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## Reaction positive to replacing Hercules

by Holly Bridges

As Commander of 8 Wing /CFB Trenton, arguably the largest tactical airlift base in Canada, Colonel André Deschamps is encouraged by the Government of Canada announcement on Tuesday to buy 16 new tactical airlift aircraft.

"The E-model CC-130 Hercules aircraft have been the backbone of air mobility operations for more than four decades and have served the aircrews who have flown them throughout the world well," he said. "The maintainers and technicians who have kept the Hercules fleet in safe working condition have enabled troops and cargo to arrive at destinations around the

world, a formidable accomplishment given the length of time the E-models have been operational."

The Chief of the Air Staff, Lieutenant-General Steve Lucas is equally impressed by the announcement. "This is great news for the Air Force and the Canadian Forces. Tactical Airlift is essential for the Canadian Forces to deliver on the Defence Policy Statement. Our venerable Hercules, a workhorse of the Canadian Forces, has served us well for decades, but the older aircraft need to be replaced in the very near term. The replacement aircraft will enable our men and women in the Air Force to continue to deliver tactical airlift to support

Canadian Forces operations in Canada and around the world."

The Minister of National Defence, the Right Honourable Bill Graham, announced Ottawa is moving forward with the competitive procurement of a new tactical airlift fleet for the Canadian Forces. The tactical airlift project will see the purchase of at least 16 new aircraft valued at between \$4-5 billion, including a 20-year in-service support contract.

General Rick Hillier, Chief of the Defence Staff, said tactical airlift is "a life-line" for members of the Canadian Forces, and procuring 16 new airlifters is what "our men and women need no matter where they

are deployed. Canadian Moms and Dads will want their sons and daughters to receive the support that is necessary for their health and well-being and continued success and bringing them back to Canada and all that we ask them to do."

The new tactical airlift aircraft will replace 13 older CC-130 Hercules, the workhorses of the Canadian Forces' transport fleet. Different variants of this rugged and versatile aircraft have served the Canadian Forces well since the early 1960s. The current CC-130 fleet continues to be the primary aircraft for tactical airlift, tactical air-to-air refuelling, and search and rescue.

See New fleet, page 2

## OP Canopy team well on way to goal of 300,000 litres of purified, bagged water

by Sgt Stormy Knight  
86 ASU, AAS Crew Chief

Op Canopy began for 86 ASU with a phone call at 1600 hrs on Friday, October 28. Why do all missions start on Fridays at 1600 hrs I wonder? Oh well, activate the Squadron recall list and get into work.

A quick brief by the captain and the unit is hard at work preparing a Reverse Osmosis Water Purification Unit (ROWPU) for deployment to Kaseshewan (Kash). This community, located on the south western tip of James Bay, has a water quality problem and our engineers are well trained and equipped to assist.

The amount of stores that are required to get a section of technicians five WFE, one EGS, two EME and one MSE Op on the ground and producing water is tremendous. After establishing what is required I go to make the calls to get the assistance from the many people who are required to get a mission on the move.

Sitting at my desk and looking at my phone I realize that I have a long list of phone calls to make. Well... rations, let's give the duty supply tech a call. Diesel fuel, let's try the

refueling section, the truck that we are going to deploy will not start, well let's get duty recovery involved. A CLT to move the ROWPU try DART, Satellite phone, call TIS. These contacts and many others were utilized to get this mission on the go. My thanks to the base operators who steered me in the right direction on many phone call attempts.

For the next seven or eight hours we worked at getting the equipment to the ramp for loading, and throughout the entire evening whenever I called a section or reached a member at home the immediate response was "how can I help?" It was a good feeling, knowing that we had the full support of the entire Wing to get this mission moving forward.

Well that was some of the prep work, and now the real work began with the men on the ground and the production of clean water.

The crew arrived in Kash on October 29 and was producing clean potable water from the salt water of the Albany River by October 31. During the first day the team produced 22,000 litres of potable water. The challenge was then to distribute the water to the people of Kash. The option of employing the "water

bagger," a machine capable of bagging water in one-litre bags was chosen and another Herc chalk was laid on to deliver this container-sized unit.

The goal set for the team was the production of 300,000 litres of bagged water.

To meet this goal the team members are working themselves and the equipment for long hours. They are producing an average of 1,500 litres of bagged water per hour, with ROWPU shutdowns occurring only for routine maintenance and crew rest.

At press time, more than 135,000 litres had been bagged. As for the storing of this huge quantity of bags--well, that is another issue.

The continual drop in temperature of the source water is causing a slowdown in production as this water must be warmed to +4°C in order for the ROWPU to purify it. However, a few modular tents, a few heaters and several hours later the water is ready for processing.

Although we have no firm date for the team to return to CFB Trenton we do know that the team is well on it's way to meeting the mission objectives and we look forward to having all members home for Christmas.

## A TRENTON ICON

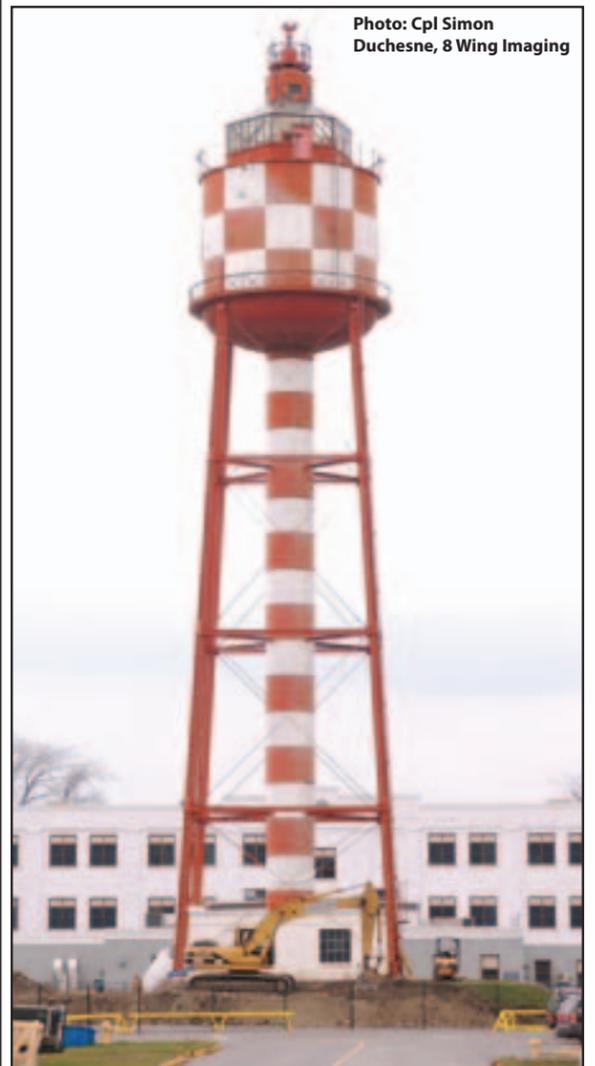


Photo: Cpl Simon Duchesne, 8 Wing Imaging

The CFB Trenton Water Tower is undergoing a major overhaul scheduled to be completed in the spring of 2006. The refurbishment is projected to cost approximately \$750,000 and shall include a new paint job in its original colours as well as repair work to ensure that the integrity of the structure is not compromised. One of the first visible structures constructed on the base in 1931, the iconic tower, is no longer a water tower but instead a communications tower and serves as the airfield's rotating beacon.

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## BIG APPETITES & DEEP POCKETS AT PIG-OUT



Volunteers for the Government of Canada Workplace Charitable Campaign show results of the generosity of the members of 8 Wing/CFB Trenton and the Spaghetti and Pizza PIG-OUT held November 18 at the Yukon Galley. Pictured here are, front row from left to right: Lt John Healey, MCpl Andy Whynott, MCpl Teri Healey. Back row (l - r): Cpl Jen Wright, Sharon Coles, Sgt Don Dionne, Cpl Danny Oake, and Tracy Forgures. A total of \$1,500 was raised from all four PIG-OUT luncheons. As of 21 Nov 05, 8 Wing Trenton had collected \$66,480 or 83.1 per cent of our \$80,000 target. Based on unit reports, 2,444 or 80 per cent of the Wing population (3,072) has been canvassed.

