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Two Airbuses undergo air-to-air refueling modifications

by Laurie McVicar
Assistant Editor

By the year 2006, the Canadian Air Force will re-acquire a capability that it has not possessed in more than seven years – strategic air-to-air refueling.

During 2004 two CC-150 Polaris (Airbus) aircraft were sent to Germany for an engineering modification to the Multi Role Tanker Transport (MRTT) configuration. Upon completion of the conversion process the aircraft will be able to operate in both the cargo/passenger and air-to-air refueling (AAR) roles.

"Originally Canada's strategic air-to-air refueling was done by two CC-137s (Boeing 707s), while the

more tactically orientated tanking was provided by specially configured CC-130 Hercules. The Boeings were retired in 1997 and the AAR task was left to the Hercules," said Squadron Leader Steve Aston, 437 (T) Squadron's Deputy AAR Officer.

"Strategic AAR, for example the deployment of four CF-18 Hornet's from Canada to Europe using a single tanker aircraft, requires greater fuel loads, faster cruise speeds and higher altitudes than the Hercules is able to provide. The introduction of the CC-150 in the tanker role will once again allow for such deployments using only CF assets, and nicely complements the Hercules

tankers' capabilities."

A number of options were considered before Airbus Deutschland was approached.

"Boeing was offering a 767 tanker conversion and the Airbus consortium had an A330 tanker conversion on the drawing board," said Squadron Leader Aston. "The German Air Force was in a very similar situation to the Canadian Forces. They operate A-310 Airbuses in the cargo/passenger role and no strategic AAR capabilities existed within their forces. They approached Airbus to see if they could convert four of their A-310s into tankers. Airbus agreed and it became very cost effective for

See Polaris, Page 2

GENERAL INSPECTION



Photo: Cpl Bernie Kuhn, 8 Wing Imaging

Major-General J.J.C. Bourchard (centre), Commander, I Canadian Air Division and Canadian NORAD Region Headquarters, conducted an inspection of the Ceremonial Honour Guard during his January 26 visit to 8 Wing/CFB Trenton. Sgt M. Ashby, Guard Commander, accompanied MGen Bouchard during his inspection, as he stopped to speak to Private D.P.A. MacDonald, while Cpl Andy Houston stands at attention.

TOUGH COMPETITION

Photo: Cpl Simon Duchesne, 8 Wing Imaging



Ontario Region Basketball Championship at 8 Wing's Southside Gym, held January 23-27, 2005. Pictured above, from left to right, are Major Lindsay Dencsak, CFB Borden, and Bombardier Curtis King, CFB Petawawa.

CEMS – Clothing & Equipment - Millennium Standard

The CEMS roll out is a vast clothing project headed by the Directorate of Air Force Requirements (DAR). This project will see most service members here in Trenton kitted with the latest clothing garments being produced in the Canadian Disruptive Pattern (CadPat) design. The basic items of kit being issued are as follows:

- Light weight combat clothing (CadPat trousers and shirts - covered buttons);
- 2 in 1 raingear (trousers and jacket);
- Cold weather jacket and pants;
- Extreme cold weather parka and bib-overalls; and
- Wide-brimmed hat.

Phase one of the project was the sizing aspect. Although we captured almost 90% of the wing in October, sizing continues on a daily basis for those members who were deployed, on course etc. Bookings for a sizing appointment can be requested via email to Sgt Cardona at Wing Supply (L3337).

Phase two is nearing its advent with an anticipated start of 21 Feb 05. The issue phase

will be considerably shorter than the sizing phase and is scheduled to wrap up 4 Mar 05. Following this date, those who have not taken possession of their CEMS garments will be required to report to Clothing Stores when their garments become available through national provisioning.

Nametapes and rank slip-ons will be issued at the same time as the CEMS garments. There are limited supplies of the rank slip-ons, but there are more on order. WSup will also take returns of old uniforms during the issue phase. Some items that must be returned are old type combats (flat olive green) and generation 1 CadPat (buttons visible with white garment label). Items not being returned at this time are any gortex clothing.

Much like the sizing phase, we'll process members one at a time starting with kit returns. Each new garment will be issued to your clothing record, while returned items are removed. We expect to process about 60 people per hour. The issue of CEMS garments will take place out of 21 Hgr, the same location as the sizing took place.

