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Changes to Clothing Upkeep Allowance

8 Wing Public Affairs

A change in the way CF members will acquire non-operational clothing will take effect September 1.

Effective August 31, 2005, the Clothing Upkeep Allowance (CUA) will cease and Regular Force members will switch to a point system to order replacement distinctive elemental uniforms (DEU). On September 1, all Regular Force members shall acquire 200 points to purchase DEUs. All those members in DEU units will receive an additional 400 points by December 1, 2005.

Answers to questions regarding this shift in clothing policy can be found below, and by reading CANFORGEN 125/05 ADM (HR-Mil).

FREQUENTLY ASKED QUESTIONS

What was the CUA intended for?

The CUA was a non-taxable benefit paid to military members to support out-of-pocket purchases of DEU items such as shoes, pants and shirts. Some military members received misinformation about which items and services may or may not be purchased using their CUA. For instance, haircuts, shoe polish, starch, items used on training and operations, as well as dry-cleaning services, were not part of the funding formula approved by Treasury Board in 1992.

Why is the CF switching from CUA to the "points" system for DEU replacement?

There are four basic reasons:

- Dress regulations have changed substantially and units are adopting operational clothing as dress-of-the-day;
- The CUA and CUA price list have not been revised since 1992;
- There has been a significant decline in the amount of CUA spent by CF members; and
- There has been an increased emphasis on modern comptrollership and effective stewardship of public funds.

Isn't this initiative simply taking money away from members and putting it into the supply system?

No. Changing times necessitate changes to the clothing program. While ceasing CUA will save money, other reasons (see above) require the system be updated. The funds saved by ceasing CUA will be reallocated by the Vice Chief of the Defence Staff to where it will be most beneficial to the CF.

If there is a change in the entitlement, life expectancy or contract price, will allocated points be amended?

Yes. Changes to the "points" system can be made internally within the Department rather than Treasury Board, resulting in far less administrative effort to keep the system current and equitable to all CF members.

How many points will I receive?

Point allocation takes into account the life expectancy of each DEU item as well as the scales of issue and replacement cost. The points allocation has been harmonized to

See Points system to be implemented, Page 2

SUNSET CEREMONY DRAWS THOUSANDS

Photo: Laurie McVicar



The Blackdown Pipes and Drums Band was one of five groups that performed during the Cadet Sunset Ceremony at 8 Wing/CFB Trenton on August 13. The event featured the Tattoo, Retreat, Feu de Joie and medal presentations to veterans in the audience. See page 8 for more details.

LCol Konyk new CO at 424 Squadron

by Laurie McVicar
Assistant Editor

There couldn't have been a more suitable example of the adaptability and professionalism of 424 Transport and Rescue Squadron personnel than what was demonstrated at their Change of Command Ceremony on Tuesday, August 16.

A rescue operation forced last minute changes to the program, turning it from a marching parade to a static one. The event saw Lieutenant-Colonel Michel Lalumière hand over command of the squadron to LCol Russ Konyk.

"Yesterday as we were
See 424 Squadron, P.2

Photo: Cpl Simon Duchesne, 8 Wing Imaging



August 16 saw a Change of Command Ceremony at 424 Transport and Rescue Squadron. Pictured here, signing of the Change of Command certificate, are, from left: LCol Russ Konyk, the incoming Squadron CO, Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, and LCol Michel Lalumiere, the outgoing Squadron CO.

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424 Squadron welcomes new CO

getting organized for the practice, at the same time we had a crew on the Cormorant doing a medevac to Moosonee for a three-month-old baby with breathing problems," explained LCol Lalumière.

"Right away everyone here understood there would be a requirement for a crew change, the Hercules would get involved to support that aspect and we would need another crew ready to maintain the SAR posture this morning. We were already at minimum numbers in this high season for us, including some flights in the Arctic for Box Top. Halfway through the (practice) parade, the ops people came down to announce we wouldn't have the numbers that we would require for the parade. This is what (search and rescue) is all about. We will adapt to whatever is being thrown at us, and we will succeed."

Since taking over command of the squadron two years ago, LCol Lalumière and his personnel have proven their flexibility time and time again.

"Tigers, it's been an incredible honour to have served with you over the past two years. We've gone through some pretty incredible challenges and a lot of work. The workload with the CC-130 in these years of YFR (Yearly Flying Rate) rebuilding. There were a lot of great accomplishments in that aspect. We've also retired the venerable Labrador and said goodbye to our maintainers on that platform as well. We've introduced the Cormorant helicopter and started a new relationship with IMP (Industrial Marine Products). There's been a lot done in two years."

LCol Lalumière thanked his Squadron members for their efforts.

"When I arrived, I mentioned I thought three elements would be key in achieving success. I talked about communication, trust and family. We all know that in this specialty career we all hold one piece of the puzzle and the challenge is to bring all these pieces together to make them one. You can't



LCol Lalumière says farewell.

achieve that without communication. That is one of your strengths. We put the lives of one another in each other's hands. You've demonstrated a lot of trust – trust that is built on very strong respect. In this job there's a lot of work, a lot of stress and a lot of risk. You'd better have a good foundation. Unless you have that foundation, such as family and friends, you won't have the right balance and it's not going to work."

Addressing Colonel Deschamps, Commander, 8 Wing/CFB Trenton, he stated, "This Wing is accomplishing great successes by the quality of its people. I thank 8 Wing for all the support, the friendship, the encouragement and also all the work. Without these, none of this would have been happening. We wouldn't be here right now."

During his speech, Col Deschamps noted how Change of Command events are an opportune time to reflect on a squadron's accomplishments.

"In this two-year tour, the squadron has completed a smooth transition from the Labrador to the Cormorant aircraft while maintaining an undiminished operation tempo. In addition to the Cormorant transition, the squadron was required to deploy personnel to support CF operations in South-West Asia, something that is new to Search and Rescue. In fact, in the past year alone, we saw 424 personnel deploy to NATO Headquarters and to Sudan," he stated. "No matter what the challenge at hand, 424 Squadron, under the leadership of LCol Lalumière always rose to

the challenge and delivered a top notch performance.

Michel, you can take great pride in what this unit has accomplished under your leadership. You have made a difference at the squadron and at this wing."

Col Deschamps also welcomed LCol Konyk.

"424 is losing a great CO, but you're also fortunate in that your new CO, LCol Konyk, is no stranger to this squadron and to the world of search and rescue. He brings with him a wealth of operational experience, which I'm sure will be well used in guiding this squadron into the future."

Since joining the Canadian Forces in 1979, LCol Konyk's SAR experience has included: serving two consecutive tours with 413 Transport and Rescue Squadron, one tour with 424 (T&R) Squadron as Deputy Labrador Flight Commander, Labrador Chief Check Pilot and Chief Maintenance Test Pilot, a position as the Directorate of Air Requirements Project Officer, and a posting 103 SAR Squadron in Newfoundland and Labrador as Commanding Officer.

"For those who of you who know me, you know that I believe fulfilling the search and rescue and transport missions are very much a team sport. I've been fortunate to have had a dual-track career. I have the search and rescue side and the arms control and military diplomacy. Let me say, I am absolutely thrilled to be coming home to my aviation roots," said LCol Konyk. "Our challenges here will continue. As was mentioned, we just brought the Cormorant online and, in the next several years, will be bringing a new fixed wing search and rescue aircraft online. By keeping your mission priorities in the forefront, you have all shown your mettle. I am privileged and honoured to be your Commanding Officer, for the opportunity to work with you and the opportunity to work for you as we continue to provide the best service that we can to our fellow Canadians."

Points system to be implemented, Cont'd from P. 1

ensure that everyone has enough points to maintain their DEU. Personnel who routinely wear DEU will receive 600 points annually, while those who usually wear operational dress will receive 200 points a year. (A listing of the points cost per item is available on MASOP's website at

http://www.forces.gc.ca/admmat/cosmat/masop/index_e.htm as an interim measure, but will be actively managed on the Clothing Online website.)

How do I find out what my points balance is?

Directly online at Clothing Online (http://dglepm.ottawa-hull.mil.ca/dsspm/projects/clothing_online/index_e.htm).

If I don't use my points by a certain time, will I lose them?

No. Unused points will automatically roll over until a maximum of 1200 points are accumulated. This equates to the approximate point value required to replace one complete scale of DEU issue.

What happens when I am posted from a position where DEU is the dress of the day to a position where operational dress is the dress of the day? And vice-versa?