## Huge renovation project transforms Baker Island

by Andrea LeBlanc  
Managing Editor

The Baker Island Community Centre (BICC) has long been known for the gorgeous, panoramic view it offers of the Bay of Quinte.

Now, thanks to extensive renovations, the view on the inside is almost as spectacular.

According to LS Jeff Landry, Manager of BICC, the goal of the renovation project was to transform BICC into a top-notch centre, suitable for virtually any event--high profile military functions, barbecues, formal functions, wedding receptions, Christmas parties, conferences etc.

"I'm thrilled with the end results. The place looks great--to a much higher standard-- and I think that these renovations, when combined with our terrific staff, will make BICC a prime

choice when planning your next function," said LS Landry.

The renovations got underway on October 12 and include the following: brand new laminate flooring throughout the hall; new ceramic tile in the washrooms, the kitchen, and the entranceway; a newly constructed bar; all new drapery and roller blinds; track lighting throughout the building; a new permanent buffet in the serving area; and a fresh coat of paint throughout.

In addition to the new flooring, the washrooms also feature new sinks and countertops and are completely handicapped accessible.

The kitchen boasts a new stove, and a new storage area has been created adjacent to the cloakroom.

The back room behind the bar is in the process of renovation,

with new tiling, new shelving for storage, a fresh coat of paint, and will soon include a small office space for BICC staff.

LS Landry also noted that apart from the renovation project, BICC also features a new propane fireplace and a retractable awning on the front patio.

The renovation project, undertaken by G. Schulton Construction, cost an estimated \$78,000, and has been deemed a huge success by PSP Manager Bob Payette.

"Baker Island is now arguably the best special function facility in the Quinte area," said Payette.

For more information, or to make reservations, LS Landry can be reached at 392-2811, extension 2756.

Please see Page 11 for photos of some of the renovations.

## New fleet for CF

Cont'd from P. 1

The competitive procurement of these aircraft will begin immediately without compromising operational requirements, quality or cost. The procurement approach, a solicitation of interest and qualification, will be pursued to select the right aircraft for the Canadian Forces.

A solicitation of interest and qualification is a new approach to procurement that invites potential suppliers to indicate their interest and demonstrate their ability to meet mandatory criteria.

This performance-based approach to contracting is fair, transparent, and competitive.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Again this year, the staff at the Yukon Galley held "Half & Half Pizza/Spaghetti Pig-outs" in support of the United Way campaign. The four events had a great turnout with close to one thousand meals served. In the picture (left), MWO Seguin, D/W Food Svcs Officer, is serving Maj Campbell, 8 Wing's United Way Chairman, a well-deserved meal while contributing diners (right) feast on the "all you can eat" fare.



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## News from the 426 "Thunderbirds"

Things have been quite busy again this fall at 426 Squadron. With a full roster of courses in-house, scheduling and interaction among the sections has always been challenging, but considering that for the last few months the main squadron building has undergone asbestos removal and a heating system upgrade, it has been even more challenging for the daily interaction between the sections.

426 Squadron had to relocate many of the staff and support sections to the old dental building, with the remaining instructors moving offices internally while different parts of the building were renovated. Things are slowly getting back to normal, with all the regulars back in the main building and just about everybody back in their own offices. Thankfully, the impact on the students and courses run by 426 Squadron has been kept to a minimum. During this time, a few extra events added to the dynamics of working at 426 Squadron.

426 Squadron and 8 Wing recently hosted the Operational Test and Evaluation Project Officer's course. This course is usually run by the division in Winnipeg with its goal being to produce project officers who can evaluate the operational suitability of anything related to airworthiness in the air force. The candidates came from all across the different branches of the air force, from rotary wing to the fighter community to the maritime community. This year, because of the number of projects

facing the air mobility community, the division ran the course at 8 Wing to maximize the number of air mobility candidates. It was the first time the division ran the course specifically suited to meet the unique requirements of Air Mobility [RTF annotation: ]I attended the first OT&E Course which was held in Gagetown and it was very highly rated by both the staff and visiting instructors. At the end of the day, the air force saw 29 new project officers coming off the course, with 10 of these being from the air mobility community.

On another front, the CC-130 Hercules Desk Top Trainer (DTT) was recently upgraded to FMS 5.0 (the flight management computers) which matches the current software version on the aircraft. More importantly, FMS 6.0 will be installed on the DTT in the next week or two. While this may seem trivial, it represents the first time since the start of the glass cockpit project on the Hercules that the desktop training aid will actually be ahead of the aircraft. It has taken many years to finally get all the different levels of procurement to look at the CC-130 training system as part of any software upgrade.

The flying phase has started for the initial CC-130 Hercules courses; this is always a very challenging phase for the students. This is their first time working together as a crew, flying representative strategic missions.

The main goals are to get the crew working together, to introduce them to working away from their main operating base and to introduce them to the dynamic environment of what actually can occur while on the road. Everyone flying the Hercules today can remember when a hop to Europe or up to the Arctic involved hours and hours of study, and if something should change at the last minute, the stress level went through the roof. Today, most of those same people consider a hop across the pond a straightforward event, or the quick hop between Thule and Alert merely routine. Experience and appropriate training provide the basis of confidence, and it all starts at 426 Squadron.

The Aeromed flight has also been busy finishing up another serial that included foreign students on the course. This service to other air forces in the world provides the CF with an insight into how these other countries work. The end result is a more interoperable air force.

And finally, it was great to see the turn out of the squadron for the Frankford Remembrance Day service. So much of our squadron's history is based on what occurred during the war years, so much of our heritage and traditions are based on what these people did for the country. It is always a privilege to show the veterans that we do remember, and that we shall never forget.

On Wings of Fire.

## MEN WITH BROOMS



Photos: Laurie McVicar



The 40th Annual John Cowell Memorial Firefighters Curling Bonspiel took place at the Trenton Curling Club November 18. A total of 60 players from across Canada took part in the two-day event, including 8 Wing/CFB Trenton firefighters (pictured above, from left) Private Matt Davis, Corporal Keith Ellwood, Cpl Gene Justason, and Pte Jarod Regan.

## Search & Rescue UPDATE



The Tigers of 424 Squadron had two missions in the past week.

The first tasking from JRCC was for the Herc. The crew was sent to the Barry's Bay area to investigate an ELT. The crew was in the process of conducting an electronic search when they were stood down and returned to Trenton.

Next mission saw our Griffon crew on its way to Long Point, on Lake Erie, for an overdue hunter. This crew searched until they depleted their crew day and the following morning that crew was replaced as well as the Herc was sent out on the same tasking. Both crews are still searching as I write this. More to follow on this one.

Until next week, stay safe.

Missions for 2005: 159 Missions for Nov.: 15 Persons rescued: 124

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### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

### Letters to the Editor:

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



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## ON THIS DAY IN HISTORY

*Courtesy of the Directorate of History and Heritage*

November 24, 1910

The Seaforth Highlanders of Canada re-organized as the '72nd Highlanders of Canada.'

le 24 novembre 1910

Le Seaforth Highlanders of Canada est réorganisé pour devenir le 72nd Highlanders of Canada.

November 24, 1916

2 R22eR is heavily attacked near Hill 355 (Little Gibraltar), South Korea.

le 24 novembre 1916

Le 2e bataillon du R22eR subit une rude attaque près de la colline 355 (Little Gibraltar), en Corée du Sud.

