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June 24, 2005 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 40 Issue Number 25•

## Generous donation ensures new play structure for MFRC

by Laurie McVicar  
Assistant Editor

Belleville businessman Bob Clute understands the importance of family, which is why his car dealership is the driving force behind a new play structure for the children at the Trenton Military Family Resource Centre (TMFRC).

Clute and Saturn of Canada joined together to fully fund the project, worth approximately \$30,000. According to Clute, it's money very well spent.

"I love this place for what it does. It's one of the finest organizations that could be supported. I'm

certainly not the first to support them, and I hopefully won't be the last," he stated during a brief press conference on Monday at the MFRC.

Clute remarked several times how impressed he was by the level of service offered by the MFRC and the unique family atmosphere found there.

"I come from a family that's close knit. When you have a family involved with the military, there's often a separation of husbands and wives. It's tough on a family. I couldn't imagine functioning that way. This organization has to be the function that way," stated Clute. "What a military family goes through can't

be comprehended by a lot of people on the street."

Clute sees this venture as a win-win situation for Saturn and the MFRC. He noted this was the first time the company has contributed to a military playground through their flagship program called "Saturn Kidspace," an initiative focused on giving back to the community.

"Many of our clients are from the military. They are a transient group - they could buy a car from me, but eventually may have it serviced in Quebec or the east coast," he said. "What we do here impacts Saturn organizations across Canada. There's an eco-See Playground, P. 16



Photo: Laurie McVicar, Contact Staff

(Left to right) Lieutenant-Colonel Mark Roberts, Wing Administration Officer, Bob Clute, owner of Bob Clute Saturn of Belleville, and Captain Steve Volhoffer, former President of the MFRC Board of Directors, hold up a drawing of the planned play structure.

## NEW CO FOR JNBCD



Photo: Cpl Gayle Wilson, 8 Wing Imaging

At the Change of Command Parade for the Joint Nuclear Biological and Chemical Defence Company (JNBCD Coy), held June 15, 2005 at 8 Wing /CFB Trenton, Lieutenant-Colonel I.C. MacVicar handed over command to Major L.H.P.S. Boucher. Lieutenant-General M.J. Dumais, Deputy Chief of Defence Staff, served as the Reviewing Officer for the ceremony. See more photos on Page 6.

## SIGNIFICANT MILESTONE



Photos:  
8 Wing  
Imaging

A ceremony commemorating the first military Hercules to reach 45,000 flying hours was held June 23 at 8 Wing/CFB Trenton. CC-130315 Hercules was purchased in May of 1965 by the Royal Canadian Air Force and reached its significant milestone on May 27, 2005 while deployed to 4 Wing Cold Lake, Alberta in support of EXERCISE Maple Flag. Above is a photo montage of the aircraft. See more coverage in our next issue.

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## WINNER SHOWS OFF NEW WHEELS



Photo: Laurie McVicar, Contact

Private Sterling Strong dropped by the CANEX last week to show off his new 2005 Mustang GT after winning the Encore section of the new PayDay lottery in the June 9 draw. Pte Strong, who purchased the ticket at CANEX, joked his biggest lottery win prior to this was \$64. The outlet has had other big winners including a ticket worth \$250,000 a couple of years ago. Standing with Pte Strong are Andy Moreau (CANEX Manager) and employees Tammy Waterfall, Diane Maggiolo.

## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



To say 81 AEF has been and will be busy is an understatement. Here is a brief overview of what the flight is working on and planning for in the near future:

The tradesmen at 81 AEF are currently working on the renovation of the WCE Roads and Grounds office, canteen and two washrooms. The project at first glance looked like a cosmetic makeover, however, as typical with renovations you never know until you open up the walls. It has taken a hard right turn. Cpl Bob Shellington, the OPI, has taken the bull by the horns to ensure high quality construction. The project is, at present, 70 per cent complete. This includes the framing, plumbing and electrical requirements. The electrical portion of the work was greatly enhanced with the help of the WCE electrical shop.

The project consisted of two phases: - a demolition consisting of excavating the concrete floors to tie into the main water and sewage lines, removal of walls etc., and a construction phase for the

rebuild/renovation. Structurally the building was of old construction, meaning that most of the old walls were torn down to facilitate the new design. The project is moving ahead very well with lots of concurrent activity on the site.

The flight has just deployed two carpenters to Alert/Eureka in support of OP Hurricane. 81 AEF is also getting ready to deploy to Alert with the American Air National Guard to construct a new fuel pipeline. This operation will be conducted in two phases of one month each.

At present we are putting the finishing touches on the renovations of the Fireside Lounge at the WO & Sgt's Mess. Over the course of the summer and into early fall, 81 AEF will be involved in the construction of a new block pyro building, the installation of a metal roof on the Peterborough Armouries and the construction of a cabin at the Northern Lodge. Pictured above, from left to right are: OCdt Bolduc, Wayne Veinott (Intern), Pte Wright, Cpl Shellington, and Cpl Boyd.



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# Canadian General becomes NATO's top military officer

**BRUSSELS** — On June 16, General Ray Henault assumed duties as Chairman of the NATO Military Committee, thereby becoming NATO's highest-ranking military officer, and marking only the second time that Canada has held this position.



**General Ray Henault**

General Henault, who was Canada's Chief of the Defence Staff from June 2001 to January 2005, was elected Chairman in November 2004 for a three-year term in secret ballot by a majority of NATO's Chiefs of Defence. He takes over from German General Harald Kujat, who has served in the post since 2002.

"I would like to congratulate General Henault on behalf of all Canadians as he assumes his new responsibilities as NATO's Chairman of the Military Committee," stated Defence Minister Bill

Graham. "General Henault will bring the same dedication, professionalism and commitment demonstrated during his tenure as the Canadian Chief of Defence Staff to this important new position."

As Chairman, Gen Henault will be responsible for guiding the Military Committee to plan, assess and develop policy and advice to NATO's Secretary General and the North Atlantic Council on all military matters respecting the Alliance. This consensus-based advice is an

indispensable part of the decision-making process within NATO, and is a must before military activity or action can be authorized by the Alliance's political leadership.

"NATO is expanding operations, improving capabilities and enhancing cooperation," said General Henault. "I am proud to act in this important international capacity, both as a military officer who believes strongly in NATO, and as a Canadian who wants to promote peace and security in the world."

The handover ceremony took place at NATO Headquarters in Brussels with the NATO Secretary General and many NATO Chiefs of Defence Staff, including Canada's General Hillier, in attendance.

Admiral Robert Falls was the last Canadian officer to serve as Chairman (1980-1983).

## Saint Jean Baptiste Day



*It has been a long time since we celebrated Saint Jean Baptiste Day activities in Trenton. It will be an occasion for all Francophones and Francophiles to celebrate together.*

*8 Wing Trenton has embraced this event and is working closely with Le Franco-Phare to offer special activities for everyone in the Quinte region who wishes to celebrate this special day. The activities will be held on 25 June 2005 at Baker Island, 8 Wing/CFB Trenton.*

**BICYCLE PARADE**

1030 All participants meet at the SISKIN Centre  
 1045-1100 Bicycle judge by juries  
 1100-1130 PMQ's parade starting at the SISKIN Centre  
 1130-1200 Special guest of honour awards prizes  
 1200-1300 BBQ, Hot Dogs/ Hamburgers, Prizes  
 1300-1400 Games (face painting, dunk tank, and more)  
 1400-1405 Balloons released  
 1400-1430 Closing

**PARADE BICYCLETTE**

1030 Rassemblement SISKIN (MFRC) Centre  
 1045-1100 Évaluation des bicyclettes devant jury  
 1100-1130 Parade dans les rues des logements familiaux  
 1130-1200 Remise des prix de participation par invité d'honneur  
 1200-1300 Diner BBQ, Hot Dog / Hamburger a prix modique  
 1300-1400 Animation  
 1400-1405 Lever des ballons  
 1400-1430 Fermeture

**EVENT ON BAKER'S ISLAND**

1800-1950 Doors open to the public on Baker Island  
 1950-2000 Official opening by special guest  
 2000-2100 1st show Robert Fournier and Eric Brisson  
 2100-2240 Main show by Vincent Vallière  
 2115-0100 Bonfire  
 2240-2252 Fireworks by Bruce Cameron  
 2255-0000 Second show - Robert Fournier and Eric Brisson  
 0100 Last call (bar)  
 0130 Site close up.

