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8 Wing Fire Department responds to Cobourg fire

by Capt Nicole Meszaros, 8 WPAO

"There were twisters of fire and a great deal of black smoke," said Capt Steve Vollhoffer, 8 Wing Fire Chief, adding, "you don't very often see this type of fire."

While travelling down the 401, a large plume of black smoke became visible and the adrenaline of the 8 Wing firefighters shot up in anticipation of the scene they would soon become part of.

The Fire Chief, four fire fighters and Red-10, an Aircraft Rescue

Firefighting Vehicle, responded to the large fire at a plastics plant in Cobourg, Ontario on April 25, where they were instrumental in extinguishing the fire so it did not extend to several smaller buildings of the plant.

It does not happen often that the Wing's Fire Department responds to such emergencies, but it does do so when called upon after careful consideration--the Fire Department will only respond to external requests for support as long as the capability to support the Wing is not



Photo: Submitted

Thick black smoke filled the air in Cobourg on Monday, at the site of a huge fire to which members of the 8 Wing Fire Department responded.

degraded. Mutual Aid Agreements are in place between the Wing and

surrounding municipalities that outline the conditions of such emergency

responses.

Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, congratulated the crew of the Fire Department on a job well done. The four firefighters who responded to the emergency with Capt Vollhoffer were MCpl Daran Downie, MCpl Brian Wade, Cpl Stephane Charest and Pte Don Manser.

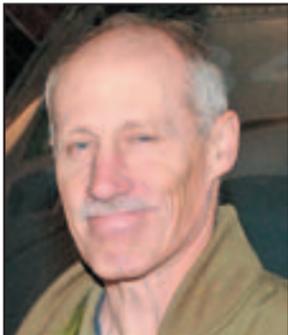
The fire was eventually completely extinguished. Numerous municipal fire departments, from Toronto to Peterborough, also responded to the emergency calls for help.

May 1-7,
2005 is
North
American
Occupational
Safety and
Health Week

See Pages 15
and 16

Establishment of CF Aerospace Warfare Centre--CAS

1. The world has changed dramatically since 9/11 and we recognize that we must evolve. We must transform our Air Force. If we do not, the Air Force will not be able to serve the security needs of Canadians both at home and abroad. The MND has given his approval for the establishment of the Canadian Forces Aerospace Warfare Centre, which will serve as the engine of Air Force transformation.



LGEn K.R. Pennie, CAS

2. The formation of a Canadian Forces Aerospace Warfare Centre (CFAWC) is one of our highest transformation priorities. The CFAWC is complimentary to the CF Maritime System, and fills a gap in capability that has existed for years. The CFAWC will develop the concepts and doctrine critical to optimizing the employment of Aerospace Forces in the joint arena.

3. The CFAWC will develop doctrine, techniques, procedures and counter meas-

ures. It will analyze the results of the exercises and real-world operations. It will develop a virtual environment where techniques and tactics can be simulated, and look at emerging technologies and concepts to determine how best to serve the CF. The CF Aerospace Warfare Centre will be an essential building block in a more integrated and joint force which is consistent with the DPS and the CDS vision.

4. The CFAWC is based on a two-site construct with

the main site located in Trenton with a small detachment co-located with the Canadian Forces Experimentation Centre in Ottawa. It is planned to start with an initial cadre of 41 personnel in the summer of 2005 and reach full operational capability by 2008.

5. Although the Air Force has been downsized 50 per cent since the end of the Cold War, our structure has not changed significantly and our squadrons are a lot smaller. To get the critical mass of people with the right level of command and operational experience to stand up the CFAWC from within existing resources, it is necessary to draw personnel from Headquarters, but also through adjustments to AF schools and the consolidation of some operational squadrons. These tough decisions will result in no loss of operational capability and no
See CFAWC, Page 2

New unit coming to Trenton

8 Wing Public Affairs

April 22, 2005--In a message to all Air Force personnel this morning, the Chief of the Air Staff authorized the establishment of a new unit called the Canadian Forces Aerospace Warfare Centre (CFAWC) to be located at CFB Trenton commencing this summer.

The CFAWC will provide the Air Force with a doctrinal focal point for the development of new capabilities and the enhancement of existing ones. As the Air Force transforms itself by replacing and modernizing its doctrine, fleets, equipment, and resources, the CF Aerospace Warfare Centre will align the Air Force with the Army and the Navy as the CF moves towards a more integrated force which is consistent with the Defence Policy Statement tabled in parliament earlier this week and the vision of the Chief of Defence Staff.

As host to the new CFAWC, 8 Wing will gain 26 positions by the summer of 2005. By 2008, when the CFAWC reaches full operational capability, the Wing will gain an additional 80 positions. The Centre is expected to top out at approximately 120 people full strength by 2008.

The CFAWC will bring the Air Force in line with the Army and the Navy who

have had the support of "warfare centres" or the equivalent for many years and will develop the concepts and doctrine critical to optimizing the employment of aerospace forces in the joint arena (Air/Sea/Land).

Trenton was selected as the site for the CFAWC because of its close proximity to the Canadian Defence Academy in Kingston, Ontario, the Canadian Forces College in Toronto, Ontario, and the Canadian Forces Experimentation Centre in Ottawa, Ontario.

The CFAWC will also have a small detachment already known as the Air Force Experimental Centre co-located in Ottawa with the Canadian Forces Experimentation Centre.

The Air Force will populate the new centre over the next three years using personnel from across the Air Force without reducing operational capabilities, while providing personnel with command and operational experience needed to set up the CFAWC. Consolidating AF squadrons is one of the first steps in this transformation process. Here at 8 Wing, 436 and 429 Transport Squadrons will combine into one robust CC-130 Hercules flying squadron as part of our contribution to Air Force Transformation.

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CFAWC coming to Trenton, Cont'd from P. 1

noticeable impact on the local economies.

6. Consolidating AF Squadrons to provide off-sets will be the first visible step in the transformation of the Air Force, and will result in the remaining squadrons becoming more robust and efficient operational units. At 14 Wing Greenwood, 415 Maritime Patrol Squadron will be consolidated into 405 Maritime Patrol Squadron. At 3 Wing Bagotville, 433 Tactical Fighter Squadron will be consolidated into 425 Tactical Fighter Squadron. At 8 Wing Trenton, 429 Transport Squadron will be consoli-

dated into 436 Transport Squadron. The Canadian Forces School of Aerospace Studies (CFSAS) and the Canadian Forces School of Air Navigation (CFANS) will share a single commanding officer, while remains distinct Canadian Forces units.

7. It is expected that two civilian positions will be affected. The Air Force is committed to ensure that the affected civilian positions are re-integrated in the civilian base workforce where possible.

8. Appropriate ceremonies will be held to acknowledge the service of affected squadrons, its

members, veterans and their families. Dates for these ceremonies will be determined in the near future.

9. Over the next few months, significant planning will be done. It is critical that we all work together in this planning phase to achieve our aim of becoming an Air Force capable of responding to the challenge of an evolving security environment.

10. Let me reassure you that our forces on a career development will not diminish. The capability advisory groups will continue their focus on succession planning and creating the leaders of tomorrow's Air

Force. The vision, role and missions of the Air Force defined in part by the CFAWC will only help in our efforts to develop each and every one to their fullest.

11. Transformation is not easy and the consolidation of squadrons can be emotionally stressful, but I ask you to keep an open mind and embrace this way ahead as I believe it is essential in the Air Force to remain relevant to the security of Canadians.

12. Further information will be made available through the Chain of Command as this initiative is implemented.

Message from CAS – Defence Policy Statement

April 19 2005—1. Today's release of the much-anticipated Defence Policy Statement (DPS), supported by the 2005 Federal budget, truly represents great news for the Canadian Forces and the Air Force. With these landmark documents, we have turned a corner and can look forward to transforming into a more relevant, responsive and effective aerospace force that is a critical element of integrated operations. Things are not going to remain the same.

2. The DPS represents a major step towards this brighter future, but other vital steps will soon follow to provide further direction and detail for the changes ahead. In the coming months, CDS Action Teams, which include Air Force participation at the highest level, will examine critical areas such as command and control, capabilities and force generation in the light of the new DPS. Their reports

will answer many outstanding questions about the impact and implementation of the defence policy.

3. In general terms, the DPS reinforces the Air Force transformation goal of becoming an expeditionary, network-enabled, results-focused aerospace force for the 21st century. Our current capabilities will be maintained or improved, as exemplified by an enhanced capability to operate in the North with new utility aircraft replacing the twin otter fleet. The new medium-to-heavy lift helicopter role will further enhance our ability for integrated operations with the Army and Special Forces. All operations will be strengthened by a more integrated command and controls structure, ensuring that all air resources are used to their maximum effect.

4. Many aircraft communities will contribute to the task force commitments identified in the DPS. While

the impact at the wing and squadron levels will be more fully defined in the upcoming CDS Action Team reports, the ultimate result will be a more expeditionary and integrated Air Force that is capable of rapidly deploying virtually anywhere in the world, and making a significant impact when it gets there.