November 24, 1940

The first draft of British Commonwealth Air Training Plan graduates arrive in England for service.

le 24 novembre 1940

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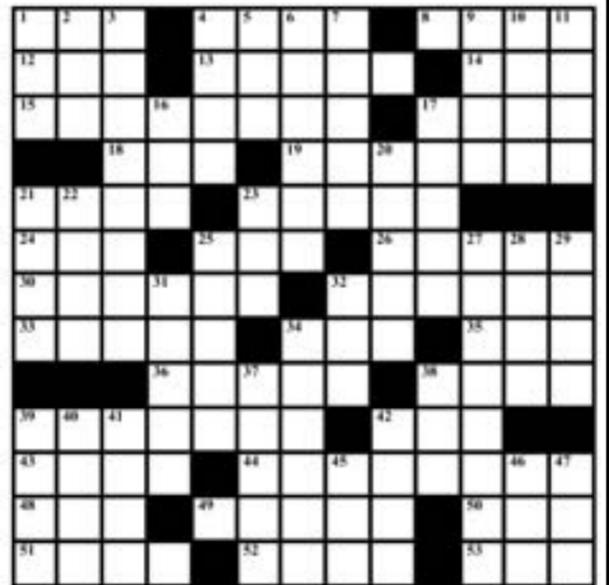
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Ocean inlet
- 4 Auto engine acronym
- 8 Partner of 3 Down
- 12 Strange
- 13 Habituate
- 14 Chart genre
- 15 Hair pin
- 17 Actress Botsford
- 18 Curl or Cheer follower
- 19 Partner of 49 Across
- 21 Hemorrhaged
- 23 Throb
- 24 Own, in Edinburgh
- 25 Door or place follower
- 26 Partner of 39 Down
- 30 Opry instruments
- 32 Hollered
- 33 Regions
- 34 Sea, in St Ambrose
- 35 Before, to Browning
- 36 Reminders
- 38 Partner of 31 Down
- 39 Stored the fodder
- 42 Do wrong
- 43 Cast a ballot
- 44 Insisted
- 48 Jungle dweller
- 49 Partner of 19 Across
- 50 Aussie ostrich
- 51 Reporter's concern
- 52 Cuckoos
- 53 Gat

#### DOWN

- 1 Pillage
- 2 Lupino, for one
- 3 Partner of 8 Across
- 4 Bambi, and relatives
- 5 Neighbour of Que.



- 6 Quarterback's bark?
- 7 Fisherman's tote
- 9 Aquarium fish
- 10 Engage
- 11 Proximate
- 16 Winnipeg's river
- 17 Purloin
- 20 Actor Ed
- 21 Grandma, in Vegreville
- 22 Falsifier
- 23 Dads
- 25 Rhine feeder
- 27 Ornamental evergreen
- 28 Griffin, for one

- 29 Idea, in Iberville
- 31 Partner of 38 Across
- 32 Affirmative
- 34 Up to date
- 37 Abettor of Jason
- 38 Racket
- 39 Partner of 26 Across
- 40 No, slangily
- 41 Gumbo
- 42 Avers
- 45 Hosp. scanner
- 46 Civil defence org.
- 47 Flop



### This Week in Contact

1975 – A hazardous, nighttime helicopter rescue, involving a hunter stricken with a heart attack, has earned official commendations for three Canadian Forces members from the Chief of the Defence Staff, General JA Dextraze. Cited were Captain Larry G Fisher, 33, Ayton, Ont, Capt Carl T Whalen, 45, Halifax, and M/Cpl William M King, 39, St John's Nfld. All were members of the Petawawa-based 427 Tactical Helicopter Squadron at the time of the incident, in the early morning hours of Sept 26, 1973. Whalen and King still serve at Petawawa, and Fischer now is with Edmonton's 435 Transport Squadron.

1985 – A new ministry program to recognize outstanding recreational volunteers has been announced by Tourism and Recreation Minister, John Eakins. The new program, to be known as Ontario's 'Corps D'Elite', will acknowledge the voluntary efforts of Ontario residents who have made a significant impact on the development of recreation across the province.

1995 – And where else would you expect to find sharks, except underwater? Well, these sharks, if sharks they are, are Black Burn Sharks, biplane torpedo bombers acquired by the Royal Canadian Air Force just before the outbreak of the Second World War. However, although the first six sharks acquired from Britain in 1936 were based at Trenton, there is a record of only one crash, and that was on land. The aircraft could be equipped with either floats or wheels, and were later manufactured by Boeing Aircraft in Vancouver in 1939. The RCAF used a total of 26 Sharks, although they were obsolete by the outbreak of war.

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



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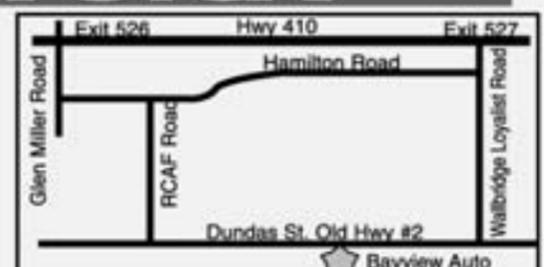
<p><b>2003 FORD EXPLORER</b> Sportrac 2WD, crew cab, 4 door, loaded with full power group including pwr. seat, sunroof, alloys. Mint! 1 owner. Ford lease return. Only 55,000 kms. <b>\$16,995 Cert.</b></p> <p>0 down <b>\$140.33</b> bi-weekly 60 months</p>	<p><b>2002 BUICK CENTURY</b> 4 door, 3.1L, automatic, loaded with full power group including keyless entry &amp; CD player. Mint shape off GMAC lease. Only 66,000 kms. <b>\$10,495 Cert.</b></p> <p>0 down <b>\$87.79</b> bi-weekly 72 months</p>	<p><b>2003 FORD EXPEDITION</b> Eddie Bauer! Wow! Only 49,000 kms! Fully loaded incl. power heated &amp; cooled memory leather, 3rd row seating, entertainment pkg. TV/DVD, pwr. sunroof. Mint shape off Ford lease. <b>\$26,995 Cert.</b></p> <p>0 down <b>\$221.18</b> bi-weekly 72 months</p>	<p><b>2003 BUICK RENDEZVOUS CXL</b> Versatrack! Loaded, pwr. heated leather memory seats, Onstar, loaded with every option! 69,000 kms. Chrome alloys, 3rd seating. Mint 1 owner GMAC lease return. <b>\$17,995 Cert.</b></p> <p>0 down <b>\$148.42</b> bi-weekly 72 months</p>
<p><b>2003 FORD F150 HERITAGE EDITION</b> 4X4, EXT. CAB, short box with 75,000 kms. Loaded! 17" wheels, charcoal bottom, heritage interior. Too nice, must see! Mint Shape. <b>\$20,995 Cert.</b></p> <p>0 down <b>\$172.67</b> bi-weekly 72 months</p>	<p><b>2002 TRAILBLAZER LS 4X4</b> Smart buy! Full power group incl. power windows, locks, air, cruise, tilt, mirrors, trailer pkg &amp; more. Clean 1 owner GMAC lease return! <b>\$16,495 Cert.</b></p> <p>0 down <b>\$140.33</b> bi-weekly 72 months</p>	<p><b>2002 SATURN VUE</b> V6, AWD! Only 71,000 kms. Full power group interior incl. power seat, windows, locks, air, cruise, tilt, alloys. Mint off Saturn lease! <b>\$16,495 Cert.</b></p> <p>0 down <b>\$140.33</b> bi-weekly 72 months</p>	<p><b>2003 CHEVY 2500 LS 4X4</b> Ext. cab short box, loaded up with full power group, rubber floors! 6.0L V8, automatic with trailer tow pkg. Mint shape off GMAC lease, 74,000 kms. <b>\$21,995 Cert.</b></p> <p>0 down <b>\$180.76</b> bi-weekly 72 months</p>
<p><b>2002 MAZDA PROTEGE 5</b> Smart Buy! Only 67,000 kms. 5 speed, full power group including keyless entry, CD, alloys. Fresh off lease. <b>\$11,495 Cert.</b></p> <p>0 down <b>\$95.87</b> bi-weekly 60 months</p>	<p><b>2003 CHEVY SS</b> Ext. cab RARE 345hp, all wheel drive, electric blue. Only 30,000 kms. Every option available incl. power heated memory leather, Onstar, Mint 1 owner GMAC lease return. <b>\$26,995 Cert.</b></p> <p>0 down <b>\$215.13</b> bi-weekly 72 months</p>	<p><b>2002 GMC Z71 4X4</b> Reg. cab short box stepside, V8, automatic, black beauty! Only 35,000 kms. Must See! Mint 1 owner GMAC lease return. RARE! <b>\$19,995 Cert.</b></p> <p>0 down <b>\$172.67</b> bi-weekly 72 months</p>	<p><b>2005 CHEVY TRAILBLAZER 4X4 LS</b> Extended! 3rd row seating, power sunroof, full power group interior, full factory warranty, 38,000 kms. Mint shape GMAC rental return! <b>\$24,995 Cert.</b></p> <p>0 down <b>\$231.09</b> bi-weekly 84 months</p>

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\* Must be 18 years of age to enter. One entry per custom. See in-store for details. For 2002 or newer vehicles: Payment frequency is bi-weekly based on 72 months, taxes extra, \$299.00 Admin. included, cost of borrowing based on 7.89% O.A.C. eg: \$10,000.00 + \$299.00 Admin. over 72 months @ 7.89% = \$83.79 biweekly = Taxes \$1,544.85 down, cost of borrowing is \$2,707.24.

