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• March 11, 2005 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 40 Issue Number 10 •

## 424 Squadron tests its mettle over Gatineau hills

by Holly Bridges, with files from Capt Nicole Meszaros

Civilian and military spotters aboard a CC-130 Hercules from 424 Transport and Rescue Squadron are in a race against time.

A 63-year-old man with a heart condition is missing in the Gatineau Hills of Quebec after his Cessna 172 light aircraft failed to return home five days ago. The Joint Rescue Coordination Centre (JRCC) in Trenton has a good idea where the man and his plane might be after police reported some unusual debris in the snow near a familiar landmark. Hope is fading that the man will be found alive.

Sixty-six air, ground and support personnel from 8 Wing Trenton have deployed to the Gatineau airport to set up a search headquarters. Cpl. Buckovic of 8 ACCS monitors the air-to-ground communication from his mobile communications station overlooking the runway.

"Rescue 326 ETA 1500 hrs local," says Cpl. Buckovic.

Back in the CC-130, the left spotter, a civilian with the Quebec organization, SERABEC, calls out, "I see something. Quarter of a mile. Nine o'clock." The words jolt Search and Rescue Technician (SAR-Tech) Sgt. D. Cattell, Team Leader, from his position and he rushes to the window. Capt. S. Routly, Aircraft Commander, banks the aircraft to the left, 45 degrees, turning tight and low over the snowy hills below. He takes the aircraft down to 500 feet for the spotters to take a closer look. There, in a clearing below, are the letters "SOS" with an arrow pointing into the woods.

"We have visual," says Capt. K. Hoey, First Officer.

The adrenaline is flowing now that SAR-Techs Sgt. Cattell and Cpl. S. McAleer know they are about to jump into a possible crash site. It's -20 degrees outside, windy and they have no idea what to expect when they land. Will they find a casualty or a survivor?

"Prepare for live para," says Capt. Routly.

As the aircraft circles over the scene, Loadmaster MCpl. Dietz straps himself into the monkey harness, opens up the back of the aircraft and begins throwing

streamers to test the wind speed and direction. The SAR-Techs lie on the cold, metal floor to don their winter gear - snowsuits, snow boots, helmets, 50-pound parachutes, 80-pound medical kits and other survival paraphernalia. It takes them almost 15 minutes to zip, strap, tighten and balance the equipment that weighs more than twice their body weight. The First Officer calls out, "30 seconds, 20 seconds, 10 seconds". Then, as casually as if they were walking off a diving board, the two SAR-Techs jump out of the back of the aircraft, the static line tugging at their chutes. Within seconds, the reassuring plume of orange silk floats downward signaling a successful jump for both.

By this time, the CH-149 Cormorant has arrived, ready to meet the SAR-Techs and begin hoisting any survivors. It turns out there were four people on board - two dead, two severely injured requiring immediate evacuation by air. The Hercules continues to circle overhead providing a communications link between the JRCC and the helicopter. Soon, the hoist is complete and the injured are on their way to hospital.

Although this scenario actually never really happened, it could have, which is the very essence of SAR training. "Train as you fight" is how 424 Squadron operates.

The purpose of TIGEREX was to simulate a major SAR scenario in which a contingent of the squadron is deployed to a location near a designated search area. This exercise afforded SAR personnel a valuable training opportunity to hone skills required for a major search. TIGEREX took place at the Gatineau Airport from Feb. 28 to Mar. 4 under the leadership of LCol. M. Lalumiere, 424 Squadron Commanding Officer, and Directing Staff, Maj. M. Colton, Capt. J. Houde and Sgt. S. MacDiarmid. Units from 8 Wing that directly supported the exercise included 8 AMS (including Wing Imaging), 8 ACCS, 2 AMS. A group of dedicated individuals from The Civil Air Search and Rescue Association (CASARA) of Quebec, known as SERABEC, provided spotters and aircraft. Without such valuable training exercises, SAR crews would not be able to test their skills in working as a team. They do this as their motto states, "so that others may live".

Photos: MCpl Daren Kraus, 8 Wing Imaging



Private Cedric Barabe, 8 AMS AVN technician, communicates with the CC-130 Hercules pilots during the start-up of the aircraft, prior to a search and rescue mission, under extreme weather conditions, during a full-scale Search and Rescue (SAR) exercise, codenamed TIGEREX 2005 at Gatineau, Que, Feb. 28 to March 4.



Cpl. Steven Haines, 424 Squadron SAR-Tech, prepares to do a radio drop from the ramp of a CC-130 Hercules, over the crash area.



Sgt. Marc Charron, 424 Squadron SAR-Tech, loads the rescue basket with SAR equipment and has it hoisted up to the CH-149 Cormorant.

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# WTISS prepares for OP ATHENA ROTO 4

8 WTISS has historically provided the main body for the Communications and Information Systems (CIS) Flight for the OP ATHENA/APOLLO Theatre Support Element (TSE) located at Camp Mirage.

Due to a highly sustained operational tempo resulting in numerous back-to-back deployments where 8 WTISS was the main force generator, 17 Wing was selected to provide the main body for ROTO 2 and 3 Wing is currently the main contributor for ROTO 3.

It is time, once again, for 8 WTISS to resume its operational commitments for OP ATHENA. WTISS will deploy the main body for the CIS Flight for ROTO 4 commencing

June 1, 2005.

In contrast to previous deployments, WTISS will fill, at a minimum, 19 of the 21 positions established for Camp Mirage. Sixteen of these positions will be filled by ATIS Techs, one by a Lineman and one by a Signals Operator under the command of a CELE(Air) Officer. Past ROTOs have seen an average of 10-12 personnel from WTISS deployed where other TIS Squadrons across the Air Force were called upon to fill the remainder of the positions. Although this method worked, it created a difficult and timely transition period where the development of a cohesive team had to take place in theatre while learning to operate in a foreign country.