5. I am very excited and optimistic about the future of the CF. While you will not see immediate dramatic changes on the flight line, the next few years will see tangible and lasting improvements for our infrastructure, equipment, personnel and capabilities.

6. Thank you for your unfailing hard work and professionalism that has allowed us to reach this milestone. I know I can count on your continued efforts to implement these significant improvements in the challenging and rewarding times ahead.

7. SIC ITUR AD ASTRA.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



EME Squadron's Contract Section, Sgt Rick Tubbs, Mr Ron Stewart and Mr Larry Knox, check on the status of this unusual pickup truck. The truck is a 2005 Chev 2500 Heavy Dwy Crewcab specifically purchased for the task and outfitted with four individual tracks instead of wheels. It is intended to be used as a trial, initiated by DIMOS, in support of CFS ALERT Ops. Although the MATTRACK system is in use within other government departments on other older model trucks, this is the first time that it has been installed on a 2005 truck. Consequently, significant modifications are still to be done in order to beef it up, however we're certain that once complete, it will perform well during the trial. The plan is to send this "out of the ordinary" vehicle up north as a possible replacement to the current wheeled transportation being used now, or possibly as a long term replacement for the BV206 fleet. The EME Sqn Contracts Section is a major participant in setting up this vehicle and working out the bugs for it's northern debut— another example of technical ingenuity in support of the Air Force and the greater mission.

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TSE celebrates 5000 hours in support of Operation ATHENA

by Captain Gary Moore

CAMP MIRAGE – On March 23, a CC-130 Hercules transport aircraft reached an important milestone for the Theatre Support Element (TSE) of Task Force Kabul (TFK). On that day, the TSE Hercules flew the 5000th hour of airlift in support of Operation ATHENA, the Canadian commitment to the International Security Assistance Force (ISAF) in Afghanistan.

What does 5000 hours of airlift time really mean? Since August 16, 2003, the TSE CC-130s have flown 2.8 million km, or 70 times around the Earth; burnt over 3 million gallons of fuel; and carried 27,000 passengers and 10.6 million lbs of freight in support of the troops on the ground in Kabul.

Over that period, the TSE has maintained Camp Mirage, a crucial staging base for the operation in Afghanistan. Members of the TSE have provided security, transport, accommodations and messing, prepared 35,350 in-flight meals, processed passengers and cargo,

loaded the aircraft and maintained listening watch throughout the 1250 flights it took to reach this point.

Maintenance personnel prepared and configured the aircraft for the mission by loading fuel, performing maintenance, inspections and repairs, assisting in the start and taxi of the aircraft for the 625 missions flown.

The flight crews have operated on a 56-day tour and for the last two years approximately 30 aircrews rotated through Camp Mirage. In preparation for the missions into Afghanistan, the flight engineers have performed preflight inspections on the aircraft and loadmasters performed inspections of the cargo compartment and the cargo itself. Navigators assessed the route for restricted areas and calculated necessary fuel and travel time to Kabul. Pilots reviewed the mission, filed flight plans, determined the safest routing, signed flight tracking forms and dangerous cargo documents, and briefed the crew on details of the flight including any threats and operational restrictions.

Once on the ground in

Kabul, Airborne Security Officers stood guard around the aircraft while it is unloaded and reloaded for the return flight, as quickly as possible.

To put it in layman's terms, the flight from Camp Mirage to Kabul is like driving from Toronto to Montréal, and returning the same day. With the exception of prior to descent into Kabul, all crew and passengers don flak vests, helmets and assume a combat posture because of the potential risk of insurgent groups targeting the aircraft.

Daily, the CC-130 Hercules are readied for flights into Afghanistan. On the days that they are flown, the crews put their faith in their skills and an extremely durable, well-designed aircraft that is superbly maintained and supported by the CF personnel at Camp Mirage.

Watching everyone in TSE get ready to support flights into Afghanistan is to witness the unit's motto in action – "One team – one mission."

Capt Moore is an Aircraft Commander with the TSE.



Photos: Corporal Dan Shouinard



(Top) Since August 16, 2003 CC-130 Hercules and aircrew from the Theatre Support Element (TSE) have flown 5000 hours in support of Operation ATHENA. Approximately 250 CF members and Department of National Defence (DND) civilian employees provide the lifeline to the 1000 military and civilian personnel on the ground in Kabul. (Bottom) Lieutenant-Colonel François Fortin, Commanding Officer of the Theatre Support Element (TSE), and Master Warrant Officer José Dulude, acting Regimental Sergeant-Major of the TSE, bid farewell to the Canadian Forces (CF) members from OP ATHENA Roto 2 as they board a CF Airbus at Camp Mirage for their last leg to Canada after completing their six-month tour in Kabul, February 19, 2005.

Search & Rescue UPDATE



424 Squadron had two missions last week. On Saturday our Cormorant was tasked to search for a person overboard in the bay just east of Rockport. Our crew searched for 0.7 hrs and did some illumination for the Coast Guard, then returned to Trenton. Then on Tuesday the Herc was tasked to search for a ditched aircraft east of Milwaukee, logging 9.6 hours. Two possible debris fields were located and reported to Coast Guard for further investigation. The Herc then returned back to Trenton.

Until next week, stay safe.

Missions for 2005: 27 Missions for Apr.: 5 Persons rescued: 2



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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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Editor: Andrea LeBlanc
Asst. Editor: Laurie McVicar
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Advertising Sales: Adriana Galeota-Sheahan
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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

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



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message from the

Editor

The advent of digital photography was truly a wonderful thing. And now that the cost has dropped to a more comfortable level, more and more people have digital cameras at work and at home.

In many ways, digital technology has simplified the field of photography for the average person--no more film to buy, no more confusing ASA settings, aperture and shutter speed questions, thanks to the wonderful "automatic" option.

Unfortunately, digital photography is not as simple and straightforward when it comes to photo reproduction in newspapers.

Here's the catch--something called **resolution**. The size of the photos taken with digital cameras can be much smaller when just for personal use--even for web placement. But photos slated to be printed in the newspaper need to be larger, or with greater resolution, to ensure image clarity.

So how do you ensure these photos are large enough for good reproduction? Check out your user's manual--appropriate settings usually can be found under *settings* or *set-up*. The setting you are looking for might be *high*, or *fine*, or might refer to actual image size--pick the largest.

The only drawback to these settings is that your photos will take up a lot more room on your memory card--but believe me, the resulting quality is well worth the memory space.

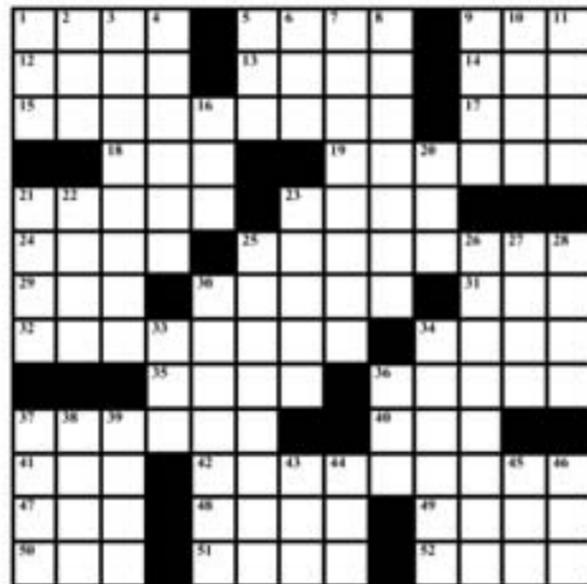
So instead of lots and lots of pretty good pictures, you'll end up with a fair number of terrific images. And if you are just photographing for the fun of it, all you have to do is adjust your settings back to standard.

Canadiana Crossword

Easy Streets

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Companions of arrows
 - 5 Formerly
 - 9 Mythical bird
 - 12 One of the Greats
 - 13 Office info
 - 14 Film rating
 - 15 Burrard Street locale
 - 17 ___ Royale
 - 18 Up to date
 - 19 York Street locale
 - 21 Slur over
 - 23 Bunsen burner
 - 24 Yelp
 - 25 Sparkles
 - 29 Female ruff
 - 30 Bird dung
 - 31 Scottish river
 - 32 Foretelling
 - 34 ___ Khayyam
 - 35 European freshwater fish
 - 36 Wrap
 - 37 Scarth Street locale
 - 40 Independent TV broadcaster
 - 41 Mineral source
 - 42 Speedometer or thermometer
 - 47 Container
 - 48 Wood sorrels
 - 49 Glow or bud follower
 - 50 Sole
 - 51 Lair
 - 52 Hill dwellers?



- DOWN**
- 1 Beverley, to friends
 - 2 Weight unit equalling one ounce
 - 3 Portage Avenue locale
 - 4 Withdraw
 - 5 Flightless bird
 - 6 Gun the motor
 - 7 Refining ore
 - 8 Bloor Street locale
 - 9 Attack
 - 10 Norway's Capital
 - 11 Battle site in Normandy
 - 16 Be indebted
 - 20 Natalie, for short
 - 21 Wild cat
 - 22 Stead
 - 23 African antelope
 - 25 Direction
 - 26 Jasper Avenue locale
 - 27 Actual
 - 28 Parched
 - 30 California fish
 - 33 Gagarin, for one
 - 34 Rideau Street locale
 - 36 Incite a schnauzer
 - 37 Gravure or tiller preceder
 - 38 Ireland
 - 39 Eugene, familiarly
 - 43 ___ Boot
 - 44 Mao or Lenin follower
 - 45 Scrap of food
 - 46 Rural govts.