# Fitness, Sports & Recreation

## Astra Lanes bowling report

A new session is upon us with new teams being formed for the next 11 weeks. We would like to welcome newcomer Bob Desormo to the league. Mike Stoddart rolled the high single (341) and high quad (1221) of the night. For the ladies, Edie Rathbun also rolled the high single and high quad.

*Men's High Averages:* Mike Stoddart, 265; Pat Carey, 224; Ernie Strocel, 224.

*Ladies' High Average:* Cathy Stoddart, 215; Donna Stoddart, 202; Edie Rathbun, 201.

*Men's High Quad:* Mike Stoddart, 1221; Ernie Strocel, 988; Jim Edworthy, 895.

*Ladies' High Quad:* Edie Rathbun, 900; Lorraine Beckman, 851; Darlene Klassen, 815.

*Men's High Single:* Mike Stoddart, 341; Ernie Strocel, 299; Jim Edworthy, 277.

*Ladies' High Single:* Edie Rathbun, 258; Pat Kolupanowicz, 257; Donna Stoddart, 249.



## PSP PHOTO OF THE WEEK

Al Reid of Wieger DeJong Construction installs a sheet of drywall as part of a revamping project for the former Candlelight Lounge at the Jr. Ranks Mess. The newly named Labrador Lounge will receive a new tile floor, oak wainscoting, new walls, new ceiling, new bar, two bathrooms and will serve as an all-ranks facility.



Photo: Laurie McVicar



## Red Cross Swim lessons registration

8 Wing Military Community - registration for the Winter 2006 session of lessons, which will begin in January, will be held at the RecPlex on Tuesday December 13 from 4 to 6 pm. Registration for the military community only will continue until just prior to registration for the General Public on Tuesday December 20.

General Public - registration will be held at the RecPlex on Tuesday December 20 from 5 to 7 p.m. Registration for all continues December 21 to January 6.

## Coming up at The Gymnasium...

Monday, November 28

Noon hour class in support of the United Way!

Bring your small donation and join in on a **Bash of a Class!**

1200hrs at the Base Gym

More info - Fitness Coordinator - Lisa Refausse

**Blind Volleyball is Back!**

Supporting the Local Food Banks.

Start recruiting your teams for

Tuesday, December 13th!

More details to follow:

POC and Information: Tammy Whalen local 2822.

## READY, SET, SKIP



Photo: Laurie McVicar

Experience varied but the sense of comradeship was consistent during 40th Annual John Cowell Memorial Firefighters Curling Bonspiel. The event began in 1965 at RCAF Grostenquin, France by Cowell, Jeep Collins and Wally Wishart and has attracted hundreds of serving and retired firefighters since its inception.

## LOSE 15 LBS BY CHRISTMAS!

Before



Sandy lost  
35 lbs  
44 inches

After



Before



Ted lost  
57 lbs  
49 inches

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# Fitness, Sports & Recreation

## I didn't faint, I was just testing the floor



Laurie McVicar

### Confessions from the Gym

When you pray for rain, sometimes you end up with a flood. Writing a regular column is a difficult feat. It can be challenging to find new and interesting things to write about. God knows after writing this column for two years, I struggle almost on a weekly basis to come up with captivating copy...or at least copy that's coherent. This week I can honestly say, it's not an issue. Last Friday I met for the first time with my

new trainer Lisa Refausse, 8 Wing/CFB Trenton's newest Fitness Coordinator. After 30 minutes of cardio, we moved on to free weights, which I have used many times before. Between stations, I broke into a cold sweat and felt nauseas. All I could think was "please God, don't let me hurl in front of all these people, because gee, that would be embarrassing." The nausea was quickly replaced by dizziness, which resulted in

me clinging for dear life to the pole of one of the machines. I can laugh about it now, of course. The last thing I can remember is Lisa beckoning me to the main office, a mere few steps away, and thinking I wasn't sure I'd be able to let go of the pole without completely going down for the count. Turns out the pole didn't offer much in the way of support when I blacked out completely and my knees buckled. Thanks to whoever it was that helped Lisa get me down to the step bench. By the time my eyes came into focus, PSP staff already had the defibrillator set out in front of me. That alone was enough to give me a heart attack. I think my first words may have been "please put that away!" I was further mortified by the fact that the Military Police, Fire Department and an ambulance showed up on scene. Kudos on such a speedy response guys, but sheesh, talk about unwanted attention. The funny thing this, I've done some pretty sweat-inducing workouts with Jen in the past. By comparison, Friday's workout wasn't half as difficult. I can almost imagine what Jen's reaction would have been: "You'll try just about anything to get out of a workout, won't you?" Trust me, unconsciousness wouldn't be my first choice.



### Quinte West Soccer Club

is hosting an indoor soccer program for players born between 1987-1999. Registration is \$50 and all games will be played on Sunday's at Trenton High or St. Paul's. Call the office for more info at **965-6283**

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#### NOON HOUR HOCKEY LEAGUE STATS

After three week of play the standings are very close. Here are the standings as of 17 Nov 05.

Teams	GP	Win	Loss	Ties	Points	Place
Habs	6	4	2	0	8	1st
Red Wings	6	4	2	0	8	1st
Bruins	6	2	4	0	4	3rd
ATC	6	2	4	0	4	3rd

#### WING HOCKEY LEAGUE STATS

At the mid way point of the round robin between all 11 teams thing are still very tight. Here are the standings as of 17 Nov 05.

Teams	GP	Win	Loss	Ties	Points	Place
CPC	6	6	0	0	12	1st
2 AMS	6	5	1	0	10	2nd
Hanger Hogs	9	4	4	1	9	3rd
ATC	5	4	1	0	8	4th
ARO	8	3	4	1	7	5th
ATESS	10	3	7	0	6	6th
436 Sqn	8	3	5	0	6	6th
424 Sqn	6	2	3	1	5	8th
JBCND	4	2	2	0	4	9th
WTISS	8	2	6	0	4	9th
Work Shops	5	1	3	1	3	11th

## 2 Air Mov Sqn holds slo-pitch game

by Private Steve Amos

It all smelled a little fishy when the Senior NCOs and Officers of 2 Air Movements Squadron challenged the Junior members to a Slo-Pitch ball game on such short notice. The Senior NCOs insisted that the choice to play on that beautiful October day was merely because of the weather forecast and had nothing to do with the current absence of Junior team players on Deployment and a QL5s course. Despite the obvious fix, we the Junior members accepted that challenge in stride. The game started off a little slow as some Senior NCOs and Officers had to warm up to playing without the assistance of either canes or walkers. During the mid innings things got a little lively when one of the NCOs thought it would be easier to throw the ball at the runners instead of to the bases. However his plan wasn't very successful since he was having enough trouble



just trying to catch the ball. The game went the full seven innings and was a close battle to the end. If not for the heckling of a very articulate back catcher the game would have been a blow out in the Junior team's favour. Oh, I think the Senior NCOs and Officers might have won, but I'm unsure as I was distracted and still am baffled by the weather forecast actually being correct about that beautiful day in October. At least this how is I remember the 2 Air Movements Squadron Senior NCOs and Officers vs the Junior Members Annual Slo-Pitch game.