In keeping with the concept of the Air Force Support Capability (AFSC), a significant effort has been put forth to fill all of the 21 positions from the same organization for ROTO 4. This will see the deployment of a cohesive CIS Flight that has had the opportunity to train and prepare for deployment collectively.

Although this is advantageous to the flight on its way "out the door," it comes at a price to the entire Squadron and 8 Wing. While the entire Squadron prepares or assists with the deployment preparations, it must still remain focussed and committed towards its Main Operating Base (MOB) responsibilities. The portion of the

Squadron that will remain behind will also be called upon to assume many of the responsibilities of those members on deployment.

The aim will be to achieve the same high level of support to the Wing while providing support to the timely rollout of numerous National and Airforce projects such as the Military Message Handling System (MMHS), Air Force Command and Control Information System (AFCCIS), and the new Network Operating System (NOS), to name a few. There is no doubt that the capability of WTISS, its fully dedicated and skilled personnel (at home and abroad) will be fully tested in the coming months.

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## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Wing Construction Engineering is in the middle of a one-year project to repair the deteriorated roof trusses in all five remaining Heritage Aircraft Hangars at CFB Mountain View Detachment. The work involves jacking of the sagged trusses, unbolting and removing large damaged sections of timber, some measuring 4"x15" x 20 feet long, and replacing with new laminated materials. Work will continue until all deteriorated wood sections have been repaired or replaced, and the buildings are restored to a safe and serviceable condition.

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# TIGEREX 2005—IT'S ALL ABOUT TRAINING, TEAMWORK



Sgt Marc Charron, 424 Squadron Search and Rescue technician, lands in the tight confines of the isolated drop zone near Gatineau, PQ.



Sgt Marc Charron (L) and Cpl Shane Mcaleer of 424 Transport and Rescue Squadron stabilize a suspected neck injury suffered by Jonathan Faubert, CASARA spotter and simulated casualty, as part of training exercise, TIGEREX, which took place in Gatineau, Que. from February 28 until March 4, 2005.

**Photos: MCpl Daren Kraus, 8 Wing Imaging**

## Search & Rescue UPDATE



The Hercules aircraft was tasked on three missions during the past week. Two of these missions were ELT searches, which resulted in nothing found, and the other mission was to search for an overdue polar bear hunter in the Belcher Islands. While enroute, a ground search party found the missing person.

Until next week, stay safe.

Missions for 2005: 14   Missions for Mar.: 3   Persons rescued: 2

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## The Contact Newspaper

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

### The Contact Staff

**Editor-in-Chief:** Capt. Andy Coxhead  
**Editor:** Andrea LeBlanc  
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**Advertising Sales:** Adriana Galeota  
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**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** Sgt Louise Fagan  
**PSP Manager:** Bob Payette  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

### Letters to the Editor:

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

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

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



### A Military Community Newspaper



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



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### message from the

## Editor

With all the "bad" news floating around these days, how refreshing it was to read Laurie McVicar's article about Cpl Todd Holmes (see Page 5).

Volunteerism is alive and well, especially here on the base.

As a former two-time Big Sister myself, I am always happy to learn that this terrific mentoring program is still going strong. And it is especially gratifying to read about men volunteering to be Big Brothers--something very much in need and traditionally difficult to recruit.

I tip my hat to you, Cpl Holmes. I hope your actions and your story inspire others to follow suit.

So here's the plan--the staff of the Contact Newspaper hereby challenges the 8 Wing Fire Department (minimum three people) to face off in a private little competition for the upcoming Bowl For Kid's Sake, slated for Sunday, April 10 at Club Medd here in Trenton. So, fill up those pledge sheets, fellas, and prepare to lose to a powerhouse Contact team (consisting of Andrea LeBlanc, Laurie McVicar and Adriana Galeota-Sheahan). **And know this--failure to pick up the gauntlet constitutes an automatic win for the challengers.**

The winning team will not only earn bragging rights for the year, but will also be acknowledged proudly and publicly in the Contact newspaper.

So, are there any takers? Accepting the challenge is quite simple--just pick up a pledge sheet (see ad on Page 5), pick up the phone, and dial 7005. It's that easy.

# Canadiana Crossword

## Words at Work

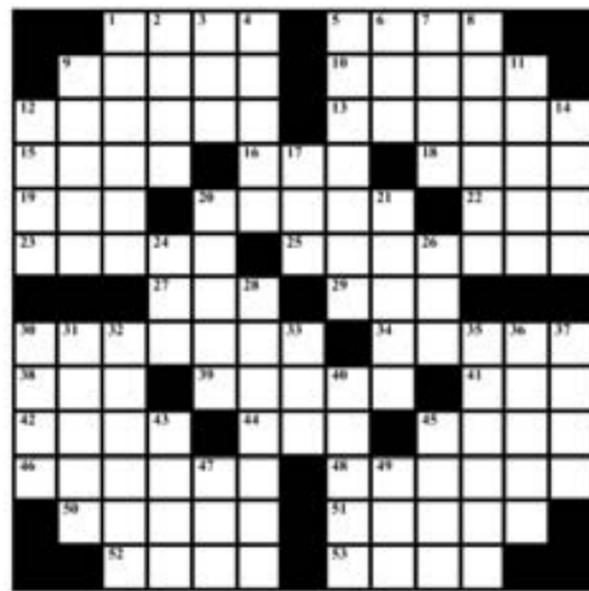
By Bernice Rosella and James Kilner

### ACROSS

- 1 Soothing powder
- 5 Achievement
- 9 Doomed one
- 10 Supreme being
- 12 Labourer
- 13 A way of walking
- 15 Canine calls
- 16 Hawaiian dish
- 18 Floor, in a way
- 19 Brockville to Ottawa dir.
- 20 Boundary
- 22 Facial or metric preceder
- 23 Tissue trauma
- 25 Unrest
- 27 Marx or Mao follower
- 29 Bambi's aunt
- 30 Forced labour
- 34 Legislate
- 38 Poet's until
- 39 Emulates an eagle
- 41 Guevara, for one
- 42 Arab nation
- 44 Ukulele, slangily
- 45 English school
- 46 Soak up
- 48 Exertion
- 50 Common toast
- 51 Metric measure
- 52 Gambler's input
- 53 Cannabis, slangily