Peoplesoft is the tool to upload the online database and a formal process administered by Base Supply will be established to ensure your records are regularly updated.

Will I still be able to

purchase items online with my credit card, if I don't have enough points?

Yes, based on your environmental scale at contract price.

Will the points system be extended to Reservists?

Reserves and CIC officers currently demand their replacement DEU Online against a points allocation. The point allocation for the reserves replaced their free exchange option.

In my unit, members generally wear operational dress as dress of the day. My position is an exception and I wear DEU as dress of the day. How do I ensure that I am receiving the proper points for DEU replacement?

Dress of the day is

determined by the chain of command. A formal process will be published in the Supply Manual and managed by Base Supply in conjunction with Director General Land Equipment Program Management / Director Soldier Systems Program Management to provide members with the capability of ensuring their records are updated depending upon the Command Officer's direction.

Will the Reserve and Regular Force receive the same amount of points?

Yes. The Reserve and Regular Force point system will be harmonized shortly after the points system is implemented for the Regular Force system.

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See next week's issue of **The Contact** for our **back to school special.**



Wow! One year spent in the air!

by Laurie McVicar
Assistant Editor

For most aircrew members, reaching flying 8,760 hours (the equivalent of one year in the air) is the pinnacle of their career. For Warrant Officer Vic Molnar, it's hopefully just the beginning.

WO Molnar, a Flight Engineer with 424 Transport and Rescue Squadron, reached the unique milestone on September 22, 2004 onboard a Hercules aircraft between Poland and England. He was a member of 426 Squadron at the time. WO Molnar accumulated his hours by also serving with 412 Squadron, 436 Squadron, and 413 Squadron. Of these hours, 1,600 were onboard Challengers and the balance were Hercules.

Since reaching this milestone almost one year ago, WO Molnar's total is now approaching 9,000 hours.

"Not a lot of people



Photo: Laurie McVicar

Warrant Officer Vic Molnar

have been around long enough to achieve that. In the early 1990s the CF had a lot of reductions. We lost a lot of senior people," explained WO Molnar.

He stressed the fact that this isn't his final achievement.

"I'm not done yet, by no means. I can go another eight years," he said. "If there were two air forces, I

would have joined both. I haven't had a bad hour in the air. As long as I'm having fun, I'll keep going."

When pressed to tell his most memorable flight-related experience, WO Molnar replied, "I have really enjoyed all of it.

There is no better day than when it's raining outside and popping up above it all."

Search & Rescue UPDATE



Members of 424 Squadron, in the past week, flew four SAR missions.

The first two call-outs were for the Herc looking for two people missing on a 27-foot motor boat near Sault Ste Marie on the U.S. side. We had two crews involved in this search. The members of the first crew flew their assigned patterns and at the end of their crew day returned to Trenton and handed the reins over to another crew. The second crew had no success finding anyone in distress and returned to base.

Next was a tasking for our Cormorant searching for an overdue 16-foot open boat with four people on board. The mission was cancelled just as the engines were being started when the people were picked by the OPP and taken to hospital.

Lastly, the Cormorant was sent to Hawley Lake to medevac a critically ill three-month-old to Moosonee. The mission was a 500-mile round trip, and was completed successfully.

Until next week, stay safe.

Missions for 2005: 101 Missions for Aug.: 12 Persons rescued: 112

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- 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.
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- 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.

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LETTER

Dear Sir/Madam:

I attended the Lindsay, Ontario Year of the Veterans celebration on Sunday, August 7th. The parade of veterans down the main street was honoured with a low flypast of a Cc-130 Hercules, presumably from CFB Trenton.

I just wanted to let you know that I thought it was great that CFB Trenton was able to do that for the veterans and those of us who came out to the parade to show our appreciation and respect. The veterans and the rest of the crowd loved it.

I don't know how the crew managed it, but the initial flypast was timed just perfectly.

Thanks,
 Peter Gosling

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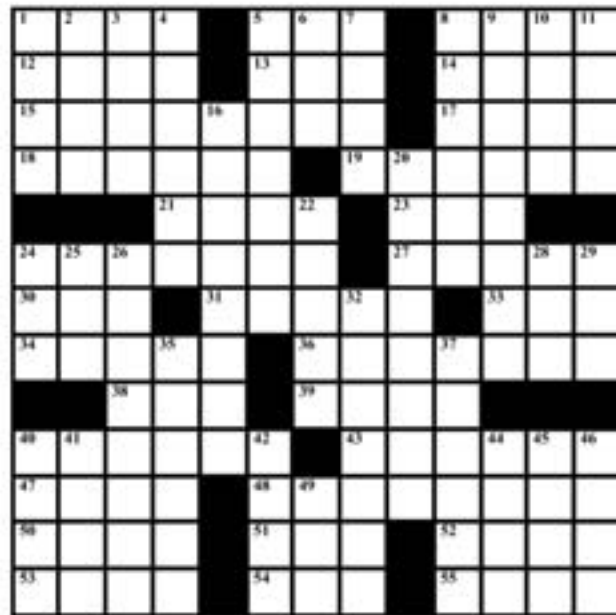
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Canadiana Crossword

Olympian Achievements

By Bernice Rosella and James Kilner

- ACROSS**
 1 Bayonet
 5 Suet
 8 Arafat, for one
 12 Air Farce's Goy
 13 Fury
 14 Immobilize a dogie
 15 Hatch
 17 Large continent
 18 Lunatic
 19 Olympic rowing gold medalist Marnie
 21 Bow, for a stringed instrument
 23 Bishop's vestment
 24 Yellower
 27 About nerves
 30 Caliph
 31 Freshwater fish
 33 Condensation
 34 Synchronized swimming gold medalist Caroline
 36 Olympic swimming gold medalist George
 38 Son of Izzie
 39 Theatre award
 40 Sprinting gold medalist Donovan
 43 Tree fruit
 47 State, to Serge
 48 Hectic
 50 _____ mater
 51 Broadcast
 52 Tardy
 53 Osculate
 54 Mole, maybe
 55 Ancient Irish tongue
- DOWN**
 1 Svelte
 2 Ocean creature



- 3 Alphabetic front four
 4 Olympic swimming gold medalist Alex
 5 Betrothed
 6 Prime Minister Meighen, familiarly
 7 Swarm
 8 Fit to cultivate
 9 Blossoms to be
 10 Samoan Capital
 11 Legume
 16 Male vocalist
 20 Canuck
 22 Prefix denoting straight
 24 Marble
 25 Petals
- 26 Olympic sprinting gold medalist Percy
 28 Classic auto
 29 Possess
 32 Heist
 35 River mouths
 37 Tender
 40 Bill
 41 Hun king
 42 Biblical affirmatives
 44 Distant
 45 Wacky
 46 Sheltered side
 49 PM or Pres

This Week in Contact

1975 – An average of two occurrences an hour kept search and rescue personnel busy across Canada over the five-day period ending at noon August 6. More than 185 incidents were handled by the four Canadian Forces Rescue Coordination Centres (RCC's), located in Halifax, Trenton, Edmonton and Victoria. These included medical evacuations, aerial searches and rescues and boat tows. They were handled by crews of C-130 Hercules, Buffalo and Twin Otter aircraft, as well as Labrador and Huey helicopters, mine sweepers and other vessels.

1985 – Her Excellency the Governor General of Canada, the Right Honourable Jeanne Sauvé, visited Canadian Forces Europe from 22-25 July. Madame Sauvé and her husband, His Excellency the Honourable Maurice Sauvé, were welcomed by Major General David Wightman, the Commander of CFE. During her visit, the Governor General visited units of 4 CMBG at CFB Lahr and units of 1 CAG at CFB Baden-Soellingen.

1995 – Two immaculate Hawker Hunter jet fighters will shortly be coming to Trenton. One will go to the RCAF Memorial Museum and the other to the Canada Warplane Heritage in Hamilton. The aircraft were flown to the Royal Air Force station in Lyneham, England by their Swiss pilots and will be brought to Trenton in a Hercules aircraft once they are disassembled. Although never flown by the RCAF, the Hawker Hunter often played the role of aggressor against Canadian Sabres of 4 Allied Tactical Air Force in Europe.

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



ATESS team right on target

Congratulations to the ATESS Small Arms Team (ASAT) for earning a fifth place finish at the DCRA (Dominion of Canada Rifle Association) National Service Conditions Competition from July 22-27.