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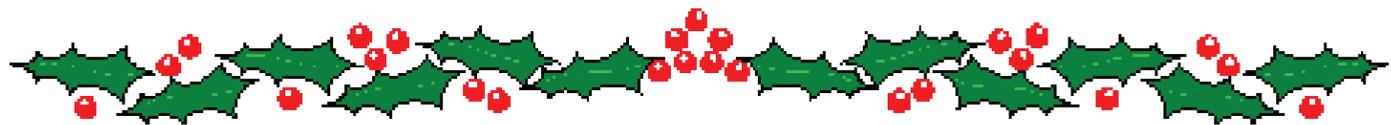
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December  
9th & 10th

**2 DAYS ONLY!**

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discount of 10% on the 1000. The interest credit plan, that year interest  
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**ADVERTISED MERCHANDISE  
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Our store merchandise is being advertised for purchase  
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we will have no obligation to purchase or to provide a refund or to  
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is not as advertised, we will not be responsible for the price. The price  
advertised is the price. There is no limitation on the number of items that can be  
purchased. All items are subject to availability. Items are not available for sale  
any of the items advertised, based on demand to allow them  
through special order. We reserve the right to limit quantities.



INFORMATION / REGISTRATION / INSCRIPTION 965-3575

**Personal Development****Wednesday Night Out***Pre-register please by calling 965-3595 or 965-3575***Pampering Night**

Personnel from the Body Shop will be coming to introduce us to their line of SPA products. There are always lots samples to take home and products to try. Come on out and take a break with the "Body Shop".

Date: November 30

Time: 6:30 pm - 8 pm

**Tole Painting / Letter Box Snowman**

Make this beautiful piece to decorate your home for the holidays. All materials and instruction included.

Date: December 7

Time: 6:30 - 9:00 pm

Cost: \$34

**Second Language Training for military partners****French and English**

Courses run for 10 weeks beginning in January 2006. Each session offers a total of 60 hours of instruction, beginner & intermediate. If you are new to our program, we can set up a placement test to determine your level. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes.

A partial subsidy is offered for childcare. The Second Language Training is a national program and courses can be continued at most CF Bases across Canada.

**Morning and Evening Classes**

Come in and register at the MFRC for the winter classes.

Call Anu at 392-2811 ext. 3855 for more information.

\*Courses are open to military members for the same cost

\*Courses are also available to the community at a non-refundable cost of \$100 per session. Deadline: January 11, 2006

**Perfectionnement personnel****Les sorties du mercredi soir.***Veillez vous inscrire à l'avance en appelant au 965-3595 ou 965-3575***Soirée pour se dorloter**

Le personnel du magasin Body Shop viendra nous présenter ses produits de la ligne SPA. Il y a toujours beaucoup de nouveaux produits à essayer et des échantillons en cadeaux. Venez prendre un petit répit grâce à "Body Shop"

Date : le 30 novembre, de 18h30 à 20h

**"Tole Painting", Boîte aux lettres, Bonhomme de neige**

Confectionnez ce merveilleux morceau pour décorer votre maison durant la saison des fêtes. Tout le matériel et les instructions sont fournis.

Date : le 7 décembre, de 18h30 à 20h, Coût : 34,00\$

**Programme d'enseignement de langues secondes****Anglais et français****pour les partenaires militaires**

Les cours sont d'une durée de 10 semaines débutant au mois de janvier 2006.

Chaque session offre un total de 60 heures de cours (débutant ou intermédiaire). Un dépôt de 50\$ est dû lors de l'inscription au cours. Ce dépôt est remboursé si l'étudiant participe à 85% des cours.

Une subvention est possible pour les soins de garde d'enfants. C'est un programme national donc les cours peuvent être continués dans la plupart des bases des FC au Canada.

**Classes offertes en matinées et en soirées.**

Venez vous inscrire au CRFM avant Noël pour les classes d'hiver

Pour plus de renseignements appelez Anu au 392-2811, poste 3855.

\*Les cours sont disponibles au même coût pour les militaires.

\*Les cours sont aussi disponibles à la communauté civile au coût de 100\$ par session, non-remboursable. Date limite d'inscription: 11 janvier 2006

**Come share a meal and companionship!**

"Around the Table" is a program for adults who would be eating their meal without a partner, whether by chance or choice. Dinners will be the second Friday of each month. This is an adult only function and participation will be limited to the first 15 paid registrants. Participants will share in the fun and companionship of preparing, cooking, eating, and cleaning up the meal. Childcare can be available but must be booked when registering for the dinner. If your partner is deployed, speak to Eve about your childcare requirements, phone 965-3595.

Dates - Fridays, December 9, January 13 and February 10

Time - 5:30 PM

Cost - \$10.00

Location - 6RD and RCAF room, Siskin Centre

RSVP - required by 4:30, Monday, December 5.

Phone 965-3575

Menu for December: - Chicken breast, potato, salad, garlic bread, and apple crisp.

**Venez partager un repas cordial !**

"Autour de la table" est un programme pour les adultes qui se retrouvent sans partenaires par hasard ou par choix et qui veulent prendre un repas en groupe. Les soupers auront lieu le deuxième vendredi de chaque mois. Cette activité s'adresse exclusivement aux adultes et la participation est limitée aux 15 premières personnes qui paieront leurs repas lors de leur inscription. Les participants s'amuseront à préparer, faire cuire et manger les mets ensemble, ils se partageront ensuite les tâches de nettoyage. Des soins de garde d'enfants sont disponibles, toutefois vous devez faire des réservations à cet effet au moment de votre inscription. Si votre partenaire est en déploiement, veuillez appeler Eve au 965-3595 sujet des soins de garde.

Dates : Les vendredis, 9 décembre, 13 janvier et 10 février

L'heure: 17h30

Lieu : Les salles 6RD et RCAF au Centre Siskin

Coût : 10,00\$

RSVP : Avant 16h30, le lundi 5 décembre.

Téléphone : 965-3575

Menu pour le mois de décembre : Poitrine de poulet, pomme de terre, salade, pain à l'ail et croustade aux pommes.

**LABBRATS SCIENCE CLUB**

8 - 12 years old

Date: Saturday December 10 Time: 9 a.m. to noon

Cost: \$5 per session, must be paid at registration

Space is limited.

For more information call Susan at 392-2811 ext.2382

All experiments use simple every-day materials so that the students may reproduce the experiments at home.

**CLUB DE SCIENCE "LABBRATS"**

pour les 8 à 12 ans

Date: Le samedi 10 décembre de 9h à midi

Coût: 5\$ par session dû au moment de l'inscription

Les places sont limitées

Pour plus d'information, contactez Susan au 392-2811 poste 2382

Les expériences seront faites en utilisant du matériel courant dont on se sert tous les jours, les jeunes auront donc ainsi la possibilité de reproduire ces expériences à la maison.

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# WOODWORKING DRAW



Photo: Cpl J.F. Neron, 8 Wing Imaging

Fred Saunders (left), of Wing Construction and Engineering Squadron Carpentry Shop, once again donated woodworking pieces to help raise money for the Government of Canada Workplace Charitable Campaign. He is seen here with 81 Airfield Engineer Flight Structural Supervisor Sergeant Don Dionne (Draw Coordinator) and 8 Wing Campaign Chairperson Major John Campbell, during the draw on November 18.

**Trenton Furniture's PRE-CHRISTMAS SALE!** WE WILL NEVER BE UNDERSOLD!

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<b>Futons</b> from <b>\$169</b>	<b>6 pc. Bedroom Suite</b> various colours to choose from starting at <b>\$449</b>	<b>3 piece COFFEE TABLE SETS</b> from <b>\$69</b>	
<b>Box &amp; Mattress Single</b> Canadian Made 20 yr. warr. <b>\$189</b>	<b>Box &amp; Mattress Double</b> Canadian Made 20 yr. warr. <b>\$249</b>	<b>Box &amp; Mattress Queen</b> Canadian Made 20 yr. warr. <b>\$299</b>	<b>Box &amp; Mattress King</b> Canadian Made 20 yr. warr. <b>\$449</b>

**TRENTON FURNITURE WAREHOUSE**  
Hwy #2 Bayside **962-6202**

## And the winners are...

The winner of the 426 (T) Sqn Virtual Holiday (Flight Simulator) was Nicole Painter of CFHA.



The winners of the WCE/81 AEF Scrolled Woodworking were Capt J-C Comeau (81 AEF), Pte Jeff Groenenberg (86 ASU), Derek Fulford (CFHA) and Doug Richens (WCE).

