cent soon. So, add \$3,000 a year onto payments on a \$300,000 home loan

(3) Real estate is a cyclical commodity, and also one based heavily on the human factors of supply and demand. If the economy weakens a bit (inevitable, given energy and interest costs), then people will perceive it's a less opportune time to buy – which means home listings could easily outpace demand, stalling prices and actually bringing the market down for a period of time.

So, there is some risk involved. Not for existing homeowners who are not selling. Not for young first-time buyers who have years in the housing market ahead of them. But definitely for people who have something to lose by taking the plunge at the wrong moment. This is a market at the peak, and anyone buying now is forgetting the age-old adage of ‘buy low and sell high.’

So, my advice remains the same – despite the drubbing I am taking at the hands of the female lobby. Today, given the real estate boom and the dampening impact it has had on rents everywhere, it actually makes more sense to be a tenant than an owner. Strange time, this. Now stop beating on me.

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Swords and Chivalry theme at 426 Squadron feast

Minstrels told and mead flowed as 426 Squadron personnel participated in a medieval feast at the Warrant Officers' and Sergeants' Mess on Friday 21 Oct.

Many people went full out and dressed up for the part of being in the Middle Ages. Everyone

was seated in tables of eight and then the meal was brought out in settings. The catch was that each setting had to be divided between each person at the tables. This seemed to be in an equal and chivalrous (had to get that word in somewhere) manner.

After M' Lords and M'ladies appetites had been appeased, the real entertainment began. First we were completely entertained by songs of the time period. Then the main event began. The Nerf swords (everyone knows how they slayed many a dragon in the days) came out and the gauntlets were dropped. The honour of many a maiden was upheld although some jesters may want to forget whom they were defeated by (no names though). I don't think that I have heard that much laughter in a very long time. The festivities were rounded off by dancing as it was done in the times of Kings and Queens, although I am pretty sure *Baby Got Back* was not a song of the time. All in all I think all who attended will agree that the people who helped in putting on this great night pulled off a flawless knight (pun intended) and are worthy of Excalibur.

A special thank you should go to The Society for Creative Anachronism (SCA) and, in particular, MCpl Richard Bray and Stephanie Couch.



Photo: Submitted

Personnel from 426 Squadron dressed the part at a medieval feast held last month at the Warrant Officers' and Sergeants' Mess.

PSP PHOTO OF THE WEEK



Photo:Laurie McVicar, Contact

Introducing our newest weekly feature: the PSP Photo of the Week, an idea stolen shamelessly from the WLEO Branch (imitation is, after all, the highest form of flattery). Watch *The Contact* each week for photos showcasing various PSP projects and services. **Cabinet contractor Tim O'Ray works to install the brand new bar at Baker Island Community Centre. This was just one small part of the major renovation project, which is expected to be completed this week. See next week's issue for the full story and more photos.**

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		1	2	3	4	5
			WLEO Mess Dinner		TGIF 1700hrs Donairs Sports Euchre 1800 hrs	
6	7	8	9	10	11	12
				TGIF 1700hrs Subs Sports Pool 1800 hrs	Remembrance Day Mess Office Closed Remembrance Day (hosted by WO & SGT'S Mess)	
			16	17	18	19
					BOSS'S NIGHT 1500 hrs (TGIF & Sports Canteen)	Pool Tournament 1300 hrs
20	21	22	23	24	25	26
			WTSS Sports Day BBQ 1130-1600 hrs		TGIF 1700 hrs Chicken & Taters Sports 1800 hrs Euchre United Way Balls of the Band	
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NOVEMBER
2005

Showcase

Showcase



Capt N. Schur
received her CD,
presented by LCol F. Allen, CO ATESS.



MCpl J. Caron
received his CD2,
presented by LCol F. Allen,
CO ATESS.



MCpl T. Maher
received his CD,
presented by LCol F. Allen,
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Cpl J.L. Ripski
received his ISAF Bar to his
GSM, presented by LCol F.
Allen, CO ATESS.



Cpl S. Sibley
received his CD,
presented by LCol F.
Allen, CO ATESS.



Cpl M. MacNeil
received her CD1,
presented by LCol F.
Allen, CO ATESS.



Cpl C. Cruz-Lopez
received his CD,
presented by LCol F.
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Pte J. Provencher
received his Canadian
Peacekeeping Medal,
presented by LCol F.
Allen, CO ATESS.



Sgt J. Cote
received his CD,
presented by LCol F.
Allen, CO ATESS.



Sgt J. Chenier
received his ISAF Bar to
his GSM, presented by
LCol F. Allen, CO ATESS.



Sgt E. Gores
received her CD1,
presented by LCol F.
Allen, CO ATESS.



Sgt A. Gray
received his CD1,
presented by LCol F.
Allen, CO ATESS.



Capt J. Coutu
received his USAF
Commendation Medal,
presented by LCol F.
Allen, CO ATESS.



Maj S. Morin
received his U.S.
Meritorious Service
Medal, presented by LCol
F. Allen, CO ATESS.