### DOWN

- 1 Rug?
- 2 Companion of ifs and buts
- 3 Journey part
- 4 Pancake
- 5 Wear down



- 6 Gin inventor?
- 7 European mountains
- 8 Drumbeat
- 9 Work hard and persistently
- 11 Muslim beauty
- 12 Unit of force
- 14 Organic compound
- 17 Food scrap
- 20 Jars
- 21 Sea eagles
- 24 1004, to Marcus
- 26 Provide a workforce
- 28 Travail
- 30 Greek portico
- 31 Branches
- 32 Baked \_\_\_\_\_
- 33 Hairy beast
- 35 Thespians
- 36 Duty
- 37 Shelter
- 40 Stagers
- 43 Midday
- 45 Tritons
- 47 Snitch
- 49 Expression of distaste

## This Week in Contact

1975 -- Col J.C. Henry, Base Commander, officially opened the BCS Centre in ribbon-cutting ceremonies on February 27. About 25 of the volunteers were present along with several interested people. The Information Centre, the Family Enrichment Library and the Thrift Shop are now located in the former CANEX groceteria on 6 RD Road.

1985 -- Canadian troops are participating in their 43rd rotation to Cyprus during the period of February 26 – March 15, 1985. The Third Battalion, Royal 22e Regiment (3R22eR) based at CFB Valcartier, Que., is taking up Canada's portion of the UN peacekeeping role on the island for a six-month tour. The 425 members of 3R22eR replaced the members of 1st Battalion, The Royal Canadian Regiment, who have returned to their home base in London, Ontario.

1995 -- Somewhere high over the North Atlantic on Tuesday, March 7, Brigadier-General Jeff Brace, Commander of Air Transport Group, became a member of an exclusive aviation club logging his 10,000th flying hour. The general was returning home as a member of a 437 (T) Squadron CC-137 Boeing crew after transporting humanitarian supplies to Croatia and visiting his troops at the Operation Airbridge Airlift Control Element (ALCE) in Ancona, Italy.

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



# Volunteering a rewarding and uplifting experience

by Laurie McVicar  
Assistant Editor

When Corporal Todd Holmes isn't on duty protecting the community as firefighter with 8 Wing, he's contributing to it as a volunteer.

Cpl Holmes currently dedicates a few hours a week as a member of Big Brothers/Big Sisters of Trenton and District. In addition to serving as an in-school mentor where he interacts with youth through play or educational activities, Cpl Holmes is in charge of fundraising for the organization. On base, Cpl Holmes also gives his time teaching first aid and fire safety to participants of the babysitting course offered by the Trenton Military Family Resource Centre.

"Volunteering is actually a very rewarding and uplifting experience. People like to say, 'I'm there to help the children.' Sometimes you feel better about yourself too

because you're out there in the community," said Cpl Holmes. "I believe we all belong in the community, that's why I like to stand up and make



**Cpl Todd Holmes, Volunteer**

sure we help each other out."

Cpl Holmes knows first hand the influence a good mentor a can have on a young child. Growing up in one of Toronto's tougher neighbourhoods, his life was touched by a police officer who commanded the local cadet corps.

"As a young kid I was

always in a little bit of trouble... He helped inspire me. He kept us motivated to be better people," said Cpl Holmes. "It's a bit of a payback. There's no such thing as a bad kid, a lot just come from rougher homes and don't have a positive male role model in their life. I'm there to show them what a man can be like."

Cpl Holmes added that by reaching out to youth while they are impressionable, the benefits will be reaped by society as a whole as they get older.

"If you live downtown, everyone is always complaining about the crime on the streets. They ask for more police," said Cpl Holmes. "With (the Big Brothers/Big Sisters) agency, we're offering more than a band aid approach. We're trying to help heal before the problem starts."

While many chapters of this organization won't accept military members

as volunteers because of constant absences due to training and deployments, the Quinte chapter is eager to put them to work.

"A lot of our (volunteers) come from the base. We're always looking for more," said Cpl Holmes. "They are great

role models for the children - both the men and women."

For those interested in volunteering as a Big Brother or Big Sister, a phone call to 394-3472 will begin a process that includes a basic interview and thorough background check.

If you are unable to commit yourself to a weekly schedule, you can assist the agency by entering a team in its annual Bowl for Kids Sake fundraiser, to be held on April 10 at the Club Medd Bowling Alley and April 17 at Presqu'ile Lanes.

BIG BROTHERS/BIG SISTERS OF TRENTON AND DISTRICT

## Bowl for Kids' Sake

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# Welcome to the asset bubble

## it's your Money



Garth Turner

It's probably certain now that the cost of money will not be rising until at least October, and then by just a quarter point. By this time next year, the prime rate could well be at 4.75 per cent, just a half point higher than now. This will constitute the longest period of below-5 per cent money in Canadian history.

Clearly one result of cheap money is that people borrow more of it, because they can afford to make the payments. They borrow more to buy more. That's why car sales have been booming, especially for expensive ones, and why \$8,000 plasma TVs are flying out of Future Shop doors everywhere. And, when it comes to real estate, cheap money is a total aphrodisiac.

And this brings us to a point made in this column a year ago: The Greater Fool. It works like this: You buy something at a high price; but paying too much is okay because you figure you can find a fool greater than you to buy it later.

So, people bought Nortel at \$100 six years ago, even though it had exploded higher in a wave of speculative frenzy, because there was a lineup of people wanting to buy the stock. The one who really gets whumped in this process is, of course, the last guy in - the Greater Fool,

the one who bought Nortel at \$120, only to sell it in disgust at \$10.