**BATTLE OF THE BANDS**  
When: 25 Nov 05 (Fri) Doors open at 2000 hrs (8:00 p.m.)  
Where: Astra Lounge  
What: DJ Music and other local talents  
Cost: \$3 donation at the door  
Draw Prize: An Acoustic Guitar provided by Harmony Music Plus

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• Multi-adjustable driver's seat with lumbar support  
• 60/40 split fold-down rear seat  
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Photos: Andrea LeBlanc

LS Jeff Landry, BICC Manager, poses behind the brand new bar.



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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
November 27 - December 3

**ARIES** (March 21-April 19): Stop making excuses on the 27th and 28th and do what you have been putting off. Share what you have accomplished with others. Don't let an emotional issue stand in your way. Deal with people who are creating problems for you. Make a few changes that will help you turn your ability to make money into a going concern on the 29th and 30th. You are wonderful at multitasking, so take on a little more responsibility. Concentrate on getting your own projects off the ground on the 1st, 2nd and 3rd. Gather information pertinent to what you are trying to accomplish. Money and legal matters can be resolved if you put on a little pressure to get results.

**TAURUS** (April 20-May 20): You will be ready to let anyone who gets in your way know exactly what you think on the 27th and 28th. You can spare yourself embarrassment and grief if you put your energy to better use. Take on a physical challenge instead. Make some decisions on the 29th and 30th. You are in a high cycle where partnerships, education and creative endeavors are concerned. Be careful, however, when dealing with money and investments. Don't lend or borrow or buy into someone's sob story on the 1st, 2nd and 3rd. Get-rich-quick schemes will not pan out the way you expect. Someone is likely to try to collect an old debt.

**GEMINI** (May 21-June 20): You can certainly accomplish a lot if you put your mind to it on the 27th and 28th. Revive a creative idea you have and give it your all. You will be happy with your progress and with the prospects of the money that can be made. Be compassionate, considerate and compromising on the 29th and 30th. The more open and honest you are, the better. A different lifestyle or way of thinking will interest you, but don't jump in with both feet. Don't count on anyone for help on the 1st, 2nd and 3rd — you will fret less and get more done. A challenge will remind you how capable you are. You should come out on top financially and emotionally.

**CANCER** (June 21-July 22): Don't take anything for granted on the 27th and 28th — if you push hard to get your way, you will. Love and romance are looking very positive. You can enhance your natural attributes, looks or your philosophy. Don't be afraid to be picky on the 29th and 30th about the people with whom you are spending time. So much can be established with like-minded individuals. Put time aside to have a little fun. You must concentrate on what needs to be done on the 1st, 2nd and 3rd. Avoid making a commitment that could lock you into something you won't want to do. An infatuation may lead you in the wrong direction. Slow down and make well thought decisions.

**LEO** (July 23-Aug. 22): You'll be a little boisterous on the 27th and 28th. Be aware of other people's feelings if you don't want to offend someone you encounter. Putting yourself in the limelight at someone else's expense will backfire. Don't let little things depress you on the 29th and 30th. Everything is OK, even if you can't see the light at the end of the tunnel. Ignore the negative and you will see some good possibilities to work toward. Think about your goals on the 1st, 2nd and 3rd, this is not the time to let other people decide things that might affect your future. Entertain whoever you need on your side in order to further your position. Don't be afraid to speak up for what you want.

**VIRGO** (Aug. 23-Sept. 22): Consider your future plans on the 27th and 28th. Get yourself moving in a direction that will allow you the freedom to work in an industry that interests you. It's never too late to make a change. You're in dreamland on the 29th and 30th, so shake yourself before it's too late. Someone may try to take advantage of you when he or she doesn't think you'll notice. Keep a sharp eye while taking part in fun activities. Go out and have fun on the 1st, 2nd and 3rd. It's time to meet new people and make new friends. People who have similar interests will be far more encouraging and helpful when it comes to getting ahead in life.

**LIBRA** (Sept. 23-Oct. 22): Deals can be made on the 27th and 28th if you act fast. Don't go over budget if you decide to make some personal changes. Someone will feed you information that is secretive. Be sure to keep it to yourself. A new way of doing things or a chance to try something different on the 29th and 30th will bring you greater recognition. You'll feel better once you get everything out in the open so that you are able to follow a path of your own design. Stick to what you know on the 1st, 2nd and 3rd or someone will call your bluff. Listen and you will become more resourceful. The more you venture outside your own environment, the better equipped you will be to make future changes.

**SCORPIO** (Oct. 23-Nov. 21): A change of career may be in order. The people you talk to on the 27th and 28th can give you a good idea how well you can do if you change direction. The more research you do, the more comfortable you will be with the decision you make. Things are either moving way too fast or way too slow. Get used to it. The 29th and 30th will be a repeat of the past and an indicator of the future. Base your actions on your past experience. Don't farm out work you should be doing yourself on the 1st, 2nd and 3rd. Break what you need to do into sections, stick to your budget and get things done properly. A little notoriety will generate interest in your work.

**SAGITTARIUS** (Nov. 22-Dec. 21): You will have all sorts of opportunities on the 27th and 28th, but if you try to do them all, you will end up accomplishing little. Travel for knowledge, information and the possibility of making a permanent move. Too much, too fast will get you into trouble on the 29th and 30th. Not everything will be out in the open and, if you aren't careful, you may make a decision based on false information. Slow down and take your time. Everything will be up in the air on the 1st, 2nd and 3rd but, if you stick to your basic plans, you will end up getting what you are trying so hard to accomplish. Develop new skills for the future.

**CAPRICORN** (Dec. 22-Jan. 19): Don't let emotional matters upset you on the 27th and 28th. Compromise will be your best bet. The more you do to appease the people around you, the further ahead you will be. You can make a favorable decision about your professional direction. Everyone will want to join your team on the 29th and 30th, but don't accommodate people who want a free ride. Run a tight ship and pick your people with care. You can charm your way into anyone's heart on the 1st, 2nd and 3rd. A short trip will enable you to finalize something that's been left dangling. Refuse to disagree with anyone who tries to upset you. Action will be the name of the game.

**AQUARIUS** (Jan. 20-Feb. 18): It's time you made a little more money. Put some of your ideas to work for you on the 27th and 28th. Don't trust others to get things done. Go it alone and you will reach your goals. Confusion may be your middle name on the 29th and 30th. Make sure that you have all your facts straight. Watch out for someone trying to push you in a direction you aren't sure you want to pursue. Don't be afraid to make a change or to go in a different direction on the 1st, 2nd and 3rd. Take the road you know will teach you the most along the way. It's time to show everyone how proficient you can be. It's time to stand on your own two feet.

**PISCES** (Feb. 19-March 20): Confusion will set in on the 27th and 28th if you aren't clear about what you are supposed to be doing. You will get mixed signals. Follow your gut feeling and don't promise or spend too much. Love is in a high cycle. You'll be hard to resist no matter what you do on the 29th and 30th. Everyone will be looking to you for answers. Don't let it go to your head. One slip up and you may get caught in the middle. For every step you take forward on the 1st, 2nd and 3rd you can expect someone to push you back. Watch out for people trying to outdo you or make you look bad. If you make a promise, be sure to follow through. You may discover that you made a grave mistake.

