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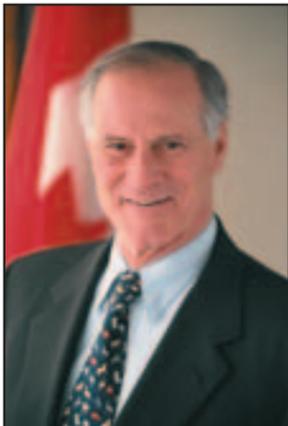
Kathryn Beaumont STYLIST

49 Briardale Blvd. Trenton
392-0722

• April 22, 2005 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 40 Issue Number 16•

Message from the MND

I am pleased to announce that the Defence Policy Statement has been tabled today in the House of Commons as part of the tabling of the International Policy Statement. You will find the Defence Policy Statement at: http://www.forces.gc.ca/site/reports/dps/index_e.asp.



and civilian alike. In the coming months this vision will start to take shape. You will be kept aware of these changes and what impact they have on you and your colleagues. We are building a national institution that Canadians can continue to be proud of and one that will contribute significantly to Canada's security for years to come.

I look forward to working with you to transform the Canadian Forces for the 21st century.

Bill Graham
Minister of National Defence

Francais, P. 9

The Defence Policy Statement sets out a vision for the renewal of the Canadian Forces and how they will adapt to the new security environment. The Canadian Forces will transform to better respond to threats to Canada and North America and to more effectively contribute to international security. The Defence Policy Statement puts in motion fundamental changes to the organization of the Canadian Forces. These important changes will require the support of the whole Defence team—military

Statement puts in motion fundamental changes to the organization of the Canadian Forces.

These important changes will require the support of the whole Defence team—military

Message from Deputy Minister and Chief of the Defence Staff

April 19, 2005

Today, the Government released the results of its International Policy Review, including a new defence policy for Canada. The Defence Policy Statement marks the beginning of a long-term plan to renew and transform Canadian defence to meet the challenges of the 21st century. The full text of the Statement can be found at http://www.forces.gc.ca/site/reports/dps/index_e.asp.

We would encourage you to read the new policy. It sets out a bold new vision for National Defence:

- a transformed Canadian Forces: more relevant, responsive, and effective;
- a reorganized command and control structure, centred on the creation of Canada Command - a single national operational command headquarters;
- a focus on integrated operations of our maritime, land, air, and special operations capabilities to deliver the right mix of forces to the right place, at the right time, to produce the right result;
- a new emphasis on the defence of Canada, our airspace and maritime approaches, including the protection of Canadian interests in the North; and
- a focus overseas on addressing the security challenges of failed and failing states based on the three-block-war concept.

The statement is, in effect, the blueprint for Canadian defence transformation.

The Government's new defence policy sets high standards for us to meet, but it has also recognized that it needs to reinvest in our institution: in Budget 2005, it announced a defence spending increase of

nearly \$13 billion over five years. This funding will be used to expand the Canadian Forces by 5,000 Regular Force and 3,000 Reserve personnel, improve our operational sustainability, and purchase new equipment such as medium-lift helicopters, utility aircraft, medium trucks, and specialized training facilities for Joint Task Force 2. It will also lay the foundations for further transformation initiatives set out in the Statement.

The Statement provides a welcome focus for our activities, but it is only the first step, and there is a good deal of work ahead of us in moving transformation from concept to reality. Change of this magnitude will not happen overnight, but the process has already begun. The Chief of the Defence Staff has established four Action Teams - on command and control, capabilities, force generation, and organizing for transformation - that will move the agenda forward. Some of the work of these teams will be reflected in a paper that National Defence will publish in the coming months that will provide more detail on the capabilities and force structure required to implement the new policy.

Your involvement in the implementation of the new policy will be essential. Operational effectiveness is at the heart of the transformation agenda - and, from Private to General, today's Canadian Forces have more direct operational experience than at any time in decades. As far as the Department's civilian staff is concerned, the broad nature of transformation means that your expertise and advice - on policy, procurement, human resources, defence, science, public affairs, and administration - will be



no less critical if this team effort is to succeed. As we move forward with transformation, you will be kept informed on the way ahead, and we will be looking to ensure that the overall transition proceeds as smoothly as possible.

The Defence Policy Statement builds upon what we have learned over the last fifteen years, both before and after September 11th. Throughout this period, whether protecting Canadians at home, or participating in operations overseas, the Canadian Forces have done a superb job, adapting to the most demanding of circumstances. The defence organization as a whole showed an ability to innovate and make the most of its resources. The Government was fortunate in being able to draw from your collective experience, expertise and insight in developing its new defence policy. It has now settled on a new vision for the Canadian Forces, and we know that we can count on your continuing professionalism and dedication in making this new vision a reality.

W.P.D. Elcock
Deputy Minister
Gen R.J. Hillier
CDS

Francais, P. 3

FIRE UNDER CONTROL



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Cpl Jason Charlebois hosed down a brushfire that combusted April 19 between Lawrence Dr. and Dundas St. The fire was brought under control within 40 minutes by 12 firefighters from the Wing's fire department after personnel were alerted by a resident of Middleton Park who noticed smoke rising from the trees. Fortune was on the side of the firefighters because the wind was not blowing into the dry and flammable bush. It would have been difficult to extinguish if the fire was blowing into the bush because the hoses could not have reached deep into the fire.

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24 CF Health Services Centre Hours of Operation - April 25-29

As you are aware 24 CF Health Services Centre will be moving to their new location during the month of April. We are scheduled to be open in our new facility 0730 hours 02 May 05.

Below is an outline of the various clinic department hours and services that will be offered in our present location during this transition and move. Most services will continue to be available throughout April with gradual closing during the move week April 25th - 29th.

Please note the dates and timings carefully as some closures may have changed since the initial notification of our move due to logistical and administrative considerations.

Health Centre Timings and Services Week Of 25 -29 April 05:

The Treatment Room

Mon: 25 April 0730 - 1600 Tues: 26 April 0730 - 1600 Wed: 27 April 0730 - 1200 Thurs: 28 April 0730 - 1200 Fri: 29th April Closed

Pharmacy

Mon: 25 April 0730 - 1600 Tues: 26 April 0730 - 1600 Wed: 27 April Closed Thurs: 28 April Closed Fri: 29 April Closed

All personnel requiring prescriptions during Pharmacy closure will be directed to one of the local civilian pharmacies. More detailed directions/instructions will be provided on an individual basis.

The Clinic Orderly Room along with the Outpatients dept and Medical Boards dept will be open as follows:

Mon: 25 April 0730 - 1600 Tues: 26 April 0730 - 1600 Wed: 27 April 0730 - 1200 Thurs: 28 April 0730 - 1200 Fri: 29th Apr Closed

The following depts will be closed from Wed 27 April until Mon 02 May: Pharmacy, Physiotherapy, Laboratory, X-Ray, Preventative Medicine, Mental Health Services.

The medical clinic will be closed all day Friday 29 April. Emergency Services will continue to be provided throughout the week by dialling 911. All flight line emergencies will continue to be responded to.

After hours: the Duty Medical Officer may be reached through WOps. Additionally all personnel are asked to use the Blue Cross Health Card, containing the 24 hour line phone number where after hours medical advice may be obtained. That number is: 1- 877- 633-3386.