This Week in Contact

1975 – An evaluation program on a Forward-Looking Infra-Red (FLIR) system is to be conducted by the defence department to determine its use in surveillance, anti-submarine operations, ice detection and reconnaissance and search and rescue missions. FLIR displays thermal characteristics of objects on a screen, and is not affected by darkness or atmospheric conditions.

1985 – The Department of National Defence has announced that the plan for the deployment of CF-18 aircraft in Canada and Europe has been altered. These changes were necessary because the original implementation proved unattainable due to the complexities of introducing such a sophisticated weapons system, compounded by delays in receiving unique CF-18 maintenance equipment.

1995 – Veteran broadcaster and writer Roy Bonisteel has been named Honorary Colonel of 8 Air Maintenance Squadron at CFB Trenton. He is probably best known as the host of the television series "Man Alive" for 22 years. He is known as 'exceptional' because of his reputation and distinction as a national figure and his stature as broadcaster provides links across Canada.

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



Keeping watch underground

If you happen to see the Wing Environment truck with its' back full of coolers, don't assume there's a barbeque about to happen. The personnel inside, under the watchful eye of Meghan Hendry, are in the process of locating and sampling one of the many monitoring wells around the base.

Ground water is an integral part of the hydrologic cycle, and as it moves through the cycle it interacts with the soils and the subsurface geologic formations and becomes contaminated through various human activities. Contaminants entering the ground water system might range from pesticides and fertilizers to fuels and oils.

Recognition of groundwater contamination as a major environmental concern due to increasing public awareness and federal and provincial regulations has led to a technological improvement in groundwater monitoring. The most frequently used approach in ground water quality monitoring is the installation of monitoring wells, their development and subsequent collection of groundwater for laboratory testing for selected water quality constituents.

Right now Meghan is confirming well locations and the monitoring plan for the wells. The monitoring plan is the key to the Wings' demonstration of due diligence and environmental

stewardship. A monitoring plan should include a site map, monitoring well construction details, and a Sampling and Analysis plan. This is no small undertaking for a property the size of 8 Wing, and the history of different areas must be taken into account. Some areas of the Wing that are now "green" used to store everything from old transformers (PCB's) to engines. As well, there are old landfills and Bulk Fuel storage facilities to consider. These types of areas require regular monitoring to ensure that there is no "leaching" of contaminants from the soils into the ground-water system.

One of the challenges that we have found in our travels is that of damaged monitoring wells. In the course of routine brush clearing or construction it sometimes occurs that the cap or access for a well is cut off. When this happens it becomes very difficult to locate and a direct access to the groundwater is left open. We have to find and decommission (seal) these wells to prevent potentially harmful contaminants from directly entering the groundwater system.

As we complete the Monitoring and Sampling plan, you will continue to see Meghan and her assistants around the base with equipment surrounding them. Feel free to ask questions and have a great week!



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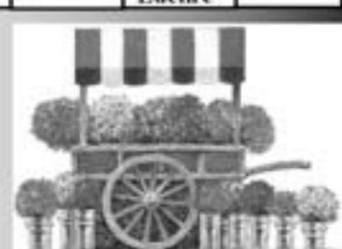
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New Veterans Charter introduced at info session

by Laurie McVicar
Assistant Editor

The Astra Lounge was packed with personnel on Tuesday, April 26 as 8 Wing/CFB Trenton became the launch site for a series of information sessions dealing with the New Veterans Charter.

A team from Veterans Affairs Canada (VAC) presented details of the charter, which was tabled on April 20 in the House of Commons by the Honourable Albina Guarnieri, Minister of Veterans Affairs. Toted as a "wellness package," the new suite of programs will focus on: rehabilitation services, health benefits, job placement assistance, economic loss support, disability awards and case management.

According to Rick Millette of VAC, the charter is a direct result of a number of studies, analysis, and public consultation with Canadian Forces members and their families.

"There were a number of indicators that there was more we could do from the Veterans Affairs' point of view, from the government's point of view, for the people who are serving us so well on behalf of

our country," said Millette. "This legislation has the means to put together programs that will capture, honour, and serve those who require extra assistance with disabilities of all kind - whether it's physical, mental, or economic hardship. There is no one who should have to go and serve their country, come back and not be cared for adequately. They should be given the tools and ability to carry on life after being medically released or retiring with a disability.

We're increasing our toolbox, so to speak. If someone was in a situation where they needed our help financially, the only tool we had was to give them a pension. This new program will give them an enhanced form of assistance. We will be able to respond more adequately."

Under the new charter, veterans will receive access to quality health care and support.

"The first step to opportunity is rehabilitation. Our medically released veterans will have greater access to medical rehab, psycho-social rehab and vocational rehab. As well, they will have uninterrupted health benefits for themselves and their

This legislation has the means to put together programs that will capture, honour, and serve those who require extra assistance with disabilities of all kind. There is no one who should have to go and serve their country, come back and not be cared for adequately.

families," stated Minister Guarnieri in her speech to the House of Commons. "They will be financially secure during their rehabilitation through our new economic loss support program and that support will continue if the veteran is unable to work at full capacity."

Economic loss support:

- provides financial compensation for the economic impact of a service-related or career-ending condition.
- offers temporary

earnings loss support while a veteran is undergoing rehabilitation.

- offers longer-term earnings loss support to veterans who are permanently incapacitated and unable to work because of a service-related or career-ending disability.

- provides a lump sum retirement benefit to those who are permanently incapacitated and unable to work and contribute to a retirement pension as a result of a service-related or career-ending disability.

- provides income support to those who have completed rehabilitation and are able to work, but who have not yet found employment; and

- provides earnings loss benefits to surviving spouses, common-law partners or dependent children, when the CF member suffers a service-related death.

- provides an additional allowance to CF veterans to recognize the effects of a service-related severe permanent impairment on an individual's loss of employment opportunities and diminished employment potential.

Under the new charter, VAC has made changes to payments for disabilities. Instead of receiving monthly cash

awards, veterans are now entitled to a tax-free lump sum payment of up to \$250,000, based on the effect of the disability on the CF veteran's life and the impact on his or her ability to contribute to the family/household, for example participating in family activities and overall family life. The Disability Award:

- compensates CF veterans for non-economic effects of a service-related disability, such as pain and suffering, functional loss, and the loss of enjoyment of life.

- is no longer the only "gateway" to other benefits as is the case with the current Disability Pension.

- is not offset or reduced by any economic loss payments.

VAC has also given special consideration to the families of veterans under the death benefits portion of the charter. The benefits will provide for the surviving spouse or common-law partner and dependent children of a CF member who suffers a sudden service-related death while serving in the military by providing a tax-free lump sum payment of \$250,000. It also provides compensation and recognition for the

impact of the loss on the household.

As stated by the Minister, "today's new veteran is released at an average age of 36 with thirty years left to build a career, a home and a family."

With that in mind, the VAC has incorporated job search training and job finding assistance into its package.

"We had to get out of the cycle of rewarding for disability. Veterans have told us that they wanted help getting their lives back," said Millette.

"We will provide a job placement service to assist all releasing Canadian Forces members, not just those who are medically released. We have modeled our approach after a program in the UK that achieved a phenomenal success rate. For all new medically released veterans, we are providing priority appointment without competition to any position in the Public Service for which they are qualified for a period of two years, starting on the day they are ready to return to work," stated the Minister.

For more information about the New Veterans Charter, log on to www.vac-acc.gc.ca.



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"Firefighters in the Kitchen"

Join members of the 8 Wing Fire Department for the annual
Trenton MFRC Pasta Dinner
 June 11th, 5 - 7 p.m.
 8 Wing Chapel
 (watch the Contact for more details)

~ BrewJays ~

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Quick Tips for Continuous Improvement

In today's society, virtually every service providing organization has customers of some kind. Whether you work at Wing Supply, Wing Transport, Wing Hospital, 426 Squadron, Wing Admin, 8 AMS, or wherever; .. you are working for a customer. "Twenty Ways to Improve Customer Service", is another book that is available to borrow from the Trenton Continuous Improvement Office.

One important principle is "Speak Your Customer's Language". This principle is applied in three ways; communicate in customer language. This simply means avoid unnecessary technical language, jargon, and other technical terms that you may understand perfectly, but a non-technical customer may not have a clue about. Make certain the conversation is two-way; allow time for the customer to respond to your explanation, of the service required or requested, and use open-ended questions to get the customer more involved. Finally, ask questions to get the customer involved and test for understanding. Ensure that your explanations have been understood, and the customer is fully aware of everything that is involved in the service he or she is requesting.

Speaking the customer's language is a basic of quality service. The customer's needs are satisfied only when there is clear communication.

