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September 30, 2005 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 40 Issue Number 37•

October 9-15,
 2005 is
Fire Prevention Week
 This year's theme is...
"USE CANDLES WITH CARE"
 Check out Pages 15-16 in this issue of The Contact Newspaper!

CEREMONY CELEBRATES YEAR OF THE VETERAN



Photo: Cpl Simon Duchesne, 8 Wing Imaging

The 10th annual "AD ASTRA" Stone Dedication Ceremony, this year celebrating the "Year of the Veteran," was held at the Royal Canadian Air Force (RCAF) Memorial Museum on Saturday, September 24, 2005. The Master of Ceremonies, Colonel (Ret'd) Cy Yarnell, founder of the stone initiative, is pictured here introducing the first guest, Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, at the beginning of the ceremony. This year more than 7,500 granite stones were dedicated at the afternoon ceremony. Special guest speaker was Lieutenant-General (Ret'd) William Carr, a WW2 veteran who flew Spitfires with the Photographic Reconnaissance Unit, and Canada's first ever Commander of Air Command.

Clarkson awards Meritorious Service Cross to Gen Hillier



Photo: Cpl Dan Shouinard, TFK Roto 3

KABUL--General Rick Hillier, Canada's Chief of the Defence Staff, speaks with soldiers of the Task Force Kabul Force Protection Company earlier this year.

Governor General of Canada

OTTAWA – (Sep 21, 2005) Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada, today presented the Meritorious Service Cross (military division) to General Rick J. Hillier, whose specific achievements have brought honour to the Canadian Forces and to Canada. General Hillier received his decoration at a private ceremony earlier today.

The Meritorious Service Decorations are separated into military and civil divisions, with two levels each: a medal and a cross. The military division recognizes individuals for their outstanding professionalism and for bringing honour to the Canadian Forces. The civil division recognizes individuals who

have performed an exceptional deed or an activity that brought honour to their community or to Canada.

The citation reads as follows: *Lieutenant-General Rick J. Hillier, C.M.M., M.S.C., C.D. Ottawa, Ontario and Campbellton, Newfoundland and Labrador Meritorious Service Cross (military division).*

Lieutenant-General Hillier, now General, is recognized for his outstanding contributions to NATO's International Security Assistance Force (ISAF) and to the citizens of Afghanistan during his tenure as Commander ISAF V from February to August 2004.

Under challenging and demanding circumstances, he guided the ISAF during a critical transition period. This included projecting influence through



Gov Gen Adrienne Clarkson

provincial reconstruction teams, building the capacity of Afghan security institutions, and providing assistance and security for voter registration during the electoral process.

LGen Hillier's leadership, fortitude and dedication were of the highest calibre and enabled him to foster relationships with Afghan authorities that will assist NATO for years to come. En français, p. 2

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A message from WCWO Cheverie

by CWO Don Cheverie, 8 WCWO

As the 8 Wing Chief Warrant Officer, I wanted to take a moment to let members of 8 Wing/CFB Trenton know about a program called Flight Plan For Life (FPFL), an initiative that has been around for several years but is not widely known about or understood.

The purpose of the FPFL program is to improve the conditions of service that affect the organizational health of the air force team, and every year this base sets aside money to create such improvements for integral units.

This year funding is set at approximately \$143,000 and members with ideas about how their environments could be improved should now forward suggestions to supervisors, who will in turn bring those submissions to the appropriate Squadron/Unit Warrant

Officers; all SWOs/UWOs and myself are members of the FPFL committee, the main organizational body of the program. The committee has the responsibility of prioritizing submissions on the following two-tier criteria:

Tier 1 determines whether a submission would benefit the majority of the Wing, the majority of a unit/sqn or the majority of a section, and tier 2 determines whether the submission is essential, necessary or desirable. The ideal submission would fulfill an essential need and benefit the entire wing!

As chairperson of the committee, I am responsible to ensure that submissions are legitimate for the expenditure of public monies, with final approval for a submission resting with Colonel D e s c h a m p s , Commander, 8 Wing/CFB Trenton.

Last year, funds were expended on items that



8 Wing Chief Warrant Officer CWO Don Cheverie.

ranged from microwaves to treadmills and other exercise equipment for the gymnasium, to wash-room renovations for Wing Transport. This list of expenditures is not at all exclusive or limiting, so please keep in mind, all legitimate sub-

missions will be considered by the committee.

By the end of October, funds from the FPFL program should be allocated, so if you have a good idea, by all means submit it through your supervisor to your SWO/UWO now so the FPFL committee can have the opportunity to consider it.

La Gouverneure générale annonce l'octroi d'une Croix du service méritoire au Général Hillier

Gouverneure générale du Canada

OTTAWA – (Le 21 septembre 2005) Son Excellence la très honorable Adrienne Clarkson, Gouverneure générale du Canada, a octroyé aujourd'hui une Croix du service méritoire (division militaire) au général Rick J. Hillier, dont les actes remarquables ont fait honneur aux Forces canadiennes et au Canada. Le général Hillier a reçu sa décoration lors d'une cérémonie privée.

Les Décorations pour service méritoire sont séparées en deux catégories, la division militaire et la division civile, chacune comportant deux niveaux : la croix et la médaille. La division militaire

s'adresse aux personnes dont le professionnalisme remarquable fait honneur aux Forces canadiennes. La division civile reconnaît des personnes qui ont accompli une activité ou un geste exceptionnel et qui, par conséquent, font honneur à leur collectivité et au Canada.

Citation: *Lieutenant-général Rick J. Hillier, C.M.M., C.S.M., C.D. Ottawa (Ontario) et Campbellton (Terre-Neuve-et-Labrador) Croix du service méritoire (division militaire)*

Le lgén Hillier, maintenant général, est reconnu pour la contribution exceptionnelle qu'il a apportée à la Force internationale d'assistance à la sécurité (FIAS) de l'OTAN et aux

citoyens de l'Afghanistan durant son affectation comme commandant de la FIAS V, de février à août 2004.

Dans des circonstances difficiles et astreignantes, il a guidé la FIAS durant une période de transition critique, notamment en projetant une influence favorable par l'intermédiaire d'équipes de reconstruction provinciales, en consolidant la capacité des institutions afghanes responsables de la sécurité, et en fournissant assistance et sécurité pour l'inscription des électeurs durant le processus électoral.

Grâce à son leadership, à sa force de caractère et à son dévouement du plus haut calibre, le lgén Hillier a pu nouer et entretenir des rapports avec les autorités afghanes qui aideront l'OTAN pour des années à venir.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Wing Food Services caters several formal and informal dinner parties every month. The Yukon Galley Catering Cell provides logistical support for every and any event, from squadron anniversary dinners to organized BBQs and coffee breaks for conference meetings. A great amount of pre-planning and coordination goes into the preparation of all multi-course meals and their punctual execution.

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So what exactly is SICOFAA?

by Capt Nicole Meszaros, 8 WPAO

SICOFFA stands for the System of Cooperation Amongst the Air Forces of the Americas and is an apolitical and voluntary organization whereby member Air Forces can strengthen ties, exchange experiences and establish procedures to act in partnerships as directed by individual governments.

The organization was established in 1961 with Canada as an observer

country. In May of 1992, Canada became a member of SICOFFA and has since hosted several conferences for the organization. This year, 8 Wing/CFB Trenton will be hosting a conference from October 3 until October 7.

Delegates will begin arriving October 1 and will range in rank from major to colonel. Military members are reminded that in accordance with the CF Manual of Drill and Ceremonial, foreign

officers shall be saluted in the same manner as Canadian officers.

Member nations of SICOFFA include Argentina, Bolivia, Brazil, Chile, Columbia, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Nicaragua, Panama, Paraguay, Peru, United States of America, Uruguay and Venezuela. Observer nations currently include Belize, Costa Rica, Guyana, Haiti, Jamaica and Mexico.