We at the medical clinic ask your patience and understanding as we undertake this adventure. Please take note of the above dates when particular services are available. In order to facilitate the successful completion of our move we ask that these timings be strictly observed.

For further information please contact WO Lorne Turner at local 3506. Thank you.

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Dinner Prices		
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Fri-Sun & Holidays	\$11.99	\$6.50

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The Progressive Pick-Me-Up: Quick Tips for Continuous Improvement

"Gung-Ho" - Chinese for working together. You must work together to build a relationship. One-sided relationships never work, it has to be a two-way street, or a six-lane highway as the case may be.

In this wrap up of our series on "Gung Ho", lets describe how to make your team come alive in the performance of its mission.

"The Spirit of the Squirrel": getting people to understand that their job is important; that it's worthwhile. The truth is; every single job you can think of is important, from the person who sweeps floors or cleans washrooms, to the person

making the executive decisions. Every single job has its place in today's world. It may not always be pretty, but it IS important.

"The Way of the Beaver"; allowing people to contribute to the way the work is done. If People's job expertise and experience are acknowledged, it makes an astounding impact on self esteem and team work.

"The Gift of the Goose"; cheering each other on towards the accomplishment of the goal. Acknowledge each success, whether personal or as a team.

These three simple principles can

make your team work together, and you will be amazed at the results!

"Gung Ho" by Ken Blanchard and Sheldon Bowles. Published by William Morrow & Company Inc. New York.

This column is brought to you by the friendly staff of the Trenton Continuous Improvement Office. For more information and a list of upcoming workshops visit us electronically through the 8 Wing/Canadian Forces Base Trenton website or give us a call: Mrs Nancy Hall 3515, Mr Ed Jarick 2514, Sgt Kirk Canning 7241, MCpl Gary Hollman 3339.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



More than just a computer and radio tech. More priority equipment for WTISS are located at 2 AMU and the Post Office. WTISS technicians maintain baggage scanners, walkthrough detectors, hand-held wands, mail scanner and VVIP deployable system. Shown is Cpl McCormack performing functional tests on the carry-on baggage scanner.

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Message du Sous-ministre et du Chef d'état-major de la Défense

Le gouvernement a diffusé aujourd'hui les résultats de son énoncé de politique internationale, qui englobe une nouvelle politique de défense pour le Canada. L'Énoncé de la politique de défense marque le commencement d'un projet à long terme visant à moderniser et à transformer la défense au Canada pour relever les défis du XXI^e siècle. Le texte intégral de l'Énoncé se trouve à l'adresse : <http://www.forces.gc.ca/site/reports/dps/index_f.asp>.

Nous vous encourageons à lire la nouvelle politique. Elle définit la vision nouvelle et audacieuse destinée à la Défense nationale :

--des Forces canadiennes transformées, en d'autres termes plus pertinentes, plus souples et plus efficaces;

--une structure de commandement et de contrôle remaniée, axée sur la création de Commandement Canada, un quartier général national unique de commandement opérationnel;

--des opérations axées sur l'intégration des capacités maritimes, terrestres, aériennes et spéciales de sorte à pouvoir déployer, au moment propice et à l'endroit voulu, la combinaison appropriée de forces militaires, de manière à obtenir les résultats escomptés;

--une importance accrue accordée à la défense du Canada, de notre espace aérien et de nos approches maritimes, y compris la protection

des intérêts canadiens dans le Nord; --des efforts particuliers mis sur nos interventions outremer visant à s'attaquer aux défis que les États défaillants ou en déroute posent à la sécurité, en appliquant le concept de la guerre à trois volets.

En fait, l'Énoncé sert de point de départ à la transformation de la défense canadienne.

La nouvelle politique de défense du gouvernement nous fixe des normes élevées, mais le gouvernement a également reconnu la nécessité de réinvestir dans notre institution : lors du dépôt du Budget 2005, il a annoncé une hausse des investissements en défense de près de 13 milliards de dollars sur cinq ans. Cette somme servira à augmenter de 5 000 membres la Force régulière et de 3 000 la Force de réserve, à rehausser notre viabilité opérationnelle et à acheter de l'équipement neuf comme des hélicoptères de capacité moyenne, des aéronefs polyvalents et des camions moyens, de même qu'à doter la Force opérationnelle interarmées 2 d'installations d'entraînement spécialisées. On disposera alors des éléments de base pour réaliser d'autres mesures de transformation envisagées dans l'Énoncé de la politique.

Nous accueillons favorablement l'Énoncé, qui accorde une attention particulière à nos activités. Mais il ne constitue qu'une première étape et il reste encore beaucoup de travail à

accomplir afin que la transformation passe du concept à la réalité. Un changement de cette ampleur ne se réalise pas du jour au lendemain, mais le processus est déjà engagé. Le Chef d'état-major de la Défense a mis sur pied quatre équipes d'action chargées respectivement du commandement et du contrôle, des capacités, de la mise sur pied d'une force et de la planification en vue de la transformation, qui feront avancer le dossier. Certains des travaux de ces équipes figureront dans un document que la Défense nationale publiera au cours des prochains mois et qui donnera plus de détails sur les capacités et la structure de forces nécessaires pour la mise en œuvre de la nouvelle politique.

Notre participation à la mise en œuvre de la nouvelle politique est essentielle. L'efficacité opérationnelle est au cœur du programme de transformation, et les membres des Forces canadiennes d'aujourd'hui, des soldats jusqu'aux généraux, ont une expérience plus directe des opérations que leurs prédécesseurs des dernières décennies. En ce qui a trait aux employés civils du Ministère, l'ampleur de la transformation implique que leur expertise et leurs conseils, en matière de politiques, d'approvisionnement, de ressources humaines, de défense, de sciences, d'affaires publiques et d'administration, ne seront pas moins essentiels au succès de cet

effort collectif. À mesure que la transformation progressera, nous vous tiendrons au courant des prochaines étapes, et nous nous assurerons que la transition globale s'effectue le plus harmonieusement possible.

L'Énoncé de la politique de défense s'inspire de ce que nous avons appris au cours des quinze dernières années, tant avant qu'après le 11 septembre 2001. Au cours de cette période, que ce soit en protégeant les Canadiens au pays ou en participant à des opérations à l'étranger, les Forces canadiennes ont fait un excellent travail et ont su s'adapter aux situations les plus difficiles. L'organisation de défense dans son ensemble a prouvé qu'elle pouvait innover et tirer un maximum de ses ressources. Le gouvernement a eu la chance de bénéficier de votre expérience collective, de votre expertise et de votre discernement pour élaborer sa nouvelle politique de défense. Il a maintenant établi une nouvelle vision pour les Forces canadiennes, et nous savons que nous pouvons compter sur votre professionnalisme et votre dévouement constants pour faire de cette nouvelle vision une réalité.

W.P.D. Elcock
R.J. Hillier
Sous-ministre
CEMD

Search & Rescue UPDATE



424 Squadron had two missions last week. On Saturday our Herc was tasked to aid the US Coast Guard near Rochester, NY, investigating a MAYDAY call. Our crew searched for close to four hours but did not find any vessel in distress. Tuesday night the Cormorant crew was asked by the Canadian Coast Guard vessel Cape Mercy, who they had been training with just prior, to stay close by. They were investigating the source of the smoke on-board ship. As there was no fire found, the Helo crew returned to Trenton.