**SPECTACLE SOIRER L'ÎLE BAKER**

1800-1950 Ouverture du site l'île Baker  
 1950-2000 Ouverture officielle 2000-  
 2100 Spectacle Robert Fournier et Eric Brisson interprète  
 2100-2240 Spectacle Vincent Vallière (chacun dans son espace)  
 2115-0100 Feux de joie  
 2240-2252 Feux d'artifices par Bruce Cameron  
 2255-0000 2ieme parties de Robert Fournier et Eric Brisson interprète  
 0100 Fermeture du Bar  
 0130 Fermeture de la St-Jean Baptiste

# Search & Rescue UPDATE



**424 Squadron Tigers experienced a low number of Search and Rescue calls this past week, however the Squadron personnel were kept busy with much-needed SAR training.**

**RCC received an ELT signal, located in the vicinity of Stratford, Ontario, on June 15. The Hercules SAR crew was tasked to locate the source, but by the time the crew arrived on scene, the ELT signal had been located at the Stratford Airport. The crew then ascertained that the ELT source was turned off, before returning to base.**

**Until next week, stay safe.**

Missions for 2005: 50 Missions for June.: 12 Persons rescued: 100



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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.

### The Contact Staff

**Editor-in-Chief:** Capt Nicole Meszaros  
**Managing Editor:** Andrea LeBlanc  
**Asst. Editor:** Laurie McVicar  
**Advertising Sales:** Judy Leavere  
**Advertising & Promotions Assistant:** Adriana G. Sheahan  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** vacant  
**PSP Manager:** Bob Payette  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### 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](mailto:LEBLANC.AL@forces.gc.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

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.



### A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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## MEMORIUM

*In Memory of Master  
 Warrant Officer  
 James Andersen  
 Sept 28, 1957-July 11,  
 2004*

### YOU CALLED THEM

by Yvonne Andersen

You called her "Corey Dorey," the daughter of yours,  
 You called him "Legs Magee," the son of yours,  
 They called you "The Dad" with the love of a child.

You called her "my sister,"  
 You called him "my father."  
 They smile when they think of you,  
 In heaven with the one you called, "my mother."

You called her "Banksey," with a smile in your heart,  
 You called him "Lester," with a smile on your face.  
 You've left me with friends,  
 Who miss you so much.

You called me "my love," you who were mine.  
 You called me "the optimist," you with high hopes and dreams.  
 You called me "my angel," you who have wings.  
 I call you my soul mate, "forever and ever, to infinity and beyond."

We will always love you,  
*Wife, Yvonne  
 Daughter, Corey  
 Son, Chris  
 Sister, Wendy  
 Father, Cliff  
 Friends, Les and Elaine*



WO James Anderson

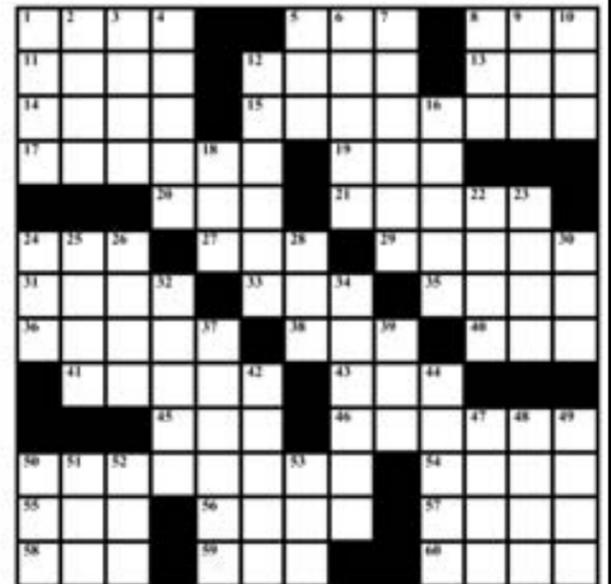
## Canadiana Crossword

### Master Casters

By Bernice Rosella and James Kilner

- ACROSS**  
 1 Peer  
 5 Shade tree  
 8 Toronto's Mayor Lastman, familiarly  
 11 Exchange fee  
 12 Singer MacNeill  
 13 Caviar  
 14 Repenter  
 15 Becoming apparent  
 17 Searched for gold  
 19 Gardner, for one  
 20 Sense of self  
 21 CBC's Newman  
 24 Bachelor apartment  
 27 Opal or ruby  
 29 Snowmen?  
 31 Inter \_\_\_\_\_  
 33 Amount  
 35 Ms Home  
 36 CBC's Henderson  
 38 Tape to tape transfer  
 40 Kitty cry  
 41 Throat condition  
 43 Until, to Ulasovetz  
 45 Bully for you?  
 46 Not coastal  
 50 CBC's Nash  
 54 Cookie jar item  
 55 Promissory note, abbr.  
 56 Weird  
 57 Give birth  
 58 Whitehorse is its Cap.  
 59 Hosp. workers  
 60 Challenge

- DOWN**  
 1 OK Corral shooter  
 2 True toad  
 3 Nothing, in Noranda  
 4 CBC's Greene



- 5 Intent  
 6 Tbone  
 7 CTV's Kirck  
 8 Med. scanner  
 9 Long long time  
 10 Part of a journey  
 12 Reconstructs  
 16 Judge's silencer?  
 18 Incite  
 22 Particular  
 23 Baseball squad  
 24 Buddy  
 25 Woe is me  
 26 Gossip  
 28 Muck  
 30 Adage  
 32 Extinct Avro  
 34 Uprising at sea  
 37 Hollered  
 39 Storage  
 42 CBC's Mansbridge  
 44 CTV's Robertson  
 47 Expanse  
 48 Close  
 49 Completed  
 50 Relatives  
 51 This instant  
 52 Not home  
 53 Hosp. units



### This Week in Contact

**1975** – On July 2, CFB Trenton will be inaugurating a new transportation facility for its personnel – a Base shuttle bus service. As with similar programs, which have achieved success on other Canadian Forces Bases within Canada, it will consist of a DND bus making rounds to various Base facilities on a continual basis. In combination with the already existent Base taxi program, this support will provide personnel with a complete transportation package during both on-duty and off-duty hours.

**1985** – In typical Trenton fashion, the Armed Forces Day was an unqualified success and the Air Show thrilled the 75,000 spectators who came to witness the Armed Forces in the air and on the ground. Her Excellency the Governor General remarked how impressed she was with the standard of drill, the tasteful consecration services and the enthusiasm of all the people she met.

**1995** – 8 Wing/CFB Trenton was well represented at the 1995 Cabot Trail Relay Race, often referred to as the "Race Of A Lifetime". 8 Wing's representatives in this year's 17-stage road race, held in Cape Breton, were the 8 Wing ENDUROS. The event was comprised of teams from across North American, including seven military teams. All team members managed to finish their individual races and there were some excellent performances by Val Corbeil, Terry Sokolowski, Roger Maillet, and Dan Draper. The official team placing was 27 out of 45 teams.