"Twenty Ways to Improve Customer Service" by Lloyd Finch, Crisp Publications Inc.

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.

Education Week Open House

**Where: Quinte Adult Education
Quinte Secondary School (back entrance)
45 College St. W., Belleville, 962-3133**

**When: Wednesday, May 4, 2005
10:00am -3:00pm**

Join us for cake, coffee and conversation
Need your Grade 12 diploma? Want career advancement? Need academic upgrading or college/university preparation?
Looking to fill your leisure time?



Drop by and find out more about us and our programs.



Dental Unit hours

*Hours of Operation for 1 Dental Unit
Detachment for 2-3 May 05.*

2 May 05 - Sick parade hours- 0745 hrs at 50 Yukon St. (New Clinic). There will be no scheduled appointments for personnel during this time. The clinic will continue to see any emergencies throughout the day and after hours.

3 May 05 - Sick parade hours - 0745 hrs. Regular scheduled appointments will resume as per normal hours of operation.

Emergency Contact - During this timeframe any emergencies are to contact the Base Operator or WOPS at local 3316 and ask to have the Duty Dentists paged. At this time the Duty Dentists will direct personnel to the appropriate location for treatment.

We ask for your patience during this transition. For any further questions or information, please contact WO Maggiolo at local 3376 or Sgt Garnier at local 3394.



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Fitness, Sports & Recreation

Message from the Wing Commander

I am pleased to announce 8 Wing's participation in SummerActive - a national campaign, taking place from May 6 to June 20, to promote the importance of physical fitness, healthy eating and tobacco-free living.

I strongly encourage military and civilian personnel to take advantage of the myriad of events and activities being planned by the Fitness and Sports Flight and the Health Promotion department. Watch The Contact newspaper or call either of the aforementioned offices for more information and dates.

Fitness is essential for physical and mental well-being and is especially vital

for military personnel who face an increasing amount of stressful and challenging deployments. Part of the preparation involved is to have not only the mental and trade skills, but also physical endurance. CF members must have the ability to adapt quickly to harsh environments - something that cannot be accomplished without some level of physical training.

I continue to urge people to get out there and take full advantage of all that is offered over the next couple of months.

Colonel J.P.A. Deschamps
Commandant de l'Escadre

SummerActive Events

Mon	Tues	Wed	Thurs	Fri/Sat
May				
				*Walking Group 12-1250 hrs - Gym
				7 MFRB Family Walk-A- Thon/Summer Active kick- off, 9 a.m. registration, Sticks Centre.
9 *Group Fitness Class 12-1250 hrs - Gym Pedometer Challenge Starts	10 *Group Fitness Class 12-1250 hrs - Gym *Water Running Class 12-1250 hrs - RecPlex	11 *Group Fitness Class 12-1250 hrs - Gym Walking Group 12-1250 hrs	12 *Back Power Workshop 8-1100 hrs - Gym *Aqua Circuit Class 12-1250 hrs - RecPlex	13 *Walking Group 12-1250 hrs - Gym Big Bike for Stroke
16 *Group Fitness Class 12-1250 hrs - Gym	17 *Group Fitness Class 12-1250 hrs - Gym *Water Running Class 12-1250 hrs - RecPlex Batt Out Class - 1400- 1600 hrs	18 *Group Fitness Class 12-1250 hrs - Gym Walking Group 12-1250 hrs	19 *Pre Para Fitness Test 8-1100 hrs - Gym *Aqua Circuit Class 12-1250 hrs - RecPlex Healthy Eating Series...Everyday Eating 1400 - 1600 hrs	20 *Walking Group 12-1250 hrs - Gym
23 VICTORIA DAY!	24 *Group Fitness Class 12-1250 hrs - Gym *Water Running Class 12-1250 hrs - RecPlex Batt Out Class - 1400- 1600 hrs	25 *Group Fitness Class 12-1250 hrs - Gym *Strength & Conditioning Indoc Course 13-1500 hrs Gym Walking Group 12-1250 hrs	26 *Pre SAR Tech Test 8-1100 hrs - Gym *Aqua Circuit Class 12-1250 hrs - RecPlex Healthy eating Series...Nutrition for Physical Activity 1400 - 1600 hrs	27 *Walking Group 12-1250 hrs - Gym
30 *Group Fitness Class 12-1250 hrs - Gym	31 *Group Fitness Class 12-1250 hrs - Gym *Water Running Class 12-1250 hrs - RecPlex Batt Out Class - 1400- 1600 hrs			

SummerActive

May 6 - June 20

GET UP, GET OUT, GET FIT!

UPCOMING PROGRAMS/WORKSHOPS

- **Group Fitness Class** - Get in shape by joining in on these fun group-oriented fitness classes designed to help get you in shape. Classes consist of spinning, aerobics and circuit training type classes. No need to register for this one. Just join in and remember to bring a towel and water bottle!
- **Aqua Circuit Class** - It is like doing aerobics in the water! Get a great workout by using the resistance of the water, while taking it easier on your joints and bones. Don't worry if you can't swim as this is done in the shallow pool. No registration required, just show up.
- **Water Running Class** - Yep that's right.....running in the water! Again much easier on your joints then pounding the pavement. Come give it a try, you'll be amazed what this workout can do for you. Can't swim? No problem as life belts and jackets are provided. No registration required, just show up.
- **Kayaking** - Learn the basics of this popular activity while enjoying a trip out on the water. NOTE: this is sea kayaking and not white water. Please contact Jen Lecuyer at 2825 to register as there are a limited # of kayaks.
- **Back Power Workshop** - Did you know that back problems are an epidemic in our society? As a matter of fact about 85% of adults in North America will suffer from back pain at some time in their lives. Come see what this workshop can do for you. Please contact Jen Lecuyer at 2825 to register as space is limited.
- **Strength & Conditioning Indoc Course** - Learn the basics when it comes to strength and cardiovascular training including being introduced to the various pieces of equipment found at The Gymnasium. This is a great course for those thinking of starting a regular fitness program. Please contact Jen Lecuyer at 2825 to register as space is limited.
- **Walking Group** - A great way to get fit and enjoy the great outdoors. No registration required, just show up.
- **Beginner Running** - An excellent introduction class for those in the beginning stages of a running program. Learn proper technique and as a group, get out and enjoy our great Ontario weather. No registration required, just show up.
- **Surfn Turf Relay Race** - An eight person relay race that spans over 60 km. Contact Todd Peart at local 7160 for more information about the biggest fitness / sporting related activity on 8 Wing / CFB Trenton's calendar.
- **Fitness Testing** - Have you always wanted to try various military fitness tests to see how you measure up? Now here is your chance. Everything from Pre Para to Pre SAR Tech to Fire Fighter fitness tests. Please contact Jen Lecuyer at local 2825 to register as space is limited for each type of test.
- **Healthy Eating Series** - With all the diets and fads it can be very confusing. Learn what choices to make in order to eat a nutritionally balanced diet. Learn how to improve work and/or athletic performance through proper nutrition and hydration. Find out about supplements - how they work or don't work. Please contact Lisa Pitt at local 3768 to register.
- **Pedometer Challenge** - Want a fun way to get fit? Health Promotion is hosting the Pedometer Challenge, where participants can keep fit by incorporating steps into their daily routines. For more info, call local 3768.
- **Passport for Fitness** - Need just a little help becoming more active? Health Promotion is offering a simple check list to help get you started. For more info, call local 3768.

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 Boultee (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:

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

All day-15 hours ice per week
Lunch included, Residence available
Night programs for residence players

Cost \$300.00 + tax
\$250.00 + tax (DND Rate)

Shinny

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.

4 on 4 Tournaments

Minor Peewee/Peewee	16-17 July 2005
Minor Bantam/Bantam	23-24 July 2005
\$250.00 per team	8 skaters, one goalie
Guaranteed 4 games	

Midget and Junior Elite Camp

6 weeks: 5 July-14 Aug
3 sessions per week Tue-Thu-Sun nights
Focus on speed , agility, transition, skills will focus on timing, speed control.
Team and game concepts instructors Steve Tracze, Jason Supryka

Goalie School

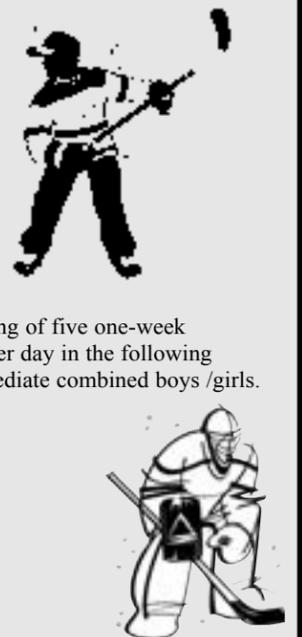
The goalies will be integrated into the hockey school plus they will receive individual instruction at the end of each day. There are a limited number of spots available in each age group.

Residence

Any players staying in residence will stay in our brand new hotels and eat all meals in the Yukon Galley, plus enjoy golfing, sailing and other exciting activities. Check website for further details.