The team consisted of Capt J. Beschorner, Sgt V. Hicks, Cpl J. Lentz, and team leader Cpl C Landry. It was rather dramatic bringing the team together with short notice and we had all kinds of hick-ups since it was conceived in April.

First there was funding to secure, then recruiting of team members—this took us up to late June. Then there was transport, ammo, and weapons. Thanks to Sgt D. Chalmers for helping us out with the weapons and ammo issues. It was now one week until the shoot and we are all looking forward to the competition, when Sgt. Hicks received a phone call and everything came to a grinding halt. Sgt Hicks could not attend!

We needed a four-person team at least, and it looked grim. Fortunately, Cpl Landry received a phone call from 22 Wing—they had a single shooter looking for a place on a team for support. Suddenly, we were back in the game thanks to Cpl. D Roy, who would shoot as an ATESS team member. Our team was now complete.

The whole team did well at the Connaught Ranges, in spite of the wind. Anyone who has ever shot there will tell you the winds are unpredictable. In the morning it would blow from left to right, in the afternoon it was from right to left, and at one point the flags on the left were pointing to the right and the flags on the right were pointing to the left. It left

one wondering what to do about adjusting for the wind. With all that and the fact that the team had little to no practice time, and two of us went up without even zeroing our weapons, (thank God for the practice day), we pulled off a respectable placing. There were 85 competitors in all and the ATESS team managed to pull off a fifth place finish!

Capt Beschorner, who shot as a Tyro, (a first time event shooter) did incredibly well and managed to make it to the Stage 2 of the competition. Well done, Capt!

Cpl Lentz made it to Stage 2 as well, and was within points of winning several matches in the service conditions portion.

The ATESS team competed in a number of team events, falling plates—what a hoot that was. Beat the butts and the international challenge in which we needed to gather all the Air Force shooters and shoot as one team—unfortunately the Army won but the Air Force was only points behind and we made our presence known.

The Service Rifle Champions were as follows:

--Tyro Service Rifle: Capt Kim Brooks, NDHQ RA.

--Des Burke Award:

Cpl Lyall Stubbings, 19 Wing.

--Cdn SR Champion: MCpl Travis Surette, 3 RCR.

--Top Regular Force: MCpl Travis Surette, 3 RCR.

--Queens Medal Res: MWO Michael Gray, Marlant.

The best thing to come out of this amazing experience is that, with the help of Sgt Chalmers, we are trying to establish a shooting team at ATESS and 8 Wing/CFB Trenton. Sgt Chalmers has provided the team with a place to do dry training and for range time. The Rifle Team is now actively recruiting for shooters.

However, if pistols are your thing, then please make yourself known as we would like to establish a Pistol Team as well. If you think you might like to join the team, then please contact 2 I/C Cpl Chris Landry at local 2577. No one will be turned away from the training or the team, and even if you don't want to shoot competitively, the training will be a great benefit to those wishing to better their PWT.

Our next competition is slated for September 24-25, and we would like to field two teams if possible. The only real requirement is the love of shooting.

Photo: Cpl Roy, 22 Wing



Capt J. Beschorner readies for the competition.

Photo: Capt Donaldson, ADM(IM)



The ATESS Small Arms Team included, from left to right: Capt Beschorner, Cpl Lentz, Cpl Landry, and Cpl Roy. Well done!

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21	Paramount CANADA'S WONDERLAND			25	26 TGIF BBQ 17:00 HRS	27
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Letters to the Editor



2005 shelter charge adjustments for Married Quarters

Background and Policy

Canadian Forces housing, operated by the Department of National Defence (DND), is governed by the same rules and regulations as all other government housing. Government policy states that shelter charges (rent, exclusive of utility charges) for Crown-owned housing must reflect the market rates found on the local economy.

The aim of the policy is to respect the principle of fairness for all CF personnel, regardless of where they choose to live. Fewer than 11,000 military households choose to live in DND residential housing.

Historically, the phrase Married Quarters (MQ) has been used to describe the DND housing portfolio. In recent years, the profile of occupants of housing has evolved to include a mix of both single and married. For the sake of familiarity, the term MQ will be used to describe DND residential housing.

In the past, members living in MQs enjoyed shelter charges below the market value rents paid by their colleagues who chose to buy or rent private-sector accommodations. For example, in Vancouver and Esquimalt, the difference was as great as \$700 per month. In 1997, a rent phasing program was introduced to gradually bring MQ rents to market value. This special phasing program was completed in 2002 and since 1 November of that year, new occupants of MQs have been charged the market value for their houses. The QR&Os limit rent increases to a maximum of \$100 per month (\$1,200 per year). Furthermore, in keeping

with QR&Os, rent (excluding utilities and garage rental) shall not exceed 25 per cent of gross family income.

With the exception of the rent-control provinces of Manitoba and Ontario, and in Vancouver, market value charges were achieved across the country last year. In 2004, fewer than 3 per cent of MQ occupants saw their rent go up by \$100 because of phasing. In rent control provinces, it is a little different. Over two-thirds of our occupants in Ontario are at base shelter value and receive rent control; the remainder have not yet reached the appraised value where this provision would kick in. In Manitoba, almost 90 per cent of current occupants benefit from rent control legislation.

The rent increases will continue until the fair market value for MQs has been reached, after which time annual rent adjustments will reflect the local rental market activity. Rent increases are normal practice in the civilian market place, and in general, the MQs on military bases will have a market value rent increase only if there is a corresponding increase in the civilian market.

Rent increases are only linked to increases in local market value rents.

How rents are determined

To determine up-to-date market rents for MQs, the Canada Mortgage and Housing Corporation (CMHC), evaluates the housing at all CF sites against comparable housing in the local economy. First and foremost, the appraiser collects and researches local real estate market

data, including the availability of rental properties, turnover and vacancy rates, terms and conditions of leases and any other factor that may influence the market in a particular community. This data is obtained from numerous sources including property managers, newspapers, owners, realtors, developers, rental magazines, data services, fee appraisers and municipalities.

CMHC appraisers then estimate the degree of similarity or difference between a specific MQ unit (benchmark MQ) and comparable rental properties by considering various elements such as type and size of the house, its age and condition, and the location of the house with regard to access to schools, community facilities and transportation. The appraiser isolates and reviews each element, developing dollar or percentage adjustments to account for each difference. The final step in determining the appropriate market rent is taking the results of the data collection and the analysis of comparable market rental properties and reconciling this information into a single rent figure. This figure becomes the base shelter value for the MQ unit. The annual review by CMHC ensures that MQ shelter charges are always current and fluctuate with changes in the local housing markets.

To accommodate the annual posting cycle, shelter charges are adjusted on 1 November, and occupants are given three months' notice of any changes. By 1 August 2005, CFHA Housing Managers will have advised each current occupant, in writing, of their shelter charge effective 1 November 2005.

Rajustements des frais des logements familiaux pour 2005

Contexte et politique

Les logements des Forces canadiennes gérés par le ministère de la Défense nationale (MDN) sont régis par les mêmes règles et règlements que tout autre logement du gouvernement. Conformément à la politique gouvernementale, le loyer (frais de services non compris) des logements appartenant à l'État doivent correspondre aux taux du marché local.

Cette politique vise à respecter le principe de l'équité pour tous les membres des FC, quel que soit leur lieu de résidence. Moins de 11,000 ménages militaires choisissent de vivre dans des logements familiaux (LF). Historiquement, l'expression « logement familial (LF) » a été employé pour décrire le portefeuille des logements de la Défense nationale. Ces dernières années, le profil des occupants des logements familiaux a évolué pour inclure des gens célibataires et mariés. Afin de vous familiariser, le terme LF sera employé pour décrire les logements résidentiels de la Défense nationale.

Par le passé, ces militaires ont bénéficié de frais des LF inférieurs aux valeurs du marché que devaient payer leurs collègues qui optaient pour l'achat ou la location d'un logement du secteur privé. Par exemple, à Vancouver et à Esquimalt, la différence pouvait atteindre jusqu'à 700 \$ par mois. En 1997, un programme d'augmentation progressive des loyers a été lancé afin d'amener graduellement les loyers des LF au niveau de la valeur du marché. Ce programme spécial a pris fin en 2002 et, depuis le 1er novembre 2002, les nouveaux occupants des LF paient la valeur marchande pour leur résidence. Les ORFC limitent les augmentations de loyer à un maximum de 100 \$ par mois (1 200 \$ par année). De plus, conformément aux ORFC, le loyer (non incluant les frais de services et le prix de location d'un garage) ne doit pas dépasser 25 p. 100 du revenu familial brut.