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



# Biography – Major Mike Lionais, Wing Comptroller

by 2Lt Fraser Clark,  
8 Wing Public Affairs

8 Wing/CFB Trenton's new comptroller is anything but predictable. Major Mike Lionais, fresh from his portfolio at National Defence Headquarters as Director of Military Career 6, joins us after having supervised 23 per cent of all NCM careers in the logistics, medical and dental branches, with a budget of 67 million dollars.

Maj Lionais also brings his freshly minted knowledge gained

from a research accounting paper he recently published on assessing financial risk at DND, earning him the distinguished Allan G. Ross Award for best original research in the area of management accounting.

Maj Lionais began his military career at the Royal Military College of Canada. Graduating with a Bachelor of Commerce in 1991, Lionais also holds a Diploma in Managerial Accounting and is a Certified Management Accountant (with Distinction) placing 3rd in the Maritimes. Maj Lionais has

been posted to several wings across Canada including Moose Jaw, Kingston, and Greenwood.

Maj Lionais is married with two children, Sebastian 4, and baby Aislin, 9 months. He enjoys woodturning, camping and looks forward to reviving his old alpine skills when he hits the black diamonds of Ontario (he was a former ski patroller). Although financial accounting may seem a predictable vocation, Lionais' career demonstrates that it has been anything but.



Major Mike Lionais

## Gliding at CFD Mountain View

by 2Lt Jonathan  
Rotondo  
Public Affairs Officer  
Central Region Gliding  
School

MOUNTAIN VIEW – The Central Region Gliding School has begun training new instructors and tow pilots at Picton Airport and CFD Mountain View this week.

The seventeen student instructors and three student tow pilots are currently following an intensive three-week course in both theory and practical flying exercises in order to prepare them for flying jobs this summer.

The new staff is being trained to fill a requirement for new instructors and tow pilots to handle the needs of the Glider Pilot Course beginning in mid-July. This summer, 91 cadets from across Ontario will meet in the Belleville/Prince Edward County area to realize a dream – winning the coveted wings of a glider pilot.

The cadets will follow a six-week curriculum covering both theoretical ground school subjects and 10 hours of flying exercises under the direction of a qualified glider instructor. At the conclusion of their training and after both a written and practical skill test, the cadets will receive a Transport Canada glider pilot license and their wings on August 19 at CFD Mountain View.

The instructor candidates and student tow pilots come from a variety of backgrounds and from all over the country. Most of them went through the program as cadets and some of them went on to fly the CF-18 Hornet. Now, they're back at CRGS accepting

yet another challenge.

Only the best candidates are selected to become instructors on the Schweizer SGS 2-33A. If they are successful, they will be entrusted with the enormous responsibility of training four young student pilots

this summer.

At the end of the summer, the cadets, as well as the new instructors and tow pilots that CRGS is presently training, will return to their respective gliding centres and continue to build their experience.



Student instructor Tyler Rowe (left) prepares for a flight with his instructor, 2Lt Erin Hope, at CFD Mountain View.



Student instructors and senior instructors debrief on the flight line at CFD Mountain View.



Captain Dave Gruber completes his final checks in the Bellanca Scout Tow plane before taking off on a solo flight.

Photos: Submitted

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# JNBCD Company welcomes Major Boucher as new CO



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Major L.H.P.S. Boucher salutes Lieutenant-General M.J. Dumais, Deputy Chief of the Defence Staff and Reviewing Officer, during the Change of Command Parade held June 15, 2005 in Trenton for the Joint Nuclear Biological and Chemical Defence Company. Lieutenant-Colonel I.C. MacVicar handed over command of JNBCD Coy to Major Boucher.



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Lieutenant-Colonel I.C. MacVicar invites Lieutenant-General M.J. Dumais, DCDS, to inspect the troops during the June 15 Change of Command Parade for JNBCD Coy at 8 Wing/CFB Trenton.

Due to the July 1st Canada Day holiday, The Contact Newspaper will be published a day early--on Thursday, June 30, 2005. As such, the deadline for both advertising and editorial submissions will be **MONDAY JUNE 27 AT 4 P.M.**

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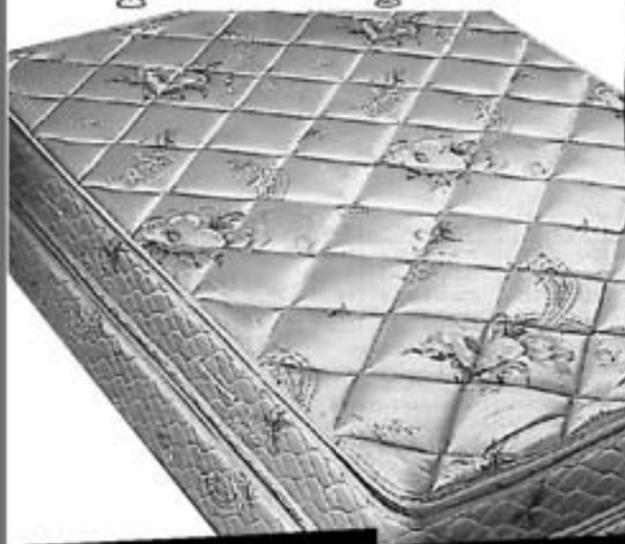
# Tired of a Sore Back?

It's our

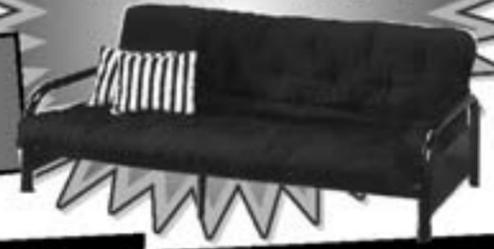
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# Fitness, Sports & Recreation

## Flyers ball hockey team to represent Ontario at Nationals

8 Wing/CFB Trenton hosted the 2005 Ontario Region Ball Hockey Championship June 12 - 14. Participating in the tournament were: 8 Wing/CFB Trenton, CFB Borden, and CFB Petawawa.

CFB Petawawa finished in first place, defeating Trenton 5 - 4 and Borden 5 - 2. Trenton finished second, defeating Borden 4 - 2. Petawawa and Trenton played a hard fought final until Cpl Kevin O'Donnell scored for Trenton with six min left in the second period. Cpl Lance Browne scored the insurance goal with three min left in the game earning the Flyers the title of Ontario Region Champs.

Representing 8 Wing/CFB Trenton

at the 2005 Ontario Region Ball Hockey Championship were: Cpl Bruce Matthews, Cpl Lance Browne, Sgt Rodney Keyes, Cpl Kevin O'Donnell, WO Mike Hamilton, Pte Sebastien Pinard, Cpl Tim Hotton, Cpl Rick Pyle, Sgt Rick Plante, Pte Matthew Metiver, Cpl Stephen Bouthiette, Cpl Even Jacques, MWO Al McGee, Sgt John Ferguson, MS Bob Denyes, MCpl Scott Ballam, MCpl Ed Carr, and Playing Coach Cpl Andy Houston.

8 Wing/CFB Trenton will represent the Ontario Region at the CF National Ball Hockey Championship in Borden August 20 - 25.

Congratulations and good luck at the CF Nationals.



The 8 Wing Flyers claimed the first place win at the Ball Hockey Regional Championship.

### Women's Soccer/Training Camp

The 2005 CISM Women's Soccer Training/Selection Camp will be held August 27 - September 4 at CFB Kingston.

This camp is in preparation for competitions in Barbados from December 27 - January

9 Jan 06, Esquimalt from February 10 - 19, and the World Championship in France at the end May, early June 2006.

This camp is open to all CF and Reserve Class A, B, and C women soccer players. Interested

athletes must have completed the 20 MSR evaluation with a 8.5 or better for goalkeeper and 9.0 for players by July 1.. To book your 20 MSR, call local 3467 or to register, contact the Military Sports Coordinator, Dan Cormier, at local 3373.