Registration

You can register at the Base Pool/Recplex now, Mon-Fri 9am-8pm,
Sat & Sun 12 noon -4pm. For more info call Bryan Pearce 392-2811 ext. 4110.





INFORMATION / REGISTRATION / INSCRIPTION 965-3575

Personal Development

Perfectionnement personnel

Operational Stress Injuries

Information and Education Session

May 3, 7 p.m. to 9 p.m.

Refreshments will be served. Please call to reserve your seat.

Guest Speakers:

Kim Guest and Susan Gill, from the Operational Stress Injury Trauma Support Centre, OTISC will talk about the effects of OSI's on the family.

Ross Macdonald, Peer Support Coordinator for Operational Stress Injury Social Support, OSISS Kingston & Trenton will talk about the Peer Support Program and what services they provide.

Le trauma ou le stress opérationnel

Atelier d'éducation et d'information

Le 3 mai, de 19h à 21h

Des rafraichissements seront servis. S.v.p. pour réserver votre place

Les invités sont:

Kim Guest et Susan Gill, ces personnes nous parleront des services offerts par les Centres de soins pour trauma et stress opérationnels et de l'impact de ces blessures sur les familles des FC.

Ross MacDonald, Coordinateur du programme de soutien par les pairs pour le Soutien social du stress et trauma opérationnels de Kingston et Trenton, parlera des services disponibles.

Kids Have Stress Too! (All ages)-Josée Martell

Cost :\$10.00 (three sessions)

Dates : May 17, May 24 & 31 in the 6RD Room, Time: 6:30-8:30 p.m.

Parenting 1,2,3,4 (1-4 yrs) Sherry Ryan/ Denise Currie

Cost: \$10.00 (three sessions)

Dates: May 6, May 13 & 20, Time: 9:30-11:30 a.m. or

Dates: May 11, 18th ,25, Time: 6:30-8:30 p.m.

Scrapbooking for Beginners

Cost : \$15.00 per session

Dates: May 27, June 3, 10 and 17, from 9:30 - 11:30 a.m.

Bring 8 - 12 pictures. Pre-register 24 hours in advance for the class as well as childcare at \$4/hour if needed.

Les enfants aussi sont stressés! (pour tous les âges) - Josée Martell

Coût : 10,00\$ (trois sessions)

Dates : les 17, 24 et 31 mai, à la salle 6RD du Centre', de 6h30 à 20h30

Parenting 1,2,3,4 (enfants de 1 à 4 ans) Sherry Ryan ou Denise Currie

Coût : 10,00\$ (trois sessions)

Date : les 6, 13, et 20 mai, L'heure : de 9h30 à 11h30 ou

Date : les 11,18 et 25 mai, à la salle 6RD, L'heure : de 18h30 à 20h30

"Scrapbooking" pour débutants

Coût: 15,00\$ par session

Dates : 27 mai, 3, 10 et 17 juin

Apportez 8 à 12 photos. Inscrivez vous 24 heures avant chaque classe ainsi que pour le gardiennage à 4\$/heure.

New & Exciting "On the Run" Employment Workshops

These workshops are tailored for military partners who are returning to the work force or who need to freshen up on their job seeking abilities. Workshops will be held at the MFRC every Tuesday night from 7-8 p.m. at no cost to you.

Tuesday, May 3, 2005: Skills/Accomplishments assessment

Tuesday, May 10, 2005: Résumé types presentation

Tuesday, May 17, 2005: Résumé writing - get help drafting your résumé

Tuesday, May 24, 2005: Interview guidelines - preparing for an interview

Tuesday, May 31, 2005: Interview questions and practice

Please register with Manon Lachance at 392-2811 ext. 3852 or at the MFRC Reception at 965-3575.

Des nouveaux ateliers intéressants dans le domaine de l'emploi : "Rafraîchir ses connaissances "

Ces ateliers visant à aider les personnes à se trouver un emploi, sont conçus pour les partenaires des militaires qui envisagent retourner sur le marché du travail. Les ateliers seront donnés tous les mardis soirs de 19h à 20h. Sans frais.

Le mardi 3 mai 2005 : Évaluation des compétences et des accomplissements

Le mardi 10 mai : Présentation des différents types de curriculum vitae

Le mardi 17 mai : Composition du curriculum vitae, aide, ressources

Le mardi 24 mai : Informations et préparation d'une entrevue

Le mardi 31 mai : Questions durant les entrevues, pratique d'une entrevue

Pour vous inscrire, veuillez communiquer avec Manon Lachance au 392-2811 poste 3852 ou à la réception du CRFM au 965-3575.

2nd Annual Family Walk-a-Thon

for Children's Programming & MFRC Daycare

5 km WALK-A-THON

(Smaller walk option for little ones)

Saturday, May 7th, 2005

Registration at 9:00 a.m.

Rain or Shine

No registration fee, minimum of \$10.00 in pledges per family

Tax receipt available for donation over \$10.00

Prizes for top pledges (including two Canada Wonderland tickets)

Children's Scavenger Hunt. Great time for everyone!

Marathon de marche annuel

organisée au profit des programmes pour enfants et la Garderie du CRFM

MARATHON (marche de 5 km)

(Option d'une plus petite distance pour les tous-petits)

Samedi, 7 mai 2005 Incriptions à 9h00

beau temps ,mauvais temps

Aucun frais d'inscription, un minimum de 10,00\$ de sponsorship par famille.

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Photos: Laurie McVicar, Contact



Elaine Burke poses with Maxime Therian, winner of the contest to design her stock car. Therian's class was visited by the Burkes on April 21.

Race drivers visit school

by Laurie McVicar
Assistant Editor

Anyone living in Middleton Park may have mistaken the usually quiet neighbourhood for a race-track on Friday as L'Envol Catholic School hosted two very special visitors from the Brighton Speedway.

Stick Racing drivers Elaine Burke, of the 8 Wing Pharmacy, and Captain Tim Burke, of Wing Operations, were on hand to show off one of the cars used by the team and recognize the student who designed the paint scheme for it.

"Every year you try to come up with new paint schemes for the race cars. I thought, what a great way to get the kids involved in something. We held a contest and I had eight kids enter," said Elaine.

The winner was Maxime Therien, who suggested a lightening bolt theme. Therien and the other participants were awarded free passes to the Brighton Speedway and a class presentation by the Burkes. The visit also provided the Burkes with an opportunity to promote a new initiative recently introduced by the Brighton Speedway.

"(The track owners) wanted to come up with something that would attract more families, not just men and spouses. Last year they started the Kid's Club, where kids sign up and do crafts at intermission, box car races, and tire races," said Elaine. "This year they are having a Race to Read program. Ten classes from the Brighton,

Trenton and Belleville area are participating. Basically they have a log sheet on which they have to keep track of how many minutes of reading they are doing outside of the school."

All participants get a free speedway pass for one adult and one child, receive certificates for their efforts, and, during the Race to Read night on May 21, will all receive prizes at the gate. The excitement doesn't stop there. The winning class will receive a pizza party with drivers at the speedway, while the over-all top reader gets the incredible opportunity of watching the races from a VIP box and presenting the trophies afterwards.

For the Burkes, this is an exciting chance to share their newfound passion with a younger audience.

"One of the people that Elaine used to work with, and who is now the third driver for our team, invited us out one night because he was racing. Instantly I thought 'oh yeah, I can do this.' I got a car for the next year in the novice division and just got addicted to it," said Tim. "I won the championship that year, which was very, very lucky. Elaine decided half-way through the next year, since she was going to be there every night, she might as well have a car."

Tim is now starting his fifth year of racing and has moved up to the Canadian Modified division. Elaine is entering her third year and first full season in the Pro Stock division. What keeps them coming back for more?

"There's definitely an

adrenaline rush, a factor of fear and a bit of the unknown every time you get into the car," said Tim.

It's an addiction, however, that involves a phenomenal amount of hard work.

"Elaine's car was done first (this year), and that took about two months. I took some vacation time and, for two weeks, I never got out of my garage. That part isn't always the most fun. But, once you are at the track and the butterflies are gone and you're strapped in, it's a big rush. You get to drive fast and occasionally get to take out aggressions on the track that you don't want to do on the 401."

Luckily for both Burkes, they've never had to compete in the same division.

"We've never raced against each other. Would I? I'd love to give her a little push around the track, and she'd probably like to do that to me too," joked Tim.

For more information about Stick Racing, log on to www.elainescrations.com/stickracing.htm. For information on the Race to Read program, go to www.brightonspeedway.com/html/racingtoread.htm.