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New DIN site set to launch

The Canadian Forces (CF) rely on the DIN as a major source of information.

As it has grown to include nearly every unit within the CF, recently an effort has been put forth to establish a unified presentation standard--the result is the Common Look and Feel for Internet Explorer (CLFIE) Project.

At 8 Wing, we will be using this model to create a common appearance for all our pages. On January 31 the new 8 Wing website will launch, with various units following in due course.

The new DIN site



will appear during login and shall provide easier navigation to useful and required daily information. The

site can be accessed with a DWAN workstation via the following link: <http://trenton.mil.ca>.

Polaris aircraft undergo air-to-air refueling modifications

Cont'd from Page 1

Canada to become a partner in the project."

Major modifications included three additional fuel tanks installed in the fuselage, two refueling pods, one under each wing, which contain the refueling hoses, and a Fuel Operator Station (FOS) situated in the front galley area. "From the FOS the Flight Refueling Specialist (FRS) is able to see the position of the receiver aircraft around the tanker using the receiver surveillance system which incorporates a number of fuselage mounted video cameras together with normal and infra red lighting," stated Sqn Ldr Aston.

"In addition, at the heart of the AAR system is a mission computer which is an essential part of the Strategic AAR capability. It calculates in real time the required receiver aircraft fuel offload amounts and locations in order to ensure that the receiver aircraft are never beyond un-refueled range of a suitable diversion airfield," he said.

Sqn Ldr Aston added

that the conversion will potentially not only benefit Canadian Forces aircraft, but other nations aircraft involved with NATO missions.

"The type of (probe and drogue) refueling system being installed on the CC-150 is compatible with all the receiver aircraft of the Royal Air Force, US Navy, German, Italian, and Spanish Air Forces," he stated.

Four 437 (T) Sqn crews, consisting of a Tank Commander, First Officer, Flight Refueling Specialist and Loadmaster will man the aircraft. A fifth crew will be generated from qualified 8 Wing augmentees. Training has already begun for instructor personnel as well as the Air Canada Maintenance Engineers who maintain the CC-150s.

Although the two aircraft will return to Trenton in the next couple of months, they will not be ready to operate in the tanker role until Spring 2006, Sqn Ldr Aston told the Contact. The aircraft are still missing a few crucial pieces of

equipment including the Mission Computer, the Air-to-Air TACAN and the Ultra High Frequency (UHF) Direction Finding equipment.

Both the Air-to-Air TACAN and UHF Direction Finding equipment, located on the flight deck, provide range and bearing information on receiver aircraft, allowing the tanker crew to plan and execute various rendezvous procedures, with receiver aircraft, to enable refueling to take place.

The aircraft will return to Germany towards the end of 2005 for the installation of the final pieces of mission-critical equipment. Until that happens, the aircraft will be fully employed in the cargo/passenger role during what promises to be another year of high tempo operations for 437 (T) Squadron.

At the squadron level within the AAR cell, there is still much work to be done to prepare for the tankers introduction. The question of the design and development of a Computer Based Training system remains an outstanding issue.

"We are still looking at this to decide what level of simulation we need to train a tanker crew - whether it will be a part-task trainer such as a cockpit mock up with computer screens displaying instrumentation or whether we can dispense with the mock-up and use three networked computers is still unresolved," said Sqn Ldr Aston.



File photo

A CC-150 Polaris (Airbus)

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Cpl Dubeau works for Wing Transportation as a user dispatcher. His responsibilities include taking care of more than 450 vehicles on the Wing, ensuring that mileages are reported monthly from users for maintenance planning of vehicles. He is also responsible for long-term rentals (over 30 days) and for VOR (vehicle off road) replacement vehicles.

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First C-27J Spartan for Hellenic Air Force completes first flight



The C-27J Spartan is one of two aircraft being considered by the Department of National Defence to fulfill the Canadian Forces' requirement for a new fleet of Fixed-wing Search and Rescue aircraft.

The first C-27J Spartan, to be delivered to Greece's Hellenic Air Force in January 2005 successfully completed its first flight on December 15, 2004 in Caselle, Italy, following final integration at Alenia Aeronautica's plant.

The C-27J Spartan, jointly designed and manufactured by Alenia Aeronautica and Lockheed Martin, is one of two aircraft being considered by the Department of National Defence to fulfill the Canadian Forces' requirement for a new fleet of Fixed-wing Search and Rescue aircraft. A total of \$1.3 billion was

announced in the March 2004 Federal Budget for the acquisition of 12 to 15 aircraft.