### Triathlon Team seeks members

The CISM Triathlon Team is continuing to look for new members to strengthen the team's competitive performance at the next CISM World Championship.

Team members must meet the following criteria: member of the Regular or Reserve Force, passed the annual fitness test and maintain an active fitness program, have, on at least two separate occasions during the current year, achieved the minimum time requirement for an Olympic distance non-drafting race (1.5 km swim, 40 km bike, 10 km run) as follows:

- Male Open 2:10:00
- Female Open 2:35:00
- Men Masters (40+) 2:20:00
- Women Masters (35+) 2:45:00

Interested members are requested to send the following info: SN, rank, name, MOC, age, sex, home and work phone number, copy of last years fitness report, and two qualifying times no later than August 23. For more info, contact the Military Sports Coordinator, Dan Cormier, at local 3373.

### Kind words from reader



Laurie McVicar

## Confessions from the Gym

Monday, June 20

I don't know about you, but I'm definitely the type of person who requires lots of encouragement and motivation to achieve a big goal. When it comes from complete strangers...all the better.

Last week as I was loading my son into the car following his soccer game, I heard my name called. As I looked up, I noticed a woman approaching my car from across the parking lot. After confirming that I was the author of this column, the woman went on to say how surprised she was to see my new pic in the paper.

"You look great! Are you still doing the exercise thing?" she asked.

Darn right I am. And after hearing comments such as hers, you can bet I'll be pumped up enough to hang in there a little longer...hmmm...let me rephrase that in the event my trainer is reading this...a LOT longer.

### Players needed for slow pitch team

The 8 Wing/CFB Trenton Women's Slow Pitch Team is looking for a coach and players in preparation for the 2005 Ontario Region Women's Slow Pitch Championship to be held August 14 - 17 in North Bay.

The team is open to CF Military and Reserve class B and C members. Interested coach or players are to attend this organizational meeting schedule at 1600 hrs, Tuesday, June 28 or contact Dan Cormier at local 3373.

**Book your personal training today! Call local 3467.**

## JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
		21	22	23	TGIF 24 BBQ STEAK 17:00 HRS SPORTS Euchre 18:00 HRS	25
HAPPY FATHER'S DAY!						
Task Force Balkans Show Tour 1900hrs	26	27	28	29	30	

**JUNE 2005**

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**Tuesdays-**Liver & Onions \$8.95-You'd be surprised at the turnout.

**Wednesday-German Theme Platter,** featuring Schnitzel, Bratwurst, Spatzle, SauerKraut and Potato Pancakes, accompanied by Red Cabbage \$10.95; 6oz Strip Loin Steak Special with Potato and Vegetables with Side Soup or Salad \$13.95.

**Thursday- Pasta & Wing Night;** featuring two great choices of Pasta with a House Salad or soup for only \$8.99 each, and our special Breaded Wings priced in increments of 6 to 12 wings with your choice of Mild, Medium, Honey Garlic or Hot Sauce.

**Every Friday, Saturday, and Sunday**  
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Featuring: Roast Beef with Yorkshire Pudding, with a great second choice. Pastas/Stews/ Chilli Choices Potato and/or Rice Selections Daily Vegetable Choice Salad Bar/Dessert Buffet Adults \$13.99; Children 6-10 \$8.99; 5 and under \$5.99. If that is not to your liking we feature a great menu. Reservations Recommended.

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INFORMATION / REGISTRATION / INSCRIPTION 965-3575

**Personal Development**

**SECOND LANGUAGE TRAINING FOR YOUTH**

Once again, we will offer this summer program for students ages 9 to 12. It is designed for youths who need a little extra help with their English speaking and for young people registered in French immersion. We are offering a 4-week program (broken down into weekly sessions) beginning July 18 and running until August 12. This program will help those students in French Immersion and those who are learning English maintain their level of language skills over the summer period. Indoor and outdoor activities will focus primarily on language acquisition. This program will be given five mornings a week from 9 a.m. to 12:00 p.m. at the Siskin Centre. The cost is \$40.00 per week for military family members and \$50.00 per week for non-military members of the community. For further information or to register call Manon at 392-2811 ext 3852 or the reception desk at 965-3575.

**BELLY DANCING**

*Belly Dancing for Beginners*  
Mondays July 4 to August 8/ eight weeks / 6:30 pm - 8 pm  
*Belly Dancing Two / Intermediate*  
Tuesdays July 5 to August 9 / 8 weeks / 6:30 - 8 pm  
Cost: \$40 each course

**WEDNESDAY NIGHT OUT**

6:30 pm to 8:30 pm, July 6  
*Deployment Family BBQ / A night out and free food*  
Come out and meet others going through deployment. For families, children, parents, anyone who has a family member away. Please reserve.

**Summer hours for the Youth Centre**

Monday to Friday 1:00 - 4:00 pm - 8 - 12 year olds  
Thursday 6:00 - 9:00 pm - 13 - 15 year olds  
Friday 7:00 - 11:00 pm - 16 - 18 year olds

The Youth Centre has a variety of activities for youth. Craft days, outdoor activities, pool table, foosball, air hockey, canteen, karaoke, just to name a few. The centre is supervised at all times and we do invite parents to stop by any time to see the activities.

**Volunteers Needed**

Daycare Summer Program: Will be offering a variety of field trips, swimming activities, and other outings which require a higher adult/child ratio. This is a fun volunteer opportunity for adults and mature teens and offers an excellent opportunity for students to acquire community service hours. Volunteers will be screened for suitability to work with children.

Youth Council: We are looking for people interested in sitting on a Youth Council to help set the direction for activities for youth in our community. We need adults and military and civilian youth. The commitment will be approximately one meeting a month. There is an opportunity for training and we will be doing a youth needs survey ASAP.

Green Thumb: The MFRC is looking for a volunteer with a green thumb to do weekly plantcare. Your schedule; our supplies.

To volunteer, see Wendy at the MFRC or call local 3557.

**Perfectionnement personnel**

**COURS DE LANGUE SECONDE POUR LES JEUNES**

Notre programme sera de nouveau disponible cet été pour les étudiants âgés de 9 à 12 ans. Il débutera le 18 juillet et se terminera le 12 août, la durée complète du programme est de quatre semaines. Ces cours offerts en session d'une semaine sont conçus pour aider les jeunes étudiants d'immersion française, et pour les jeunes qui ont besoin d'aide à s'exprimer en anglais. Ils offrent des occasions de maintenir et d'améliorer leurs connaissances de la langue française et anglaise par des activités à l'intérieur et en plein air. Le but principal du programme est l'acquisition du langage. Ce programme sera donné au Centre Siskin, cinq avant-midi par semaine, de 9h à 12h. Le coût est 40,00\$ par semaine pour les enfants de militaires et 50,00\$ par semaine pour les enfants non-affiliés aux Forces canadiennes. Pour vous inscrire ou pour obtenir de plus amples renseignements, veuillez appeler Manon au 392-2811 poste 3852 ou à la réception au 965-3575.

**DANSE DU VENTRE**

*Danse du ventre - Phase 1/Cours de débutantes*  
Du lundi 2 mai au lundi 27 juin - 8 semaines - de 18:30h à 20h  
*La Danse du ventre - Phase 2/Cours intermédiaires*  
Du mardi 3 mai au mardi 28 juin - 8 semaines - de 18h30 à 20h  
Coût : 40,00\$ pour chaque cours

**SORTIE DU MERCREDI SOIR**

18h30 à 20h30, Le 6 juillet  
Barbecue des familles vivant un déploiement/ Repas gratuit  
Venez rencontrer d'autres familles vivant un déploiement. Pour les familles, enfants et parents d'un membre de la famille parti au loin. S'il vous plaît réservez.