À l'exception des provinces du Manitoba et de l'Ontario, où les loyers sont contrôlés, ainsi que de Vancouver, les loyers correspondant à la valeur marchande ont été atteints partout au pays l'année dernière. En 2004, moins de 3 p. 100 des occupants des LF ont subi une hausse de loyer de 100 \$ à cause du programme d'augmentation progressive. Dans les provinces où les loyers sont contrôlés, la situation est quelque peu différente. Plus des deux tiers de nos occupants en Ontario paient la valeur de base du gîte et bénéficient du contrôle des loyers tandis que les loyers des autres n'ont pas encore atteint la valeur d'expertise à laquelle cette disposition entre en vigueur. Au Manitoba, près de 90 p. 100 des occupants actuels tirent avantage de la loi sur le contrôle des loyers.

Les augmentations de loyer se poursuivront jusqu'à ce que la juste valeur marchande ait été atteinte pour les LF, après quoi le rajustement

annuel des loyers sera fonction du marché locatif local. Les augmentations de loyer sont courantes dans le marché civil, et en général, le loyer des LF dans les bases augmentera uniquement s'il y a une hausse correspondante sur le marché civil.

Les augmentations de loyer sont liées uniquement à la hausse des loyers du marché local.

Comment les loyers sont déterminés

Afin de déterminer pour les LF les loyers du marché à jour, la Société canadienne d'hypothèques et de logement (SCHL) évalue les logements dans tous les sites des FC et les compare à des logements semblables dans le marché local. D'abord et avant tout, l'évaluateur recueille et analyse des données tirées du marché immobilier local, y compris la disponibilité d'immeubles à usage locatif, le taux de remplacement des occupants et le taux d'inoccupation, les conditions des baux et tout autre facteur qui peut avoir une incidence sur le marché dans une collectivité donnée. Ces données proviennent de plusieurs sources, notamment les gestionnaires des propriétés, les journaux, les propriétaires, les courtiers en immeubles, les promoteurs immobiliers, les revues sur l'immobilier (location), les services d'information, les évaluateurs et les municipalités.

Les évaluateurs de la SCHL déterminent ensuite la mesure dans laquelle certains LF (LF repères) sont comparables à des immeubles à usage locatif similaires ou en différent. À cette fin, ils tiennent compte de toutes sortes d'éléments, comme le type, la taille, l'âge et l'état de la maison ainsi que son emplacement par rapport aux écoles, aux installations communautaires et aux moyens de transport. Ils isolent et examinent chaque élément, établissent des rajustements en dollars ou en pourcentage pour tenir compte de chacune des différences. La dernière étape du processus visant à déterminer le loyer du marché approprié consiste à se servir des résultats de la collecte de données et de l'analyse d'immeubles à usage locatif similaires sur le marché et de regrouper ces renseignements en vue d'en déduire une valeur unique. Cette valeur devient la valeur de base du gîte pour les LF. L'examen annuel effectué par la SCHL permet de faire en sorte que les frais des LF soient toujours à jour et qu'ils varient en fonction des changements survenus dans les marchés du logement locaux.

Compte tenu du cycle annuel des affectations, les frais des logements familiaux sont rajustés le 1er novembre de chaque année, et les occupants recevront un préavis de trois mois à cet égard. D'ici le 1er août 2005, les gestionnaires des logements de l'ALFC informeront tous les occupants, par écrit, des frais de leurs LF qui entreront en vigueur le 1er novembre 2005.

WAIT!!

Don't rush out and buy all your school supplies just yet--not until you see our special BACK TO SCHOOL section in next week's newspaper!



Cairn rededication ceremony held for 426 Squadron



Photo: Pte Frieda Van Putten, 8 Wing Imaging

Chief Warrant Officer Brian Woodford of 426 Squadron, Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, Lieutenant Colonel Francois Fortin, the Commanding Officer of 426 Squadron, and the Wing Chief Warrant Officer CWO Don Cheverie singing the National Anthem at the 426 Squadron Cairn Rededication, held Monday at the RCAF Memorial Museum.

Making a silk purse from a sow's ear

Tales from TIF - 426 (T) Squadron Technical Instruction Flight

by MCpl Rob Skwirut AVS Instructor

The Technical Instruction Flight (TIF) at 426 Transport Training Squadron provides technical training for maintenance personnel in support of Canadian Forces CC130 operations. As always, our goal is to inspire students to excel by providing a positive and enriched training environment.

To this end, 426 Squadron has many new and exciting in-house projects underway and one of the latest achievements is the introduction of an innovative and very valuable training aid.

Previously, a non-functional CC130 Engine Control Quadrant (removed from an old training aid) was used to help teach the operation of the engine controls during the Hercules Propulsion and Flight Engineer (initial) courses. The original plan was to simply rewire the switches (located within the quadrant) in order to operate status lights and show operation during movement of the power or condition levers.

However, MCpl Chuck Bailey took it upon himself to draw from his extensive electronics background to design, fabricate and test

several complex electronic circuits so that they would be incorporated within the existing non-functioning training aid. This new 'electronic' version now provides a more realistic demonstration of how all its controls work. By simulating both air and ground conditions (including having the landing gear up or down), warning situations, such as having throttles too low for flying with landing gear up, can now be easily demonstrated. In addition to showing flight conditions, the electronic engine control quadrant can now simulate propeller feather and air start functions.

This is not the first such undertaking for MCpl Bailey. At 12 Wing Shearwater he designed and constructed

a tester for the CH124 Sea King main rotor head and blade fold system, which is now close to project implementation. Although he is now an AVN propulsion instructor, he was originally an Instrument Electrician (IE) technician. At home, he is currently involved in restoring several vintage radios and television sets. Much of the electronic engine control quadrant project was completed on his own time, including using most of his own materials. The cost of outsourcing this type of project would likely have been in the thousands of dollars! MCpl Bailey's efforts to breath "new life" into an old, obsolete training aid will have a direct benefit to students' learning.

On Wings of Fire



MCpl Chuck Bailey, of 426 Squadron



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Cadets honour veterans during Sunset Ceremony

by Lieutenant Steven Dieter
Public Affairs Officer
TACSTC

As the bands and Guard of Honour of the Blackdown Cadet Training Centre arrived at 8 Wing last Friday afternoon, the clouds erupted with rain, threatening the 2005 Cadet Sunset Ceremony.

The next morning, the clouds parted allowing the sun to shine on cadets from Blackdown and the Trenton Air Cadet Summer Training Centre (TACSTC) as they practised for that evening's performance. Later the same day, close to 2,000 people arrived at 8 Wing to see the 2005 Cadet Sunset Ceremony.

Reviewing the Sunset Ceremony was Brigadier General

(Ret'd) R. Duane Daly, a former Commanding Officer of 415 Maritime Patrol Squadron in Greenwood, NS, and a former Base Commander of CFB Summerside, PEI. In retirement he is the Dominion Secretary of the Royal Canadian Legion, the nation's largest veterans' organization, managing the day-to-day operations out of Ottawa.

Brigadier General Daly complimented the cadets on their performance that evening as well as their commitment to the Legion and its veterans year round. As part of his remarks to the crowd, he presented the Royal Canadian Legion Cadet Medal of Excellence to Staff Cadet Sergeant Umar Waqas. Sgt Waqas, who hails from North York and parades with 700

"David Hornell VC" Squadron, is working this summer as a Squadron NCO with Basic Course cadets. Sgt Waqas was caught by surprise at the presentation of the award, as he was preparing for lowering of the flags as part of the Sunset Ceremony.

In contemporary times, a Sunset Ceremony consists of elements from the Retreat, the Tattoo and the firing of field guns or rifles in a Feu de Joie. The firing of the guns or rifles is a carry-over from ancient times when weapons were fired at nightfall to ensure their preparedness for guard duty.

The Tattoo portion featured performances by the TACSTC Advanced Drill and Precision Team, a choir comprised of TACSTC

Photos: Laurie McVicar, Contact



Drummers from the Blackdown Pipes and Drum show off their skills during the Sunset Ceremony, hosted by the Trenton Air Cadet Summer Training Centre on August 13.



The Trenton Advanced Precision and Drill Team offer a demonstration.



Highland dancers with the Blackdown Pipes and Drums Band.