Until next week, stay safe.

Missions for 2005: 25 Missions for Apr.: 3 Persons rescued: 2

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The Contact Newspaper

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

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



A Military Community Newspaper



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Down Below

Submitted by
Lori Weisflock

The following is transcribed word for word from my grandfather Blake Cook's notes on his recollections of 1943, going from Canada to North Africa. My grandpa Cook, age 82, still resides on Pine Street in Belleville in his wartime home. He is the bravest man I have ever met. He spent two and a half consecutive years serving overseas with the Canadian Army at a very young age, leaving behind a wife and two baby daughters:

Left Valcartier Camp Tuesday night 24th Aug at six o'clock. Marched to the station and proceeded on our journey across the St. Lawrence down through New Brunswick, Nova Scotia and arrived at Halifax at nine o'clock Wednesday night. Roll call was taken and we went aboard the Queen Mary at ten P.M., we were then taken to lovely state rooms to sleep.

During the day we could only get two meals, one at 9 AM, the other at 5:30 P.M. What a lovely mess hall and it seated hundreds.

The next day was Thurs and we hung around the canteens buying American cigarettes 60 cents for 200.

On Friday morning the 27th of Aug 1943 we pulled out of Halifax harbor escorted by destroyers and planes.

Later in the day we saw large schools of porpoises following the boat and they were jumping right in the air.

That afternoon we were ordered to change over from our bunks to the Promenade deck out in the cold. The boat was loaded with so many men that we had to change over every other day.

By night we were well on our way and I wasn't at all sea sick, then a storm came up and with the boat taking a zigzag course I began to get pretty dizzy. Orders came that black-out was under way which meant that, no smoking on open decks and all port holes closed.

This kept up from day to day and as the boat was crowded it began to get pretty tiresome with 2000 to 2300 aboard.

Then we sighted the northern tip of Ireland. It wasn't long then until we entered the Clyde River and we anchored at Gourich on the Clyde in Scotland on Aug 31, 1943 at noon. We stayed aboard until the next day and at four o'clock in the morning we had breakfast and went ashore on barges. Before entering the train women gave us cake and tea. Then we proceeded on our journey down through Scotland seeing picturesque scenery, and crossed the border to England. All the way along we saw many airfields. By that time it was getting dark and you couldn't even see a single light nowhere while riding along in the train. We stopped at this station and had sandwiches, cake and tea. On we went and early the next morning Sept 2/43 we arrived at Farnborough station (one and a half miles) from Aldershot and 50 from London. That was my trip from the time I left Canada until I arrived.

TO BE CONTINUED...

Canadiana Crossword

New Boys on the Block

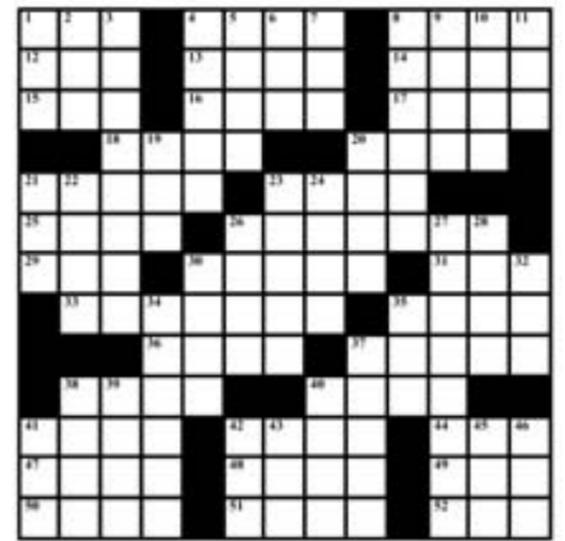
By Bernice Rosella and James Kilner

ACROSS

- 1 Provincial legislator, for short
- 4 Manitoba's Premier Gary
- 8 Chew
- 12 Extinct bird
- 13 Songstress MacNeill
- 14 Sub _____
- 15 Place to relax
- 16 Urgency acronym
- 17 Eye part
- 18 Edna, for one
- 20 Austen character
- 21 The end, to Aristotle
- 23 Dashed
- 25 Nova Scotia's Premier John
- 26 Shreddies maker
- 29 Med. scanner
- 30 Eagle's lookout
- 31 Macaw
- 33 Saskatchewan's Premier Lorne
- 35 Portent
- 36 Ethereal
- 37 Indian soldier
- 38 Preserves
- 40 Outlying community, slangily
- 41 Bare
- 42 New Brunswick's Premier Bernard
- 44 Go wrong
- 47 Mountain ridges
- 48 Ontario's Premier Ernie
- 49 Tottenham toilet
- 50 Card's companion
- 51 Without
- 52 Top

DOWN

- 1 Men, abbr.
- 2 Sever



3 World of letters

- 4 A kind of play
- 5 French river
- 6 Itinerary ref.
- 7 Knock
- 8 Newfoundland's Premier Roger
- 9 Avg.
- 10 Far east
- 11 Used to be
- 19 Corporate Mtng.
- 20 One of the greats?
- 21 Electrical power unit
- 22 Astronaut Garneau
- 23 Dawdle
- 24 Newsp. item
- 26 Never to Newlove

27 British Columbia's Premier

- Gordon
- 28 Cookie
- 30 Rare _____
- 32 All
- 34 Quebec's Premier Bernard
- 35 Over, to Ondaatje
- 37 Frothy
- 38 Moola
- 39 Wings
- 40 Rabbit or fox
- 41 Calgary's river
- 42 Cariou of film
- 43 Eggs
- 45 King, in Kamouraska
- 46 Mace



This Week in Contact

1975 – The annual review of defence operations, Defence 74, is now off the press and available through Information Canada bookstores across the country. It is published in a bilingual edition and costs \$1. Defence 74 is considered to be a valuable reference for defence officials, government members, journalists, and students of military studies whether attending formal courses of instruction or as 'do-it-yourself' studies.

1985 – This month marks the 20th Anniversary of the Canadian Forces Recruiting Systems as an integrated organization. The previous three services separate recruiting systems were integrated into one more efficient organization, which has since proven itself. Since 1965, approximately 2,500 people have served as recruiters and about 200,000 people have been recruited.

1995 – After a 30-year absence, Canadian Forces Base Kingston has returned to the Army. In a modest ceremony at Base Kingston, the period of its history shared with Canadian Forces Training System came to a close. Commodore Ron Buck, Commander of Canadian Forces Training System, congratulated and thanked the members of CFB Kingston's Defence Team for their superb efforts over the years in providing the highest standard of performance and service in pursuit of excellent in supporting the operational capability of the Canadian Forces.