**L'horaire de l'été du Centre des jeunes**

Du lundi au vendredi, de 13h à 16h, pour les jeunes de 8 à 12 ans  
Les jeudis, de 18h à 21h, pour les jeunes de 13 à 15 ans  
Les vendredis, de 19h à 23h, pour les jeunes de 16 à 18 ans

Le Centre des jeunes offre une variété d'activités pour les jeunes. Il y a entre autre, des journées d'artisanat, des activités à l'extérieur, une table de billards, un jeu de foosball, air hockey, du karaoke et une cantine. Le Centre est supervisé en tout temps et nous invitons les parents à nous visiter pour voir comment les jeunes s'occupent.

**Besoin de bénévoles**

Programme estival de la Garderie: offre une variété d'excursions, de la baignade et d'autres promenades qui nécessitent un ratio élevé adultes/enfants. Ce sont des opportunités amusantes pour les adultes et les adolescents matures et ce sont des occasions pour ajouter à vos heures communautaires. Les applicants seront criblés pour leur aptitudes à travailler avec les enfants.

Conseil d'administration des Jeunes: nous recherchons des gens intéressés à siéger au Conseil d'administration des jeunes pour aider à mettre en place les directives pour les activités des jeunes de notre communauté. Nous avons besoin d'adultes et de jeunes de la communauté militaire et civile. Il y a généralement une réunion par mois, Ceci est une opportunité pour de la formation et nous ferons un sondage des besoins des jeunes le plus tôt possible.

Avez-vous le pouce vert? Le CRFM recherche une personne avec le pouce vert pour s'occuper des plantes (une fois par semaine) du Centre. Votre horaire, notre matériel.

Pour volontariser, contacter Wendy au CRFM ou au poste 3557.

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
June 26 - July 2

**ARIES** (March 21-April 19): You will be pumped up and eager to take part in whatever comes your way on the 26th, 27th and 28th. Your enthusiasm will attract someone who wants to share in the excitement. Plenty can be accomplished, and progress is definitely going to raise your self-esteem and confidence. Don't take sides or try to put the blame on someone else on the 29th and 30th. Protect your own interests; anger will lead to more trouble. Don't let work-related problems affect your personal life. Things are looking up on the 1st and 2nd, but stay alert. You need to take the initiative to put things into play. Success can be yours, so don't be afraid to ask for favors.

**TAURUS** (April 20-May 20): You will have the opportunity to do something special for someone else on the 26th, 27th and 28th. Your kind gesture will bring fabulous results. Get involved in your community or a cause you believe in, and you can form a unique friendship. Be aggressive if you want things to happen on the 29th and 30th. All talk and no action will lead to disappointment. Make changes that reflect the lifestyle you see yourself living. It's a new beginning. You'll be sensitive, emotional and easy to manipulate if you let things get to you on the 1st and 2nd. Someone you are close to will take advantage. Refrain from making rash decisions based on emotions instead of logic.

**GEMINI** (May 21-June 20): Keeping a secret may be difficult, but it will be a must on the 26th, 27th and 28th. You will be held accountable for something that you should have taken responsibility for. The less you share with others, the better. You need a challenge on the 29th and 30th, so put yourself on the line. Your involvement in a group you believe in could lead to a position of leadership. Don't let money slip through your fingers. A chance meeting on the 1st and 2nd with someone from your past will stir up mixed emotions. Don't be misled; ask questions and find out what's really behind a situation you face. Don't underestimate the people around you.

**CANCER** (June 21-July 22): Nothing can hold you back on the 26th, 27th and 28th. Let down your guard — creative endeavors will turn out better than anticipated. A new beginning is here, so seize the moment and do everything within your power to get ahead. Be aware of someone who is trying to make you look bad on the 29th and 30th. Stay cool and do your own thing. Don't share your ideas. Remember: The sweetest revenge is your own success. Mixed emotions will leave you in a very unique position on the 1st and 2nd. You may have to make a choice. Use your intuition and follow your heart, and you won't go wrong. Love is in your corner.

**LEO** (July 23-Aug. 22): You've got things lined up on the 26th, 27th and 28th, so get on with it. Put your plans into motion before you run out of time. Your persuasive talent should help you to land a deal that can change your future. Don't let personal issues get you down on the 29th and 30th. It's only a matter of time before the tide turns, so let it go. Don't neglect your responsibilities, or someone you thought you could count on will not be in your corner. Be careful how you handle the people around you on the 1st and 2nd. Being too overbearing or pushy will not bring the results you are looking for. Consider how you can improve your professional direction. Taking a risk will not pan out.

**VIRGO** (Aug. 23-Sept. 22): You will be drawn toward the underdog on the 26th, 27th and 28th, but be careful no one takes advantage of you. A partnership may take an interesting turn. Campaign for something you feel strongly about, and you will meet someone worthwhile. You can accomplish what you want by going through the back door on the 29th and 30th. An aggressive attitude will show everyone you mean business. Love and romance may be changeable, but the outcome will be beneficial. Lessons can be learned on the 1st and 2nd, opening your eyes to a new way of doing things and a new lifestyle. Stop running and face the inevitable. Once you do, your life will take a positive direction.

**LIBRA** (Sept. 23-Oct. 22): A change may be in order on the 26th, 27th and 28th. Rely on your expertise, be confident and take a chance. You can excel if you really put your heart and soul into what you want to do. Don't jeopardize a partnership on the 29th and 30th — much can be resolved if you are open about the way you feel. There are always options available if you are willing to make a few changes. Don't limit yourself. Don't let anyone talk you out of your hard-earned cash on the 1st and 2nd. You may be thinking too big or trying to take on projects beyond your capabilities. Back up and re-evaluate what you can and can't do.

**SCORPIO** (Oct. 23-Nov. 21): Focus on projects that have a creative leaning, and you will do some of your best work on the 26th, 27th and 28th. Love is highlighted; rekindling a relationship with someone will add positive energy to your life. Don't sit idle. Get yourself back on track on the 29th and 30th. Diet, exercise and doing things that will make you feel good about yourself will all contribute to the well-being of other areas of your life. A partnership that you are involved in could go either way on the 1st and 2nd. If you are attentive and sensitive to the other person's needs, you will spare yourself a lot of grief. Plan a special activity that will result in good times and a lasting memory.

**SAGITTARIUS** (Nov. 22-Dec. 21): Trying to make personal changes will backfire on the 26th, 27th and 28th. Stick to what you know and do best. Let everyone have his or her say, and you will avoid being blamed later on. Be observant and listen. Be a little wild and crazy for a change, and you will feel recharged on the 29th and 30th. Socializing with friends or colleagues will result in an interesting deal. Take charge, and you will gain the respect of the people around you. Prepare to accomplish whatever you set your mind to. A challenge will get your blood flowing and your heart pumping on the 1st and 2nd. You will attract someone who can see your strength.

**CAPRICORN** (Dec. 22-Jan. 19): Stay active, make plans and focus on organization on the 26th, 27th and 28th. A partnership will have a very favorable impact on you. Your concern with reform and getting things done right will be impressive. You may feel not quite up to snuff on the 29th and 30th when it comes to your dreams, hopes and wishes. Don't let things get to you, especially in your personal life. Your changing attitude may be upsetting to those who have known you a long time. Put a little effort into the way you look on the 1st and 2nd. A change will lift your spirits and give you a new lease on life. Money matters can be cleared up quickly if you don't procrastinate.

**AQUARIUS** (Jan. 20-Feb. 18): Your mind should be on your work. Plan what you want to accomplish the 26th, 27th and 28th, and you will be able to make major advancement. Change your career direction or research what skills you need to follow a path more suitable. Being proactive on the 29th and 30th will lead you down the right path. Don't be afraid to stand up and be heard. Speak in basic terms, and you will find people who share your vision. Don't give in to temptation on the 1st and 2nd. Avoid overspending if you want to maintain a decent lifestyle. If you develop one of your interests, you will discover you have more to offer than you first thought.