Search & Rescue UPDATE



On September 25, RSCU 337, a Hercules from 424 Squadron, was tasked to investigate an ELT signal originating 125 nm north of Roberval, Quebec. The crew homed in on the signal, and located the wreckage of a small aircraft in the tree line. Two jumpers were dispatched from the Herc and provided care to the two survivors of the crash. A Cormorant helicopter arrived on-scene and conducted a confined area pickup to medivac the survivors to Bagotville. Both aircraft returned to base without further incident.

Missions for 2005: 128 Missions for Sep.: 10 Persons rescued: 118

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The Contact Newspaper

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

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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:

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

Okay, I am officially confused.

An article in this week's issue of The Contact, submitted by MSE Safety, brought to my attention a new piece of provincial legislation.

Bill 73, which took effect on September 1 this year, focuses on road safety, particularly involving children and youth.

The section dealing with school bus safety is great (logical, necessary etc.), as is the part of the legislation that addresses improving the graduated licensing system. The section that pertains to car seats and booster seats, however, is somewhat puzzling.

As the mother of two school-aged children, this portion of the legislation impacts me, though not nearly as much as it would have a year or more ago.

According to the new law, booster seats are required for children under the age of eight, weighing more than 18 kg but less than 36 kg, and who stand less than 145 cm tall. I, of course, completely understand the height and weight guidelines, which are determined based on safety requirements relative to seat belt effectiveness. If a child is too small or too light, the belt cannot adequately protect in the event of a crash or collision. But what, pray tell, does age have to do with it?

Some seven-year-olds are huge compared to the average, and some 10-year-olds are tiny. So why is eight the magic age when it is safe to abandon the booster seat? Unless I am missing something here, age should never be a factor when it comes to safety.

Bill 73 clearly states, and I quote: "A child can start using a seatbelt alone once any one of the three criteria (age, height, weight) is met."

In other words, the way I am reading this, a tiny little eight or nine-year-old can kiss the booster seat goodbye, regardless of whether he or she is tall enough or heavy enough to be properly protected by the seat belt alone should a motor vehicle accident occur.

How can this be? I welcome any calls or letters if someone can just explain this to me...

Canadiana Crossword

Ticker Talk

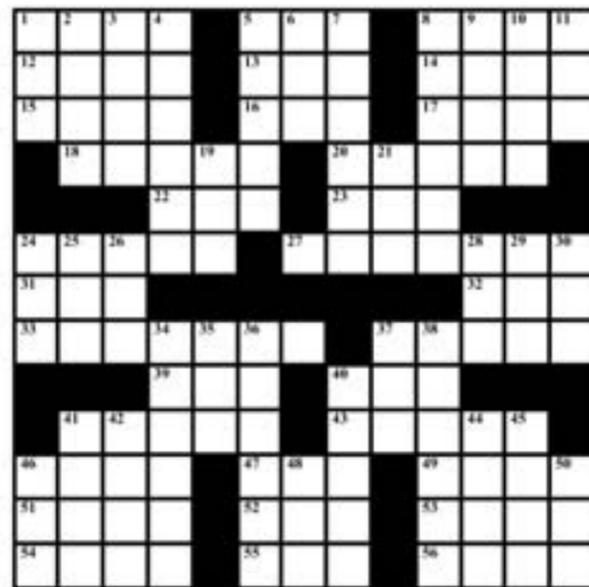
By Bernice Rosella and James Kilner

ACROSS

- Ret. income provider
- Possesses
- The "Y" in "O&Y"
- Little, in Laredo
- Yes, in Yamachiche
- AKA Charles Lamb
- Castle fortification
- Ukulele, slangily
- The "T" in "TCP"
- Titanesses
- Litigate
- Broadcaster MacLean, for one
- Vision
- The "P" in "CPR"
- Guido note
- Acronym denoting alias
- The "A" in "ATCO"
- Contributed to the pot
- Aussie icon
- Calendar abbr.
- The "S" in IPSCO
- Biblical ladder guy
- Duceppe's Parti
- Toilet in Twickenham
- Joint
- Let
- Go astray
- Annexes
- Amazes
- Sunburned
- Odelein, for one

DOWN

- Music mag.
- Cheer
- Lesion



- The "P" in "PCS"
- Living quarters
- Sea bird
- Mountain range
- Mid eastern nationality
- Evergreen shrubs
- Fjords
- Kit _____
- Cashew or almond
- Ad _____
- Red or Yellow
- Unwell
- Chat
- Obese
- Mamie's man
- Unprincipled one
- Builds
- Fish eggs
- Skater Cranston
- Macaw
- The "N" in "INCO"
- Ocean inlet
- Killed
- Attribute of sound
- _____ the lonely
- The "B" in "BCE"
- Auto paint protector
- Mineral source
- Compass pt



This Week in Contact

1975 – Changes in rates of pay will mean an increase of 13-14 per cent for most servicemen. The new rates reflect the efforts of the Joint Treasury Board/DND Advisory Group on Military Compensation to ensure that military members continue as a group to receive overall pay comparability with public service as a group.

1985 – On the occasion of 424 Squadron's 50th Anniversary this summer, the squadron received its new Colours, presented by Her Excellency, the Governor General of Canada. The old Colours will be returned to Hamilton, where the squadron received its Standard in honour of 25 years of accumulated service. The Colours will be laid up for safe keeping in Hamilton City Hall.

1995 – The members of the Canadian Forces who look after cargo and passengers aboard transport aircraft received full aircrew wings at a ceremony on September 26, 1995. Loadmasters have been part of transport crews since the mid-60s. At first they wore the same upright wing insignia as cabin attendants, with a maple leaf in the centre. In 1989, a special loadmaster symbol, the balance beam, replaced the maple leaf. The wings remained raised, rather than spread.

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



Mediating "on the edge"

For mediators of workplace disputes like me, every mediation is a happening. You work with each disputing party individually in advance to prepare a smooth and constructive meeting, but you still don't know what will happen when you bring those parties together, face-to-face. Those who don't like working tightrope without a net needn't apply for this job.

But this particular case (not a Trenton case) would be no ordinary mediation. This one, I was warned up front, would be "high risk". My colleague Dan and I, assigned to co-mediate, fully expected to fall flat on our faces on this one.

The request for mediation had come at the last minute from a difficult employee (call her Wendy). A civilian clerk, Wendy had over a long time exasperated and alienated just about everyone in her chain of command. Figuring that nobody else really knew her well enough to know how she could be most effective, she liberally re-interpreted every order and direction she was given. Now her supervisors, after years of getting only part of what they had asked of her, were taking administrative action. Sensing (correctly) that her career was in jeopardy, Wendy requested mediation.

Meeting with Wendy alone, Dan and I found her to be a sensitive, emotionally needy person. She broke into tears a number of times during our pre-mediation meeting with her, usually when talking about Doris, her supervisor. We found Doris to be practical and well-meaning but initially very pessimistic about the mediation (she would take part only because "that seemed to be what was expected of her as supervisor"). But as we approached the actual mediation, Doris became more eager...intrigued with the process and more optimistic about its outcome.

For his part, the unit CO actively opposed the mediation, demanding at the 11th hour—on the day of the mediation—that we first meet with him. He suggested to us that his planned administrative process was the better way to handle Wendy. But he relented—agreed to let the mediation proceed—when we told him that Doris, the real

owner of this supervisory challenge, really wanted this chance to work out a way-ahead with Wendy.

The mediation started well with Wendy and Doris both saying very positive things about each other. Doris expressed both genuine respect for Wendy's abilities and sympathy to Wendy's unique needs. But Doris also stood firm on a number of things that she deemed to be hard job requirements for Wendy. Wendy, reacting to each point of Doris' inflexibility as if it meant disrespect of her capabilities and unreasonable denial of her freedom, repeatedly broke into tears. On each such breakdown, Dan and I as neutral mediators, took her aside and dealt with the emotion, inviting her to consider other possible ways of looking at Doris' insistence. After our third such session with a tearful Wendy, Dan and I were resigned to having failed utterly.