Tim and Elaine Burke

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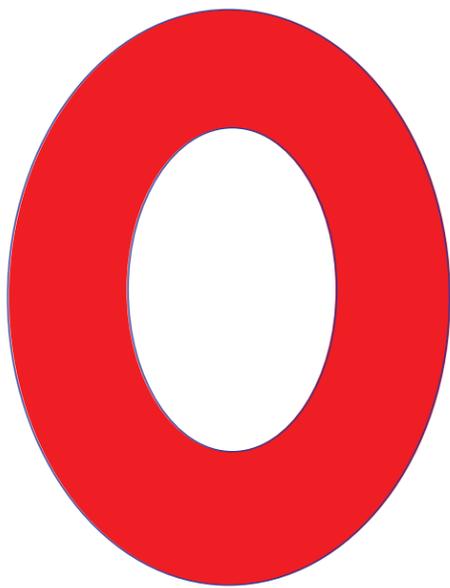


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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

May 1 - May 7

ARIES (March 21-April 19): You will be able to tell a great story, combined with your wonderful imagination and fabulous insight on the 1st and 2nd. Put all these talents together and you will prosper. A creative idea of yours should be developed. You may be questioned about your whereabouts on the 3rd and 4th. Try not to give away any information that isn't necessary. The more secretive you are, the better. A long-term investment will pay off. Put yourself on the line on the 5th, 6th and 7th. You cannot hide your feelings if you want to resolve pending problems. Your thoughts and intentions should be followed by actions.

TAURUS (April 20-May 20): A partnership will turn out to be more important than you first thought. A love relationship will blossom on the 1st and 2nd. You will be able to sort out any troubled waters with siblings or friends. Don't take no for an answer on the 3rd and 4th. If you want something or someone in your life, make the effort, and you will be successful. The greater the time spent helping others, the better your chance of getting what you want. Getting all worked up on the 5th, 6th and 7th over something you can't change will be a waste of time. Don't reveal your secrets to anyone. If you try to impress others, you will end up in an awkward position.

GEMINI (May 21-June 20): You will surprise everyone with what you know on the 1st and 2nd. A huge opportunity will be made available. Get in touch with someone from your past. Anything to do with love and romance will flourish. Keep looking forward and don't let the little aggravations you encounter on the 3rd and 4th hold you back. Deal with issues swiftly. It may be hard to get decent help, so go it alone if you can. Your ready-for-anything attitude will go over well with your peers on the 5th, 6th and 7th. Your enthusiasm will rub off on the people you are with. Competitive activities will bring you an interesting challenge.

CANCER (June 21-July 22): Money can be made, debts collected and games won on the 1st and 2nd. You can make the changes to your home that will help you feel more comfortable. Invite friends over for an entertaining evening. Don't lend to friends or relatives. You will be drawn to the unusual on the 3rd and 4th. Take an interest in foreign cultures or attend a conference or trade show that will enlighten you about a variety of products. Love and romance will flourish. If you take on too much on the 5th, 6th and 7th, you'll end up being taken advantage of. Being a martyr will not pay off. Don't let anyone push you into doing things that you don't want any part of.

LEO (July 23-Aug. 22): Take a trip, even if it is to an auction in the country or the other side of town on the 1st and 2nd. The conversations you have with others will be very informative. A relationship you really care about will take on a whole new meaning. You can stabilize your financial position if you are creative in the way you budget on the 3rd and 4th. Money will come your way through inheritance, winnings, a tax rebate or even as a gift. Ask someone who owes you money to pay up. You need to have some fun and forget all your troubles on the 5th, 6th and 7th. Celebrate the good things in life with your friends. You'll have some creative ideas. Smart thinking and fast action will pay off.

VIRGO (Aug. 23-Sept. 22): Determination and hard work will pay off on the 1st and 2nd if you are into getting fit, firm and looking your best. Get involved in a fitness group that will help to motivate you. Look at your lifestyle and diet and make whatever adjustments are necessary. You will lean toward some unusual people, places and things on the 3rd and 4th. Don't be alarmed — it will be to your benefit. An opportunity to get involved in a partnership looks promising. Evaluate the relationship you are in. Stay out of other people's private affairs on the 5th, 6th and 7th. You'll end up paying the price if you take on responsibilities that aren't meant to be yours.

LIBRA (Sept. 23-Oct. 22): Bend over backward, be creative and unique and don't be afraid to take the road less traveled on the 1st and 2nd. You will make a statement that will bring you some rare opportunities. Be careful while en route. You will have a wonderful way of doing things on the 3rd and 4th, enabling you to rise above any competition you encounter. A feeling of restlessness may result in your looking for advancement or even a new position. Draw on your inner self when it comes to an important decision on the 5th, 6th and 7th. If it doesn't feel right, don't do it. Making a change is not such a bad idea and will lead you in a very interesting direction.

SCORPIO (Oct. 23-Nov. 21): Avoid getting into personal discussions on the 1st and 2nd. Challenge yourself to a physical test of endurance or do something to update your look. A love relationship can take on a whole new dimension if you put a little effort into it. Follow through with your ideas on the 3rd and 4th if you want to start making money. You are creative and have potential, so stop second-guessing yourself. It's time you went for it instead of just talking about what you want to accomplish. Consider getting into business for yourself or expanding the business you already have going on the 5th, 6th and 7th. Opportunities to make money will develop through a move or by forming a partnership.

SAGITTARIUS (Nov. 22-Dec. 21): You aren't likely to get your way on the 1st and 2nd. Do whatever you can to avoid an argument. The more you do outside your home, the better. Don't let anyone frazzle you at an emotional level on the 3rd and 4th. Control is what is needed, not anger. Don't count on getting support from your home base. Focus on being the best you can be. Participation will be the key on the 5th, 6th and 7th. Sports events or activities with children or friends will be rewarding. An opportunity to learn something new will present itself. Social activity will lead to an interesting proposition. Someone who cares about you may be looking for something more.

CAPRICORN (Dec. 22-Jan. 19): You have an exceptionally powerful presence on the 1st and 2nd. Talking with a friend will open your eyes to a whole new medley of ideas. Travel and social activity will lead to some interesting new connections. Take the plunge and start a new project or get out and meet new people on the 3rd and 4th. The more enthusiastic you are, the better the response you will get. The time is right for love, romance and partnerships. You can turn anything into a work of art if you put your best effort into it on the 5th, 6th and 7th. Your attitude is changing regarding your likes and dislikes. A change of pace would give you a new lease on life.

AQUARIUS (Jan. 20-Feb. 18): Your ability to teach those around you will put you in the spotlight on the 1st and 2nd. A chance to study something you have always wanted to know more about will be made available. A cultural event will open your eyes to a whole new world. You may be feeling restless on the 3rd and 4th about what you want to be doing. Take another look at how you ended up where you are. You will be able to find a way to maneuver yourself into the position you really want to be in. You will be where the action is on the 5th, 6th and 7th. Not everyone will be as enthusiastic as you are, but that shouldn't stop you from doing your own thing.

PISCES (Feb. 19-March 20): You will be energetic, entertaining and easy for others to talk to on the 1st and 2nd. Your kindness and generosity of spirit will inspire others and make you feel good about who you are and what you can do. Your emotions may get in the way of what you are trying to accomplish on the 3rd and 4th. Discuss your thoughts with a trusted friend so you don't make an impulsive move leading to a mistake. Talk to someone on the 5th, 6th and 7th who can jog your memory about days gone by, and you will get much better insight into a situation you are facing. You will be able to make a good financial move.

GEARING UP FOR WALK-A-THON



Photo: Laurie McVicar, Contact

Staff and volunteers of the Trenton Military Family Resource, as well as Greg Rupnow (near centre) of QuintEssential Credit Union, lace up for the upcoming Family Walk-a-Thon on May 7. The event will kick off with 9 a.m. registration at Siskin Centre. Money raised will be used towards children's programming and the MFRC daycare.

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• XXX State of the Union (PG)	1:05	7:05	9:15
• Hitchhikers Guide to the Galaxy (PG)	1:10	7:10	9:20

Coming Soon: Kicking & Screaming
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, 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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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.
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NOTICE:

OUR LADY OF PEACE CHAPEL COMMITTEE MEETING WILL BE HELD SUNDAY, MAY 15, 2005.

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Today we have a giant concentration of wealth in this country in a single asset: residential real estate. An aging population, real estate-rich and financial asset-poor, and yet without the legally-protected ability to defend that real estate wealth. This could be a recipe for disaster, and for many Canadians, it already has been.

How did this happen? It is unique in Canada's history right now that the right to own property is not guaranteed. The Magna Carta of 1215 gave it to our British ancestors, and that was followed by the English Bill of Rights in 1627, which entrenched the right. So did the 1948 United Nations Universal Declaration of Human Rights, which Canada signed. And the 1960 Canadian Bill of Rights added further protection.

It has only been since the repatriation of the Canadian Constitution in 1982 that this right has not been enjoyed by Canadians. In other words, Canadians do not have recourse to the Charter of Rights and Freedoms if their land or home is seized by the government or its agent.

Some Canadians might say – well – what's the big deal?

We've not gotten along for 23 years without giving people the right to own their own real estate, so what's the big deal? Isn't the system, and the country, getting along just fine as is?

Well, just ask all the farmers who lost their land – 97 thousand acres of it – when the feds decided to expropriate, and build Mirabel Airport outside of Montreal. A bad idea from the start, the airport is now closed to passenger traffic and probably will fade away entirely. A citizens' group is now fighting to get 11 thousand acres back – 30 years later – and they do not have a legal leg to stand on.

Ask people who bought forest lots on Galiano Island in British Columbia, only to see the local government pass bylaws at first preventing them from building on their own land and eventually forcing restrictive and bizarre land use that collapsed property values.