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### GINGER & SHADOW BY BARRY CORBETT



Community

# Community Events

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MOVIES

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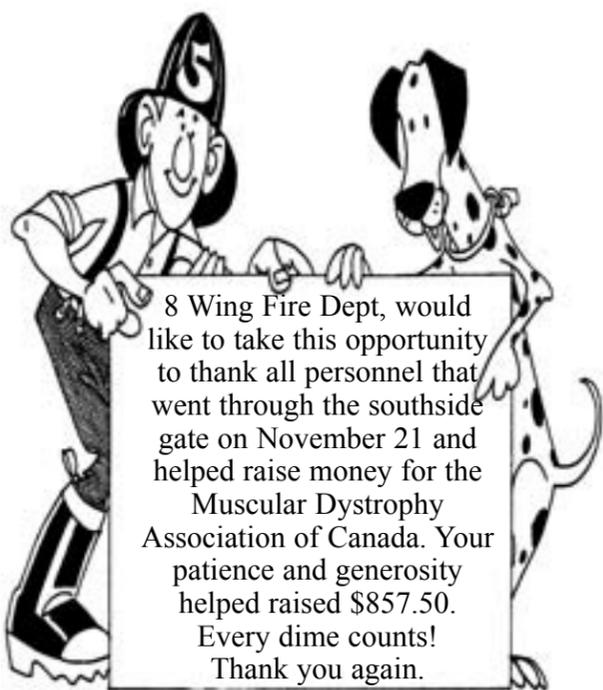
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MOVIE LINE-UP		
• Harry Potter & The Goblet of Fire (PG)	1:00	7:15
• Chicken Little (G)	1:10	7:10 9:00
• Yours, Mine & Ours (G)	1:05	7:05 9:05

Coming Soon: Chronicles of Narnia & Aeonflux  
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](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.



8 Wing Fire Dept, would like to take this opportunity to thank all personnel that went through the southside gate on November 21 and helped raise money for the Muscular Dystrophy Association of Canada. Your patience and generosity helped raised \$857.50. Every dime counts! Thank you again.

**BOOK SALE**

Saturday, NOVEMBER 26th 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. Proceeds go to all Quinte West libraries.

**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.



**Christmas Concert**

Sunday December 4<sup>th</sup> 2:00PM/14:00h



CFB Trenton Band Hall, 3 Lazo Road (old RC Chapel / ancienne église) Northside Gate, off RCAF Road.

8 Wing Concert Band  
La Musique de la 8<sup>ème</sup> Escadre

Admission:  
A non-perishable food item for the Trenton Food Bank.

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- 27 November 2005 - Advent 1**
- 0900 hrs - Messe francophone (cr)
- 1015 hrs - Sunday Worship Service
- 1130 hrs - (RC) Anglophone mass
- 4 December 2005 - Advent 2**
- 0900 hrs - Messe francophone (cr)
- 1015 hrs - Sunday Worship Service
- 1130 hrs - (RC) Anglophone mass
- 8 December 2005**
- 1900 hrs Light Up For Christ Rosary Novena
- 11 December 2005 - Advent 3**
- 0900 hrs - Messe francophone (cr)
- 1015 hrs - Sunday Worship Service
- 1130 hrs - (RC) Anglophone mass
- 1600 hrs - Ecumenical Service of Lessons and Carols
- 18 December 2005 - Advent 4**
- 0900 hrs - Messe francophone (cr)
- 1015 hrs - Sunday Worship Service
- 1130 hrs - (RC) Anglophone mass
- 24 December 2005 - Christmas Eve**
- 1730 hrs - Bilingual Family Mass (RC)/ Messe familiale bilingue (cr)
- 1930 hrs - Christmas Eve Service (P) (Communion)
- 2130 hrs - Messe de Noël francophone (cr)
- 2400 hrs - English Christmas Mass (RC)
- 25 December 2005 - Christmas Day**
- 0900 hrs - Messe francophone (cr)
- 1015 hrs - Sunday Worship Service
- 1130 hrs - (RC) Anglophone mass
- 1 January 2006 - New Years Day**
- 0900 hrs - Messe francophone (cr)
- 1015 hrs - Sunday Worship Service
- 1130 hrs - (RC) Anglophone mass

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Padre Mike Adamczyk  
Padre Marc Torchinsky



# Location, location, location...still

## it's your Money



Garth Turner

You know your life is shallow and pointless when you hang out with a lot of economists and lawyers. Sigh. I have to confess. I count these personality-challenged people among my friends – folks who talk about torts and basis points like they actually mean something.

So, here I was walking down Main Street one day last week with a local lawyer who specializes in real estate. Of course, given the huge amount of building going on lately – with whole streets of new houses popping up, literally, every week – most of what he does is close deals between builders and first-time buyers.

But the bulk of these young families are not buying what might be considered “starter” homes in other parts of the country. Here, the base price of getting a single-family detached house on a skinny lot is in the low \$400,000 range. And many of these people are entering the market using the 5 per cent down program, which means about \$20,000 in equity and \$380,000 in debt.

Still, with mortgages hanging in at close to

generational lows, even these plump little loans can be carried for monthly payments approximating what these folks would have to pay in rent. Then, of course, come the shockers – property taxes, home heating costs, electricity, commuting bills (and how can you not have a new car to go with a new house?), and all of the zillions of things that it takes from Home Depot and Canadian Tire to equip a brand new, completely empty home?

The bottom line is that many of these folks end up being house-rich and cash-poor – a condition which can last for years and years, depending on just how much stuff they decide they need to buy. This goes to the heart of last week's column here, about the wisdom of home ownership at any cost. Last time I alluded to that woman in Victoria whom I thought was nuts to spend every last penny buying into an over-inflated market at the top of the cycle – just to have a home. She was clearly better off renting, as socially unsexy as that might be.

So, back to the lawyer.

He had two insights for me this day: First, almost 80 per cent of the young buyers – in fact all of the buyers he is closing deals for – are locking into long-term mortgages. These loans have terms of five years, and folks are happily signing up for rates of 5% to 6%, worried that the price of a home loan is going to going to soar far past that level in the months to come.

This, despite the fact you can still get a below-prime, adjustable rate mortgage for about 4 per cent, which means monthly payments up to 20 per cent less than on a loan that has a rate fixed for the next half-decade. Why would people do this? Pay more every month for exactly the same amount of money? Simply, because they are inexperienced, and overly-influenced by all the milquetoasts and pantywaists in the media (bet you haven't read those words in a while). If they were more worldly, they would surely know enough to borrow short, and not even think about locking in until rates were at least a full point higher, saving a significant amount of money over the next year.

Second trend (and a lot smarter): Many of these subdivision-buyers are bailing out after a year or two, and purchasing homes in the older, more established part of town. The houses here may be 40 or 100 years old; they

may be smaller and constructed out of wood instead of brick; they might not have granite counter tops, whirlpool tubs, eleven appliances and high-speed Internet cabling in every room; but they offer something subdivision money can't buy – space. Big lots, long driveways, real backyards, privacy from neighbours, big, old trees and established streets which are actually wide enough to park on.

From my point of view, this is a smart real estate move. I have always believed in buying the worst house on the best street, because real estate is always about location. You can change the house, you can rebuild it, improve it, expand it, modernize it – but you can't renovate the entire neighbourhood. Face it, many of the cheek-by-jowl tract houses now being thrown up, could end up being the low-rent districts of the future, where people who pay a lot of money will never enjoy the simple basics of privacy and space.

Yeah, you can always wire your bathroom for satellite and high-speed access, but you can't always have your bathroom window looking out on sixty feet of your own trees. Location, location, location, baby. It's still the number one rule of real estate,

Even lawyers, and columnists, have figured that one out.

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Sample photo  
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## Be prepared for winter power outage



Submitted by  
**Don Heans,**  
Wing General Safety  
Officer

The disastrous ice storms of recent winters have made the public more aware of the challenges of surviving a widespread power outage.

Most home furnaces require electricity to run, even those fueled by natural gas or oil. Being left in the cold without heat is just one of the hazards of a widespread power outage. Fires set off by temporary heating units, burn injuries and carbon monoxide poisoning from inadequately vented heaters are some of the other risks.

You can prepare for a winter power outage by obtaining alternative

heating equipment for your home. Install a standby heater or stove which doesn't require electrical power, or a camping heater designed to be used indoors. Make sure it is installed correctly according to manufacturer's directions and vented adequately. Keep a good supply of wood on hand for a fireplace or wood stove. Keep a regular maintenance schedule which includes cleaning the chimney.

Talk to your local power supply company before installing an emergency generator. These can pose a hazard to electrical crews during an outage.

Here are other suggestions for preparing for a winter power outage:

- Keep your automobile fuel tank topped when a winter storm threatens. You may need it to get to an emergency shelter.

- Stock up on canned goods so you will have a ready source of food.

- Fill soda bottles with

water and store them in your freezer. These can be transferred to the refrigerator to keep food cool if the power outage is lengthy. This water will also supply your drinking needs if you are stranded at home. If you have the chance before a power outage shuts down your water supply, fill the bathtub and sinks with water.