Lots of assets have attracted fools, including gold, stocks and houses. But of these, the most dangerous could well be real estate, since it is also the easiest to finance, leaving the greatest amount of debt in its wake. The last asset bubble in the housing market erupted in the late 1980s, leading to a wrenching loss of wealth in the early Nineties, as thousands of Greater Fools regretted having bought at the very tippy-top of a cycle. I remember visiting lines of people camped out in the mud and dark of a Mississauga construction site, waiting to buy houses as the site foreman posted new, higher prices on the side of the sales trailer.

Flash forward to March, 2004. In a grotty 19th Century Toronto factory about to be converted into brick-and-beam lofts, a line of potential buyers snakes into the cramped sales office. Every few minutes a bell rings out, and everyone trapped in the line - hastily filling out offers to purchase - knows what it means. Prices have just gone up another \$5,000. Ding, ding, ding. By the end of the day, condos yet to be built had risen in price by \$20,000.

Flash forward to

February, 2005, where a new development of luxury condo apartments in an Ontario resort yet to be built are sold out in 20 minutes in a Toronto hotel room - at prices ranging up to \$2.5 million. The development was not even advertised - just promoted quietly by letter, offering prospective buyers a chance to "get in" before anyone else. Like other fools?

In central-north Toronto, in a 1930s subdivision of brick houses on 30-foot lots, a two-storey fixer-upper came onto the market for more than \$600,000, and was sold in a few hours for \$100,000 more than the asking price after a brief, but intense, bidding war. The top price ever paid for a house in this neighborhood in 1995 was \$500,000. In early 2004 that house easily fetched \$1 million. In early 2005, it was worth \$1.2 million.

This is called an asset bubble - when the price of a commodity is propelled higher by surging demand that overwhelms supply. Today that demand is being fuelled by two things: First, as mentioned, the cheapest money in an entire generation. Today the prime rate is just 4.25 per cent; five-year mortgage money is available in the 5 per cent range; and below-prime variable rate loans are debuting as cheap as 2.99 per cent at one major bank. Making the issue even more extreme is the fact folks can buy a home today with no money down. Not only have several of the big banks brought in no-money mortgages, but the

government's own Canada Mortgage and Housing Corporation is endorsing home buys by people with no savings.

The second accelerant here is a firm belief by all the folks buying (and borrowing record amounts), that prices will continue to rise. Ever since the life-altering events of Nine Eleven, real estate has been the asset of choice, since for most people it represents a traditional storehouse of wealth. Besides, the last housing meltdown was almost 15 years ago now, and memories have faded along with mortgage rates.

As a result, mortgage debt has exploded right along with house prices. Canadians have never owed as much as they do today, while mortgage debt in the United States has increased 43 per cent in just three years. So far, there is no shortage of Greater Fools.

However, history is neglected at peril. The cost of money will inevitably rise - albeit rather slowly over the next year or so - since it is unsustainably low now. You can count on that. You should also prepare for it. And as rates rise, demand will inevitably fall as fewer buyers qualify for financing houses which are the most costly in history. Finally, when the average house can no longer be bought and carried by the average family, then the last fool will have bought in.

After the last housing bubble, that guy had to wait 13 years to get his money back - until his Greater Fool came along.

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# We're soldiers who just happen to be women

by Laurie McVicar  
Assistant Editor

Females will finally have achieved gender equality in the Canadian Forces once the media stops sensationalizing their efforts.

This was the message delivered by Captain Holly Apostoliuk, Public Affairs Officer and spokesperson for the DND/CF Media Liaison Office, to those gathered at the Astra Lounge on Tuesday for the third annual International Women's Day Conference.

Capt Apostoliuk pointed out that women in the CF are targeted by media attention, when all they really want is to perform their job and blend in with male counterparts. She agreed that while women do have further obstacles to overcome in terms of gender equality, the media tends to blow it out of proportion.

"As a public affairs officer, it's my job to represent others, not myself. Though I certainly deploy on missions overseas, I am not on patrol every night whether in a jeep, an aircraft or part of a naval born party...but I do get to talk about people who do. More and more of those on patrol are women," said Capt Apostoliuk.

Her first realization that gender differences in the military was a point of interest for the Canadian public came prior to her first deployment to Bosnia.

"When I informed one company commander that the Toronto Star wanted to speak to two women in the company, his response was 'what women? We only have soldiers here.'

The company was not female phobic. They were very protective of the infants who had endured way too much attention during their training," said Capt Apostoliuk. "The women became media darlings against their inclination. They were women who observed the chance to be what they wanted to be, infantry soldiers. If only the champions of women's rights would only let them be."

And the journalists as well, she added.

"The journalists that want an interview with the soldier because she is a woman are not necessarily looking for that straight forward story about a soldier who happens to be a woman," she noted. "It shouldn't be extraordinary that we're women in uniform."

The need for stories are fueled by the fact the public is skeptical about the presence of women in the military, said Capt Apostoliuk.

"If Joe Public does not see a female soldier on television, or hear a woman's voice on the radio from Afghanistan or read a quote in the newspaper with a strong supporting photograph, we really aren't there," said Capt Apostoliuk.

The upside of the attention, she noted, was that the more times women are seen in non-traditional roles, the less remarkable it will seem.

As a Public Affairs Officer, Capt Apostoliuk is doing her part to ensure gender equality.

"If a mainstream news media agency requests to speak to a woman in uniform because she's a woman, I have said 'no' following consultation



**Captain Holly Apostoliuk, Public Affairs Officer and spokesperson for the DND/CF Media Liaison Office, spoke at the International Women's Day Conference, held March 8 at the Astra Lounge.**

with the chain of command and the woman in question. It does little good to one's ego to get fame and attention merely because of a biological fact. Most women I know would rather talk about their mission, their job, and their families than talk about being a woman," she said.