Created by Lt J. H. MacDonald,
Compiled by Amber Gooding



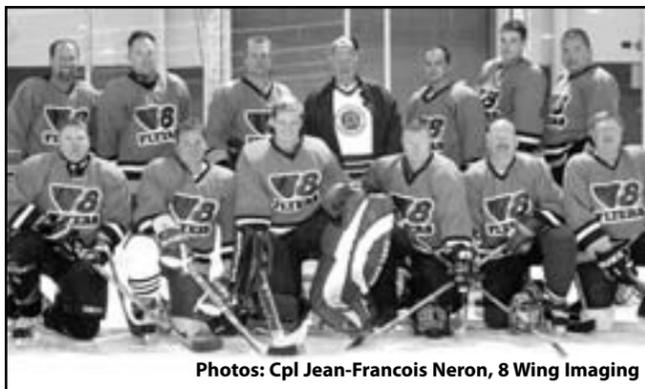
TRENTON HOSTS BEAVER CUP

Teams traveled from all across Ontario and Quebec to CFB Trenton to compete in this year's Beaver Cup Tournament. From April 13-15, 10 teams (Trenton (2), Petawawa (2), Ottawa (2), North Bay, Borden, Kingston and St-Jean) competed for the coveted trophy, which was claimed by Trenton last year. St-Jean beat Petawawa (2 CER) in the final game and became the 2005 Champions. This Annual Engineer Hockey Tournament is an opportunity for engineers to simultaneously promote fitness, cohesion and camaraderie.



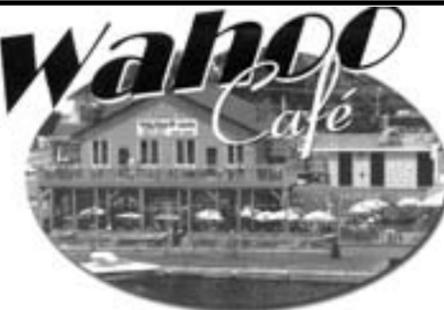
Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, presents the Beaver Cup trophy to Pierre Jamison (right), captain of the winning team from St. Jean.

Top left: Colonel Andre Deschamps, Commander, 8 Wing /CFB Trenton, drops the puck during the opening ceremonies of the Beaver Cup Tournament. Facing off are Captain Lee Leroux from Trenton A team and Brigadier-General Steve Irwin from National Defence Headquarters team.



Photos: Cpl Jean-Francois Neron, 8 Wing Imaging

TRENTON A TEAM - Lee Leroux (Captain), Louis Messier, Mike Hubbard, Dave English, Jim Payne, Al Germain, Marc Saulnier, John Maracle, Steff Gaujacq, Brian Hicks, Steff Forget, Russ MacNeil, Steve Owens Goalie, Rob Turland (Goalie), Jake Haisman (Coach).



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8 AMS personnel enjoy day of friendly competition



The 8 Air Maintenance Squadron (8 AMS) Sports Day, held April 7, featured a variety of events, including hockey, curling, bowling and euchre. Refreshments -- hot chilli and warm buns--followed the friendly competitions. It was a great day enjoyed by all.

Pictured clockwise from top left: Cpl Simon Duchesne, first-time curler, throws the rock down the ice at the Trenton Curling Club; a face-off at the first hockey game at the RCAF Flyers Arena; the piping-in at the Trenton Curling Club; LCol Bill Lewis, CO, 8AMS, poses with the 8 AMS SOR Team at the Trenton Curling Club.



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Session to focus on Operational Stress Injuries

by Laurie McVicar
Assistant Editor

With ever-increasing responsibilities that result in military personnel deploying to hostile environments, the Canadian Forces (CF) and several supporting organizations have identified a need to have resources in place for personnel suffering from Operational Stress Injuries (OSI).

These resources will be discussed at an upcoming information session to be held on May 3, 7-9 p.m., at the Siskin Centre. Guest speakers for the evening will include Kim Guest, from the Operational Trauma and Stress Support Centre (OTSSC), who will outline the effects of OSIs and Post Traumatic Stress Disorder (PTSD) on the family, and Ross MacDonald, who will address the services offered by the Operational Stress Injury Social Support (OSISS) Program.

According to the OSISS website (www.osiss.ca), an OSI is 'any persistent psychological difficulty resulting from operational duties performed by a CF member. The term OSI is used to describe a broad range of problems, which usually

result in impairment in functioning. OSIs include diagnosed medical conditions such as anxiety, depression and PTSD, as well as a range of less severe conditions.' Symptoms include:

- Mood disruption – sadness, anxiety, fearfulness, panic, guilt, anger and irritability;
- Bereavement (grieving losses);
- Feelings of loss of purpose/boredom;
- Increased startle response/jumpiness;
- Increased watchfulness/safety concerns;
- Disruptions in conduct (e.g. physical fights);
- Increased substance use;
- Sleep disruption – problems falling asleep, nightmares, increased sleeping during the day;
- Loss of energy, motivation;
- Change in appetite;
- Increased physical complaints;
- Memory and concentration problems;
- Distractibility;
- Changes in spiritual beliefs.

OSISS was created in May 2001 and received Armed Forces Council (AFC) endorsement on October 23, 2001. Its main mission is to validate the

development of education packages and pre-deployment training modules in partnership with health care professionals and the CF environments, take a leading role to develop the methodology required to effect an institutional cultural change pertaining to the stigma associated with operational stress, and provide a peer network for members, veterans and their families,

"When Canadian Forces members are diagnosed, more often than not they are put on sick leave. It can become difficult for them to hang out at their unit and with their peers, not because of the stigma involved, but because of flashbacks. We lend a lot of support and help them to socialize again," said MacDonald.

What makes OSISS unique is the fact the program's peer supporters have also dealt with OSI.

"When I got diagnosed, I never had the chance to talk with people who had been through it," said MacDonald, a former CF member who had served four tours in the Balkans. "I got involved with OSISS and it helped me. (The program) got me through a

very dark time in my life."

OSISS launched a new initiative last year, creating support groups throughout Canada.

"We started one two months ago in Trenton. We meet Wednesday evenings, twice a month. We help each other get through the day to day problems," said MacDonald.

The program goal for the OTSSC is to provide mental health services to CF members (and their families) suffering from an OSI to enable them to achieve their highest level of functioning. Its approach recognizes stress-related disorders as a disruption in adjustment due to significant life events that result in sustained activation of normal coping processes, both biological and psychological. The OTSSC also recognizes that the more severe stress disorders (PTSD) are long-term disorders, which affect the individual, family and the community. The mandate of the OTSSC is to provide assessments, interventions, outreach and research.

For more information about OSISS and OTSSC, register for the info session by calling 965-3595 or 965-3575.

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Archbishop recalls work with CF

by Jocelyn MacLean
Special to the Contact

When Archbishop Andrew Hutchinson began on the path of Anglican ministry, he never imagined he would one day become the head of the Anglican Church of Canada.

Hutchinson visited the Christ Church in Belleville, ON, on the weekend of April 2 to join in the parish's celebration of the church's 140th anniversary. Hutchinson said he looks to anniversaries as a time to reflect upon the past and to make new commitments for the future. Hutchinson was especially delighted to be present to preside over the confirmation of 14 young Anglicans.

Before taking the position as head of the Anglican Church of Canada, also known as the Primate, in the summer of 2004 Hutchinson was on his way to retirement. At the time, he was working as Bishop Ordinary to the Canadian Forces.

"I most enjoyed working with young Canadians in the forces, with their high levels of enthusiasm

and commitment," Hutchinson said of this time.