Ask the guy who bought beachfront property in Nova Scotia only to see the provincial government declare his real estate a heritage site and prevent him from even walking his dog there.

Ask the thousands and thousands of landowners across southern Ontario

about what the province is doing to them with its new Greenbelt Legislation. In the municipality where I live, the Town of Caledon, 75 per cent of all of the land was frozen from future development overnight – with the barest of public consultation and in a process that lasted just 45 days.

In support of its move, the Ontario government has provided no planning report, no transportation study, no environmental study to support claims this will improve the life of Ontarians or stop urban sprawl. But why do they need to do so, when the people their laws are directly affecting have no legal rights to defend themselves?

There is no need to prove its claims in a court of law, since no court will ever hear the case.

Giving people more rights enriches them. Any democracy is freer when people have more rights. Property rights are human rights. This is something that makes every individual stronger – it is a gift from the government of Canada to the people of Canada. It is a measure of trust and responsibility.

Restoring property rights makes government more accountable when property is taken

away or materially affected. It guarantees people will have access to the due process of law and the possibility of fair compensation.

Restoring property rights will not allow people to pollute, to ignore rent control laws, to bear firearms, to challenge our existing concepts of matrimonial property as defined by Family Law legislation.

Those critics on the political left who make these irresponsible and frightening accusations have no evidence to support their arguments. They are calling on conjecture and what-if scenarios which have not been substantiated by legal precedent in any of the countries, such as the United States, which have constitutional protection for property rights.

If there is any one group in our society who will be hurt by this, it is the politicians and bureaucrats who today enjoy the unfettered ability to pass laws which arbitrarily deprive people of their property. And it happens too frequently. And today, with real estate as the cornerstone of Canadian net worth, it can no longer be tolerated.

There's an election coming. Tell your MP.

Ask the guy who bought beachfront property in Nova Scotia only to see the provincial government declare his real estate a heritage site and prevent him from even walking his dog there.

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A message from the Wing Commander

The week of 1 – 7 May 2005, has been designated as “North American Occupational Safety and Health Week”. The theme for this year’s Safety Week Poster is “Safety and Health – A Foundation for Excellence.”

This is a familiar concept at 8 Wing/CFB Trenton, where the Wing Safety Policy requires strict dedication to four basic “Safety Tenets”. These goals have the full support of local union leaderships in a cooperative Safety and Health partnership. Our efforts have realized some recent successes in reducing both the frequency and severity of our accidents. That is the good news. The fact that we continue to have unnecessary accidents at all, has been the bad news for too many members of our 8 Wing/CFB Trenton family.

Our attitudes, as well as our safety statistics, are improving. A

recent General Safety audit has revealed that more and more units are developing formal programs to address concerns such as “Physical Fitness Safety” and “Off-Duty Safety.” We have developed some recent initiatives in the form of our very successful “Return To Work” program, and the pursuit of higher standards as contained in the amendments to the Canada Labour Code. I believe that striving for our safety goals reflects an attitude that will help us to achieve excellence in all our endeavours.

I want to acknowledge several other “Partnerships” that are necessary for our Safety and Health Programs to be effective. These include government agencies and community service groups, professional Safety and Health associations, and the personnel of 8 Wing/CFB Trenton. In particular, I want to thank those people, who,

at every level of our organization, have contributed their leadership qualities for the benefit of all. This contribution may have prevented an injury, eliminated a hazard or could be a simple act of promoting the program, all of which are included in this year’s slogan “Equip; Educate; and Empower.”

A caring attitude is one of 8 Wing/CFB Trenton’s most notable traits, as recognized by the CDS during his recent visit. The records confirm your participation, and I have come to expect nothing less from our personnel, whether military or civilian.

I want to encourage your continued interest and activity in developing and implementing a safe, healthful environment for all.

J.P.A. Deschamps
Colonel
Wing Commander

Many confined spaces leave no room for air

Long before Richard Dobbertin became an expert in confined space entry and rescue training, an eye-opening experience in his own home made him a much wiser amateur on the subject.

Dobbertin, a certified hazardous materials manager who heads Dobbertin & Associates Inc., of Decatur, IL, had purchased a home needing some floor joists replaced because of dry rot.

“I jacked the house up and replaced them. I had the brilliant idea that if I sprayed them with a wood preservative they wouldn’t rot,” he says.

The crawl space under the house quickly filled with spray and Dobbertin began choking. He managed to escape the crawl space to fresh air, likely cheating death by a minute or two.

Every year across North America, more than 300 people perish in confined space incidents involving oxygen-depleted, poisonous or flammable atmospheres.

Dobbertin can tell many stories about confined space fatalities, including that of the father and son who were working in a well and fired up a gas generator to power a light. Both died of carbon monoxide poisoning.

Here are some leading causes of confined space incidents:

- People often don’t think before they enter confined spaces. They don’t suspect the danger.

- They fail to test the atmosphere for oxygen levels and poisonous substances. If oxygen levels are too low, a person can quickly lose consciousness and die. If they are too high, a spark can set off a fatal explosion or fire. One breath of a poisonous gas such as hydrogen sulfide can cause instant death.

- Companies that one would assume would offer their employees confined space safety training don’t always do so. For example, a Georgia company used a fleet of tanker

trucks to transport Class B poisons and the tankers had to be cleaned after trips. The company’s policy on tank cleaning spanned all of three words: ‘hold your breath.’

- Monitoring must be conducted while workers are inside a confined space, even if the atmosphere measured safe before entry was made. Sudden changes can render a confined space deadly. Atmospheric monitoring is your first and last line of defence.

- People often don’t know how to monitor. For instance, oxygen concentrations can vary based on elevation, and if that factor is not taken into account during testing, fatalities can occur.

Duane Bralley, president of D2000 Safety Solutions of Eugene, OR, says holding one’s breath for 30 seconds in a confined space sounds easy, but if escape is delayed because clothing becomes caught on an object or the person trips and falls, all bets are



off.

Bralley says two of three people who die in confined spaces are well-meaning, would-be rescuers. It takes real fortitude for a person who is untrained and unequipped for a rescue to run for help instead of entering the space and trying to assist a fallen co-worker. He notes there are likely hundreds of close calls for every confined space death, yet most people don’t hear about those. The workers involved might get away with unsafe behaviors for years before their ignorance or complacency kills them.

Take care when cleaning under pressure

Pressure washers are used to clean equipment, materials and work areas on the job. At home, they may be used for washing automobiles, house exteriors and other uses.

They can also cause injuries. Because the water is under pressure, it moves with enough force to cause damage to the eyes or skin and contribute to other types of injuries. The noise can also damage hearing.

For safer use of a pressure washer, follow these tips:

- Read your operator’s

manual and follow the manufacturer’s instructions for safe use, maintenance and storage.

- Wear eye and hearing protection when you use a pressure washer.

- Avoid contact with the high pressure stream of water. Keep your hands, feet and body out of the way.

- To keep control of the water stream, hang on to the spray wand with both hands.

- Never point the sprayer at another person, whether the pressure washer is operating or

not. It could discharge unexpectedly.

- Maintain good footing. Do not reach so far that you lose your balance.

- Do not let children use a pressure washer.

- Do not use a pressure washer in an area where the water could contact electrical equipment.

Pressure washers get the job done quickly and well. But they have the potential for causing injury, so use them safely at work and at home.

Message du commandant de l’escadre

La semaine du 1er au 7 mai 2005 a été désignée « Semaine nord-américaine de la sécurité et de la santé au travail ». Cette année, le thème de l’affiche de la Semaine est « La sécurité et la santé : une assise de haute qualité. »

Il s’agit d’un concept familier à la 8e Escadre/BFC Trenton, où la Politique de sécurité exige le respect scrupuleux de quatre « Principes de sécurité » fondamentaux. Ces objectifs jouissent du soutien inconditionnel des représentants syndicaux locaux dans le cadre d’un partenariat dans le domaine de la santé et de la sécurité. Nos efforts nous ont permis récemment de réduire à la fois la fréquence et la gravité de nos accidents. Cela constitue une bonne nouvelle. Le fait que des accidents inutiles continuent de se produire constitue une mauvaise nouvelle pour de trop nombreux membres de notre grande famille à la 8e Escadre/BFC Trenton.

Nos attitudes, de même que nos statistiques de sécurité, s’améliorent. D’après la plus récente vérification de la Sécurité générale, de plus en plus d’unités élaborent des programmes officiels afin de répondre à certaines préoccupations comme celles qui portent sur « la sécurité du conditionnement physique » et « la sécurité après les heures de travail ». Nous avons pris des initiatives récemment, notamment au moyen du programme de « retour au travail », qui a connu beaucoup de succès, ainsi qu’en visant les normes élevées qui figurent dans les modifications apportées au Code canadien du travail. J’estime que le fait de s’efforcer d’atteindre nos objectifs en matière de sécurité témoigne d’une atti-



tude qui nous aidera à atteindre l’excellence dans l’ensemble de nos activités.