Personally, Capt Apostoliuk attributes her own career achievements to hard work and perseverance, not her gender.

"I have always been lucky. Although I grew up a tiny, sickly kid wearing oversized hand-me-downs, no one ever told me I was too small, too weak, or too much of a girl to do something I wanted to do," she said. "In elementary school I had asthma, but wanted to run cross country. My father bought me a pair of running shoes and put an extra ventilator in my gym bag. When I was a teenager I wanted to quit the church choir and join

army cadets. My parents just grinned and took me to enroll. When I wanted to shoot large rifles, the cadet gunsmith cut slice after slice off the rifle butt until I could actually reach the trigger."

Her parents further supported her desire to become an army officer.

"My mother tracked down the entry requirements for the Royal Military College and left the rest for me.

The fact that I was a woman did not play any role in the choices I made. I thank my parents, my cadet corps and the CF for treating me largely gender neutral. I was small, but I had plans and they were not going to erect any artificial barriers. I, like so many other women, wanted and needed the opportunity to serve my country and all that it stands for in whatever way I might chose to try and do. Not because I'm a woman but because I am Canadian."

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Exercise Gypsy Wanderer serves as a training platform for ATIS 226 technicians and AC OP 170 controllers to become familiar with setting up and flight checking this new RADAR in cold conditions that simulate the arctic, this in preparation for Operation BOXTOP in CFS Alert. Although the weather was much nicer than the anticipated arctic conditions, many valuable lessons were learned and experience gained. The helicopter pilots of 400 Air Reserve Squadron took full advantage of the IFR services provided benefiting from the Instrument Rating Training available without leaving the area.

For more information on 8ACCS, select "Operational Units" on the 8 Wing Trenton home page and find the Arctic Tern! 8 ACCS is "Showing the Way!"



## CF members to wear special pin on uniforms

DND-CF

OTTAWA - (March 4, 2005) Canadian Forces members will wear a special insignia pin on their uniforms throughout 2005 to recognize Canada's "Year of the Veteran." Veterans Affairs Canada (VAC) has produced the pin to promote an understanding of the significance and sacrifice of all Canadian veterans. The pin is a stylized maple leaf overlaid with a red-enameled poppy engraved with the year 2005.



The Chief of the Defence Staff, General Rick Hillier, has authorized CF members to wear the pin on their uniforms "...to mark this extremely important and solemn observance." "The service men and women of today become the veterans of tomorrow," said Gen Hillier. "Wearing this insignia during this special year is both a demonstration of support and thanks for those who have gone before, and those who will come after."

The Minister of National Defence, Bill Graham, and Veterans Affairs Minister Albina Guarnieri have expressed their strong support for this worthy initiative.

The pin will be proudly worn henceforth until the end of the year by all members of the CF. The pins will be issued as soon as possible via the office of the Canadian Forces Chief Warrant Officer.

In 2001, DND and VAC refined the definition of a veteran to recognize all former CF members, Regular and Reserve, who have met both DND's Military Occupational Classification (MOC) requirements and have been honourably discharged. Many members of the CF have previous service and are therefore currently considered Veterans.

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## Progressive pick-me-ups from TRCIO

The importance of a good agenda cannot be understated. Why is this? The agenda is like the road map for a meeting. It is a plan to help the group get to where it wants to be. While it is rare that a meeting unfold exactly as planned, whoever controls the agenda controls the meeting. It is, therefore,

important to make the participants feel like they have input into the agenda process.

**Preparing the Agenda**  
Ask participants in advance if they have topics they wish to discuss. At the end of each meeting, list tentative agenda items for the next meeting. Review the agen-

da at the beginning of the meeting and make changes as necessary. Change the agenda during the meeting as required.

(See next week's Contact for more suggestions).

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

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# Fitness, Sports & Recreation

## 8 Wing's Oldtimers defeated at Ontario Regionals

by MWO Len Woods

8 Wing Trenton Vintage Flyers Oldtimers hockey team was runner-up at the 2005 CF Ontario Region Oldtimers Hockey Championship held at CFB Kingston February 21-24. CFB Borden Ancient Braves won 3-2 in double overtime to claim the gold and advance to the CF National Championship, to be held at CFB Borden April 2-7.

Trenton began the competition with a nail biter against Petawawa in game one, final score 1-1. On a daring move by rookie coach Len Wood, pulling the goaltender for the extra attacker, Leedham notched the goal with 36 seconds remaining in the game, assists to Edwards and Pyle.

In game two versus London, Trenton dominated and skated to a convincing 4-2 win. Leedham scored a pair (actually scored a hat trick, however a goal was taken away after a London protest was approved by the Jury of Appeal), with Frank and Pyle rounding out the scoring. Assists went to Leedham (1), Frank (2), Edwards (2), Ballam (1), Keyes (1), Prophet (1), and Forward (1).

Game three versus Borden saw Trenton picking up the pace, skating to another 4-2



**Front Row (L-R) B. Leedham, B Fougere, W. Edwards, R. Turland, B. Frank, S. Owens, S. Southwell, R. Pyle. Back row: R. Keyes, B. Denyes, S. Ballam, A. Germain, R. Prophet, S. Aumont, T. Hotton, P. Forward, D. Harris, L. Wood. Missing: W. Simpson, M. Cardona.**

victory. Goal scorers were Edwards, Forward, Pyle and Keyes. Assists went to Aumont, Keyes, Harris, Prophet.

In game four, the rookie coach donned the blades and assisted Trenton to a convincing 3-1 victory. Goal scorers were Southwell, Hotton and Frank with assists going to Leedham, Harris, Frank and Keyes.

In the final game of the round robin versus Kingston, Trenton outplayed its opposition, however couldn't manage to overcome the stellar Kingston goaltender. Final score was 2-1 for Kingston. The lone Trenton goal scorer was Harris, with assists to Leedham and Frank.