During his seven years in the position of Bishop Ordinary, which is the head of the Anglican Church for the Canadian Forces, he was instrumental in recruiting for and supporting the Anglican ministry within the Forces. He found working with the Canadian Forces to be an inspiring opportunity, and was satisfied to leave his career on that note. That was not to be so, however, as the higher members of the Anglican Church requested Hutchinson run for the elected position of Primate to the Church.

As Primate, Hutchinson has participated in the celebrations of church milestones all over Canada. He was enthusiastic to participate in Christ Church's anniversary celebrations, as a short time ago the congregation's numbers were dwindling, and have recently seemed to swell. Many of the new members of the congregation are from the younger generation, in their late teens and early twenties. Hutchinson attributes this to many fac-

tors, including the portrayal of many religious issues in the public media and the recent illness and death of the Catholic Pope.

"With the issue of same-sex marriage coming to the forefront of many Canadians' consciousness, it has brought cause for these same Canadians to examine their system of values. A large percentage of these people find their values are refreshed and in tune with those of the church, be it Anglican or otherwise. This, along with the frailty and death of the Pope, has brought people to look at the importance of religion in their lives," He said.

Hutchinson will turn 70 in three years, and at that time he will have the opportunity to decide whether he will retire from or continue in the position of Primate. Traditionally the Primate stays on until the age of 70, but has the option of continuing if health conditions and the Church are agreeable. Hutchinson has not made a decision as to whether he will continue in the position, but feels when the time comes he will know what to do.

Help for families in crisis

by Padre J. Craig

Last month, Social Worker Capt Dieryck, Military Policeman Sgt Kennedy, and I were in Ottawa, attending a Family Violence Conference. The conference was profitable for us, and for the participating members of Family Violence Crisis Teams from Bases and Wings across Canada.

In the days since then, I have been thinking about what the Bible has to say on this topic. There is much material, of course, but what comes to mind are the passages from Ephesians and Colossians. Ephesians 5:21 reads, "Be subject to one another..." This means not caving in, but letting the will of the marriage partner be at the same level as your own. Verse 5:25, "Husbands, love your wives..." and verse 5:33, "...let the wife see that she respects her husband."

Colossians repeats these same teachings, and adds, "Fathers, do not provoke your chil-

dren, lest they become discouraged." (Colossians 3:19).

Ephesians 4:26 reads, "Be angry, but do not sin..." This acknowledges that anger is a normal human emotion, but admonishes us to manage the emotion. The verse goes on to say, "...do not let the sun go down on your anger..." Settle arguments before you go to bed. Always.

All good advice. However, family relationships are not always a bed of roses. Disagreements are part of life, but if troubles escalate to the point of yelling, pushing, or hitting, help is needed. Violence does have to be tolerated by the person or persons toward whom it is directed. For the person who has problems controlling anger, help is available.

The bottom line is, if you feel that there is disharmony in your family, please make use of personnel who can give a guiding hand at the offices of the Social Workers, the Military Family Resource Centre, or the Chapel.

Violence in the family is just not acceptable. It is not what God wants for the family, and it is not what the Canadian Forces wants for families.

If a crisis situation arises, contact the Military Police at 911 anytime; or the Chaplains' office at ext 2490 (0800-1600 hours), or through the operator after hours; or the Social Work office at ext 3651 (days), or through the Duty Nursing Officer after hours.

Violence in the family is just not acceptable. It is not what God wants for the family, and it is not what the Canadian Forces wants for families. May you be blessed as you read this, and as you make a commitment to a healthy and loving family relationship.

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Message de le ministre de la Défense nationale

Je suis heureux de vous annoncer que l'Énoncé de la politique de défense a été présenté aujourd'hui à la Chambre des communes à l'occasion du dépôt de l'Énoncé de politique internationale. Vous trouverez l'Énoncé de la politique de défense à l'adresse <http://www.forces.gc.ca/site/rep/orts/dps/index_f.asp>.

L'Énoncé de la politique de défense présente une vision du renouvellement des Forces canadiennes et les moyens que celles-ci mettront en œuvre pour s'adapter au nouveau contexte de sécurité. Les Forces canadiennes

se transformeront en vue d'accroître leur efficacité pour faire face aux menaces qui pèsent sur le Canada et l'Amérique du Nord, et contribuer à la sécurité internationale. L'Énoncé de la politique de défense permet d'amorcer des changements fondamentaux touchant l'organisation des Forces canadiennes.

Ces importants changements ne pourront se réaliser sans l'appui de l'ensemble des membres l'Équipe de la Défense, qu'ils soient militaires ou civils. Au cours des mois à venir, la vision commencera à se concrétiser.

Vous serez informés des changements et des incidences qu'ils auront sur vous et vos collègues. Nous édifions une institution nationale dont les Canadiens pourront continuer d'être fiers et qui favorisera grandement la sécurité du Canada durant de nombreuses années.

J'attends avec impatience l'occasion de collaborer avec vous à la transformation des Forces canadiennes du XXIe siècle.

Bill Graham
Le ministre de la Défense nationale



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Fitness, Sports & Recreation

Slow pitch players needed

Summer is almost here and it's time to organize the summer sports program. The Intersection Slow Pitch League organizational meeting is scheduled for 1000 hrs, Monday, May 2 in The Gymnasium conference room. The league is open to CF Military, DND & NPF full-time employees and dependants. Interested Unit Sports Reps and Executive are to attend subject meeting in preparation for the 2005 Slow Pitch Season. The league will play at the Wing ball fields every Tuesday and Thursday evening. Players with no team reps wishing to play and requesting additional information can contact the Military Sports Coordinator, Dan Cormier, at local 3373.

PSP Manager's golf tournament

The PSP Manager's 4 Ball Best Ball Intersection Golf Tournament will be held on Tuesday, May 17 at the CFB Trenton Golf Course. The tournament will be limited to 21 teams - all units wishing to participate will be guaranteed a spot, and leftover spots will be on a first come basis. Registration fee will be \$20 per person for door prizes. Green fees for military and golf club members will be free, all others will be charged \$25, and an optional \$6 for food. Payment must be made at The Gymnasium Main Office no later than May 11, 1600 hrs. The tournament will begin with a shotgun start, following a team briefing at 0800 hrs. Register your team or as individuals with Shirley Martin at local 3467 or for info contact Dan Cormier at local 3373.

Floor hockey league wraps up

The Intersection Floor Hockey League draws to a close with the final game seeing the 911 team play WTISS. It was a hard fought, fast-paced game, which ended with a 6-1 win for the 911 team. The winning team included: Sgt Crystal Krammer, Cpl Brian Sharp, Cpl Adam Brown, Cpl Bruce Mathews, Cpl Fred Noreau, Cpl Calvin Desmond, *MLA* Cpl Mike Hollins, Cpl Mark Saulnier and MWO Rick Day.

Regular Season Team Standing

Teams	GP	Win	Loss	Tie	Points	Place
911	17	11	5	1	25	1st
Gold	17	10	6	1	21	2nd
Red	17	9	6	2	20	3rd
Black	17	1	16	0	2	4th

Summer Kidz Kamp for kids 6 - 12 yrs of age
Registration for the military community begins
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8 WING/CFB TRENTON 19th Annual Surf `n Turf Relay Race

When: This year, the race will be on Friday, June 3 rain or shine beginning at Baker Island at 0900 hrs "sharp".