**PISCES** (Feb. 19-March 20): The 26th, 27th and 28th is only the beginning. The more you indulge in change and do new things, the better you will feel about your life. Don't get bogged down by your responsibilities; work out a schedule that allows flexibility. Finish what you start on the 29th and 30th. Money matters can be taken care of if you are businesslike. Collect debts owed, talk to institutions about loans or invest in something you believe in. Events that have to do with unusual lifestyles will get you thinking in a whole new way on the 1st and 2nd. The changes you make will be to your benefit. You are likely to receive a reward or surprise of some sort.

## GRADE 6 CLASS EARNS AWARD FOR VIDEO

Photo: Laurie McVicar, Contact



Sylvanna Lavoie's grade 6 class at Cité Jeunesse has received Honourable Mention in a contest recently held by French television station, TFO. The class produced a short film introducing Marc Garneau High School for the station's *In Reality* contest. On Monday, TFO representative Nicole Sylvestre visited the school to present a certificate and pass along comments from the judges. "I think it shows what teamwork can do. I'm proud of their achievement," said Lavoie.

# LOCAL SERVICES AND TRADES

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# Community Events

## CENTRE THEATRE

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*Matinees  
Saturday & Sunday  
& Thursday June 30th*

**MOVIES  
MOVIES  
MOVIES**

**MOVIE LINE-UP**

• Mr. & Mrs. Smith (PG)	1:05	7:05	9:20
• Herbie : Fully Loaded (G)	1:10	7:10	9:15
• Batman Begins (PG)	1:00	7:00	9:35
• Sharkboy & Lavagirl (G)	3:15		
• Madagascar (G)	3:20		

Coming Soon: War of the Worlds (June 29)  
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## 429 Squadron Meet and Greet/Barbecue



**WHEN:** 7 July 2005 1700 hrs  
*as part of the closing ceremonies of the squadron.*

**WHERE:** Held in the Fireside Lounge, Games Room and roof top patio at the WO's & Sgts' Mess, 106 Yukon Street

**COST:** The cost is \$5.00 per person and the menu will consist of your choice of Steak or Chicken Breast with baked potato, salads and dessert.

**All former 429 Sqn members are invited to attend.**

If planning to attend, please confirm your attendance by contacting Captain David Simpkin via e-mail at [simpkin.dm@forces.gc.ca](mailto:simpkin.dm@forces.gc.ca) or if unable to access e-mail, please contact the CO's Secretary, Gloria Hewson at (613) 392-2811 ext 7056.

*Check out [www.429sqn.8wing.ca](http://www.429sqn.8wing.ca) for more information*

# CFB PETAWAWA HOMECOMING WEEKEND



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• Airborne Meet and Greet	• Centennial Golf Tournament	
• Pancake Breakfast	• Governor General Visit	
• 3RCR Para Jump	• Gun Race	
• Sky Hawks	• Dancefest	
• Airborne Reunion	• PLUS More!	
• 100 Years Of Pride Multi Media Show		
• 2nd Annual Jamie Murphy Softball Tournament		

Watch The Petawawa Post For Event Timings!

## CFB/8 Wing Trenton Military Police 2nd Annual Charity Golf Tournament

**Date:** 0900 hrs, 30 June 2005  
**Location:** Oak Hills Golf Club (<http://www.oakhills.ca>), 1538 Frankford-Stirling Rd, Quinte West, ON  
**Cost:** \$240 per foursome (includes green fees and dinner)

This tournament will be a Four Ball-Best Ball format. All proceeds from entries and prize draws will go directly to the Canadian Forces Military Police Fund for Blind Children. This registered charity has been helping blind children across Canada since 1957. Dinner is a 10 oz steak with all the trimmings. A golf cart is included in the fee. Several prizes available and raffle draws will be held throughout the day. Please contact us soonest to ensure your team is registered before it is too LATE!

**For further information or to register, contact:**



**MCpl Bruce Parsons**  
(Chair) - 613-392-2811  
Ext#3928 or email  
[Parsons.BR@forces.gc.ca](mailto:Parsons.BR@forces.gc.ca)  
OR  
**Cpl Tom Larson**  
(Co-Chair) - 613-965-3385  
or email  
[Larson.TA@Forces.gc.ca](mailto:Larson.TA@Forces.gc.ca)



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# Are you inside the real estate bubble?

## it's your Money



Garth Turner

My recent column likening the current real estate craze to the Internet bubble of five years ago has, understandably, generated a lot of debate. Many readers have been in touch to express their agreement or violent objection. There appears to be particular hysteria and housing mayhem happening on the west coast, and especially around Victoria.

Some people are convinced real estate values in places like Vancouver Island will go up in a straight line forever because every Baby Boomer in Canada is desperate to retire there. Others think current prices in Victoria are completely nuts. Meanwhile in one of the hottest markets in the country - the Muskoka lakes north of Toronto - prices have mushroomed to the point where property taxes are a burning issue.

In this land of market

value assessment, rising real estate values translate directly into higher taxation. One cottager who inherited a shack, built in the 1920s by his parents, has seen property taxes rise by 800 per cent, thanks to his millionaire neighbours and their recreational palaces.

And, in the biggest urban real estate market in the country - that Big Smog called Toronto - the housing market has gone from alarming to freakish. I opened my weekend paper a few days ago to see a house advertised as a "tear-down" for \$1 million. That's the value the owner put on 40 feet of Toronto dirt.

In the first 15 days of this month, 4,308 houses changed hands in the city, up 8 per cent from the first half of June, 2004. That means this month is going to turn out to be the best month ever - in the last 90 years that they've been count-

ing - for real estate sales in that market. Sales activity in the downtown core itself is up by 30 per cent.

Now what makes this panic buying most interesting is that it is coming at a time when prices have soared beyond all expectation. The average house price has jumped 9 per cent in the last year, and is currently rising at the rate of 1 per cent a month. This means house values are exceeding the rate of inflation by roughly 10 per cent per year, which is 10 times the historic average.

At the same time, Canadian family incomes are rising at less than 2 per cent annually, which brings us to the big question: At what point will the average family no longer be able to afford the average house? Because, when that point arrives, the boom will be over - just as the last one ended abruptly in 1989. Real estate is a commodity whose value is determined not by replacement costs, but by supply and demand. Never, never, forget that one.

So, are we there yet? Well, if we are not, we are very close. At today's mortgage rates the aver-

age family (making \$54,000 a year), putting 25 per cent down, is basically maxed out in terms of debt service ratio buying the average house selling for \$350,000. If mortgage rates rise even a single percentage point, then hundreds of thousands of people are knocked out of the market. Let them rise a couple of points, and millions no longer can afford to buy.

And will mortgage rates be going up? Is Paris Hilton nauseating? Of course!

Interest rates will not stay at their current point, which is about the cheapest in a generation. The federal government is spending billions it does not have, American rates have been rising for months, rapidly advancing real estate prices and soaring energy costs have been stocking inflation, and the Bank of Canada is not about to let things get out of hand.