Then, suddenly, late in the day—miracle of miracles—Wendy had an aha-moment... she let go of the idea that Doris' inflexibility sprang from "disrespect for Wendy" and instead decided that this was indeed just Doris doing her best to be a good supervisor. Through the mediation process, Wendy got to the point where she could acknowledge that Doris is in fact a sympathetic supervisor whose demands of her staff are fair. Along with this new clarity in seeing her relationship with her boss, Wendy achieved new clarity on her own future. She concluded the mediation by signing an agreement to henceforth meet all of her supervisor's demands.

"A month later, when Dan and I last called these clients, their deal was holding up fine."

Post Script: Mediation and various other Alternative Dispute Resolution (ADR) services are offered in the 8 Wing/CFB Trenton region by the Trenton Dispute Resolution Centre. You can learn more about ADR by taking one of the Workplace Conflict Management Courses to be offered by DRC Trenton as follows: 11-14 Oct 05, 15-18 Nov 05 (serial customized to unit chief clerks) and 6-9 Dec 05. For information about any ADR course or service, please call Mr AE (Ed) Jarick, DRC Admin Assistant (local 3440).

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SEPTEMBER 2005

STONES DEDICATED

Photo: Cpl Simon Duchesne, 8 Wing Imaging

The annual AD ASTRA Stone Dedication Ceremony, celebrating the "Year of the Veteran," was held at the Royal Canadian Air Force Memorial Museum on September 24. Pictured above: Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, salutes the Parade Commander, Major (Ret'd) Tommy Thomas (left).

DR. THOMAS G. MCDOWELL

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The "empty nest" blues

by Lori Weisflock
Mental Health Services

Some of my friends' children have gone away to college or university within the last year and report this as being quite traumatic. I never thought much about my children leaving home until last month when I went with my son to help him pick out his courses for his final year of high school. After our meeting I was surprised that I felt sad thinking that my eldest would probably be gone away next fall.

Parents react in various ways when their children leave home for the first time. It is normal for you to worry, feel lonely, depressed, scared, excited, happy, anxious, etc. It is also normal for your son or daughter to



react to the transition of leaving home. Here are a few ideas on how to cope :

1. Acknowledge your feelings by talking to others and the departing child.
2. Reassure your child that you are still there for them.
3. Help them set up their new home away from home.
4. Have regular phone/email contact with your child.
5. Have a good cry and repeat as needed.
6. Say goodbye with something special.
7. Allow yourself to reflect on your child's life so far and into their future.
8. Make sure that your child's home away from home is a safe and friendly environment.
9. Plan to see your child for visits on a regular basis and have that first visit scheduled ahead of time.
10. Show yourself and your child around their new community.
11. Give your child as much choice and freedom as possible with the move.
12. It's OK that your child knows that you will miss them a lot.
13. Clarify financial matters and the support you will provide financially.
14. Let your child know that they will be just fine. And you will be too.

For help in dealing with an empty nest, call Mental Health Services at 3651.

Microwave safety hazards



Submitted by
Don Heans,
Wing General Safety
Officer

Microwave ovens are almost as common to a household as a toaster. They offer a busy family a convenient way to enjoy a hot meal in minutes.

But because microwaves have become so widely used it is easy to forget the unique safety hazards associated with these special ovens.

It is important to read the manual that comes with any new appliance. A manual will help you understand how to operate your new microwave in the safest and most efficient way possible.

Here are a few hazards to consider when using your microwave:

D a n g e r o u s microwaves or MWVs will escape from any opening such as cracks, holes or the open door. The door of your microwave oven should have one or more safety switches called interlocks which turn the oven off automatically as the door opens. Make sure these

interlocks are not faulty. Check for loose or bent door hinges, missing screws and ineffective door latches. Make sure the door is not sprung, warped or misaligned.

Electrical arcing or sparks which can lead to fire can occur when food residue is in the oven. Your microwave is cooking the leftover food just as much as it is cooking the new food.

Make sure meat, poultry and fish are cooked thoroughly to avoid salmonella and other types of bacteria. Let microwaved food stand covered for a few minutes. This will allow heat from the inside to expand throughout the food, completing the cooking process.

Microwave ovens don't allow control over the temperature of the oil, which can spatter or boil over when overheated. If moisture were to reach the oil while your hand is inside the oven, the popping or boiling oil would have a close-range target.

When you cover a dish with plastic wrap before microwaving, leave a corner open so steam can escape. A tight seal could allow steam to build up in the dish causing painful consequences when you remove the food from the oven. Don't let plastic wrap touch the food. Plasticizers from some

wraps can migrate into the fats in foods. Pierce the skin of unpeeled potatoes, sausages, eggs you plan to cook in their shells and similar foods, allowing steam to escape. Consult your manual to learn the best way to use your microwave with such foods.

If you use old margarine tubs to store leftover foods and then pop these in the microwave for a quick dinner, remember some hot foods can melt the tub. Don't use recycled paper products in the microwave. Some recycled paper contains metal which can cause arcing. Do not use metal utensils in your microwave because this will also cause arcing.

Supervise your children when they use the microwave to make sure they clearly understand how to operate it. While some older children may understand its workings, younger ones may not. Avoid warming baby bottles in your microwave especially ones with plastic liners or holders. Microwave ovens heat liquids in layers causing uneven temperatures to occur.

There's more to operating a microwave than you think. Make sure your family knows how to use this handy device safely before a serious accident happens.

The Canadian Forces Postal Unit held its Annual Golf Tournament on Friday Sept 9, 2005. It was a great success. They would like to give a special thanks to the following sponsors.

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Maj P. Smith presents Joan Bond with a plaque for Womens Low Net Score.

Legislation calls for older children to use car seats

MSE Safety

Car crashes are the number one cause of death for Canadian children. A properly installed car seat can reduce the risk of serious injury or death by as much as 75%.

Car seat clinics show that as many as 80 per cent of car seats are installed improperly. Common errors include not tightening the seat-belt and harness enough, and not properly using a tether strap when required.

The Ontario government's new legislation effective September 1, 2005 will require the use of booster seats for children who have outgrown a car seat but are too small for a regular seat-belt.

Booster seats are required for children under the age of eight, weighing more than 18 kg but less than 36 kg (40-80lbs) and who stand less than 145 cm (4 feet 9 inches) tall. A child can start using a seatbelt alone once any one of the following criteria is met:

- the child turns eight years old;
- the child weighs 36 kg (80 lbs); or,
- the child is 145 cm (4 feet 9 inches) tall.

More drivers, beyond parents and legal guardians, are required to use child car seats when traveling with toddlers including, for example, baby sitters and grandparents as well as primary caregivers. You are encouraged to consult

your vehicle owner's manual and child car seat instruction manual when installing the child restraint. Ensure the seat is tightly secured.

If you find you are having difficulty or you have concerns with the proper installation of your child car seat you may contact your local police service or public health unit listed in the blue pages of your phone book, for clinic information. St-John Ambulance hosts clinics/training courses--visit them at www.sja.ca for more details.

For more information about child car seat safety contact the Ministry of Transportation at 1-800 268-4686.

Road safety...it starts with you.

Fitness, Sports & Recreation

Having diet difficulties? Try a food log



Laurie McVicar

Confessions from the Gym

I appear to be suffering a major case of the dreaded writer's block this week.

Even my usual back-up plan of surfing the fitness websites failed to turn up any interesting topics to discuss in this week's "confession." Hence, my trainer received an e-mail on Monday begging for ideas.

"How about how

great you've been feeling since sticking with and changing your program?," replied Jen. "Then you can go into how changing up your routine can help prevent boredom, keep the muscles guessing, etc.... And that it also aids in getting over a plateau. Doing the same thing day in and day out forever will be good for health, but you won't see

changes/increases."

It's true, I have noticed an improvement in how I feel since starting this program. Furthermore, I definitely notice a difference in energy (or the lack thereof) on the days I don't exercise.