Registration: Team registration will take place during the month of May (2nd - 27th). Note: Race information packages will be available at the Base Gymnasium as of Friday, April 22.

Team Composition: A team can enter in to one of the below categories (# of team members is 8). Also, individual military members may register as a "Tin Person" and complete all legs of the race on their own. Note: a Tin Person may participate as a member of a team but can only compete in the first leg of the race (the 10 km run) as part of that team.

CATEGORIES

- Open* - open to any mixture of age and gender
- Mixed* - must have a minimum of two females or two males
- Female* - all female team
- Masters* - sum of all participants ages must equal 280+
- Tinman* - one male completes all legs of the race
- Tinwoman* - one female completes all legs of the race

This years race OPI is Todd Peart (Fitness & Sports Instructor) local 7160. Volunteers are needed to help with the organization of this event. We also compile a spares list for those who'd like to participate but can't find a team. To add your name to the spares list or to volunteer, please contact Todd Peart via e-mail (preferably) at peart.tj@forces.gc.ca or local 7160. Keep an eye on the CONTACT for more info!

8 WING/CFB TRENTON SUMMER HOCKEY PROGRAMS 4 JULY-2 SEPT 2005

This summer the RCAF Flyers Arena has expanded its summer hockey programs. Last year all programs were filled to capacity with over 500 kids playing shinny and attending our hockey schools. You will find the programs and facilities second to none and your child will leave our programs excited about coming back. You can find out how to register on the web now at www.CFBTrentonhockeyschool.com.

Hockey Schools
 We have taken the best instructors in the Quinte area and have an all-star staff. The directors are as follows: Bryan Pearce (School Director/Instructor), Don Thompson (Goalie Director/Instructor), Steve Tracze (Skills Director/Instructor), Jason Supryka (Fitness/Dryland Director/Instructor), John Boulton (Power-Skating Director/Instructor). In addition, we have opened all the base sports facilities and have full residence and eating facilities. The following programs are offered:

<i>AAA School</i>	<i>8-12 Aug</i>	<i>RCAF</i>
<i>AA - A School</i>	<i>15-19 Aug</i>	<i>RCAF</i>
<i>Girls only</i>	<i>22-26 Aug</i>	<i>RCAF</i>
<i>Select,HL</i>	<i>29 Aug-2 Sept</i>	<i>RCAF</i>



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 This has been an extremely successful and fun program consisting of five one-week sessions starting 4 July 2005, Monday to Friday, 1.5 hours ice per day in the following categories: Tyke-Novice-Atom -Peewee-Bantam-Midget/Intermediate combined boys /girls. Cost is \$25.00 +tax (DND rate). All other \$30.00 + tax per week.

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
April 24 - April 30

ARIES (March 21-April 19): A sudden change in your financial situation is apparent on the 24th, 25th and 26th. An older relative may pose a problem for you. Do the best you can to help, but don't let anyone make you feel guilty for something you have no control over. Be honest and follow your heart on the 27th and 28th, and you won't go wrong. Your ideas are good, but you may try to follow through with too many of them. Concentrate on what interests you most. Holding back will not solve problems on the 29th and 30th. Face situations head on, but refuse to let things get blown out of proportion. If you can keep an even balance, much can be resolved.

TAURUS (April 20-May 20): Focus on making money through an investment or stricter budgeting on the 24th, 25th and 26th. A friend may be able to help you with problems you are experiencing with family. Talk to someone who can influence your professional future. Be careful what you do with your cash on the 27th and 28th. If someone asks for a donation, decline this time. Your money will be far better spent on you, your family or an investment that will lead to financial freedom. As long as you realize you will have to do everything yourself on the 29th and 30th, you'll be OK. If you start to fret over trivial matters, you will end up getting little accomplished.

GEMINI (May 21-June 20): You can get a lot done on the 24th, 25th and 26th. Reconsider your lifestyle and make changes to help you look and feel your best. Consider which partnerships to keep and which to let go. New connections are on the horizon. Someone from your past may still be on your mind on the 27th and 28th, so contact him or her. An opportunity to do something you used to enjoy must be taken advantage of. Money will be on your mind on the 29th and 30th. You are creative and should be able to harness your talent and turn it into a cash cow. Start doing something lucrative out of your home. You won't know your true potential until you try.

CANCER (June 21-July 22): Some interesting happenings will lead to a friendship on the 24th, 25th and 26th. Do something nice for yourself. You may be tempted to invest your money in something, but think twice — someone is trying to fool you. You don't have to travel to close a deal on the 27th and 28th. Work diligently on the phone, fax and through e-mail and you will be surprised how much you can accomplish. Someone you meet through a colleague will turn out to be important in your life. Network as much as you can on the 29th and 30th. The more you interact with others, the further along you'll be. A favor will be granted if you ask for it. Don't hesitate to collect an old debt.

LEO (July 23-Aug. 22): You will have to try exceptionally hard if you want to avoid problems with a loved one or friend on the 24th, 25th and 26th. Watch what you say and how you act. Someone may have a change of heart. Prepare to defend yourself. A new partnership will lead to a unique and profitable idea on the 27th and 28th. Your hard work will pay off. You will be able to convince others to support your dream. Mix business with pleasure and you will seal the deal. A sudden change regarding your finances will take you by surprise on the 29th and 30th. An interest in someone you work with will lead to a chance to get involved in a worthwhile project.

VIRGO (Aug. 23-Sept. 22): With a positive attitude, you can face the changes in your life enthusiastically on the 24th, 25th and 26th. A chance to do something totally different from your everyday routine is apparent. Don't hold back now or you'll miss out on a good time. Don't be overly confident or you will blow your cover on the 27th and 28th. The more secretive you are the more successful you'll be. A love connection can be made, or you can rekindle the flame you already have. Consider starting a small service industry out of your home or having a garage sale on the 29th and 30th. The extra cash you bring in will make your plan worthwhile. There is money to be made if you are willing to do the work.

LIBRA (Sept. 23-Oct. 22): An unusual opportunity will allow you to start working on an interesting project on the 24th, 25th and 26th. Your unique and sophisticated way of getting things done will earn you respect. Dedication and determination will bring the highest returns. You can make a financial gain on the 27th and 28th if you are quick to pick up on an investment someone is offering. Take care of any health problems before they get worse. A personal problem may crop up if you have not taken care of your responsibilities. Don't worry so much about what others think on the 29th and 30th. A carefree attitude will get you much further. Keep your business and personal life separate.

SCORPIO (Oct. 23-Nov. 21): As long as you hold a tight rein on your finances, you will sleep well. Someone may try to borrow from you on the 24th, 25th and 26th — make it simple and say no. You may not like everything that is going on at home on the 27th and 28th but, for now, be accepting. A non-eyemaking idea will be well received by your peers. Start something new, but don't let it cost you financially. You will be unpredictable on the 29th and 30th. Helping someone who can influence your future will bring the highest rewards. Your talent and attributes will not go unnoticed. You will pick up some valuable information just by listening.