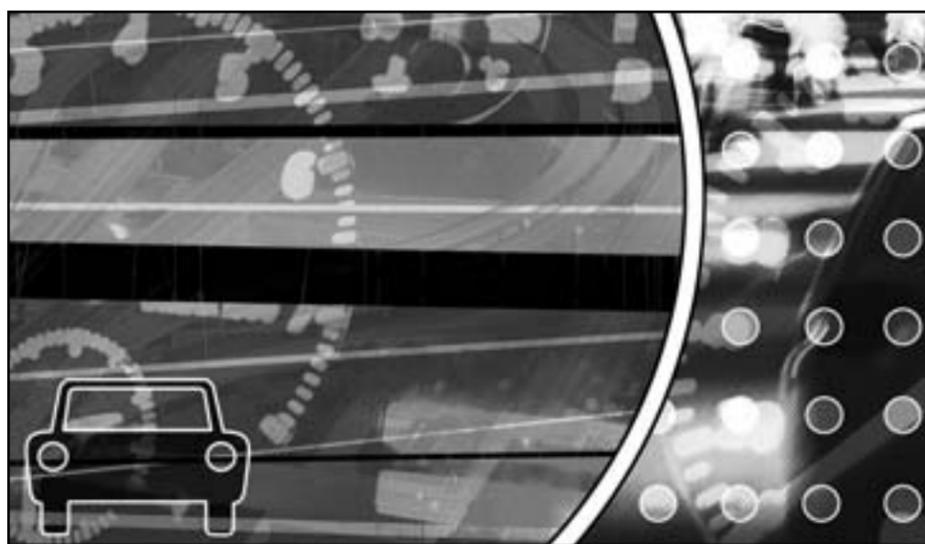
The cost of a mortgage will be higher by the end of the year and quite a bit above that by this time next June. If you don't think that will have serious consequences on a market that is currently out of control, you are inside the bubble.

# Fluctuating fuel prices= fluctuating policies

by Anna Fredericks (NC)—All consumers are concerned about the unpredictability of fuel costs, but they pose a special concern to salespeople who receive a business vehicle allowance, or cents per business kilometre reimbursement in lieu of a company provided vehicle.

According to CPSA's annual Vehicle Costs and Policies Survey, 59 per cent of respondents' employers provide a reimbursement that fully covers their business expenses, a decrease of 14 per cent over 2003 results. Out of this percentage, 63 per cent of managers indicated that their employer's reimbursement adequately covered their vehicle expenses, but only 49 per cent of respondents employed in sales responded in kind.

Even more surprising is the fact that only 24 per cent of respondents indicated that their employer's vehicle reimbursement program contained provisions to



cover fluctuations in fuel costs.

Many employers have adjusted their business vehicle allowance and business kilometre reimbursement programs in recent years, says Roger Brown, president of R.G. Brown and Associates, a firm that assists companies with their fleet lessor selection processes.

As fuel prices fell during the second half of 2004, Brown says that employers found themselves in a very

difficult position for two reasons. One reason is that employees, while pleased with their increased allowance or kilometre reimbursement amounts, were unreceptive to future reductions in response to less expensive fuel costs. A second factor is that each year new vehicles claim both improved fuel efficiency and reduced repair and maintenance costs.

Thus employees and employers should remember

that, in spite of rising fuel costs, improved fuel efficiency results in lower operating costs. In addition, a vehicle's overall operating costs can be adversely affected by model selection, engine size, driving habits and other factors such as climate and driving terrain.

You can purchase a copy of CPSA's GUIDE TO VEHICLE COSTS AND POLICIES by contacting CPSA at 1-888-267-CPSA (2772) ext. 222.



# Burns a high ranking cause in cases of injury related deaths



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

Burns are the third-ranked cause of injury-related deaths in Canada. In the five-year period from 1987 to 1992 there were 753 children hospitalized in one province alone due to burns and scalds.

There are countless ways in which children can get burned. Playing with matches, lighters, and electrical

cords often results in severe burns, or even fatalities. Children have been scalded from pulling pots of hot food from the stove onto themselves, or from exposure to extremely hot water in the bathtub. And as we all know, hot liquids burn like fire. The potential sources of burns and scalds seem almost endless. We have to teach our children from a very early age to respect the dangers of fire, electricity, and excessively hot liquids. We also have to protect them by preventing them from being exposed to situations where they might potentially get burned.

The majority of fire related deaths (more than 75 per cent) occur in private residences. A large percentage of burned children survive, although many require long term treatment. Functional

losses as well as pain and psychological problems are inestimable (Annals of Emergency Medicine Feb. 1993).

### Burn prevention in the kitchen

Keep handles of pots and pans turned inward, and well away from the front edge of the stove. Pots might get pulled off the stove by little ones. Cooking on the back burners may help prevent this.

Always plan ahead before you move a hot pot, pan, or dish. Train yourself to determine where your child is in relation to you and your planned movement. Get into the habit of announcing a warning such as, "Hot stuff coming through!" Then always wait until the path is clear.

When you are carrying hot pots and pans, use pot holders. Never handle hot pots or kettles with wet or greasy hands. You do not want to risk dropping hot food or liquids onto a child. Take precautions even if the child is several feet away from you. Hot liquids can cover a large area if they get spilled; not only will your own legs and feet get splashed, but your child may get splashed as well. Mop up spills promptly.

Avoid holding your child while you are cooking at the stove or microwave. Steam and splattering fat can cause serious burns. Be especially cautious when opening microwaved packages or covered dishes; the burst of steam can burn.

Coming into the kitchen in a rush to answer the phone or to attend to an emergency?

Never sit your baby on the stove, even if you check the burners beforehand; your child might turn an element on when you're not looking.

Install childproof knobs on the stove and use stove guards when small children are around the kitchen. Keep children far away from the stove. Remember that guards and knobs are only aids to safety; never rely on them totally.

Keep dangling cords from hot water kettles and other electrical appliances away from the counter where they can be pulled down. The risk of things being pulled down is, of course, increased if a child is in a baby walker.

Keep a fire extinguisher in a handy place in the kitchen. Learn how and when to use it. Consult your local fire department about the rules for identifying and extinguishing kitchen fires.

at 130° F (54°C) the time is 30 seconds. Exposure to a water temperature of 140°F (60°C) for only three seconds can result in third degree burns that would require hospitalization and skin grafts.

Scalds happen frequently to young children at home but can be prevented. One to two seconds exposure to 65°C (150°F) hot water will result in a serious burn. The most common scald in the home is caused by spilled coffee, tea or other hot drinks.

Test the water before you put your child into the bath.

Never leave infants or young children unsupervised in the bathtub – not even to answer the phone. Don't let older children prepare baths for youngsters unless you are absolutely sure that they will consciously keep the water temperature low and will be able to conduct themselves appropriately in case of an emergency.

### Preventing scalds

Don't hold your child while you're drinking something hot; scalds are commonly caused by spilled hot liquids. Remember that sturdy, wide-bottomed mugs may take more jostling around than more "elegant" cups before they spill the hot contents.

Keep hot liquids – coffee, tea, grease, soup – off counters and away from young children. Be sure that appliance cords for kettles, bottle warmers, mug warmers, frying pans, and deep fat cookers are not within reach of little hands.

Cook on the back burners and turn pot handles toward the back of the stove.

Pre-set your hot water heater to 120°F (48°C) or less. Severe burns have resulted from the tap being turned on unintentionally. Consider installing an anti-scald device on the tap.

Prevention of tap water burns requires reduction in the temperature of tap water to 120°F (48°C). At this temperature, it takes 10 minutes of exposure to cause full thickness burns in adult skin; at 125°F (52°C), the corresponding time is two minutes;

### Safety and electricity

Cover all electrical outlets that are not being used with safety plugs or childproof electrical outlet covers. When you use an outlet, remember to replace the safety plug immediately after you finish using it.

Do not leave light bulb sockets empty when a lamp is plugged in; little fingers may find their way into them. Use socket safety plugs. These will help reduce the chance of your children sticking an object into the socket.

Keep electrical cords out of your baby's reach. Use cord shorteners, or tape electrical cords to the walls or under furniture. Remember that children have been known to bite electrical cords. The devastating result can be severe burns to the mouth that may disfigure or even kill. Of course, electrocution is also a possibility.

Don't forget that there are electrical plugs on the outside of your house and in your garage. Take appropriate precautions.

Do not leave appliances such as hair dryers, vacuum cleaners, and irons plugged in when they are not in use.

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# Playground, Continued from Page 1

-nomic trade off.”