In the semi-finals, Borden (first place team after the round robin)

defeated the host team, Kingston, by a narrow 2-1 margin, advancing to the finals. In the other semi final, Trenton rebounded from that the loss to Kingston with a convincing 3-1 win over Petawawa. Goal scorers were Leedham with a pair and Frank notching the other. Assists went to Keyes (2), Leedham, and Germain.

The stage was set for what proved to be a renewed rivalry between Trenton and Borden; the fans would not be disappointed with this game. The game was fast-paced with good scoring chances at both ends, however solid goaltending on both sides kept the score even, 1-1 after the first period. Hotton scored the Trenton goal, with assists to

Fougere (our only Pte) and Germain. The second period was much the same as the first with Dan Marouelli (NHL Referee) letting both teams play old-style hockey. Trenton scored early in the second to take a 2-1 lead, on a goal by Leedham with assists to Frank and Keyes. Trenton ran into some penalty problems, but managed to survive the Borden power play led by well known Jeff Stouffer. With the puck deep in the Borden end and the clock ticking, it appeared Trenton would be off to the Nationals... but with a quick break, pulled Borden goaltender and a scramble at the side of the Trenton goal, Stouffer tied the game with 34 seconds remaining. Overtime to come. After many

chances from both sides in the first O/T period, neither team could notch the winner. Early in double O/T, with the puck deep in the Trenton end and what appeared to be a harmless play, the puck found the mark and Trenton's hopes were dashed. CFB Borden won 3-2 in double O/T, to claim the 2005 Ontario Region Championship.

The coach and players of the 8 Wing Trenton Vintage Flyers would like to thank Bob Payette and his PSP staff for outstanding support to the team for the 2004-2005 season. Although runner-up, Trenton was very well represented at this year's competition. In addition, we thank the Unit/Squadron COs for their approval, allowing the players to participate at this event. Without this support there would not be this type of high level competition in the CF. We thank you.

Special thanks to Jean-Guy Proulx, Sports Coord, PSP Kingston, and all his volunteers for an excellent tournament. Thank you to the officials, both on and off-ice.

Congratulations to CFB Borden and best wishes and good luck at the 2005 CF Oldtimers Hockey Nationals. Bring home the gold for Ontario Region.

## Astra Lanes bowling report

Once again Rick Clark's team jumps into first place for the Monday Match Play league. There are four teams within 8 points of first place so we may see an exciting finish this year.

### Monday Match Play

*High Average:* Mike Stoddart, 266; Rick Clark, 223; Don Harvey, 220.

*Women's High Average:* Edie Rathbun, 204; Donna Stoddart, 200; Cathy Stoddart, 199.

*High Quad:* Mike Stoddart, 1174; Harold Stoddart, 1022; Jim Edworthy, 1006.

*Women's High Quad:* Donna Stoddart, 1006; Edie Rathbun, 879; Janette Burns, 875.

*High Single:* Mike Stoddart, 403; Derek Cook, 345; Don Harvey, 340.

*Women's High Single:* Donna Stoddart, 321; Marilyn Ekman, 293; Pat Kolupanowich, 291.

*Most Points Won:* Jim Edworthy, 21; Don Harvey, 20.5; Harold Stoddart, 14.

*Women's:* Edie Rathbun, 21.5; Janette Burns, 20.5; Pat Kolupanowich, 19.



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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
March 13 - March 19

**ARIES (MARCH 21-APRIL 19):** It's important that you stay busy on the 13th. You will have to do what you can to avoid a conflict. Step back and look at the big picture on the 14th and 15th, if you react too quickly you will over-do, overspend and over-compensate. Take the world by storm on the 16th, 17th and 18th. Be specific about your needs and your objectives. Slow steady steps will get you the furthest ahead. Things won't be as straightforward as you think on the 19th. Rely on your past experience. Your strength and courage will get you through.

**TAURUS (April 20-May 20):** Take care of emotional matters on the 13th. Your energy is high and romance is evident. Being secretive about what you are up to will be the key to getting things done on the 14th and 15th. A short business trip will pay off. You will have the savvy to manipulate business situations as well as the charisma to enforce your ideas on the 16th, 17th and 18th. A strong message can be sent. Getting back to basics and doing something that will give you back your youthful looks should be penciled in on the 19th.

**GEMINI (May 21-June 20):** Get to the bottom of things as quickly as possible on the 13th. It could mean greater financial freedom if you act now. You may think you have everything in order on the 14th and 15th but don't count on anything and you will be prepared for whatever challenge comes your way. A new direction will put you in a very good position on the 16th, 17th and 18th. Don't let anyone bully you into thinking that you don't know what you are doing. Be firm. A creative hobby may turn into a lucrative venture on the 19th.

**CANCER (June 21-July 22):** If you want to impress someone on the 13th go out of your way and do something special. You'll be torn between the choices you've been given on the 14th and 15th. Take the one that feels the most in tune with who you are and what you believe in. Love is in the air and you should be able to connect with someone you think is very special on the 16th, 17th and 18th. Get out and have some fun - you owe it to yourself. A great deal can be resolved on the 19th if you are honest about the way you feel and willing to talk about it.

**LEO (July 23-Aug. 22):** Someone will be sure to complain on the 13th if you have been avoiding your responsibilities at home. Focus on advancement on the 14th and 15th. The further ahead you get the more power you will have to change other areas of your life. Plan an adventure for you and the person you enjoy spending time with on the 16th, 17th and 18th. A little extra effort on your part will bring about an interesting change. Make your home more comfortable and entertaining on the 19th and invite friends over.

**VIRGO (Aug. 23-Sept. 22):** The power of self-will and determination will be in your corner on the 13th. All you have to do is say the word and take action. A change is apparent on the 14th and 15th but if you don't instigate it nothing will happen. A new partnership will interest you. Don't wait - respond. An opportunity to make a career change or to put through a financial deal is present on the 16th, 17th and 18th. Don't waste time on matters that don't really concern you. Romance looks positive on the 19th. Don't hold back - get up close and personal.