SAGITTARIUS (Nov. 22-Dec. 21): A sudden change of luck is heading your way on the 24th, 25th and 26th. Do something to fix up your residence or make it more comfortable. Someone you live with may want to make changes to your living arrangements. If you waffle on the 27th and 28th, you will end up accomplishing little. Don't let anyone else make your decisions for you. Use an unorthodox method of dealing with friends and family; they will appreciate your vision and ingenuity. You'll be looking for adventure and anything that promises to bring you a thrill on the 29th and 30th. Be careful. Taking chances may be your thing, but it isn't likely to pay off.

CAPRICORN (Dec. 22-Jan. 19): Friendship will be important on the 24th, 25th and 26th. A trip that takes you back to your roots will be eye-opening. You shouldn't have to spend too much money on entertainment. You have to spend time revamping your look, your life and your lifestyle on the 27th and 28th. You will meet someone who can give you insight into your future if you attend a seminar. A trip will lead to romance or a new friendship. You will have trouble making up your mind on the 29th and 30th, especially about changing your direction. A chance to look into other possibilities may put your mind at ease. Talk to someone with experience and you may get help with your decision.

AQUARIUS (Jan. 20-Feb. 18): Keep your thoughts to yourself on the 24th, 25th and 26th, especially about your home and personal life. The fewer decisions you have to make, the better. A creative idea may be your answer to financial freedom. You may be feeling anxious and uncertain about what you want to do on the 27th and 28th. Trust in yourself. If you aren't happy with who you are or what you do, you won't be successful. Your unusual ideas make you special. Look at your personal life, personal papers and what you can do to ensure you will have future security on the 29th and 30th. Come up with a plan you know you can stick to. Don't mess with authority figures — you won't win.

PISCES (Feb. 19-March 20): As long as you keep your plans on the quiet side, you will face little opposition and should be able to get things done on the 24th, 25th and 26th. Don't expect someone you love to understand your plans. Do what you must to get ahead. Your head will be in the clouds on the 27th and 28th. Don't let a love interest sidetrack you or it will end up costing you emotionally and financially. Before you make an impulsive move, consider the consequences. A short pleasure trip should be your plan on the 29th and 30th. This is a great time for love and romance, and you don't want to miss out. Your unique way of presenting yourself will bring plenty of interest.

GEN HILLIER ADDRESSES TROOPS



Photo: Private Frieda Van Putten, 8 Wing Imaging

In excess of 1,300 personnel filled The Gymnasium to attend a speech given by General R.J. Hillier, Chief of the Defence Staff, during his visit to 8 Wing/CFB Trenton on April 8, 2005.

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• The Amityville Horror (14A)	1:10	7:10	9:15
• Guess Who (PG)	1:05	7:05	9:20
• Sahara (PG)	1:00	7:00	9:25

Coming Soon: Kicking & Screaming

Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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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.

The Dominion of Canada Rifle Association is again providing an opportunity for service personnel to participate in a Canadian championship service conditions competition this summer. The 2005 National Service Conditions Competition will be held at the Connaught Range Primary Training Centre in Nepean from July 22-27, 2005. Registration deadline for all competitors is **June 1, 2005**.

The purpose of this DCRA competition is to encourage and develop marksmanship within the DCRA membership and to assist with the promotion of marksmanship excellence within the Canadian Forces, Foreign Military Forces, the RCMP and other Police Services. The Canadian National Service Rifle Championship and the Queen's Medal for Champion Shot (Reserve Force) will be awarded to the winner of Service Rifle, Stage I and II. Prizes will be offered to competitors in three classes: OPEN—all competitors; REGULAR FORCE—members of the Canadian Forces Regular Force who would be eligible for the Queen's Medal (Regular Force) in accordance with CFSAC rules; and RESERVE FORCE/RCMP—members of the Canadian Forces Reserve Force and the Royal Canadian Mounted Police who are eligible for the Queen's Medal (Reserve Force).

For more information on registration, entry fees, regulations and accommodations/meals, please visit www.dkra.ca, email office@dkra.ca, or call 1-613-829-8281.

Morning Break

Who: Parents and care givers
What: A free play group
Where: Bridge Street United Church in Belleville
When: Tuesday mornings between 9:15 and 11:15

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<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p>MASS Sunday Mass (English) 1015 hrs Messe Dominicale: 1130 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council 3rd Thurs 1900 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 Catherine Morrison (ACC)</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 0900 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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 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.

Due to the public schools continuing until the end of June, CFB Trenton Yacht Club's Junior Sailing School dates are revised to the following:

White Sail Courses

Course I Mon Jul 4 - Thru Jul 21
 Course II Mon Jul 25 - Fri. Aug 12 ... no class Aug 1st
 Course III Mon Aug 15 - Thru. Sep 1

All other courses are unchanged.
 For more information call Fletch at 475-4427.

The Town & Country Camera Club meets the first Wednesday of each month at 7:30 p.m. at the Dufferin Centre, Trenton. At the next meeting on May 4, Donna Erickman and Sarah Hopper will present "Scrapbooking." New members are welcome. Call Harriet at 392-4449 or Tony at 394-5393.

3 Canadian Forces Flying Training School

will be celebrating its 35th Anniversary the weekend of 15-17 July 2005. The School will be hosting a Reunion for all staff and students that may have served on the base in the past 35 years.

List of events:
 July 15th 2005 – Monster TGIF
 July 16th 2005 – Golf Tournament and Party
 July 17th 2005 – Brunch and Dedication Ceremony

Anyone interested in this event can contact Captain Steve Thompson at (AV) 257-8145 or (Com) 204-428-4145, email address: thompson.se@forces.gc.ca

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APRIL 2005

Time to check the debt-o-meter

it's your **Money**



A recent survey in godless Toronto showed more neighbourhoods than ever before in history have joined the million-dollar club. That doesn't mean most houses are selling for seven figures or more, just that it's now happening to a few of them on a regular basis.

In some areas, this is no big surprise, since top-end enclaves have always been hideously costly. But what is unique is that streets which just eight or nine years ago saw homes top out at, say, \$500,000, now see houses changing hands for double that. As mentioned here before, this is the result of a number of factors. People not trusting their mutual funds is one of them. The rush into traditional storehouses of value in a world gone nuts after Nine Eleven is another. But, mostly, it's the ridiculous cost of money these days.

With the prime rate near 4 per cent, and banks all over the place willing to give you a mortgage for less than that, Canadians are simply pigging out on borrowed money. After all, when you strip away the inflation rate, borrowed funds come now at almost no real cost. Folks are no longer staying awake at night worrying about their \$700,000 or \$900,000 or \$1.3 million mortgages.

In fact, in tony North Toronto, where a million will get you a fixer-upper on a busy street, my realtor friend tells me the new fad is

to stop making even any principal payments on your home loan. Folks are opting for interest-only mortgages, based on the theory that it's cheaper just to rent a pile of money rather than actually try to pay it back.

They figure that because when real estate values are rising 7 per cent to 10 per cent or so a year, there is simply no point in sacrificing to pay back debt. Instead, just let the house appreciate in value, which makes the pile of debt relatively less significant each year.

This is, of course, a whole new way of thinking. For generations, Canadians held out as their Number One financial goal, paying off the mortgage. Once they accomplished that, then they had equity in their houses which could be borrowed against or, more likely, taken out tax-free when the place was sold. It used to be that debt was an evil, destructive thing - but today, it's just a tool you need to get a house. Like a lawyer.