In addition, as much as I hate keeping track of my "nutritional intake" via a food log, it's almost a necessity for me. When I don't record what I eat, I'll eat the things I would normally dread to record. Trust me, you get a lot more self-conscious about eating those triple chocolate, fat-laden, but totally delicious cookies when you know someone's going to see it in

your food log.

As much as I can't believe I'm actually suggesting this...I will. For those of you who do have problems sticking to a healthy eating plan, try keeping the food log. In fact, don't just keep it -- share it. Pick a friend, pick a co-worker, pick someone who also has dietary "issues" and make a point of reviewing each other's log on a weekly basis.

Not only will it keep you on the straight and narrow, it could grow into a good support system. Like most things, changing your lifestyle is sometimes a hard feat to accomplish on your own. Best of luck.

Sports shorts...

Old Timers Team Looking For Players

The Old Timers Hockey Team is looking for players to compete at the 2006 Regional Championship scheduled in Kingston from February 19 - 23, 2006.

The team will practice every Monday from 1500 - 1630 hrs and Wednesday, 1430 - 1600 hrs. Exhibition games will be held Thursdays from 1930 - 2130 hrs. This team is open to CF, Reserve class B or C Military personnel 35 year of age prior to Feb. 19. Final team selection will be completed during the last week in January. Interested players are to attend the practices or contact the coach, MWO Len Wood, at local 7707 or Team Captain WO Brian Frank at local 3194.

Women's Hockey Team

The 8 Wing/CFB Trenton Women's Hockey Team will be hitting the ice every Tuesday and Thursday from 1600-1700 hrs.

No matter what your ability, you are welcome to join us, in an hour of learning and fun. This team does not play in a league but will attend the Ontario Region Championship in Kingston, scheduled for Feb. 19 - 23. Anyone interested in playing is to attend the practices or contact Cpl Céline Picotin at local 2765.

Registration Extended

Player registration for NHL is extended until Friday, October 7.

The league is open to CF Military, DND, NPF and contract full-time employees. League will play at the RCAF Arena at noon, Monday - Friday. The cost is \$30 until the officials' fees are determined. Players must register in person at The Gymnasium main office. For more information, contact the Military Sports Coordinator, Dan Cormier, by e-mail or at local 3373.

Curling League Meeting

The Intersection Curling League organizational meeting is scheduled at the Gymnasium conference room for 1000 hrs, Tuesday, October 4.

The league is open to CF Military, DND, NPF and full-time contract employees. Interested team reps or players are to attend this meeting in preparation for the 2005/2006 Curling Season. For further information, contact the Dan Cormier by e-mail or at local 3373.

Players Needed for Men's Hockey Team

The Men's Hockey Team is looking for players to compete at the 2006 Ontario Region Championship, to be held in Kingston from February 20 - 24.

The team will practice every Monday from 1400 - 1700 hrs, starting on October 10. There will be a team meeting at 1900 hrs on Oct. 3 at Wahoo Sports Bar - all interested players are to attend. If you're not able to attend, please contact Sgt Wade Simpson at local 3781.

Classes

Military Swim

Tuesdays and Thursdays will feature stroke correction clinics, water running, and some intense sport-specific training delivered by PSP Fitness Instructors. Join us Tuesdays and Thursdays from 1130-1300hrs at the Rec Plex Pool.

Noon hour classes at the Gymnasium

feature the following
Monday - Hi Lo
Tuesday - Step
Wednesday - Spin
Thursday - NEW - two choices - Cardio&Core at the Gymnasium & Aquafitness at the RecPlex
Friday - Sweat

October's PSP FIT-BITS Newsletter will be available at the beginning of October. To receive our complimentary newsletter, please email Fitness Coordinator Lisa Refausse.

Picotin picked for all-star team

The Canadian Forces National Women's Slo-Pitch Championship was held at CFB Borden from September 17 to 21.

This year, CFB Petawawa, a solid team who went undefeated at the Regional Championship, represented the Ontario Region. Cpl Céline Picotin, from 8 Wing/CFB Trenton, was picked up by the Regional Champions and got to represent the Ontario Region at the National Championship.

The Ontario team finished second in the round robin tournament with three wins and one loss. The only team to beat them, CFB Comox representing the Pacific Region, ended up as their opponent in the ultimate and final game. Ontario took a three points lead but were unable to maintain it when the Pacific Region took

advantage of a bad inning. The final score was 7-5 in favour of CFB Comox.

Cpl Picotin's performance was of great help to the Ontario

team. In addition to being selected as a game Most Valuable Player (MVP), she was selected in the CF All Star Team in the short-stop position.



Corporal Céline Picotin is presented with a gift after being selected Most Valuable Player during the National Women's Slo-Pitch Championship, held at CFB Borden from September 17 to 21.

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Trenton MFRC Family Day

Sunday, October 2nd, 11 am - 3 pm



BBQ, Face Painting, Bungee Running, Jumping Castle, Kiddie Commando
The 8 Wing Firefighters will come with Sparky, the Smoke House, their truck and have hourly draw and a lot more...

Journée familiale

du CRFM de Trenton

Dimanche le 2 octobre de 11h à 15h

BBQ, Peinture faciale, Course Bungee, Château gonflable, Kiddie Commando
Les pompiers de la 8e Escadre viendront avec Sparky, la maison de fumée, leur camion et des tirages horaires et beaucoup plus...



Information Night

Do you know where you can get the needed information?
 Are you looking for local assistance?

Volunteer and Information Quinte in partnership with the Trenton MFRC will hold a bilingual information session regarding the offered services in our area, including: community services, leisure and tourist activities

Wednesday, October 5th, 2005 7:00 - 8:30 pm
 Siskin Centre

Guests Invités: Jacques Dufort, Le FrancoPhare
 Jaelyn McSwiggan, City of Quinte West
 Elaine Cole, QW Chamber of Commerce
 Hélène Cadotte-Gagnon, MFRC

Soirée d'information

Savez-vous où chercher pour obtenir l'information dont vous avez besoin? Cherchez-vous une aide locale?

Volunteer and Information Quinte en collaboration avec le CRFM de Trenton tiendra une session d'information bilingue sur les services offerts dans la région; services communautaires, de loisirs et de tourisme.

Mercredi le 5 octobre 2005 de 19h à 20h30
 Centre Siskin

Christine Geoffrion, VIQ
 Cathy Pryor, Welcome Wagon
 Holly Lalonde, Community Recreation Association

Wednesday Night Out

Pre register please by calling 965-3595 or 965-3575

Information Night

Come and find out what services the Quinte community has to offer. Guests from services in the Trenton Belleville area will answer your questions. Refreshments will be served. Date: October 5

Tole Painting / Halloween Witch

This Halloween witch can be yours! All materials, pre cut wood and paints and instructions are included. Explore your artistic talent making this craft.

Date: October 12 Time 6:30 pm - 9pm Cost: \$30 .Instructor: Marie José Dassylva

Les sorties du mercredi soir.

Veillez vous inscrire à l'avance en appelant au 965-3595 ou 965-3575

Soirée d'information

Venez vous renseigner au sujet des services offerts dans la communauté de Quinte. Des invités de la région de Trenton et de Belleville répondront à vos questions.

Date : le 5 octobre. Des rafraîchissements seront servis

Artisanat, (Tole Painting), une sorcière d'Halloween

Ce sera votre sorcière d'Halloween! Tout le matériel, le bois taillé à l'avance, les peintures et les instructions sont inclus. Explorez vos talents artistiques dans cet aspect d'artisanat.

Date : le 12 octobre, de 18h30 à 21h. Coût : 30,00\$ Animatrice : Marie José Dassylva.

Belly Dancing for Youth

The Dance that Celebrates Life, Birth and Creativity

Ages: 6 - 12 years old Saturday, October 1st, 10:00 - 11:30 am

Ages: 13 - 18 years old Saturday, October 15th, 1:00 - 2:30 pm

Cost: \$7.00 each

Payment must accompany registration to confirm spot.