The Italian and Hellenic Air Forces have both ordered 12 C-27Js, and a range of other potential American, European and Asian customers have also shown keen interest in the aircraft. Formal evaluations have been conducted by the air forces of Australia, Taiwan, Ireland, Portugal, Bulgaria, and the Czech Republic, as well as several other countries that have recently joined NATO.

The United States has shown great interest in the

C-27J. The US Army is developing a joint requirement – The Future Cargo Aircraft (FCA) Program – for an initial acquisition of up to 37 aircraft. The army has indicated that the C-27J is the likely replacement for 43 Sherpas presently used by the National Guard in some 20 states.

After takeoff at 10 a.m. on December 15 from Alenia Aeronautica's flight test field, the C-27J, piloted by Commanders Agostino Frediani and Gianluca Evangelisti, performed a series of manoeuvres and flight figures for 83 minutes. The success of the first flight will enable the Italian company to respect its contractual time schedule with the Hellenic Air Force and deliver the first of the 12 aircraft ordered by the end of January 2005.

Currently a total of 16 C-27J aircraft, at different progress levels, are in production at Alenia Aeronautica's plants in Pomigliano d'Arco (near Naples) and Caselle (Turin).

Help line offers help to harrassed

The DND/CF Help Line provides a safe means of obtaining support and qualified assistance for DND and CF personnel and their dependants as well as members of the Canadian Cadet Movement and the Canadian Ranger and Junior Canadian Ranger Programs who have been, or currently are, victims of harassment or sexual assault.

Staffed by agents—including nurses, social workers, human resource specialists, and former CF members—who act as facilitators, the Line responds to callers who believe they have been harassed, who simply wish to be well informed about their rights and responsibilities as leaders, managers, members or employees, and/or who find it difficult to access the various complaint resolution avenues set up within DND/CF.

The Line does not subscribe to call display; agents need not know callers' names to provide the requested assistance. In fact, callers often choose to remain anonymous. Callers are not obligated in any way to continue or to start harassment complaint proceedings. Once they hang up, callers alone decide whether or not to

pursue the issue, seek mediation, or make a formal complaint. Agents are there to help callers help themselves.

The Line, launched in May 1998, has provided assistance and guidance to well over 4000 callers, demonstrating that CF members and DND employees today have a heightened comfort level with regard to raising issues of unacceptable conduct within their chain of command. It is not being disloyal or petty to complain. The CDS has advised the senior leadership to exercise their disciplinary responsibilities with respect to anyone who interferes with the right of a member or attempts to discourage, silence, intimidate, or retaliate against one attempting to seek assistance regarding a complaint of harassment or abuse.

The DND/CF Help Line for Harassment/Sexual Assault operates from 9 a.m. to 5 p.m. EST. Voicemail is available for all other times and agents will return all calls. If you feel you are being harassed and are reluctant to complain or even ask for help, please give us a call! 1-800-290-1019 (or 10191 outside North America).

HAVE YOUR SAY...

E-mail your letters to LeBlanc.AL@forces.gc.ca, or you can mail them to:

The Contact
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Search & Rescue UPDATE



The Squadron was involved in only one call-out last week. The C130 was tasked to search for a helicopter crash in Northern Quebec. Shortly after takeoff, it was learned that another helo from the same company performed the rescue, and the Herc returned to Trenton.

Until next week, stay safe.

Missions for 2005: 3 Missions for Jan.: 3 Persons rescued: 0

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The Contact Newspaper

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

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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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Making Afghanistan a better place

by Capt Jason Proulx
 Task Force Kabul

KABUL, Afghanistan — Before deploying to Afghanistan in December with the Canadian Forces, I was eager to find out more about the country I was about to visit. Veterans were quick to advise me to become involved with the Civil Military Cooperation Team (CIMIC) if I wanted to learn more about the Afghan culture and the problems the people face.

Now, as I sit here listening to negotiations between Captain Dave Myles, head of the Canadian CIMIC team, and the Afghan Director of an all-girl school for orphans on the outskirts of Kabul, I can't help thinking how lucky I am to witness post-war Afghanistan and the efforts to rebuild the country.