The situation has been made even more unique by the fact lots of buyers these days get houses without having any money. The American model of no-money-down financing has been embraced by mainstream banks, who are happy to lend hundreds of thousands of dollars to people who have proven they can't save anything. Great logic.

And then there are those Baby Boomers -

folks now in their fifties who should know better and be preparing for death. Instead, they are buying blue jeans, designer sunglasses, dying their hair, whitening their teeth and trading up into trophy houses. For the first time in Canadian history, we have a generation of graybeards who are taking on more house and more debt, instead of downsizing and stocking up on Depends.

It all amounts to a housing market that is so interesting it surely cannot last. No, I do not mean a crash is around that corner, because it isn't. Interest rates are not going to suddenly spike five points higher and the economy is not going to tank. But it's reasonable to expect the cost of money will creep north, and that at some point the average family will decide the average house price is too much to swallow.

But whatever happens, the fact will remain that we have accumulated more household debt than ever. If house prices flatline, or even decline a little over the next few years, the debt will become more significant. If rates rise a couple of points (just about guaranteed), then some of those folks who paid a million for a so-so house - and can't hope to sell it for as much - will be staring at the wrong end of a pickle.

But, maybe I'm wrong, as many housing groupies suggest. Maybe real estate will rise in value forever; maybe there'll always be buyers willing to pay more; and maybe the cost of money will always be at an historic low. But just in case that doesn't pan out, you might want to remember what it was that turned your grandparents on.

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Daycare kids go poolside at the 8 Wing Recplex



Photos: Nichole Bryski





Safety footwear keeps toes intact



Submitted by
Don Heans,
Wing General Safety
Officer

Falling objects are just one of the many dangers present in the workplace. Feet can also be crushed by rolling objects. Puncture wounds and cuts can be caused by stepping on sharp objects. Chemical spills, hot and cold temperatures and electrical shock are among other hazards. Even materials which can spread infections can be a threat to foot safety.

Safe workplaces and safe work practices are the best guarantee against injuries. But Personal Protective Equipment (PPE) for the feet gives an added measure of protection.

The best known type of safety footwear is the standard safety boot. It

has reinforcement in the toe, traditionally made of steel, to protect against injuries caused by compression, impact and sharp objects. The sole is also reinforced to prevent puncture injuries. The high top protects the ankle from impact, cuts and twisting types of injuries. These boots may be insulated against temperature extremes. Soles may be made of materials to grip walking surfaces, and other features may be available to protect against specific hazards.

Other types of safety footwear are available to protect against a variety of hazards. Some are made to protect against electric shock. Others are conductive, to prevent the build-up of static electricity which can spark an explosion. Special insulation protects against temperature extremes, such as wooden-soled shoes for walking on hot surfaces. Some special types of PPE protect the ankles and shins. Others are designed for quick-release so you can pull off a boot if a spark or molten material enters it. Certain types

of footwear are made to keep the feet safe from infection.

Some standard excuses for not wearing safety shoes are these: They are too heavy, too ugly, too hot, too cold, too expensive or too uncomfortable. But safety footwear is getting easier to live with all the time. New materials are lighter. Safety shoes are available now in a variety of styles, ranging from the classic safety boots to athletic-type shoes, men's and women's dress shoes and western boots. Women's sizes, as well as the less common sizes, are becoming increasingly easy to find.

Like all forms of PPE, safety footwear doesn't do any good if you don't use it. Your safety supervisor can tell you what kind of foot protection you need and where to obtain it. Make an effort to get a good fit to ensure that you wear the shoes regularly. It is important that you maintain your safety shoes for maximum protection, checking for wear and defects which would affect its ability to protect you.

Use caution on the roads

MSE Safety would like to remind everyone of basic road safety cautions. With spring back in full force, motorists will notice a significant influx in traffic activities. This requires a little tolerance on everyone's part in order for motorcyclists, cyclists, rollerbladers, runners and pedestrians to safely share the road. It sounds simple but, as we progress into a new season, there is a transition phase that needs to occur in order for us to adapt and adjust our driving behaviour to our ever-changing environment.

Beware of sand patches and gravel accumulations on the roads left behind from the winter months. They provide traction during the winter but turn into a treacherous enemy for anything on wheels in the spring as they may unexpectedly rob away the contact of the wheels from paved surfaces. Accumulations of water on the roads will also have the same effects especially in the first few minutes of rainfall; petroleum products left behind from motor vehicles are

lifted from the surface of the pavement and attempt to drain away which adds an additional barrier between the pavement and your wheels. To put this in perspective, a bicycle relies on as little as the size of two dimes to maintain contact with the road surface; a motorcycle the size of a young child's palms; and a car the size of four regular packs of cigarettes. This is all that separates you from the pavement in bringing your vehicle to a stop. One can appreciate why circulating on the roadways requires its users' complete attention, not to mention the human factors that turn driving into a very complex task (late for work, road rage, list of things to pick up, list of things you didn't do, worried, thinking of your posting, loud music, etc).

For our sports fans, now that you know how close you stand to the road you may learn to appreciate your personnel protective equipment. Most importantly, be visible; wear bright reflective clothing articles for both

night and day time activities. To legally travel the roadways, protective helmets are mandatory for cyclist 16 years old and under. Bicycles must also be equipped with side, front and rear reflectors and a light for night operation (light may be placed front, back or may be worn by the rider). You are expected to travel in the same direction of the traffic flow and obey posted traffic signs and lights. If you so choose to use the sidewalks, be mindful of pedestrians, and use extra caution and courteousness. Protective helmets, wrist, knee and elbow pads are also highly recommended for rollerbladers. The wearing of head phones can certainly make your journey more enjoyable, but ensure to keep the volume at a level that allows you to be aware of your surroundings and never assume the right away; it is better to be alive than right.

If we all keep these basic points in mind, everyone will be able to enjoy the outdoors while sharing the road safely.

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MCpl L. Gowie
received the European Security and Defence Policy Artemis Service Medal, presented by Capt K. Hannon, DCO 8 ACCS.



Maj A. Edmilao
received his LFC Commendation and his ISAF Medal, presented by Col J.P.A. Deschamps WComd.



Cpl K. St. Denis
received her ISAF Medal, presented by Col J.P.A. Deschamps WComd.



Maj T. Sokolowski
received his CD1, presented by Col J.P.A. Deschamps, WComd.



Capt D. Turcotte
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Pte(T) J.L. Mouland
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Pte R. Speitelsbach
received her first hook, presented by LCol W.M. Roberts, W Adm O.



Lt L. Hachey
received a promotion to that rank, presented by LCol W.M. Roberts, W Adm O.



LS E. Newman
received the Physical Fitness Award, presented by LCol W.M. Roberts, W Adm O.



Sgt A. Berndt
received the Physical Fitness Award, presented by LCol W.M. Roberts, W Adm O.



Abigail Barker
received the Certificate of Service, presented by LCol W.M. Roberts, W Adm O.



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Cpl K. St. Denis, Branch United Way Rep., Bob Payette, Apollo Athanasopoulos, Bonnie Blakley, Andrea Leblanc, Cpl T. Kendall, Laurie McVicar, Cpl J. Kelly, MCpl G. Gauthier, Capt M. Heroux, Pte K. Fox, LCol W.M. Roberts.

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