Advanced Course Cadets, and band performances by the Trenton General Service Band, the Blackdown Military Band, and the Blackdown Pipes and Drums. This then led into the Retreat and the Sunset Ceremony itself with the massed Cadet band. The ceremony was complete with the Feu de Joie fired by the Guard of Honour from Blackdown, the lowering of the National Flag, and the playing of "Last Post," the lament, and "Reveille." "Reveille" was performed by MWO Stuart Preston, a former cadet currently serving in the CF with 8 AMS.



A member of TACSTC presents Glen Daniels with a commemorative medal in honour of Year of the Veteran during the ceremony.



The Trenton Choir, under the direction of Lt Thomas Leslie, entertains the crowd.



INFORMATION / REGISTRATION / INSCRIPTION 965-3575

Second Language Training for military partners

Courses run for 10 weeks beginning in September, 2005. Each session offers a total of 60 hours of instruction. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes. Partial subsidized childcare is available.

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 Fall classes. Call Manon at 392-2811 ext. 3852 or Anu @ 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.

Cours de langue seconde pour les partenaires militaires

Les cours sont d'une durée de 10 semaines et débutent au mois de septembre. Chaque session offre un total de 60 heures de cours. Un dépôt de 50\$ est dû lors de l'inscription au cours. Ce dépôt est remboursé si le participe à 85% des cours. Des soins de garde d'enfants sont partiellement subventionnés. 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 l'automne. Pour plus de renseignements appelez Manon au 392-2811 poste 3852 ou 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.

Wednesday Night Out

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

Tole Painting / Welcome Sign

Come out and decorate this take home welcome sign. Wood is pre-cut and all materials are provided. Payment is required in advance, register early!

Date: September 14 Time: 6:30 to 9 p.m. Cost: \$24

Instructor: Marie José Dassylva



Les sorties du mercredi soir.

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

Artisanat (Tole Painting), Une enseigne de bienvenue

Venez décorer une enseigne de bienvenue que vous apporterez chez-vous.

Le bois est taillé à l'avance et tout le matériel est fourni.

Date : le 14 septembre, de 18h30 à 21h

Coût : 24,00\$ payable à l'avance. Inscrivez-vous tôt!

Animatrice : Marie José Dassylva

The Relationship Between Household Products and Your Children Workshop

Date: Wednesday September 21th -- Time: 6:00-7:00 p.m.

70,000 new chemicals have been introduced since WW II. Today, thousands of these chemicals are appearing in products on the shelves of your grocery store. and since they are for sale on the grocery store shelves, you assume these products are SAFE. We use them every day and many of us do not really think about what we are using.

Join Jennifer Lewis as she discusses one of the many options out there that can change the way you think and the quality of life you and your family live.

Pre-register with MFRC Reception by September 20th.

La relation entre les produits ménagers et les ateliers d'activités de votre enfant

Date : le mercredi 21 septembre - L'heure : de 18h à 19h

Depuis la Deuxième guerre mondiale, 70,000 nouveaux produits chimiques ont été mis sur le marché. Aujourd'hui, des milliers de ces produits chimiques inconnus apparaissent sur les tablettes de votre épicerie. Puisqu'ils sont en vente à l'épicerie, nous assumons que ces produits sont sécuritaires. Nous les utilisons tous les jours et nous ne savons pas vraiment ce que nous utilisons.

Joignez-vous à Jennifer Lewis qui discutera des options disponibles pour changer notre façon de penser afin d'améliorer notre qualité de vie et celle de notre famille. Les inscriptions doivent être faites avant le 20 septembre à la réception du CRFM.

The MFRC Daycare is expanding to offer a Nursery School Program for ages 2 1/2 to 4 1/2

English Nursery School,

Tuesday & Thursday, 9:00-11:30, \$14.00 per class
1st session from September 20th to December 15th 2005 (26 classes)

2nd session from January to May 2006 (36 classes)

French Nursery School,

Monday & Wednesdays, 9:00-11:30, \$14.00 per class
1st session from September 19th to December 14th (26 classes)

2nd session from January to May 2006 (36 classes)

Snack will be included with lots of fun and exciting activities for your child to participate in.

Space is limited. Registration deadline September 9th, 2005

For more information please call 965-2442. You must register in person at the MFRC Reception.



La Garderie du CRFM offre un nouveau programme Garderie éducative pour les enfants de 2 1/2 à 4 1/2 ans

Garderie éducative en français,

Les lundis et mercredis, 9h - 11h30, 14,00\$ par classe
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Garderie éducative en anglais,

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1re session du 20 septembre au 15 décembre (26 classes)
2e session de janvier à mai 2006 (36 classes)

Les collations sont incluses avec beaucoup d'activités amusantes et excitantes pour votre enfant.

Les places sont limitées. La date limite est le 9 septembre

Pour plus d'information, téléphonez au 965-2442. Les inscriptions doivent être faites en personne à la réception du CRFM.

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Pour plus de détails, faites le 394-2318 ou faites moi parvenir une note par courriel à l'adresse suivante: nicole.voyer@sympatico.ca



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2001 SAAB 93 SE SSP TURBO
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2001 SATURN L200
Smart buy! 4 cyl Automatic. Loaded with power options inc. keyless entry, CD player & more. Only 57,000 kms. ~~\$8,999~~ cart. \$96.89 Bi-weekly over 60 months.



2002 DODGE CARAVAN SE
3.3 V6 Automatic with only 72,000 kms. Loaded with full power group inc. keyless entry, CD player, roof rack & more. Balance of Chrysler 5yr/100,000 kms warranty. ~~\$18,999~~ cart. \$102.34 Bi-weekly over 72 months.



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ASTRO ADVICE WEEKLY By Eugenia Last
August 21 - August 27

ARIES (March 21-April 19): Keep everything out in the open on the 21st. Secrets will end up getting you into trouble. Love will flourish if you do the right thing. Gossip will make you look bad on the 22nd, 23rd and 24th. The less said and the more action taken, the better. A chance to make a professional change or to improve your health is apparent. Patience and virtue will count. If you are cool and observant, you will gain ground and win in the end. Something good is about to happen on the 25th and 26th. Thoughts are followed by actions, so think positively. Keep conversations light on the 27th and you will make a good impression on the people you encounter.

TAURUS (April 20-May 20): You will move forward if you volunteer your services on the 21st. A new partnership will be beneficial. Don't disagree with anyone on the 22nd, 23rd and 24th. Do things with the people you know best, not with colleagues or competitors. Stubbornness will create an even bigger problem. You will find it difficult to control your temper. Focus on work or how you can earn more money on the 25th and 26th, and put your personal dilemmas on the back burner. You won't prosper if you are wrapped up in personal drama. Stop dwelling on yourself on the 27th. Do everything you can to keep things moving along amicably.

GEMINI (May 21-June 20): Don't put up with anyone who is downplaying your ability or your ideas on the 21st. Show how well thought-out your plan is, and someone will share your vision. Check out what you can do to earn more cash on the 22nd, 23rd and 24th. The opportunity to call in an old debt looks good. A sudden change may upset you, but in the end it will turn out to be in your favor. Everything will appear to be going fine on the 25th and 26th, but beware of someone who may be withholding information. A self-improvement project will pay huge rewards. Speak up about the way you feel on the 27th and you will resolve issues that have been bothering you for some time.

CANCER (June 21-July 22): Someone from your past may lead you in the wrong direction on the 21st. Don't get caught up in what you once had with this person. You will let your emotions get the better of you on the 22nd, 23rd and 24th. Don't take life so seriously. You can get a lot accomplished if you focus on what you are supposed to be doing instead of what everyone around you is doing. Not everything will be revealed to you on the 25th and 26th. Don't take sides or make comments until you have all the facts. An important relationship may not be very stable. Don't sit idle on the 27th, especially if you have some personal problems eating away at you.

LEO (July 23-Aug. 22): A change regarding your financial situation can be expected on the 21st. Dealing with other people's money will lead to problems. A chance to do something great on the 22nd, 23rd and 24th will bring you recognition. It's apparent that you can make money, new friends and discover interesting information. Romance is looking good. Don't let things get you down on the 25th and 26th. The more independent you are, the better you will do and the more respect you will gain. Take charge and you will be the hero on the 27th. Your quick response and ability to help others will be impressive. An opportunity will arise where you can put your skills to good use.

VIRGO (Aug. 23-Sept. 22): You may not feel the same way on the 21st regarding a partnership you are involved in. Decide whether or not this is a good connection for you. Taking on too much will be your downfall. Life is a changing playing field on the 22nd, 23rd and 24th, so be prepared to make a move if you want to get ahead. If you can't make up your mind, you will end up going in circles, accomplishing little. An opportunity will present itself on the 25th and 26th to find out information that will lead you in the right direction. Money matters may surprise you on the 27th. Check your bank balance before you spend. You will experience change at a personal level. Don't fight the inevitable.