We are on a mission to deliver clothing, toys and school supplies to a privately run school in Paghman, and the Director, although extremely grateful for the gifts, asks us whether we can provide a generator to run some old computers which were recently donated.

"Unfortunately, we are not in a position to assist right now, but I will raise the issue with my superiors," says Captain Myles to the interpreter who in turns repeats the statement to our host. I listen quietly, sipping my tea and studying the Director's face for a response. As he breaks into a friendly grin and offers us a candy, I become conscious of the C-7 rifle I am holding, and can't help feeling somewhat foolish for bringing such an obvious weapon into a school for kids who have witnessed the atrocities of war.

As Captain Myles steps out of the room to oversee the unloading of donations, I carry on the conversation with the Director. Knowing that this is our first visit to this particular school since the last group of Canadian

soldiers was stationed in Camp Julien, I ask the Director about the institution. He proudly informs me that the institution was founded in 2003 by an Afghan-American from Virginia, who runs a group called 'The Children of War'.

"The school is responsible for teaching about 100 girls, ranging in age from 8 to 22," he says. "Because there is such a high demand for education here, we cannot accept everyone. We conduct interviews, and only accept the worst cases," he adds.

I glance out the window and notice that the kids helping unload our truck are not wearing socks, despite the cold weather. In fact, most of the people I have seen since the beginning of my tour seem to have shoes that don't fit them.

I thank him for his hospitality and ask him whether I could contact the founder of the school. He hands me a card, after which I head outside to join Captain Myles, who tells me that the CIMIC team does not have the money to provide them with generators.

As we walk towards our ride, I pass the drivers who are standing watch, ensuring nobody places any dangerous objects under or near our vehicles. More than 50 kids are gathered around the trucks, eager to receive gifts

such as flags or pencils, which is typical in every village the CIMIC team visits.

Upon our return to camp, I place a call to the founder of the school, Mr. Najib Haziz. To my surprise, he is eager to talk, and tells me a story of how he sought refuge in Pakistan in the early 80s, to avoid punitive measures being taken against his fellow, outspoken law students. He goes on to tell me that the school in Paghman is but one of three; there is also one in downtown Kabul, and one in Pakistan.

"If I had the money, I would open schools in poor countries all around the world," says Mr. Aziz. "Unfortunately, we struggle to make ends meet with the ones we have."

Mr. Aziz is clearly happy to hear that Canadian troops visited his school, and he tells me that the Paghman school follows the same academic curriculum as the one outlined by the Ministry of Education. However, at his school, the students begin learning English in grade one, as opposed to grade seven.

"The kids are smart, and eager to learn," he says. "My problem is finding affordable teachers who have enough education to teach at the school."

As we talk, I peruse the US CIA website on Afghanistan to find that the

literacy rate in the country, based upon 1999 statistics, is a mere 36 per cent.

I ask him about the cost of operating the school, and he tells me that he has 38 people working in Afghanistan for his non-profit organization. He works mostly alone in the United States raising funds, drawing in about 13 thousand dollars a month, roughly the cost of operating the school. "Ninety-nine per cent of the donations come from Afghan-Americans, while one per cent come from people who are not tied to the country," he says.

Having dropped out of a full scholarship law program at an American university to pursue his selfless dream of helping others, Mr. Aziz does not hide the fact that he could use more financial help. "With more money, we could do so much more," he says. "Today, we do the best we can with what we have."

Following my conversation with Mr. Aziz, I ponder the day's events and various conversations. Although I have remained skeptical of charities in the past and where the money ends up going, I have witnessed the good done by 'The Children of War.'

For more information on 'The Children of War', a non-profit organization, you can contact Mr Hajib Aziz directly at tcow94@msn.com.