Danse du ventre pour jeunes

La danse qui rend hommage à la vie, la naissance et la créativité

Ages: de 6 à 12 ans

Samedi le 1er octobre, de 10h à 11h30

Ages: de 13 à 18 ans

Samedi le 15 octobre, de 13h à 14h30

Coût: 7\$ chacun

Le paiement est dû au moment de l'inscription pour assurer votre place.

Japanese Language and Culture

This course will introduce you to the basics of the Japanese language as well as giving you some background on the history, people, food and present day culture of Japan. Start exploring the mysteries of Asian culture.

Starting: Wednesday October 5 for 8 weeks 7 pm to 9 pm Cost: \$75

Langue et culture japonaises

Ce cours vous initiera aux bases de la langue japonaise tout en vous donnant des notions concernant l'histoire, les gens, la nourriture et la culture actuelle du Japon. Commencez à explorer les mystères de la culture asiatique.

Date : les mercredis, du 5 octobre au 30 novembre, de 19h à 21h, 8 semaines

Coût : 75,00\$ Un minimum de 6 participants est requis.

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Energy Matters - heating

by WO. D. Carlson
81AEF

With the great summer we have experienced and hot temperatures we continue to enjoy, most of us are not thinking about the heating season.

The Farmers Almanac states the following: "The winter season will have below-normal precipitation and snowfall. Temperatures will be near normal, on average, with the coldest periods in early, mid-, and late December, and mid- and late January. The heaviest snowfalls will occur in late November, mid- and late December, late January, and late March."

It sounds as if we will experience an average Ontario winter but one never knows. If you haven't already done so, look into getting your furnace tuned up to ensure it is running at its peak efficiency. With energy prices on the rise, it makes sense

to seek out the expertise when it doubt on how to properly maintain your heating system. Below are a few items that one should be thinking about year round but some focus on the season approaching.

1. Set your thermostat back. For each 4oC you turn back the thermostat each night, you save up to 10% in energy costs.

2. Install low-flow showerheads. Efficient showerheads can cut water use by up to 60% compared to conventional fixtures.

3. Clean or replace your furnace filter. If you have a forced air system, the filter should be cleaned or replaced once a month during the heating season.

4. Seal heating ducts. If you find a drafty seam, seal it with high-quality duct tape (wide metal duct tape is best) or approved mastic specifically for duct sealing.

5. Stop cold air blasts from switches

and outlets on exterior walls. Install low-cost, high-density foam gaskets and seal them into place with clear caulking.

6. Attic hatches should be weather-stripped and the back of the hatch insulated as much as possible.

7. Insulate your hot-water storage tank. Wrap your hot water tank in a thermal blanket and insulate hot water pipes.

8. If your refrigerator-freezer is more than 20 years old, consider buying a new one. Fridges today use at least 55 percent less energy than those built in the 1970s.

9. Keep your dollars from escaping. Weather-strip your doors and windows to keep the cold air out and warm air in.

10. Stop air-conditioning your home year-round. Window air conditioners let in cold air and should be removed for winter.

Chimo!

8 WING HOSTS MILFOTO REUNION



Photo: Cpl Jean-Francois Neron, 8 Wing Imaging

Doug Price from British Columbia, a retired Canadian Forces photographer, participated in a tour of the RCAF Memorial Museum on September 17 as part of the Milfoto 2005 reunion. More than 300 retired or active Canadian Forces photographers/Imagery Technicians attended this reunion that was held at 8 Wing Trenton from Sept. 16-18.



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Tickets: \$5.00 per person
The first 500 people get a free hat, bratwurst & mug w/ refreshment
Advanced tickets may be bought at the JR Ranks Mess.
This event will coincide with the 210th anniversary of Alexander Keith's Birthday
This event is open to Jr Rank members and their invited guests.

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For more information contact the **JR Ranks Mess Office @3700**



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Eye on Entertainment

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
October 2 – October 8

ARIES (March 21-April 19): Too much going on and too many different interests will lead to mistakes on the 2nd that you can avoid. Daydreaming will be the enemy, so keep your wits about you and concentrate. You have to take an aggressive stance on the 3rd, 4th and 5th when it comes to making money. You will be fortunate in financial and legal matters. Try to conclude a settlement that has been lingering. You may feel impulsive on the 6th and 7th, and that can lead to overspending. Slow down and don't make a decision even if someone is pressuring you to do so. Be very careful not to overstep your bounds. You can pick up interesting items if you shop around on the 8th.

TAURUS (April 20-May 20): Everything will depend on how well you take care of yourself on the 2nd. You have to clear up all the loose ends on the 3rd, 4th and 5th that are getting in the way of your progress. Once you have, you will be free to start something new. An interesting change will occur, so take part in an organized event. Love problems are likely to arise on the 6th and 7th. Be careful how you handle others, regardless of the circumstances. Dangerous repercussions can develop if you are too cocky. You can make some adjustments at home on the 8th, but don't do anything rash. Think things through if you don't want to make a mistake. Getting upset or angry will be a waste of time.

GEMINI (May 21-June 20): Your creative mind and your ability to adapt will put you in the spotlight on the 2nd and keep everyone around you guessing. Do something for yourself on the 3rd, 4th and 5th. A new outfit, look or even a little cosmetic manipulation will help you build your confidence back up. You may want to book your next vacation to an exotic location. Love is looking good. You can sum up deals and move on from one project or job to another on the 6th and 7th. Taking the opportunity to expand your knowledge regarding a future goal will bring you more confidence. Romance and having fun should be your goal on the 8th. A shopping spree will result in a fabulous purchase.

CANCER (June 21-July 22): You will have to be very careful how you handle personal issues on the 2nd. Someone will argue with you, regardless of the position you take. Lucky in love and unlucky with money just about sums it up on the 3rd, 4th and 5th. Refrain from overspending trying to impress the one you love. Observe the behavior of children: A lot can be learned from the young and the innocent. Pay a little more attention to your health on the 6th and 7th. Sign up for an exercise program or change your dietary habits. A financial problem can be resolved. Money is coming your way on the 8th, and a chance to do something special will make you feel good about who you are.

LEO (July 23-Aug. 22): Someone from your past will be on your mind on the 2nd. Stop procrastinating and get in touch. A short trip will lead you in a new direction on the 3rd, 4th and 5th. You will be able to pick up valuable information that confirms you are doing the right thing. A partnership will turn out to be more unique than you imagined. Don't let troubles at home slow you down on the 6th and 7th. You are in a high social cycle, so hook up with people who can help you. Make any changes that you feel can contribute to your future advancement. Get involved in something totally unique on the 8th. It will bring you greater vision for future prospects.

VIRGO (Aug. 23-Sept. 22): Your mind will be on work and your future on the 2nd. If you have an idea, act on it. You can make a move from one career to another on the 3rd, 4th and 5th or even get a job if you have been out of work. Business deals, increasing your income or making an investment look positive. As much as you want to have everything fall into place, that won't be the case on the 6th and 7th. You will have to work around people who are hemming and having about what you should do. The less you allow others to get involved in your business, the better. Be reasonable on the 8th when it comes to relationships. Living in a dream world will only lead you down the wrong path.

LIBRA (Sept. 23-Oct. 22): Don't fret if you have promised to do too much for too many on the 2nd. Call in the troops and get some help. The more versatile you are, the better you will do on the 3rd, 4th and 5th. Think outside the box and you will grab other people's interest. The more mingling you do, the better your chance will be to promote your latest idea. Deals can be established and money made. You will find it difficult not to make a big deal out of little things on the 6th and 7th. Don't get all worked up over nothing. A problem with a settlement may cause some anger. You are on the right path and everything you do is leading to success on the 8th.

SCORPIO (Oct. 23-Nov. 21): There may be too much going on undercover on the 2nd. Do not reveal your secrets. Be a diplomat, not a diva. You will have to take a totally different approach on the 3rd, 4th and 5th in order to get around some of the obstacles you face. It's hard to make people with less vision see things your way. Work quietly behind the scenes. Someone you work with is likely to pay more attention to you on the 6th and 7th. Question what this person wants before you pursue any sort of partnership. Money deals can be good on the 8th. Check out real estate opportunities. You will have a splendid idea regarding your income or changing your professional direction.