LIBRA (Sept. 23-Oct. 22): Try something new on the 21st. A change will be as good as a rest. Someone you least expect will try to steal your ideas or take over your project on the 22nd, 23rd and 24th. Be firm and you will stay in control. It's not always about keeping the peace or making friends - sometimes it's about honesty, fair play and integrity. You must follow your own instincts, even if someone tells you differently. You have so much going for you on the 25th and 26th, so take a chance. Everything will turn out as planned if you don't dawdle around. Listen to what someone has to offer you. Your intuition won't let you down on the 27th, so act on your first impulse.

SCORPIO (Oct. 23-Nov. 21): Promote your latest project and your talent on the 21st. Knowledge can be easily acquired if you listen and observe others. There is plenty happening on the 22nd, 23rd and 24th, but you're being left out. Let down your guard and make a move into the fast lane. There is a big difference between being a spectator and being a participant. Don't be afraid to start again if that's what's required. Your persistence will pay off. Things are not likely to be as they appear on the 25th and 26th. Don't overanalyze what you are facing. It won't be as bad as you imagine. Don't let anyone confuse you on the 27th, proceed with your plans and don't look back.

SAGITTARIUS (Nov. 22-Dec. 21): You may end up taking care of everybody else's business on the 21st. Your generous nature must be kept in check if you don't want to be taken advantage of. Although you may suffer minor setbacks on the 22nd, 23rd and 24th, you can make things happen. Your basic instincts will lead you in the right direction, as long as you are prepared to deal with the unexpected. You'll be quick to react on the 25th and 26th and, although not everyone will agree with your decisions, you can rest assured you are probably doing the right thing. Don't be confused by the changes going on around you on the 27th. The more receptive you are, the better the results will be.

CAPRICORN (Dec. 22-Jan. 19): Explore your options and talk to friends or relatives about your concerns on the 21st. The more you try to get ahead, the more you'll be left behind on the 22nd, 23rd and 24th. Slow down so you don't set yourself up for disappointment. Watch what's going on around you and bide your time. Put everything into your work and getting ahead on the 25th and 26th and ignore the problems that family and friends are creating for you. Quarrels will not solve anything and may lead to the end of a relationship. Hold off making any changes on the 27th. View things long-term instead of just for the moment.

AQUARIUS (Jan. 20-Feb. 18): You will attract attention on the 21st, especially if you take part in something totally new to you. Make changes at home and to your personal life on the 22nd, 23rd and 24th that will contribute to your emotional well-being. Get back in the swing of things, meet new people and get on with your life. Don't dwell on past mistakes. You will be insightful, clever and innovative on the 25th and 26th, so put your ideas into motion and see what happens. Although not everyone will have your vision, the person who does will be an asset. Open your heart and your mind to the people around you on the 27th. It's time to move forward and to put the past behind you.

PISCES (Feb. 19-March 20): You will probably change your mind several times on the 21st. It's not the best time to make a commitment or promise. Change is headed your way. Not everyone will agree with you on the 22nd, 23rd and 24th, but as long as you are adaptable, everything will eventually fall into place. Finish something you have left undone for some time. Once you begin tidying up, you will feel better. You may not be seeing things too clearly on the 25th and 26th. Don't argue for the sake of arguing - it will get you nowhere.

Protect your family against poisoning



Submitted by
Don Heans,
Wing General Safety
Officer

Poisons, according to the Poison Control Center, are any substance considered to be harmful. Poisons can be swallowed, splashed into the eyes, spilled on the skin, or breathed in. Medication becomes poison when it is taken by the wrong person, or in the wrong amount.

Babies between the ages of seven to twelve months move around a good deal, and they seem to get into everything. At this age they can pull objects down from tables and shelves that they were not able to reach earlier; and they tend to put everything

into their mouth. It is easy for them to reach products stored in areas such as cupboards under sinks and coffee tables. Plants are also a common problem for children because they tend to experiment by chewing on them.

Household products poison many children every year. When children are between one and three years old they can really get into things. They explore by putting objects in their mouth. Their taste sense is not well developed, so they will drink or eat seemingly distasteful substances. They are very curious, very mobile, and they can reach things that are stored above their eye level. Remember, too, that children between three and five years old will imitate behavior. If you put things into your mouth they will want to do so, too.

There are countless ways children get into drugs and chemicals. The scenarios for trouble are almost endless. Events in a normal adult's environment may be catastrophic for a young child.

For instance, many people keep vitamins and prescription pills on the kitchen table so they will not forget to take them. These become handy for a toddler, mimicking his parent, to "take" them also.

Some other potentially disastrous circumstances are these: baby has wet hands and puts his fingers into the dishwasher detergent and rubs his eyes; baby chews on a plant when you are visiting friends and she begins to go into convulsions; baby decides to try your mouthwash. It is to be expected that children might want to get into the alcohol cabinet, but did you know that a mouthful of some mouthwashes also has enough alcohol to cause problems? We do not tend to think of alcohol as being a poison, but it can be deadly.

We must try to anticipate every possible situation where a child can get into chemicals, medicines, alcohol, or any other substance that might cause your child harm. Parents and caregivers have to concern themselves not

only about their own medications, but also the medications belonging to visitors in the child's home. It is far too common for children to overdose on medication from someone who is just visiting. We must be extremely careful and attuned to the changing environment of our children; every day a hazard to them might escape our notice.

Poisonings are the fourth most common cause of death among Canadian children. The majority of poisonings occur in those younger than 5 years at home and involve medicines. Personal care products, plants and household cleaners are also common poisons.

Learn about the poison control center in your area. Check the phone book for the number in your area and keep the number close to your phone.

Poison proof your home. Know what substances are poisonous and their locations.

For a list of potential dangerous substances, visit www.safekid.org/potent.htm.

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Community Events

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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.

8 Wing/CFB Trenton Annual Recreation & Leisure Show

Sunday September 11th
Noon - 4 pm
Gymnasium (south side)

Over 50 not-for-profit clubs, service groups and community organizations will be in attendance.

For information or to book a table, call the Recreation Director at ext 2349.

2005 Wing Commander's Challenge

It's that time of year again! The PSP Fitness and Sports flight is organizing the Annual Wing Commander's Challenge, which is scheduled for Friday, September 9

Teams of eight, plus one volunteer to assist with the event, are encouraged to come out and participate in this fun, non-athletic type of event which is open to all Military and DND employees.

Register before Sept. 7, 1600 hrs. For more info, contact Jen Lecuyer, event organizer, at local 2825.

August 20th
Dance at the Bohemian Penguin, doors open 8pm for quiet conversation with background music.. DJ starts dance music at 10 pm. **ADMISSION \$ 7.00**

August 21st
ANNUAL PRIDE IN THE PARK POTLUCK PICNIC
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CANADIAN RED CROSS -- QUINTE BRANCH

Attention all boys and girls aged 11-15
 Take the *Red Cross Babysitting Course* at the Quinte Branch Red Cross Office, located at 344 Front Street, McNabb Towers, Lower Unit, Belleville, ON

Next sessions: Wed., August 17 and Wed., August 31, 2005

Pre-registration and payment required.
Space limited, so call 966-0730 today!

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The Trenton Figure Skating Club will be holding registration for the upcoming season on Aug 9, 10, 11, 16, 17 and 18, 5-7 pm at the Community Gardens in Trenton.

The Trenton Figure Skating Club (TFSC) is a non-profit organization serving the City of Quinte West and surrounding communities since 1957. The club aims to provide opportunities for fun, fitness and achievement for skaters of all ages. Our programs include: Helmet Club, CANSkate, Junior/Senior STARSkate and Competitive. Our club is part of the national *SKATE CANADA* organization and is managed by dedicated volunteers from our community.

For information on our club or its programs contact: Bill Tucker at (613)394-5151.

Chronic Pain Management Support Group


Held Tuesdays and Thursdays 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.**



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 Padre Mike Adamczyk
 Padre Marc Torchinsky

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<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</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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The Contact Staff would like to welcome
Sheila Lund
 our new Trenton & Brighton Sales Representative.

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More ways to kill a mortgage

it's your Money



Garth Turner

Recent comments here about making mortgage interest tax-deductible, RRSP mortgages and borrowing in general have stirred up a lot of reader interest. Hey, it may be August, but when it comes to money, we're never on vacation!