Canadiana Crossword

Win Win Win

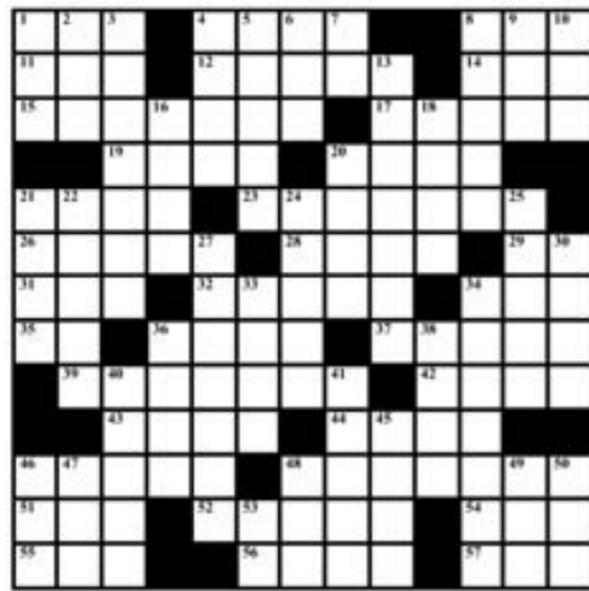
By Bernice Rosella and James Kilner

ACROSS

- Shake a _____
- Jet black
- Suffix denoting resemblance
- Gin inventor?
- Love goddess
- Ocean inlet
- _____, Quebec
- Anxiety
- Mexican lizard
- Tied
- Tennis great
- _____, Saskatchewan
- Deceptions
- Tend
- Psyche
- Supply weapons
- Ordain
- Miniscule
- 17th Hebrew letter
- Bung
- Loaf part
- _____, Manitoba
- Aced
- Screen
- Linear measure
- Love, in Lasalle
- Mentors
- Auto
- Word in ROK
- Mineral source
- Plaything
- Sailors
- Uncooked

DOWN

- Church bench
- _____, Baba
- _____, Ontario
- Wrongdoing
- Started
- Yoko _____
- 13th Greek letter
- Of Iran
- Knight's title
- Cured pork
- Those "in the know"
- Per _____
- Lascivious
- Narrative poem
- Acronym for right away
- Rodent
- Leon
- Kinswoman



- Red River Valley colonist
- Exploit
- Invalid
- _____, Ontario
- Tire, in Temiskaming
- Girl's given name
- Bone
- Golf cup
- Gardner, and others
- Bill
- Chinese Chairman, once
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FIRE HALL DONATES TO UNITED WAY



Photo: Laurie McVicar, Contact

Major Paul Fleury, United Way Campaign Chairperson for 8 Wing/CFB Trenton, accepts a \$2,400 cheque from Private Ryan Belair, Fundraising OPI for the fire hall. The money was raised throughout the year by several different initiatives and will be directed to the Muscular Dystrophy Association of Canada.

Putting the fun back in mail

by Carmel Ecker
Special to the
Contact

Military spouse Catherine Nash is offering military members a new way to connect with their children while deployed overseas or in Canada.

Her new business venture, Happy Mail for Kids, keeps the connection between parent and child flourishing when the parent is away from home.

A paid subscription to the program means each month children ages four to nine receive a package covered in stickers and addressed in red, green and blue markers. Inside, it's full of toys, stickers, recipes and crafts Nash assembles in her Nova Scotia home.

Children also receive a personalized letter from Happy Mail and if supplied, a letter from their parent.

Attached to the letter are two kid-friendly recipes, a colouring sheet and a Happy Sheet with

poems.

Parents can buy Happy Mail in three, six or 12-month subscriptions for \$6.50 per month, plus tax. They can also purchase a one-month trial for \$7.99.

Happy Mail should appeal to families where one parent travels a lot, says Nash.

As a military spouse, she knows how difficult it is for children, especially when they are small, to have one parent leave for weeks or months at a time.

"It just lets your child know that you are missing them as much as they miss you," she says.

The inspiration for Happy Mail came from Nash's two children, ages six and eight.

"When we would walk to the mailbox, I would open my mail and find flyers and bills and always say, 'I wish someone would send me some fun mail.' The children would reply, 'Me too.' I thought, what a great idea."

Nash says Happy

Mail was an ideal business to launch because she wanted work she could do after her children went to bed. As a mother and the owner of a daycare service, she knew exactly what children would want to see in their packages.

"I decided to make it more like an activity package rather than just a letter because kids are hands-on, creative little people," she says.

Nash pushed forward with her new home-based business in the spring and had a website up by the end of August, www.happymailforkids.ca. Her first set of mailings went out in September. Children rarely receive mail except on special occasions, says Nash. It's great for a parent to see the look on their child's face when they see this big, colourful package addressed to them in the mail.

"For a child to receive mail addressed to them really makes them feel special," she says.