SAGITTARIUS (Nov. 22-Dec. 21): A chance to connect with some influential people on the 2nd will help you move into more prominent circles. Remain a team player. You have to network on the 3rd, 4th and 5th if you want to get ahead. Career moves will be advantageous. Concentrate on getting ahead in the business world by connecting with people in the industry. A problem with an authority figure is likely to lead to an unsavoury situation on the 6th and 7th. Focus on work and keep your thoughts to yourself. Progress can be made if you refuse to get involved in the melodramas around you. Get involved in a project on the 8th that can raise your profile. A solid deal is coming your way.

CAPRICORN (Dec. 22-Jan. 19): You will be erratic and uncertain about your future on the 2nd. Don't let it ruin your time with loved ones. Stick to what you know and do best. You will be criticized if you make even the slightest mistake on the 3rd, 4th and 5th. Don't get involved in gossip or stretch the truth. Be prepared to defend yourself. You may feel like helping someone out on the 6th and 7th, but chances are very good that you will be taken advantage of. Do not get involved in money deals or make decisions that could turn into long-term costs. Keep an eye on whatever can go wrong on the 8th and prepare to deal with matters swiftly. Someone you think is on your side probably isn't.

AQUARIUS (Jan. 20-Feb. 18): Money is the name of the game and you are in it to win on the 2nd. You will have lady luck in your corner and a chance to do something great. Strictly business: That's what you should be sticking to on the 3rd, 4th and 5th. Getting involved in the personal life of a friend will backfire. Love may take a turn, but in the end it will be to your benefit. You have to communicate to as many people as possible on the 7th and 8th about something you want to pursue before moving forward. Don't make sudden decisions or changes -- bide your time. Don't wait for someone else to start the ball rolling on the 8th. An idea you've come up with will mold your future direction.

PISCES (Feb. 19-March 20): Offer to entertain others on the 2nd and you will in turn be entertained. You have plenty to offer and everyone will see how complex and intriguing you are. The emphasis will be on money, health and legal matters on the 3rd, 4th and 5th. Take care of any pending problems. Changes may not be welcome but they will be good for you. Try something altogether different on the 6th and 7th. In doing so, you will meet someone who can alter your future. Make personal changes that will enhance your looks and make you feel good about who you are. You may want to consider the company you've been keeping on the 8th. It may be time to move on.

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The Contact Newspaper staff would like to acknowledge Dr. Bruce D. Coward & Associates as the weekly sponsor of our newest feature, **The Contact Comics**.



MISFITS BY BRIAN CODAGNONE



Community Events

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Matinees Saturday & Sunday

MOVIES MOVIES MOVIES

MOVIE LINE-UP

- 40 Year Old Virgin (PG) 1:00 7:00 9:15
- Flight Plan (PG) 1:10 7:10 9:10
- Corpse Bride (PG) 1:05 7:05 9:05

Coming Soon: The Greatest Game Ever Played
 Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

CALL 392-4211 FOR INFORMATION

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



UNITED WAY TEEN DANCE

Where - 8 Wing RecPlex
 When - October 14 (Friday)
 Time - 7 - 10 p.m.
 Cost - \$4 at the door
 Ages - 9 to 15+
 DJ ON DUTY AND TAKING REQUESTS
 CANTEEN WILL BE OPEN

WING COMMANDER'S UNITED WAY GOLF TOURNAMENT

The Wing Commander's United Way Golf Tournament was conducted on September 14 at the CFB Trenton Golf Course. It was successful with numerous personnel taking part. The total amount raised was \$8,200 for the United Way. The winners were: Lisa Rowe, John Sheard, Larry Macdonald and Stu Macmillan.

We would like to thank our sponsors and volunteers for helping to make this tournament a success: Jim McPeake (Bay Mazda), Brent MacFarlane (Labatt), and Scott Bennett (Wilson Sports). Thanks also to all of the Hole Sponsors—Simcoe Office, Frost Automotive, Randall's, Four Season's Sports, Tomasso's Dining, Fitness Depot, Advantage Fitness, Golden Valley Restaurant, Continental Fitness, Centre Theatre, Rumours Restaurant, Gym-Con, Irvin Canada, National Fitness, Tim Hortons Cobourg, Napa Automotive, Twin City Rentals, Carm's Pools & Spas, Herrington Auto Service, Jack's Filling Station and Loraday Environmental—and prize donors—Hercules Tires, Advantage Fitness, Fitness Depot, Ping Canada, Sysco, Royal Bank, Chaisson Trophies, Alpine Hotel, Timberwolf Gallery, Lansing Express and Irvin Canada. Special thanks to volunteers Mrs. Henderson, Dawn Henderson, Kristy Henderson, Christa Strickland, Lisa Leroyer and Shirley Martin.

Chronic Pain Management Support Group

Held Tuesday and Thursday Afternoons
 1330-1530 for 4 weeks
 Beginning **Tues Sept 20** and ending **Thurs Oct 13**
 Open to all CF members, DND employees, Spouses or 8 Wing personnel.
Meetings take place at Mental Health Office conference room at the new 8 Wing Medical Clinic.
 Some of the topics covered will be: Coping Strategies, Pain Journaling, Pain Levels and Triggers, Common Pain Symptoms, Relationships and Pain Medication, Community Resources, Attitudes, Work and Pain.
 To register or for more information please contact **Lori Weisflock at 2254.**

The Town & Country Camera Club

meets the first **Wednesday** of each month at 7:30 p.m. at the **Dufferin Centre, Trenton.** At the next meeting on **October 5th**, members are requested to bring slides and/or prints for "show and tell." **New members are welcome. For more information, call Harriet 392-4449 or Tony 394-5393.**

Quinte West Public Library and the Friends of Quinte West Public Library will present a garden craft demonstration and end-of-year garden advice by members of the Trenton Horticultural Society.

Where: Quinte West Main Library
When: October 5, 2005
Time: 7 p.m.

For more information, contact:
 Robert Amesse
 392-3381, ext. 3325 or
 Ramesse.qwpl@city.quintewest.on.ca

Astra Lanes will be hosting a **Karaoke Night** on **October 1** from **7 - 11 p.m.** All you can bowl for \$10 plus try out those singing voices with Karaoke.





CHAPLAIN SERVICES

SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
 UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
 Padre Mike Adamczyk
 Padre Marc Torchinsky

WORSHIP SERVICES

<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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BAPTISM/BAPTÊME
 Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES
 It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR
 After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.

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Finance

So little space, so many questions

it's your Money



Garth Turner

Well, I guess I asked for it! Last week I responded to a few readers' queries about their real estate and mortgage financing, and made the silly suggestion that any other reader could drop me a line with their own question.

My email inbox is still recovering, as hundreds of people took advantage of the offer – so many, in fact, that I just can't get around to responding to everyone. But below are some typical questions and I'll get to some more in the next column. Boy, when it comes to the current market, we are all apparently fascinated!

From southern Ontario: "I am 30 years old, with a \$100,000 mortgage and have some money to put against it. In these uncertain times, should I do that, or invest in RRSPs and use the tax credit to reduce the mortgage. My renewal is four years away – one of those locked-in cowards."

Well, dear coward, with residential real estate at, or near, the top of the price cycle in Ontario, I would be reluctant to put any immediate money against the (relatively puny) mortgage

– especially at today's low rates. Yes, you are better to invest it in growth assets inside the RRSP (and that does not mean GICs), and throw the refund at the debt.

From Winnipeg: "You say be ready to buy in February – is that just in Toronto? I just bought a triplex here for \$78,000, which is fully rented. I want to buy more, but should I wait?"