Uri writes: "I read your article, but I am still confused. All my investments are in RRSPs and my home mortgage comes due next month. Is there an option for me to be able to deduct my mortgage interest from my taxes, or not?"

Good question. As I mentioned here before, a very simple and very powerful financial strategy which many people could utilize, but don't, is the following. First, if you have an investment portfolio and a mortgage of roughly the same size, then follow this four-point plan:

- (1) Cash out your investments.
- (2) Use those funds to pay off your existing

home loan.

(3) Take out a new mortgage (variable-rate, below-prime, of course).

(4) Now use the proceeds of the new mortgage to buy back your investments.

Why would you do this? Because our tax laws allow you to deduct the interest on any loan taken for investment purposes from your taxable income. In this instance, the new mortgage was used to re-establish an investment portfolio, therefore it is classified as an investment loan. So, your mortgage payments are now tax-deductible – and since the vast bulk of each month's payment is interest, this is a big deal.

Now, in Uri's case, he has all his investments inside his RRSP. Can he use this strategy? In part, yes, but it's way more complicated. When Uri cashes out his RRSP and uses the money to pay off his expiring mortgage, the money will be added to

his annual income, and become taxable. When he takes out a new mortgage on his home, he can buy back investments for his RRSP, but he can only claim a tax break equal to the unused RRSP contribution room he may have accumulated over the years (contributions he was entitled to make, but never did). Finally, the interest on a loan taken to invest in an RRSP is not tax-deductible, which pretty much scuppers this whole exercise.

So, is there an option? You bet. It's called the RRSP mortgage.

This is complicated, and requires the assistance of a financial advisor who knows what he or she is doing, but it works this way: If you have enough cash inside your RRSP to equal the mortgage on your home, then you can use it to pay off that mortgage. You will then be setting up an RRSP mortgage, which must have an interest rate on it comparable to current market rates. In this instance, you will end up making mortgage payments to your own retirement plan, instead of the bank.

The advantage is that, over time, you will

pay back into your RRSP up to three times more than you took out, based on a 25-year amortization schedule. It is also a very secure investment, since it's based on the value of your real estate. The disadvantage is that in today's environment of low interest rates, your RRSP return will not exceed 5 per cent a year for quite some time to come. Still, it's a cool idea, right?

Finally, quite a few people sent me torrid emails last week about the Bank of Canada's likely decision on interest rates early next month. The Bank has said it's time for them to go up, but many readers questioned the logic of this as the price of oil soars, taking the loonie along with it.

I admit, this will make the Bank's decision a lot more complicated, since raising rates will only serve to increase, or at least stabilize, the value of the dollar. And a high dollar is a killer of exports and a murderer of jobs. This means – if oil continues to creep towards \$70 a barrel, and if your dollar nears 85 cents – that September 7th rate hike could be delayed until later in the autumn. But, trust me, it is coming.

Gas saving tips from the professionals

ARA Content

(ARA) - With the price of gasoline slated to rise steeply, it makes more sense than ever to conserve it; not to mention it's the environmentally friendly thing to do. Here's some advice from the pros at the non-profit National Institute for Automotive Service Excellence (ASE) that you can use year-round to save gasoline and help planet Earth.

Monitor your tires. Under inflated tires or poorly aligned wheels waste fuel by forcing the engine to work harder. Let the tires cool down before checking the air pressure. Out-of-line wheels, as evidenced by uneven tread wear, should be aligned by a professional.

Consolidate your

daily trips and errands. Some trips may be unnecessary. Also, try to travel when traffic is light so you can avoid stop-and-go conditions.

Avoid excessive engine idling. Shut off your vehicle while waiting for friends and family.

Observe speed limits. Speeding decreases your miles per gallon.

Drive gently. Sudden accelerations guzzle gas. Anticipate traffic patterns ahead and adjust your speed gradually. Use cruise control. (You'll help your brakes and suspension system last longer, too).

Remove excess weight. Store only essentials in the trunk. Less weight means better mileage. After family vacations, make sure you remove all unnecessary

items, including that rooftop cargo carrier.

Use windows and air conditioning wisely. Your mileage should improve if you keep the windows closed at highway speeds, since air drag is reduced. This is true even with the air conditioning on -- assuming that the system is in good working order. If possible, try to avoid using your air conditioner in heavy, stop-and-go traffic such as traffic jams or holiday weekend back-ups.

Keep your engine operating at its peak efficiency. A misfiring spark plug can greatly reduce gas mileage; conversely, a well-maintained engine will help you maximize the gas mileage for your specific make and model.

Follow the service

schedules listed in your owner's manual. Replace filters and fluids as recommended; and have engine performance problems (rough idling, poor acceleration, etc.) corrected at a repair facility. Given today's high-tech engines, it's wise to have this type of work done by auto technicians.

These conservation tips will not only save gasoline, they'll help extend the life of your vehicle.

The National Institute for Automotive Service Excellence (ASE) was founded in 1972 as a non-profit, independent organization dedicated to improving the quality of automotive service and repair. Visit www.ascert.org for more information.



Burma Association remembers fallen comrades at service

by Laurie McVicar
Assistant Editor

Members of the Burma Bomber Association, some from as far away as England, held a solemn service in remembrance of fallen comrades on Monday at the (RCAF) Memorial Museum Air Park.

The service was part of a two-day reunion held every two years. The Burma Bomber Association was formed

in London, Ontario Canada in 1983 in order to recognize the efforts of the RCAF personnel based in India, Burma, Ceylon and the Cocos Islands during World War II.

The RCAF airmen in the South-East Asia Command made one of the most significant contributions to the Allied final victory and were known specifically for their contribution to the destruction the real

bridge over the River Kwai at Kanchanaburi, Thailand. Had it not have been for the bombing of Hiroshima and Nagasaki in August 1945, they would have played a pivotal role in the planned invasion of Malaya.

“Young people (in Canada) at the time thought that anyone who went to war was criminal. Some things were worth going to war for, such as freedom as we knew it,”

said Reverend Jack Farr, during his address at the Remembrance Service.

He noted that although they were there to honour those who gave their lives to the mission, all of them had somehow made the same sacrifice.

“Some of us have had nightmares for the past 60 years. That’s the price we’ve paid,” said Rev. Farr. “We gave a portion of our lives for the sake of freedom.”



Bugler Master Warrant Officer Stuart Preston plays the Last Post, followed by Reveille.



Photos: Pte Frieda Van Putten, 8 Wing Imaging

Three members of the Burma Bomber Association lay wreaths at the cairn in remembrance of lost airmen.



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Aug 3 In the past 7 days how many beers have you drank?
 0 1-2 3-6 7-10 13+ Include bottles, cans & draught (optional)

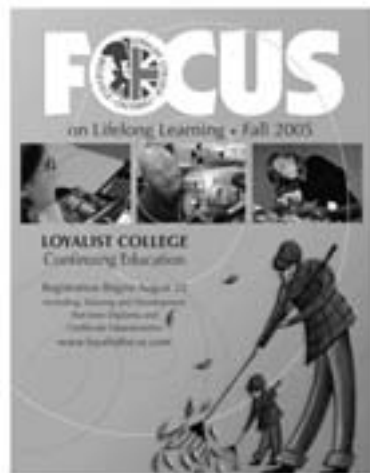
Aug 17 Yes I would like to hear from beer.com and other beer brands

Aug 31 Skill Testing question: (3 x 50) + 20 ÷ 5 =
 I declare that I have read, understood and complied with the contest rules.
 Date: _____ Signature _____

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Fitness, Sports & Recreation

Weighing in on the issue of scales - friend or foe?



Confessions from the Gym

Monday, August 15, 2005

It's amazing how a set of scales can instantly become either your most hated enemy or your best friend. They've definitely fulfilled both roles in my lifetime.

This love-hate relationship began for me, as with many females, in the pre-teen years when self worth is directly tied with body image. It's a sad state of affairs when a simple device can dictate such an important thing.

Fortunately for me, weight loss has become less of a numbers game these days and more of a personal challenge to slip easily into the next-size-down clothing that are waiting in my closet.

"Weighing shouldn't become an obsession, but it can be used as a helpful tool along with how you feel, look, and how your clothes fit," said Jen Lecuyer, Fitness and Sports Instructor.

She recommends weighing yourself no more

than once a week.

"Also realize that your weight can fluctuate, day to day. It's best to try and do it at the same time of day."