**LIBRA (Sept. 23-Oct. 22):** Make changes to your budget on the 13th that will leave you more cash to play with. Ignore what's going on around you and do what you can to clear any legal, financial or health problems that are pending on the 14th and 15th. Don't let disappointments get to you on the 16th, 17th and 18th. Know in your heart that you will succeed if you take the initiative and do things for yourself. Don't do things on a large scale on the 19th if you try to take on too much or you overspend you will be sorry.

**SCORPIO (Oct. 23-Nov. 21):** Form a partnership with someone you feel comfortable with on the 13th. Choose a direction and stop spinning your wheels. Someone may be trying to get your attention on the 14th and 15th. Take heed of the advice being offered. Concentrate on looking your best and spending time with someone you feel deeply about on the 16th, 17th and 18th. Changes are coming your way and the preparation needed should be underway. Where work, a creative project or your personal life are concerned you should be able to make headway on the 19th.

**SAGITTARIUS (Nov. 22-Dec. 21):** If you haven't been able to stick to a diet or finish something you started on the 13th you may want to enlist help. Pay a little extra attention to those you are working with or for on the 14th and 15th. If you are too pushy about doing things your way you will meet with resistance. Don't make changes. Don't be fooled by what someone is trying to make you believe on the 16th, 17th and 18th. Use your head and question whatever is being said. Being too confident will result in making a mistake on the 19th.

**CAPRICORN (Dec. 22-Jan. 19):** Take time to pamper yourself on the 13th but don't let it cost you too much. Love and romance are in the stars on the 14th and 15th so take a little time to have some fun. Working with others will help you utilize your own attributes. Don't take on too much or try to please too many on the 16th, 17th and 18th or you may not reach your goals. Holding your position should be your aim. You will be observant and intuitive on the 19th so take this opportunity to find a solution to a problem that has been plaguing you.

**AQUARIUS (Jan. 20-Feb. 18):** You may find it difficult to deal with emotional matters on the 13th. Give yourself time to think about the way you really feel. Ask questions on the 14th and 15th if someone you know is confusing you. It's better to know where you stand so that you can get on with your life. Show everyone around you what you can do on the 16th, 17th and 18th. Reach for the stars and don't be daunted by any little obstacles that crop up. Enjoy what's being offered to you on the 19th. It's your turn to take advantage of an opportunity.

**PISCES (Feb. 19-March 20):** Short trips taken on the 13th will lead to good times. A partnership is looking favorable. Although there will be people on your side on the 14th and 15th you will have to deal with others who are trying to take you for granted. Say no if you don't feel comfortable with what someone wants you to do. You must take pride in your accomplishments on the 16th, 17th and 18th. The 19th is all about making the changes that will lead to a better future. Stop procrastinating and start taking action.

# Keep it tidy! Clutter causes casualties



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

What does housekeeping have to do with safety? Lots! A clean and orderly workplace is essential to avoid falls, fires and many other kinds of accidents and injuries.

Clutter and disorder contribute to many workplace accidents. To help prevent them, use this checklist to find and eliminate the hazards of poor workplace housekeeping:

- Floors are free of water, mud, ice, grease, trash and waste materials.
- Traffic routes remain clear. They are free of tripping hazards such as elec-

trical cables, hoses and stored materials.

--Exits and stairways are well marked. They are kept clear at all times and are not used for storage.

--Fire extinguishers are kept charged according to a regular schedule. They are located where they will be easily accessible in case of a fire. They are not obstructed by stored materials.

--Trash cans are located where they are needed, and are emptied regularly.

--Oily rags are disposed of in covered metal cans.

--Lighting is adequate for safety. Burned-out lights are replaced promptly.

--Supplies and materials are stored safely. They are stacked so they cannot fall.

--Any potentially hazardous materials are safely stored in the correct kinds of containers. They are correctly labeled and accompanied by Material

Safety Data Sheets. Storage arrangements take into account the requirements of temperature, ventilation and humidity for various materials. Potentially incompatible materials are separated.

--Flammable and combustible materials are stored away from sources of ignition.

--Machinery is kept clean, free of oil, grease and dust. Equipment is maintained properly to prevent fires and accidents.

--Tools are cleaned and put away right after they are used. There are designated places for tools.

--Work stations are left clean at the end of the shift.

--Surfaces and equipment are checked over regularly for hazards such as protruding nails and rough surfaces. These could cause accidents such as eye injuries, cuts and bruises.

--Stools and chairs are placed so they are not trip-

ping hazards. They are kept in good repair. When chairs or stools are damaged, they are removed from service so they cannot be used accidentally.

--Drawers and cabinet doors are kept closed to prevent tripping accidents. Filing cabinets are filled from the bottom up to prevent them from tipping over.

--Any smoking is confined to certain designated areas. Ashtrays are available and are used.

--Lunch areas are kept clean and free of trash. Washrooms are also kept clean and dry.

--Everyone takes responsibility for jobsite housekeeping. All employees know how to report safety hazards so they will be corrected.

Remember, a safe workplace depends on each and every employee taking responsibility for good housekeeping - to prevent fires, falls and other accidents.

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# Community Events

## CENTRE THEATRE

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<p><b>MOVIE LINE-UP</b></p> <ul style="list-style-type: none"> <li>• Robots (G)</li> <li>• Constantine (14A)</li> <li>• The Pacifier (G)</li> </ul> <p>Coming Soon: Miss Congeniality 2, The Ring 2                  Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. &amp; Matinees \$5.00 (ALL)</p>	<table border="0"> <tr> <td>1:05</td> <td>7:05</td> <td>9:10</td> <td>(Everyday)</td> </tr> <tr> <td></td> <td>3:05</td> <td></td> <td>(Weekend)</td> </tr> <tr> <td>1:00</td> <td>7:00</td> <td>9:20</td> <td>(Everyday)</td> </tr> <tr> <td>1:10</td> <td>7:10</td> <td>9:15</td> <td>(Everyday)</td> </tr> <tr> <td></td> <td>3:10</td> <td></td> <td>(Weekend)</td> </tr> </table>	1:05	7:05	9:10	(Everyday)		3:05		(Weekend)	1:00	7:00	9:20	(Everyday)	1:10	7:10	9:15	(Everyday)		3:10		(Weekend)
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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.