JR RANKS MESS

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We are pleased to announce that Dechen D. Goff, B.A. (Hons.) LL.B has joined the firm as an associate effective January 3rd, 2005. Ms. Goff practices litigation, with a focus on the areas of family and criminal law.

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The good news and bad for real estate

it's your Money



Garth Turner

Real estate is a commodity whose value is established in the marketplace, as a result of the shifts in supply and demand. For the past six years, demand has outpaced supply, resulting in record sales and record prices. This will likely continue so long as the average family can continue to afford the average home, and that will be the case so long as interest rates stay low and price increases are reasonably moderate.

Today the average family income in Canada is \$54,000 and the average home is selling for less than \$300,000. That means a \$150,000 mortgage at 4 per cent costs less than \$800 a month to carry, or under 20 per cent of that family's income. This suggests that affordability has not been compromised yet by rising prices, and the current market conditions can continue until that happens.

So, if I am right in my economic predictions, there seems to be no reason to believe this current boom is going to end anytime soon. It could well be in place five years from now, or

even beyond.

Now, factor in things that will distort the real estate market and the picture gets even more interesting. For example, if corporate profits remain reasonably flat, especially in the United States, which is facing ever-increasing competition from low-cost producers in other countries, then the stock market will underperform, making real estate a more valued investment.

But there is some bad news, and I would be remiss not to point it out.

We are an aging society and the single biggest group in Canada is the Baby Boom generation. Now in their fifties, this group is generally affluent and has been one of the driving forces in the real estate market.

However, about 10 or 15 years from now, as I predicted in my 1995 book, "2015", that could all change. Today seven out of ten Boomers have no corporate pension, a situation which has not existed in Canada since we were an agrarian society. At the same time, life expectancy is rocketing higher as medicine advances and as people

make better lifestyle choices, like stopping smoking.

The number of Canadians who die from cardiovascular disease has been steadily declining since the late 1960s. By 2017 – that's 12 years from now – almost 40 per cent of the entire Canadian population will be over 50 years of age, and only a quarter of the country will be under the age of 22.

As life expectancy goes up, people who are 80 and 90 and even 100 will be everywhere. The average retiree in 1960 who stopped working at age 65 lasted another seven years. Today someone retiring at 65 can expect to live 25 more years. A decade from now, that could be 30 years or more in retirement.

Despite that, as a society we have very little in the way of cash savings. Each year we invest less than 10 per cent of the allowable limits into our RRSPs. Interest rates have collapsed, making the return on savings or bonds or GICs insufficient to meet retirement needs. The government pension plan, the CPP, will be lucky to survive the onslaught of the greatest number of retirees in Canadian history, starting about 12 years from now.

So, what will be the impact on the real estate market of a population that has more old people

and fewer young people than at any other time? What will real estate-rich and RRSP-poor Boomers do when they hit 65 or 70 years of age, and realize they need cash flow more than a big house? Will we see a glut of homes on the market at about the same time 15 years from now, and who will the buyers be?

These are questions worth asking, because a fundamental shift in the forces of supply and demand a decade and a half from now could have explosive consequences for the market, the real estate industry, and homeowners at that time.

It would seem to me that wise Baby Boomers should be cashing out while times are good, when demand is strong, and the cost of money low. That's why I've always been an advocate of people buying real estate and then borrowing against it when paid off to invest in financial assets and build a diversified portfolio. When you can borrow against real estate through a line of credit at the prime rate – just over 4 per cent – and then deduct all of the interest from your taxable income by investing in stocks, bonds or mutual funds – then, why wouldn't you?

As a society, it may already be impossible to avoid what's coming. As individuals, there's plenty of time.

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Who protects your pension benefits?

The Federal Superannuates National Association (FSNA), with over 130,000 members and 84 branches across Canada is recognized by the Government of Canada as the major representative of pensioners and of their spouses and survivors from the CF, the Public Service and the RCMP. In the local area, Quintrent-Trenton Branch of FSNA has 1,360 members and the Quinte-Belleville Branch has 1,080.

Protecting your interest. FSNA has a voting voice in the governance of the Public Service Health Care Plan (PSHCP) and represents pensioners on a number of other government committees and consultation groups, including the Dental Plan.

Priorities.

- Preservation of guaranteed full indexing for current and future pensioners.
- Immediate indexed pensions for all CF survivors.
- Compensation for pensioners negatively affected by the 6 and 5

restraint act.