I'm definitely not a health professional, but I can't find fault with adhering a few of the following tips from www.joke-archives.com for weighing yourself:

- Weigh yourself with clothes on, after dinner...as well as in the morning, without clothes, before breakfast, because it's nice to see how much weight you've lost overnight.

- Never weigh yourself with wet hair.

- When weighing, remove everything, including glasses. In this case, blurred vision is an asset. Don't forget the earrings, these things can

weigh at least a pound.

- Use cheap scales only, never the medical kind, because they are always five pounds off...to your advantage.

- Exhale with all your might BEFORE stepping onto the scale (air has to weigh something, right?).

- And finally, start out with just one foot on the scale, then holding onto the towel rack in front of you, slowly edge your other foot on and slowly let off of the rack. Admittedly, this takes time, but it's worth it. You will weigh at least two pounds less than if you'd stepped on normally.

The scales are not the end all and be all of weight loss. As Washington, D.C.-based nutrition and weight-loss counselor Katherine Tallmadge has

been quoted as saying, "The trick is to see the scale not as a moral judgment, but an objective number telling you whether or not you need to adjust your calorie input."

The following is a letter written by Corporal J.F. Merritt:

Wow I didn't realize I would get a response from the health director.

I do understand that there is more than one part to maintaining oneself, including nutrition, proper sleep, proper exercise, and all else I am failing to mention. What I wasn't looking for is a misunderstanding with what I had written.

I am not stating that I am the fittest or unfittest

person, I was only voicing my opinion geared towards the article and meant no harm in any way shape or form. During the hectic day to day routine, I certainly encourage all to partake in some kind of fitness program as it will aid with a lot of the day to day problems we face as well as some of the health problems. I didn't want this to come across the wrong way however what is done is now done and you can't change that and I think from this point I will keep my point of views kept quiet as it might make a uprising of a sort which is what we all don't want.

Hopefully if you decide to post some of this it will help clarify what I was trying to come across. Thanks again.

Ask the Personal Trainer

Q: I have been consistently staying physically active mostly for the eight to 10 years I have been at the gym. I do make an effort to be flexible to do running and other sorts of activities as well, however I think I may have come to a plateau. I do realize that sooner or later it is going to occur. The question I have for you is do you know of any way to overcome the plateau or is this the end of making any more gains and now you just have to maintain what you have?

A: In order for our body to make gains we must increase the demands to which we put on it. A lot of times when people reach a plateau it's because they have been doing the same thing for quite some time. (not to say that's what you have



Jen Lecuyer, Fitness Instructor

done). Therefore, we need to kick it up a notch.

Cardio Ideas...

- Try something different (cross train);
- Increase the intensity either by increasing time, distance, resistance, or intensity to which you are working at;
- Mix it up, try different types of training (interval training/LSD (long

slow distance)/steady pace

Weights...

Here's where a lot of people get stuck.

- Try to mix it up about every six to eight weeks;
- Change up the muscles groups that you are working together;
- Play with your sets/reps/weights;
- Use different types of "tools" machines/free weights/body weight.

Nutrition...

This may be a good place to look too. Keep track of what your eating and review it. See where your strengths and weakness lie and go from there. While you're at it make the booklet your workout/food log... it really helps out when you actually make the effort.

Hockey season coming soon

It's that time of year again, the 2005/06 hockey season is almost upon us!

The 8 Wing/CFB Trenton Hockey leagues are open to CF Military, DND & NPF full time employees.

WHL

The Wing Hockey League will commence on Sunday, October 2 and play every Sunday, Tuesday, Wednesday & Thursday evening. The league meeting will be held at 1000 hrs, Wed. September 7 at The Gymnasium conference room. All interested team reps are to attend.

NHL

The Noon Hour Hockey League will commence on Monday, Oct. 3 and play noon hours at a cost per player to be announced. A league meeting will be held at 1000 hrs,

Thur., Sept. 8 at The Gymnasium conference room. All interested team reps are to attend.

BTHL

The Base Team Hockey League will play every Thur. evening at 2000 hrs, cost per player to be announced. League will commence on Thur, Oct. 6. A meeting will be held at 1000 hrs, Friday, Sept. at The Gymnasium conference room. All interested team reps are to attend.

Player registration for the NHL & BTHL will be held from Sept. 6 - 16, 0800 - 1200 and 1300 - 1530 hrs, Mon - Fri and on Sun., Sept. 11, from 1200 - 1600 hrs at the Leisure Show held at The Gymnasium. For further information contact the Military Sports Coordinator, Dan Cormier, at local 3373.

Officials needed for I/S Floor Hockey League

The I/S Floor Hockey League is looking for qualified ball hockey or hockey officials to officiate. The league plays at the 8 Wing/CFB Trenton Gymnasium every Monday evening. Anyone interested in officiating, please contact the Military Sports Coordinator at local 3373.

Canoe/Kayak Rental

The Southside Gym has canoes/kayaks for rent at \$5.00 a day, which includes all related safety equipment. Rentals are available to CF Members/DND/PSP employees. Hours of operations are from 0730 to 1030 hrs and 1130 to 1400 hrs Monday to Friday. Closed on weekend & holidays. Reservation can be made by calling 2289 and or sending an e-mail to athanasopoulos.a@forces.gc.ca.

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Remembering... Sgt (Ret'd) Smokey Smith

by Captain Randy J. Henning

Sergeant (Ret'd) Ernest Alvia "Smokey" Smith, Canada's last surviving Victoria Cross recipient, passed away on August 3rd, 2005, in Vancouver. He was 91. His remains were flown to Ottawa for a lying-in-state ceremony that was held on Tuesday, August 9, in the foyer of the House of Commons. Our Wing Commander, Colonel Andre Deschamps, led a contingent of 55 officers and NCMs from 8 Wing to Ottawa to pay their respects.

Ernest Alvia Smith was born in New Westminster British Columbia in 1914. He attended elementary and technical schools there, where his running ability earned him the nickname "Smokey." After completing school he went to work for a local contracting firm, then joined The Seaforth Highlanders of Canada in 1940. Smokey was a Private with the Highlanders on the night of October 21st-22nd, 1944 when they were ordered to spearhead an attack across the Savio River in Italy. His rifle company fought their way across the river in a torrential downpour and advanced to their objective. But they were quickly stranded as the rising water made it impossible for tanks or anti-tank guns to cross in support.

Seizing the opportunity, the Germans counter-attacked with three tanks supported by two self-propelled guns and about thirty infantry soldiers. In his citation, published in The London Gazette, December 20, 1944, Smith is credited with almost single-handedly thwarting the attack. Under enemy fire, he led his PIAT (projector infantry anti-tank) Group across an open field and established a defensive position along the approaching road. He and one of the men then crossed the road and obtained another PIAT. His citation explains what happened next.

"Almost immediately an enemy tank came down the road firing its machine-guns along the line of the ditches. Private Smith's comrade was wounded. At a range of thirty feet and having to expose himself to the full view of the enemy, Private Smith fired the PIAT and hit the tank, putting it out of action." But a section of ten German infantrymen came charging from the back of the disabled tank, firing their Schmeissers and lobbing grenades. Firing his Tommy gun, Smokey killed four of them before the others turned and fled. Another tank then began firing and more infantry closed in. But the stubborn Canadian held his ground, defending his wounded pal and fighting with such ferocity that the attackers "finally gave up and withdrew in disorder." He then dragged his wounded comrade to medical aid before returning to his position to watch for further attacks. But the counter-attack had been driven off and the Battalion was able to consolidate the bridgehead.

Smith's bravery that night earned him our Commonwealth's highest award for valour, made him the toast of kings and queens, and gained international respect for the quality of Canada's fighting forces. It is part of our military ethos. Veterans, military personnel, and members of the general public came to Parliament Hill on Sept. 9th to remember that bravery, and to say goodbye to Smokey Smith.



Military personnel wait their turn to say goodbye to Sgt Smokey Smith.



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8:00 a.m - 4:00 p.m

Tuesday, September 6, 2005

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

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Rain doesn't damper spirits at summer carnival



Photos: Laurie McVicar, Contact

Poor weather wasn't enough to keep some families away from the first ever Summer Kidz Karnival, held last Sunday at the RecPlex. The event featured games, entertainment and prizes.





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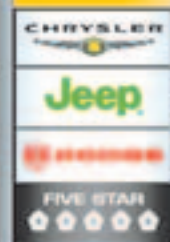
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