If the power goes out, these steps can help ensure your survival:

- Stay indoors with windows and doors closed, except as needed for ventilation. Close off non-essential rooms. Eliminate drafts around doors, windows and other openings by taping them or by stuffing cloth, carpet or paper in the cracks. Cover the windows at night with drapes or blankets.

- Listen for emergency information on the battery-powered radio you keep in your emergency kit.

- When you use alter-

native heating equipment such as wood stoves, fireplaces and space heaters, keep everyone at least three feet away - especially children and pets. The same goes for candles used for light.

- Keep sources of ignition away from any material which could burn - paper, carpets, furniture, curtains, blankets and pillows.

- Make sure your smoke and carbon monoxide detectors are working when you use fuel-fired heaters.

- Never use a liquid fuel to start a fire in a woodburning stove or a fireplace. Flammable liquids can cause deadly explosions.

- Use only heating and cooking equipment which is designed for use indoors. Never use a charcoal barbecue or camping stove indoors because it produces deadly carbon monoxide gas.

- Be ready to give your neighbours a hand during a power outage. Make sure everyone is okay and has a warm place to stay.

## Drug Awareness Week - talk to your teens

Hastings and Prince Edward Counties/Nov 16, 2005 - Talking about the little things makes talking about the bigger things easier. This year, "Talk" is the theme of National Drug Awareness Week, Nov. 20 to 27.

"The focus is on talking to teens about drugs and alcohol," says Erin Chesher, a public health nurse with the Hastings & Prince Edward Counties Health Unit. "The more comfortable parents are talking about these issues, the easier it will be to recognize and address drug related

problems."

This is the second year the Health Unit has participated in the national "Talk" campaign. "Drug and alcohol use is widespread among youth," says Chesher. "Alcohol and cannabis are the most popular choices." A 2003 survey by the Centre for Addiction and Mental Health reported that 66 per cent of students in Grades 7 to 12 used alcohol and 30 percent used cannabis.

Talking to teens frequently about drugs and alcohol is one of the most effective preven-



tion strategies. In an American study of nearly 200,000 students, drug and alcohol use declined sharply among students whose parents frequently discussed the issues with them.

"Teens have tough choices to make," says Chesher. "Parents have a greater influence than they realize. Talk to your

teen - no lectures, no hassles. Just talk!"

To learn how to talk to teens about drugs and alcohol the Health Unit has developed a "Talk" package. Parents can pick up this package while quantities last at any office of the Hastings & Prince Edward Counties Health Unit.

### Defensive Driving Course

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.

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from the hour of:

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

Anyone wishing more information,  
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## GENERAL VISITS



Brigadier-General Terry Leversedge, Deputy Commander of Mission Support and Training Flight at 1 Canadian Air Division Headquarters, signs the VIP Guest book during his visit to the Aerospace Telecommunications and Engineering Support Squadron (ATESS) on November 22. Looking on is LCol Frances Allen, Commanding Officer.



Photos: Cpl Simon Duchesne, 8 Wing Imaging

MCpl Allen Graham (left) of the 8AMS tire shop describes work done on a Hercules tire.

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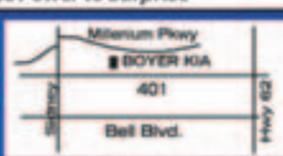
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Showcase

# Showcase



**Capt S. Aumont**  
received his 1000 hr CC-130 Flying Time Certificate, presented by Col J.P.A Deschamps, Commander, 8 Wing/CFB Trenton.



**LCol J.E.F. Fortin**  
received his General Campaign Star, presented by Col J.P.A Deschamps, Commander, 8 Wing/CFB Trenton.



**MCpl L. Stykel**  
received his SSM, presented by Col J.P.A Deschamps, Commander, 8 Wing/CFB Trenton.



**Sgt M. Bradley**  
received his CD1, presented by Col J.P.A Deschamps, Commander, 8 Wing/CFB Trenton.



**Capt C. Grotzky**  
received her USAF Commendation Medal, presented by Col J.P.A Deschamps, Commander, 8 Wing/CFB Trenton.



**Maj M. Goulden**  
received his OPME Certificate of Completion, presented by Col J.P.A Deschamps, Commander, 8 Wing/CFB Trenton.



**Postal Supervisor Course Part II**  
**Standing (L-R):** MCpl M. Barrette (Instr), Sgt T. Mathews, Sgt J. Beaumont, Sgt D. Keegan (Instr).  
**Seated:** WO M. Blanchfield (CI), Capt L. Usher (Adj).



**Capt K. Skirrow**  
received his Award of Excellence, presented by BGen T. Leversedge, Deputy Commander of Mission Support and Training Flight.



**MCpl R. Malone**  
received his Award of Excellence, presented by BGen T. Leversedge, Deputy Commander of Mission Support and Training Flight.



**MCpl B. Courchesne**  
received his Award of Excellence, presented by BGen T. Leversedge, Deputy Commander of Mission Support and Training Flight.



**Royal Canadian Air Cadet Corporal Thomas Lecky** posts vigil during the 2005 Remembrance Day Ceremony at the Cenotaph in Trenton. Cadet Corporal Lecky is a member of Trenton's 173 Air Cadet Squadron. *Incorrect information appeared in last week's issue of The Contact. We apologize for the error.*



**Cpl L. Guillemette**  
received her CD1, presented by Capt (N) D. Banks, CFPU.



**Sgt J. Hudon**  
received his CD1, presented by Capt (N) D. Banks, CFPU.

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# Remembering... "Bomber Boys"

by Captain Randy J. Henning

I've been watching a four-part History Television mini-series entitled "Bomber Boys," currently airing on Sunday afternoons at five o'clock.

A Frantic Films production, Bomber Boys is a unique documentary that, in the words of its producers, "tells the story of the Lancaster crews and their critical role in the Second World War." The theme may not be that unusual, but what sets this documentary apart from countless others is its approach. It follows the experiences of a group of young men who recently volunteered to "re-live the wartime experiences of their grandfathers, all members of the "Lucky H (Lancaster) aircrew" of World War Two. The film follows these young men as they go through much of the same training, including foot-drill and weapons training, as their grandfathers did so many years ago.

Much of the film was shot last year at the old BCATP airfield in Picton. Picton was selected as the ideal location because most of

its old hangers, barrack blocks, even the dining facility, remain pretty much as they were in 1945. The realistic feel is enhanced by the vintage Air Force Uniforms worn the recruits and their military instructors (the scene of the crusty, swagger-stick toting Warrant Officer ripping one recruit's bed apart may even evoke a certain sense of déjà-vu for some of us).

The young men's experiences are skilfully interwoven with interviews with their grandfathers and "never-before-seen colour footage" of bombing raids over Germany. The effect is to bring home the realization that these were very young men who went off to war.

Those of us who were born after World War Two grew up thinking of veterans as old men - or at least adults of our parents' generation. But these airmen were teenagers, kids who might otherwise have been playing shinny on a farm pond or, in the case of our modern-day "Bomber Boys," hanging out at the skateboard park. Suddenly, adolescents

who would normally have had to ask to drive the family car suddenly found themselves piloting huge lumbering bombers through clouds of flak over German cities. And the experiences of the young "recruits" make the wartime reminiscences of their grandfathers seem all the more immediate and poignant. The veterans tell their story with a mixture of pride, sorrow, and sometimes regret.

The series was first run November 7 to 10. It was very popular and Part Four of the re-broadcast is scheduled for this Sunday. For those who have missed it, the series will almost certainly be rebroadcast at a later date. Your Wing Heritage Officer is working to get more advance notice from History Television of when this type of program will be aired. Hopefully I can bring them to your attention in a timelier manner.

The films producers tell me it will be available on DVD from the History Channel in December. For more details, log onto history-television.ca and follow the links to the schedule.



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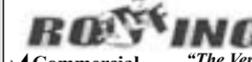
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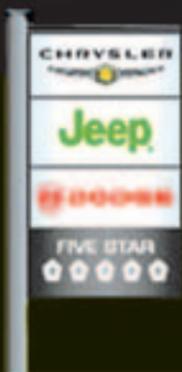


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