Both Clute and Saturn received high praise from 8 Wing/CFB Trenton representatives present at the press conference.

“A year ago when the idea (for a new playground) came up, we put the feelers out to the community. Part of a community outreach is to have someone reach back...that person was Bob Clute,” said Major Phil Forward, new president of the TMFRC Board of Directors.

“It is most appreciated and appropriate. It’s going to be a lot of fun

for our kids,” said Lieutenant-Colonel Mark Roberts, Wing Administration Officer.

Directing his comments to MFRC staff, he stated, “You make a difference. When we are away, it’s a real heartfelt warmth knowing that our families are being taken care of.”

The MFRC Daycare currently cares full-time for about 70 children up to 5 years of age and have another 40 who take advantage of the before and after school care. In addition the centre coordinates special programs for parents and children,

including infant care programs and playgroups.

While about 90 per cent of those in care are children of military personnel, the Centre is also open to and welcomes other children.

Daycare Director Lesley Patterson stresses the importance of not limiting the Centre to military children.

“Wherever the military children go, they also have to become members of the community in which they live. It is important for them to view this as a natural process. It is also important for the general com-

munity to have as much contact with and as much understanding as possible of the military community. They get some of this when they send their children here. We think the addition of this playground will make our Centre even more attractive to both communities, to the military and non-military, as a place to send their children for an early fun and learning experience. Thank you, Bob Clute, very, very much! Your caring about these kids is a reminder of just how important this broader Quinte community is to us all.”

## A fond farewell

Photo: Laurie McVicar, Contact



On June 20, Major Phil Forward presented Captain Steve Volhoffer, former President of the MFRC Board of Directors, with a plaque in recognition of his work with the organization. Capt Volhoffer has filled the position for over a year. He will be deploying to the Golan Heights next month, leaving his job as the Wing/Base Fire Chief.

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# Showcase

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**Cpl D. Markle**

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**Cpl B. Waterfall**

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**Cpl C. Atkinson**

received her CD, presented by LCol W. Lewis, CO 8AMS.



**Cpl Y. K. Soo Lum**

received his CD, presented by LCol W. Lewis, CO 8AMS.



**MCpl J. Taylor**

received his CD, presented by LCol W. Lewis, CO 8AMS.



**MCpl E. Carr**

received his CD, presented by LCol W. Lewis, CO 8AMS.



**Cpl R. Bessette**

received his CD1, presented by LCol W. Lewis, CO 8AMS.



**Cpl D. Allard**

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**Sgt D. Crete**

received his CD1, presented by LCol W. Lewis, CO 8AMS.



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**Cpl D. Girouard**

received his CD1, presented by LCol W. Lewis, CO 8AMS.



**Cpl G. Giguere**

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**Sgt J. Ferguson**

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**Cpl D. Skirrow**

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**Sgt C. Grinton**

received his CD1, presented by LCol W. Lewis, CO 8AMS.



**Sgt D. Tremblay**

received his CD1, presented by LCol W. Lewis, CO 8AMS.



**Cpl M. St-Denis**

received his CD1, presented by LCol W. Lewis, CO 8AMS.

# Classified

For Classified Information Call  
392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

### Information

**CLASSIFIED AD RATES**  
Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

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www.bellevillevw.com

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Beautiful Victoria home, 4brms, den. in-lawsuite, garage optional, no pets, close to downtown, great family area. \$1100 +utils 1st & last and references req'd  
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### Contact

### NEEDS CARRIERS

to deliver The Contact newspaper here at 8 Wing/CFB Trenton:  
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Please call 965-7248 mornings or leave your name, address, phone number & age.

Due to the July 1st Canada Day holiday, The Contact Newspaper will be published a day early--on Thursday, June 30, 2005. The deadline for both advertising and editorial submissions will be **MONDAY JUNE 27 AT 4 P.M.**

### House For Sale

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Excellent 1337 Sq. ft. Klemenic built bungalow on quiet crescent in desirable west end, pro finished basement, 3pc bath, 4th bdrm or sewing/craft room, family rm with gas fireplace. Also games/computer room or 5th bedroom, 2 car garage with openers and loft storage area, pro landscaped, asphalt driveway, ensuite with shower, jacuzzi tub in main bath, oak kitchen with pantry and pocket door. Asking \$222,900

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### Crossword Answers

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

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re-establish  
**U**  
BAD CREDIT



# Stroke is no joke - get the facts on this disease

by Jeremie Nolet  
(with files from the  
Heart and Stroke  
Foundation)

Did you know that stroke is the fourth leading cause of death in Canada? According to the Heart and Stroke Foundation, each year more than 16,000 Canadians die from stroke. Of those, 16,000 more than half are women.

Stroke is no joke, after

the age of 55 the chance of having a stroke doubles every 10 years.

What can help us prevent strokes? First, knowing what a stroke is will help you prevent it. A stroke is a sudden loss of brain function caused by an interruption of blood flow to the brain or the rupture of blood vessels in the brain. This causes the surrounding brain cells (neurons) in the affected area to die. As the brain

controls everything we say, do and think, a stroke can have a number of effects. A stroke can affect your:

- Ability to move and coordinate movement;
- Ability to feel touch, temperature, pain and movement;
- Ability to see or to interpret what you see;
- Ability to think, to remember, understand, plan, reason or problem-solve;

· Ability to communicate (speaking and understanding speech, as well as reading, writing and the ability to do mathematics);

- Personality;
- Emotions;
- Behaviour.

A stroke can happen at anytime, anywhere. Controlling your risk factors is the only sure way to help prevent stroke. Be physically active -- regular physical activity helps

prevent high blood pressure and high cholesterol, reducing the risk of stroke and heart disease. Be smoke-free, if you already smoke talk to your doctor about quitting. Control your blood pressure, eat healthy and be physically active, maintain a healthy weight. Get your blood pressure checked regularly. Eliminating stress is an important factor as well. Stress can make it harder for you to maintain a

healthy life style and evidence shows that stress can cause blood clotting in some people. Identifying stress and knowing how to cope will start you on the right track to a healthy life style.

Stroke is no joke, so stay healthy and control your risk factors. For more information on stroke visit [www.heartandstroke-foundation.com](http://www.heartandstroke-foundation.com).

## Stroke the leading cause of death for Canadian women

(NC)—Women are often the primary care givers in their families, and spend much of their time thinking about the health of their loved ones. But often they don't think about their own health and the risks they have for diseases such as heart disease.

According to the Heart and Stroke Foundation, Canadian statistics indicate that over 39,000 women die of cardiovascular diseases annually. That makes cardiovascular diseases the leading cause of death in women in Canada. Women are also more likely than men to have diabetes and diabetes has a

greater impact on the relative risk of coronary artery disease in women.

Reducing your risk for heart disease begins by knowing your risk factors and then seeing your physician. It is important to speak to your doctor about issues such as your family medical history, whether or not you have diabetes and other risk factors for heart disease such as smoking, high blood pressure, or high cholesterol.

While you are making those appointments for your children or your parents, take some time to make an appointment for yourself. Talk to your

physician about exercise regimes, healthy eating, and if medication would help to reduce your risk of heart disease. Studies have shown that taking a low-dose aspirin every day significantly lowers the risk of a first non-fatal heart attack in people deemed sufficiently at risk by their doctor. Your physician will be able to tell you if medication is a good option for you.

Knowing your own risk factors is an important first step to reducing your risk for heart disease. We should all aspire to reduce our own cardiovascular risk for ourselves, and for our families.



Photo: News Canada



# Real Estate

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Check us out at... [www.remaxtrent.com](http://www.remaxtrent.com)

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Remax Trent Valley Realty Ltd., Realtor  
1-800-567-0776 [www.remaxtrent.com](http://www.remaxtrent.com)



**Pat & Clay Jacobson**  
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