Hey, a triplex for \$78,000? You'll have trouble finding a garage for that in Toronto. Of course it makes sense to pick up income properties like that, because I am sure you are cash-flow positive from day one. Winnipeg is one of the most bargain-laden markets in Canada, and if prices decline much more, they'll be giving away houses. As with any income property at any price – if it makes you money, buy it.

From Fredericton: "Do you think the coming real estate adjustment will have much of an impact in smaller towns? Five years ago a new home here was \$125,000 and now it's over \$200,000, while in the prestigious areas, homes are \$350,000 that

were \$230,000 five years ago."

Yeah, the real estate boom that's been on since 1999 has had an impact everywhere, and Fredericton – which is a government town with a fairly restricted supply of new homes, and whose riverside beauty is attracting more folks – has not been immune. The answer to your questions is simple: a weaker economy, higher mortgage rates and crazy energy prices will dampen real estate everywhere. But the impact will be far less in your city than in Toronto. If you want to move up, wait a few months.

From West Vancouver: "My house is worth about \$800,000 and we have a mortgage of \$238,000 at 4.45 per cent. I have about \$250,000 in my RRSP and am thinking about using that to create an RRSP mortgage when it comes up for renewal in May. I am having difficulty making the mortgage payments, and am considering buying a smaller home. I'd like to retire in five years and will never pay off this mortgage."

So much for the joys of living in the Lower Mainland, eh? Real estate values are nuts, and I would encourage you to move to Fredericton. Or Winnipeg! Seriously, if you want to have a nice retirement, then get your mits on the \$550,000 in real estate equity that you currently have by selling and finding a better alternative. You are

not a candidate for an RRSP mortgage with retirement looming in five years.

From Victoria: "I bought a townhome last spring with \$100,000 equity and a \$200,000 variable rate mortgage. Should I lock in?"

No. Chill out, since the higher dollar now will stall any serious rate hikes for a while. I'll let you know when to lock.

From Toronto: "I've been a realtor since 1955, and agree low rates are fuelling the market and it cannot go up 10 per cent a year forever. But don't you think increased immigration and job growth affects demand for housing? Isn't Toronto cheap by international standards, like New York, London or Hong Kong?"

Shed the scales from your eyes, my friend. Yeah, the local economy does impact real estate, but Toronto is no London. In London average families do not expect to be able to afford to live in the city (and can't), while in Toronto the market is driven entirely by domestic demand. That means when the average family can no longer afford to buy the average home, the market stalls. Sadly, we are at that point. As I have said before, this is not 1989, and the market will not spiral lower. But I wouldn't want to close on a house this week.

Okay, okay, I'm still open for business: garth@garth.ca.

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Bob Johnson
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Picture not available
Mike Richardson
Belleville, Ontario

PROUD TO SALUTE THOSE WHO SERVE.



Fire Prevention Week

Remember, fire prevention does not only last for one week but for 365 days a year.



A PROCLAMATION

Now know you that we, by and with the advice of our Privy Council for Canada, have thought fit to designate and do designate the week of Sunday the 9th of October, and ending on Saturday the 15th of October in the present year as

"FIRE PREVENTION WEEK"

This year Fire Prevention Week is from Oct 9th through Oct 15th, embraces the theme "USE CANDLES WITH CARE," and is dedicated to raising awareness of the dangers of fire and how important it is to ensure candles are NEVER left unattended--*When you go out, blow out!* While the 8 Wing Fire Department makes fire prevention and education an every day practice, this week is a special week where we make an exceptional effort to involve all of the elementary school children and all 8 Wing personnel.

Each day during this week members of our fire prevention team, as well as duty members, will visit the schools and give a presentation as well as conduct fire drills.



A member of the 8 Wing Fire Department assists a youth with the final task of the Mini Firefighter Challenge during last year's MFRC Family Day.



Capt. J. Grondines
Fire Chief



MWO J. Belanger
Deputy Fire Chief



Cpl. M. Roddy



Pte. D. Manser



Cpl. J. Moreau



Cpl. D. Simard



Sgt. P. St. Croix



MCpl. J. Smallwood



MCpl. G. Ridgewell



MCpl. Downie



Pte. N. Dugas



Cpl. K. Ellwood



Sgt. S. Bolduc



MCpl. B. Sylvester



Cpl. S. Barker



Cpl. S. Charest



Cpl. J. Charlebois



Pte. J. Budaker



Cpl. R. Wightman



Pte. G. Scott



Sgt. A. Provost



Pte. K. Kruse



MCpl. R. Johnson



WO. C. Prochilo



Pte. M. Davis



Pte. N. Cristo



Sgt. J.G. Cayouette



Fire Prevention Week

Remember, Fire Prevention does not only last for one week but for 365 days a year.

The history of Fire Prevention Week has its roots in the Great Chicago Fire on October 9, 1871.

This tragic event killed 250 people, left 100,000 homeless, destroyed more than 17,000 homes and buildings and burned 2000 acres in 27 hours. While the origin of the fire has never been determined there has been much speculation with one popular legend being that Mrs. Katherine O'Leary was milking her cow when the animal kicked over a lamp, set the O'Leary barn on fire and started this devastating fire.

On the Great Chicago Fire's 40th Anniversary, the Fire Marshall's Association of North America sponsored the first National Fire Prevention Day as a way to keep people informed of the importance of fire prevention. Every year since then, on the Monday through Saturday where the 9th of October falls, Fire Prevention Week has been observed.



MCpl C. Dunn



Cpl P. Badani



Pte J. Allen



Cpl M. Hubbard



Cpl J. Knipe



MCpl T. Currie



WO L. Herbert



Pte T. Benoit



Pte M. Saulnier



MCpl R. Comeau



Cpl Ballantyne



Pte P. Bradley



MCpl J. Pereira



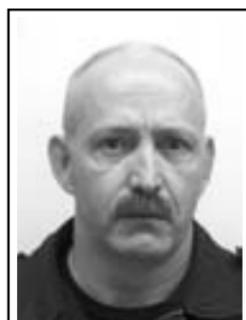
Cpl D. Gosse



Cpl E. Justason



Pte J. Regan



WO L. Maynard



Sgt S. Pepiot



MCpl J. Young



Cpl C. Petit



Members of the 8 Wing Fire Department responded to a brush fire on April 18, 2005 in Middleton Park.



Firefighters perform a extrication demonstration in front of the Headquarters building during Fire Prevention Week last year.



One of the many services provided by the 8 Wing Fire Department is fire extinguisher training.

Showcase

Showcase



Cpl J. Crepeau
received a promotion to that rank, presented by Maj S. Raby, WTO.



Cpl J. Amaral
received a promotion to that rank, presented by Maj T. Giles, D/WLEO.



Cpl S. McGrath
received Driver of the Month Award, presented by Maj T. Giles, D/WLEO.



MCpl W. Baxter
received a promotion to that rank, presented by Maj T. Giles, D/WLEO.



Cpl J.F. Pepin
received a promotion to that rank, presented by Maj S. Roy, and Maj E. Morris, 8AMS.



Maj S. MacLean
received a promotion to that rank, presented by Maj B. Bain and LCdr M. Doggett, CO24 CF H Svcs.



Lt R. Wood
received a Certificate for Health Service Management, presented by Maj B. Bain and LCdr M. Doggett, CO24 CF H Svcs.



MWO L. Turner
received a promotion to that rank, presented by Maj B. Bain and LCdr M. Doggett, CO24 CF H Svcs.



Cathy Yeager
received a Certificate for Risk Management and Safety, presented by Maj B. Bain and LCdr M. Doggett, CO24 CF H Svcs.



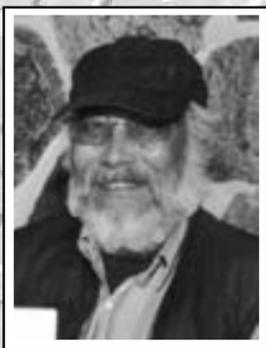
James LeBlanc
received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.



Mike Godkin
received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.



Bruce Morton
received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.



Ken Galloway
received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.