Je voudrais aussi mentionner plusieurs autres « partenariats » qui sont indispensables pour garantir l’efficacité de nos programmes de sécurité et de santé, partenariats conclus notamment avec des organismes gouvernementaux, des groupes de service communautaire, des associations professionnelles de sécurité et de santé, et le personnel de la 8e Escadre/BFC Trenton. Je tiens à remercier, en particulier, les gens qui, à tous les niveaux de notre organisation, ont mis leur leadership au service de tous. Par leur contribution, ils ont peut-être évité une blessure, éliminé un danger ou simplement fait la promotion du programme, des résultats qui trouvent un écho dans le slogan de cette année : « Équiper. Instruire. Rendre capable. »

Un comportement bienveillant est l’un des traits les plus remarquables du personnel de la 8e Escadre/BFC Trenton, comme l’a souligné le CEMD lors de sa récente visite. Nos dossiers confirment votre participation. Je vous encourage à continuer de vous intéresser à cette question et à poursuivre vos efforts pour mettre en place un milieu de travail sain et sécuritaire. Je n’attends rien de moins de notre personnel militaire et civil.

Colonel J.P.A. Deschamps
Commandant de l’Escadre



Infection control at work

Mention "infection control" and the first workplace to pop into your head is probably "hospitals". However, hospitals are not the only place where you have to be concerned about controlling the spread of infections.

When it comes to a healthy work environment, be aware of the spread of all kinds of "germs" - microorganisms such as bacteria and viruses which cause illnesses. How about germs found in dusts or illnesses which can develop due to lack of proper ventilation? These germs may not kill you, but they can make you sick and take you away from your job. Who likes to be laying in bed with a fever, runny nose and sore throat?

Here are a few ways to combat potential infection in your workplace.

- Wash your hands. This small task only takes a few minutes, but it could save you a week to 10 days of headaches, nausea and sinus congestion caused by colds, flu or gastrointestinal upsets. Use a mild soap when

washing up and wash your forearms as well. While you don't have to wash your hands every 10 minutes, it is a good idea to wash them before and after using the toilet, before and after eating, before and after work, before applying cosmetics or lip balm and before handling contact lenses.

- Remember; the smallest cut is large enough for disease-causing microorganisms to enter. Wash cuts and scrapes properly and cover them with a clean bandage. If you think your cut may be too severe to handle by yourself or if you are not sure if your cut is cleaned properly, get immediate medical attention. Neglected cuts can become seriously infected down the road. Always thoroughly clean up the blood and disinfect the area with bleach.

- If you are really sick, don't go to work. The last thing you want to do is infect others with whatever you have. Stay home, get plenty of rest, and drink lots of liquids. If your illness lasts

longer than a few days, or if you have a fever, visit your doctor or local medical clinic.

- When blowing your nose at work, dispose of the tissue immediately. Leaving it lying around where someone else may touch it accidentally is a sure way to spread the misery of colds or the flu.

- Try to avoid the "communal coffee spoon" in your lunch room, and don't share your cup with others. Coffee cups and other utensils should be washed in hot, soapy water. Sinks and counters should be kept disinfected and dry. Disposable paper towels, rather than cloth ones, should be used for wiping dishes in shared kitchens.

There are viruses that can kill, like HIV (Human Immunodeficiency Virus) or HBV (Hepatitis B Virus). These are bloodborne pathogens (diseases carried by the blood). Research is constantly coming to light about these diseases, but one thing is known for sure — people in all types of work environments must be made aware of bloodborne pathogens. It is very likely your workplace has procedures telling you how to guard yourself against potentially dangerous situations which may expose you to HIV or HBV. Read these procedures thoroughly; they may save your life.

No one is going to be able to halt the tide of all the disease-causing germs floating about, but if you take precautions, you can limit them from spreading.

Make it your responsibility to learn all you can about bloodborne pathogens. Pamphlets, brochures and books are available in health units and hospitals in your community. Go to the experts to learn about this subject.



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Defensive Driving course

MSE Safety is sponsoring several vehicle safety programs aiming at enhancing existing driving skills as well as promoting safe driving awareness all year around. We wish to extend our effort to positively influence good driving habits to family members of our military and civilian employees. We are offering at no cost a Defensive Driving Course for dependants **ONLY**. This course will be held at WTN, 11 Buffalo Ave, on June 21-22, 2005 from 18:00 to 21:00 hrs—participants must attend both teaching nights in order to receive their DDC cards and accreditation certificates. This **FIRST COME, FIRST SERVE** format has a limited sitting capacity of 30 persons, so all interested personnel are to pre-book for subject class by contacting Wing Tn MSE Safety Section at local 3470/3347 to secure a seat. This all-time favourite always receives overwhelming response therefore if you reserve a seat and then have a change of plans please advise us soonest so we can offer the seat to someone else.

Note: This course is registered with the Canada Safety Council and may be recognized by some auto insurance companies for cost reductions.

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 motorists, 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 accumulation 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 courtesy. 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.

Your eyes deserve protection

Take a moment to look around you. Take in everything you see - the colours of the walls, the person next to you and the funny cartoons on the bulletin board. All it takes is one flying nail whizzing through the air or one spark from a soldering iron and you'll never see these things again.

Thousands of workers suffer eye injuries every year. In the majority of these cases, statistics show injury could have been prevented by wearing the right eye protection for the task being performed.

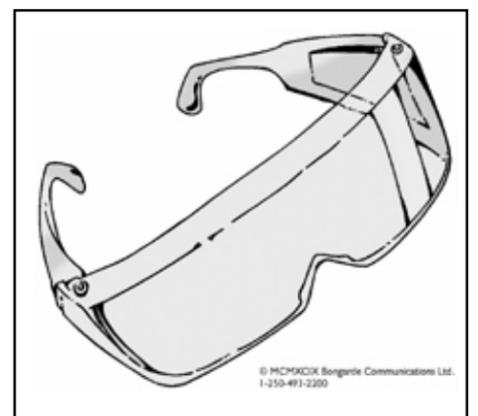
The form of eye protection you choose will depend upon the activity and degree of the hazard involved.

Safety Glasses

Safety glasses have impact resistant glass, plastic or polycarbonate lenses and safety frames designed to prevent the lenses from being pushed into your eyes upon impact. Standard safety glasses offer basic protection from jobs where a hazard may strike you from in front. When equipped with side shields or cups additional protection is given where a hazard may come from the front, side, above or below. Tinted lenses provide protection from radiation hazards.

Safety Goggles

Goggles, also impact resistant and available in tinted lenses, provide a secure shield around the entire eye area and give protection against hazards coming from many directions. They are used in sawing, soldering and when using chemicals.



Goggles with indirect ventilation may be required if you are exposed to splash hazards.

Shields and Helmets

Face shields and helmets alone are not protective eyewear. They are frequently used in conjunction with safety glasses or goggles for chemicals, heat or radiation hazards. Helmets are most commonly used when welding or working with molten materials.

Always follow your company's established safety procedures regarding eye protection. Wearing inadequate eye protection for a particular job can be almost as hazardous as wearing no protection at all. And never consider regular eyeglasses as adequate protection from eye hazards.

Eye protection only works if you wear it! Become familiar with the hazards to your eyes in your workplace and make sure you are wearing the required eye protection.

Showcase



Sgt D.E. Murphy
received his CD1, presented by LCol W.J. Lewis, CO 8AMS.



Cpl E.G. Saccoh
received his CD ,
presented by
LCol W.J. Lewis, CO 8AMS.



Cpl R. Greendale
received his CD ,
presented by
LCol W.J. Lewis, CO 8AMS.



Cpl H. Plane (Ret'd)
received her Certificate of
Service, presented by
LCol W.J. Lewis, CO 8AMS.



Cpl J.L. Pelletier
received his CD1,
presented by
LCol W.J. Lewis, CO 8AMS.



Cpl M.W. Paul
received his ESDP SM,
presented by
LCol W.J. Lewis, CO 8AMS.



Cpl R.K. Maher
received his ESDP SM,
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Cpl R.L. Wilton
received his CD1,
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MCpl A.J. Meloche
received his CD1,
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MCpl D.J. Boudreau
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MCpl P.L. Balaz
received his CD1,
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LCol W.J. Lewis, CO 8AMS.



Sgt T. Shier
received his CD1,
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LCol W.J. Lewis, CO 8AMS.



WO J.B. Shackleton
received his Queen's Jubilee
Medal, presented by
LCol W.J. Lewis, CO 8AMS.



MCpl J.J. Rioux
received his ESDP SM,
presented by
LCol W.J. Lewis, CO 8AMS.



Sgt L. Fagan
received her CD1,
presented by LCol W.J. Lewis, CO 8AMS.



MWO T.E. Forster
received his CC130 Hercules 5000 Hour Club Award, presented by
LCol R.M. Coulthard, CO 436 Sqn.



Capt H.J. Tetzlaff
received his Blue Seal Fitness
Award, presented by
LCol R.M. Coulthard,
CO 436 Sqn.



Sgt L.L. Moore
received a promotion to that
rank, presented by
LCol R.M. Coulthard,
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Pte W.L. Chevrette
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