Cpl B. Gamache
received her CD,
presented by LCol F.
Allen, CO ATESS.



Capt T. Neal
received his CD,
presented by LCol F.
Allen, CO ATESS.



Capt J. Beschorner
received his CD,
presented by LCol F.
Allen, CO ATESS.



Cpl J. Carette
received his CD1,
presented by LCol F.
Allen, CO ATESS.



MCpl W. Sarty
received his CD1,
presented by LCol F.
Allen, CO ATESS.



MCpl C. Casselman
received his CD1,
presented by LCol F.
Allen, CO ATESS.



Sgt G. Carrell
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presented by LCol F.
Allen, CO ATESS.

Congratulations! Félicitations!

Showcase

Showcase



WO S. Coutu
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Maj V. Wirth, WTISO.



Capt R. Leighton
received a promotion to that rank,
presented by BGen J. Gosselin, Chief of the Air Staff,
LCol D. Gould, WLEO.



Pte(T) L. Fox
received a promotion to that rank, presented by CPO2
N. Jorgensen and LCol W.M. Roberts, WAdmin O.



MCpl B. Downer
received a promotion to that
rank, presented by CPO2 N.
Jorgensen and LCol W.M.
Roberts, WAdmin O.



LS R. Craig
received his Peacekeeping Medal and his Non Article 5
Medal, presented by LCol R. Williams, CO 437 Sqn.



Capt S. Collard
received his General
Campaign Star, presented
by LCol R. Williams,
CO 437 Sqn.



Cpl Y. Clement
received her CD1,
presented by LCol R.
Williams, CO 437 Sqn.



Cpl M. Guertin
received his General
Service Medal, presented
by LCol R. Williams,
CO 437 Sqn.



Sgt A. Chartier
received his Non Article
5, presented by LCol R.
Williams, CO 437 Sqn.



MCpl K. DeDieu
received his Silver Pin for over 300 hrs of DDC
Instruction, presented by Maj S. Raby, WTnO.



Sgt S. Leblanc
received a promotion to that rank,
presented by LCol D. Gould, WLEO.

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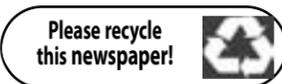
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E	D	E	R		S	P	A		G	R	I	T	
K	I	W	I		M	O	T		O	I	S	E	
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House hunting made easy

(NC)—Looking for a home can be an intimidating task filled with many questions. What home do I buy and where? Who do I go to for help? And how do I know if I am making a good purchase?

There's no one "right way" to go about finding a home. But here are a few tips that may make the process a little easier and remove some of the anxiety associated with making what is, for most people, their largest single purchase in life.

The first thing to do is determine what type of home you want or need. This would include the size, number of bedrooms, location and special features such as a garage, fireplace, fence, dishwasher, hot tub etc.

You'll also want to consider such things as proximity to schools, community centres and play and sports facilities, public transportation, hospitals, libraries and shopping areas and your workplace. These factors are important to you and your family.

Since your home is probably your single largest investment, you'll want it to be as attractive as possible to purchasers when you're ready to sell. So keep in mind the features you think will make it attractive to potential buyers in the

years ahead. Finding a real estate agent to handle your purchase is important. Talk to a few agents with different companies who know the area where you're looking to buy. A real estate professional can show you homes in your price range in the areas you like that meet your particular needs and budget.

With so many homes to choose from, how do you know if what you're going to buy is good value?

It's very important to inspect the structure and grounds of the home you're thinking of buying and look around the neighbourhood to be sure it's an area where you want to live.

Get a copy of the land survey from the seller to check the boundaries of the property to make sure they are clear of encumbrances and walk around the property yourself to make sure there are no surprises.

You'll also want to tour the neighbourhood and see the house at different times of the day or on weekends to check traffic patterns and noise levels that could affect your decision to buy.

When you find a home you like, inspect it yourself carefully for such things as structural defects, signs of water damage, lack of water pressure, faulty

plumbing or inadequate wiring.

You may want to get an inspection done by a professional home inspector before you buy. A professional may uncover problems that you wouldn't notice.

A good inspector will check the house from the basement to the roof, including the heating and cooling systems, plumbing, walls, ceilings, insulation, electrical wiring, foundation, ventilation, doors and windows, and septic and sewer systems.

An inspector will determine if any repairs are necessary. If possible, plan to go along with the inspector during his inspection. You could pick up some valuable information that will help you in the future with the maintenance of your house. Your real estate agency can likely refer an inspector if you don't know of one yourself.

Some careful planning can help to ensure that you get a good-quality house that will meet the needs of you and your family in an area you like for a price you can afford without any nasty surprises after you take possession.

For more information on homeownership, please visit Genworth Financial Canada's website at www.genworth.ca.

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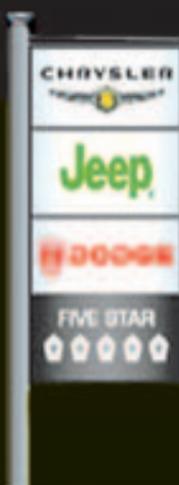


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