Bob Loshaw
received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.



Bill Vanclief
received his 25-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.

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P	O	C	O		O	U	I		E	L	I	A		
M	O	A	T		U	K	E		M	E	A	T		
		T	R	A	N	S			R	H	E	A	S	
			S	U	E				R	O	N			
S	I	G	H	T			P	A	C	I	F	I	C	
E	L	A									A	K	A	
A	L	B	E	R	T	A			A	N	T	E	D	
			R	O	O				F	R	I			
	S	T	E	E	L				J	A	C	O	B	
B	L	O	C			L	O	O			K	N	E	
R	E	N	T			E	R	R			E	L	L	S
A	W	E	S			R	E	D			L	Y	L	E

Attention Readers:

Check out page 12 for The Contact's newest feature The Contact Comics! Thank you to our sponsor:
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Credit card scam reported to MP Sqn

It has come to the attention of the Military Police that e-mails, regarding a credit card scam, have resurfaced on the Wing.

Although the information contained in the story is an urban legend dating back to the year 2000, the tactics utilized are legitimate and could be used to defraud someone.

The scam entails the following:

You receive a call from someone claiming

to be from the Fraud Department of either Visa or MasterCard, stating that your card has been flagged for unusual purchases. The caller will state that they need to confirm that you are in possession of your card and ask you to provide him/her with a three digit PIN number located on the back of the card. Once you have provided them with the PIN number, the scammers have all the required information to make

purchases on your credit card.

Should anyone become the target of such a scam, or any other telephone fraudulent activity involving your credit cards, hang up immediately, contact your local police department, the bank that issued the credit card and contact the following agencies:

- Phonebusters: 1-888-495-8501, or e-mail at www.phonebusters.com.

- Transunion - FVAD (Fraud Victim Assistance Department): 1-877-525-3823.

- Equifax Credit Information Services-Consumer Fraud Division: 1-800-465-7166.

If you have any further questions or concerns, please contact the Military Police Community Relations NCM, Cpl Lyne Papineau, at local 7154, or the shift supervisor at local 4444.

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<p>2005 Chrysler 300</p>  <p>V/6, auto, air, CD, pw., pl., ps., cruise, tilt, keyless entry, alloy wheels, fog lights. Stk#636P 26,582 kms.</p>	<p>2004 Dodge SX 2.0</p>  <p>4 cylinder auto, air, am/fm stereo, CD, power windows, tilt wheel. Stk#4084 28,373 kms.</p>	<p>'03 Dodge Dakota SLT</p>  <p>4X4, V/6 auto, air, CD, bucket seats, cruise, tilt, alloy wheels, bed liner. Stk#5192B 12,308 kms.</p>	<p>2003 Kia Rio</p>  <p>4 cylinder auto, air conditioning, am/fm stereo, CD, bucket seats, tilt wheel. Stk#5239A 42,812 kms.</p>	<p>'03 Dodge Ram 1500</p>  <p>V/6 manual, air conditioning, CD, cruise, tilt, rear sliding windows, running boards, bed liner, tow pkg. Stk#5369A. 73,123 kms.</p>
<p>2002 Chev Malibu</p>  <p>V/6 automatic, air, CD, bucket seats, cruise, tilt wheel, keyless entry. Stk#5468A 50,564 kms.</p>	<p>1999 Chrysler Intrepid</p>  <p>6 cylinder, auto, air, PW, PL, PM, PS, 100,735kms. Stk: 4479A</p>	<p>2002 Ford F-150 XLT</p>  <p>V/8, auto, 4X4, air, CD, pw., pl., ps., cruise, tilt, keyless entry, running boards, 3rd door, 4th door, bed liner. Stk#5427A. 82,509 kms.</p>	<p>'05 Dodge Caravan SXT</p>  <p>V/6 automatic, pw, pl, 4 captain's chairs, cruise, tilt, keyless entry, alloy wheels, tinted windows, roof rack, pass. air, Stk#5113, 21,714 kms.</p>	<p>2004 Chrysler Sebring</p>  <p>Automatic, 4 dr, 6 cyl., gas, graphite exterior, grey interior, fog lights, alloy wheels, power windows, power locks, power mirrors, cruise control, tilt wheel, driver air bag. 24,000 km</p>
<p>'05 Ford Explorer Sport Trac</p>  <p>Automatic, 4 dr, 4.0, 6 cyl., gas, 4x4, red exterior, grey interior, fog lights, alloy wheels, running boards, tonneau cover, bucket seats, power seats, air conditioning, AM-FM 11,292 km</p>	<p>'03 Ford Windstar SEL</p>  <p>V/6 auto, air, CD, pwr. windows & locks, 4 captain's chairs, cruise, tilt, alloy wheels, overhead console, DVD. Stk#5340A. 81,087 kms.</p>	<p>'05 Jeep Liberty Limited</p>  <p>Automatic, 4 dr, 3.7, 6 cyl., gas, 4x4, dark blue exterior, grey interior, alloy wheels, tinted windows, air conditioning, AM-FM stereo, compact disc, power windows, power locks 26,674 km</p>	<p>'02 Grand Caravan ES</p>  <p>V/6 auto, air, CD, pw., pl., ps., leather, 4 captain's chairs, cruise, tilt, keyless entry, alloy wheels, power slide door. Stk#5527A. 80,484 kms.</p>	<p>2002 Dodge Caravan</p>  <p>V/6 auto, air, CD, pw., pl., bucket seats, cruise, tilt. Stk#5473A 103,184 kms.</p>
<p>2002 Dodge Dakota</p>  <p>4X4, V/6 auto, air, CD, alloy wheels, rear sliding window, bed liner, tow package. Stk#592P 59,985 kms.</p>	<p>'05 Pacifica Touring AWD</p>  <p>V/6 auto, air, CD, pw., pl., ps., cruise, tilt, keyless entry, alloy wheels, fog lights, wood trim, pwr. trunk. Stk#618P. 4,842 kms.</p>	<p>'05 Jeep Grand Cherokee</p>  <p>4X4, V/6 auto, CD, pwr. windows & locks, cruise, tilt, traction control, keyless entry, alloy wheels, roof rack. Stk#633P. 12,494 kms.</p>	<p>'05 Chevy Blazer ZR2</p>  <p>4X4, V/6 auto, air, CD, pwr. windows & locks, cruise, tilt, keyless entry, alloy wheels, tow package. Stk#5082B 1,012 kms.</p>	<p>2004 Saturn Vue</p>  <p>V/6 auto, AWD, air, CD, pw., pl., cruise, tilt, keyless entry, alloy wheels, fog lights. Stk#630P 14,572 kms.</p>
<p>'04 Chrysler Pacifica</p>  <p>V/6 auto, AWD, air, CD, pw., pl., cruise, tilt, traction control, keyless entry, alloy wheels, fog lights, roof rack, memory seat, auto stick. Stk#620P. 31,561 kms.</p>	<p>'01 Jeep Grand Cherokee Ltd</p>  <p>V/8, auto, 4X4, air, CD, pw, pl, leather, bucket seats, cruise, tilt, keyless entry, sunroof, alloy wheels, fog lights. Stk#5169A. 54,065 kms.</p>	<p>'04 Dodge Ram 1500 Hemi 4X4</p>  <p>V/8, air, CD, pw, pl, ps, alloy wheels, fog lights, running boards, tonneau cover, tow pkg. Stk#5533A 40,231 kms.</p>	<p>2004 Ford F-150 XLT</p>  <p>4X4, V/8, auto, air, CD, pwr. windows & locks, cruise, tilt, alloy wheels, fog lights, 3rd door, 4th door, bed liner. Stk#617P. 44,054 kms.</p>	<p>2002 Dodge Neon</p>  <p>Automatic, 4 dr, 2.0, 4 cyl., front wheel drive, red exterior, charcoal interior, alloy wheels, tinted windows, spoiler, bucket seats, air conditioning, AM-FM stereo, compact 93,000 km</p>

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