### March Break Ice Schedule

9am - 9:50am	Shinny	Tyke / Novice
10am - 10:50am	Shinny	Atom
11am - 11:50am	Shinny	PeeWee
4pm - 4:50pm	Shinny	Bantam/Midget
1pm - 3:50pm	Family Skating	

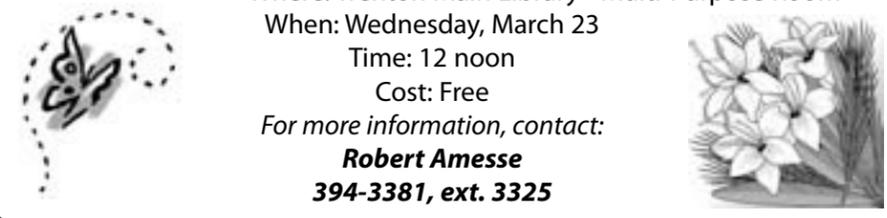
**Mon. March 14th – Fri March 18th, 2005**  
 For information, contact the RecPlex at 392-2811 ext 3361

### SPRING'S A COMING! ARE YOU READY?

The Quinte West Public Library is pleased to offer a workshop for gardeners. A representative from Connon Nursery will focus on what the amateur gardener has to do to get ready for spring. Attendees are welcome to bring brown bag lunches if they desire.

Where: Trenton Main Library - Multi-Purpose Room  
 When: Wednesday, March 23  
 Time: 12 noon  
 Cost: Free

For more information, contact:  
**Robert Amesse**  
 394-3381, ext. 3325



### MONTHLY BOOK SALE

#### THE FRIENDS OF TRENTON PUBLIC LIBRARY

**SATURDAY, MAR. 26TH BETWEEN 9 A.M. AND 1 P.M.**

*BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.*

If you wish to donate used books... contact Kathy for further information at 392-2244.

Proceeds go to all Quinte West libraries.



#### TRENT VALLEY QUILTERS GUILD

Regular monthly meeting March 15th. 12:30pm  
 King Street United Church, Trenton (Side Door)

New Members Welcome

For information contact Marcy 965-0491

#### The MacIntosh Users' Group (MUGS)

meets the third Thursday of each month at 7:00 p.m. in room P13, the Pioneer Building, Loyalist College, Belleville. At the next meeting, on **March 17**, Sid Horne will give a video presentation on the new **MINI MAC** and discuss **O S 10.4 (Tiger)**. This will be followed by Club business and an open Question and Answer session. For more information, please contact Harriet at 392-4449 or Jackie at 969-9387.

### March Break Pool Schedule

Saturdays  
 March 12th and 19th  
**Rec Swim – 1 to 3 p.m. and 5:30 to 8:00 p.m.**  
**Parent & Tot Swim – 3 to 4 p.m.**  
**Adult Lane Swim – 3 to 4 p.m.**

Sundays  
 March 13th and 20th  
**Rec Swim – 1 to 3 p.m.**  
**Parent & Tot Swim – 3 to 4 p.m.**  
**Adult Lane Swim – 3 to 4 p.m.**

Monday, Wednesday & Friday  
 March 14th 16th & 18th  
**Rec Swim – 1 to 3 p.m. and 6:30 to 8:30 p.m.**  
**Parent & Tot Swim – 10:45 to 11:30 a.m. & 3 to 4 p.m. & 5:30 to 6:30 p.m.**  
**Adult Lane Swim – 10:30 – 11:30 a.m. & 3 to 4 p.m.**

Tuesday & Thursday  
 March 15th & 17th  
**Rec Swim – 1 to 3 p.m.**  
**Parent & Tot Swim – 3 to 4 p.m.**  
**Adult Lane Swim – 3 to 4 p.m.**

For information, contact the RecPlex at 392-2811 ext 3361

### Prince Edward County Maple in the County Festival

*Join us on March 19th and 20th, 2005 for a celebration of maple! It's fun for the whole family with wagon rides, demonstrations of the sticky art of sap boiling, sugar bush tours, winery tours, cheese samplings, pancake breakfasts, maple themed meals and more!*

*Come and join in the celebration of the sweetest time in Prince Edward County and the coming of spring. Call for your guide to Maple in the County at 1-866-845-6644 or visit [www.thecounty.ca/maple](http://www.thecounty.ca/maple)*



**Classifieds**

# Classified

**For Classified Information Call 392-2811 ext: 3976**

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**TIRED OF PAYING RENT?**  
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**1995 Altima GXE.**  
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**Coming Events**

**Romeo & Juliet's Next Singles Dance**  
Back by popular demand Guest DJ **Dave (Romeo)!**  
All Music Types New Friendship table! Join this table & make single friends! **Belleville Legion 9pm-1am Sat March 12th**  
www.romeoandjuliet.ca  
**613 392 9850**

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Walkout apt 4 min West of Trenton, garden if you wish, frdg, stove, H&H incl. \$675/mth 1st & last reqd. no smoking, no dogs,  
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D	R	U	D	G	E	T	I
Y	I	P	S	P	O	I	S
N	N	E	V	E	R	G	E
E	D	E	M	A	T	U	R
I	S	T	E	N	A		
S	L	A	V	E	R	Y	E
T	I	L	S	O	A	R	S
O	M	A	N	U	K	E	T
A	B	S	O	R	B	E	F
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