- Preservation and enhancement of the Public Service Health Care Plan.
- Continual improvements to the Pensioners Dental Services Plan.

A Volunteer Organization. While FSNA maintains a National Office in Ottawa with a small core of paid staff, the Executive of all 84 Branches and National elected Officers are all unpaid volunteers. They need your experience and expertise as a member to help them accomplish their task of protecting your pensions.

Want to Join? It's easy. Your dues of \$2.50 per month (\$3.35 for family) can be deducted from your monthly pension payment or you can pay \$30 (\$40.20 per family) by cheque for the whole year. Associate membership is open to current public service employees and CF members within 5 years of retirement for only \$10 per year. It includes all benefits except holding office and voting. Membership forms are available at the 8 Wing Release Office or at the Public Service HR

Office. Contact FSNA at or 613-394-4633. The office in the Dufferin Centre, Trenton, is open every Thursday 1000 to 1130 hours.

Why Join?

- To help protect the benefits you already have, especially full indexing.
- To receive current information on pension, Health, Dental, travel insurance etc.
- To oppose any action or proposals detrimental to federal pensioners' interest.
- To seek new or enhanced benefits.
- To enjoy discounts on travel insurance, hotel rates and other goods and services.
- To access individual help on matters related to your pension, Health & Dental Insurance.

Lionel Bourgeois, First Vice President
Quintrent Branch FSNA
11 Parkview Hts, Trenton, Ont, K8V 5L9 613-392-5522



Women's Day event coming soon

8 Wing/CFB Trenton is pleased to announce the annual International Women's Day Conference on the March 8.

The DWAO (Defense Women's Advisory Organization), part of the 8 Wing/CFB Trenton EEAG (Employment Equity Advisory Group), is proud to host this fun filled event. The conference will be held at the Astra Lounge in the Junior Ranks Mess and is open to all military, civilian and PSP employees at 8 Wing/CFB Trenton.

This all day event will commence at 0815hrs with opening remarks from Colonel J.P.A. Deschamps, CD, Commander, 8 Wing/CFB Trenton. You can expect to hear new guest speakers this year from both the local area and out of town. You will also be able to view the various information booths that will be set up. This information, along with registration details, will be announced in our upcoming February poster.

The DWAO will once again collect toiletries for donation to the Three Oaks Foundation. Your support is appreciated. Come on out and enjoy this exciting and informative day with us. This conference is not gender specific, all are welcome!

For more information, please contact MCpl Marlene Shillingford - Secretary, 8 Wing/CFB Trenton EEAG by email or at local 3056.

Trenton Continuous Improvement Office

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

For those of you who missed last week's debut of this column, Trenton Continuous Improvement Office is featuring weekly tips and information on continuous improvement.

Aside from workshops, we have a well-stocked reference library with books and videos, which may be signed out by 8 Wing/CFB Trenton personnel. While some of the material is a wee bit on the dry side, there are some items,

which are not only informative but also fun to read. Really! A favourite of all is the time management book, "A Complete Waste of Time", by Canadian productivity consultant Mark Ellwood.

This humorous book contains "tales and tips about getting more done". It is written in a storytelling format, which, though aimed at managers and executives, could be enjoyed by, and applied to, everyone. The book offers perspectives on technology and providing balance, with chapter titles such as "Fairy Godmothers Don't Have Mortgages",

"Mind if I Work While You Interrupt Me" and "If You're Losing Your Mind, Check the Sofa Cushions". We give this book four salutes out of four.

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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Women's Conference 2005
 Saturday, February 26
"De-Stress and Be Happy!"
 Register by February 11th and be eligible for the Early Bird Draw
 Keynote Speaker: Cate Gibson
"Recharge and Renovate your emotional state"
 Registration Fee:
 Until February 11th, \$25.00 (participate in the draw)
 After February 11th, \$30.00. Fees must be paid upon registration
 Fees include choice of 3 workshops, keynote speaker, lunch and coffee break.
 Register early to get your first choices!!
 Deadline February 22nd, 2005

Conférence des femmes 2005
 Samedi le 26 février
"Relaxe et savoure ta vie"
 inscription avant le 11 février pour être éligible au tirage participant hâtif
 Oratrice principale: Cate Gibson
"Ressourcez-vous et restaurez vos émotions"
 Coût d'inscription:
 jusqu'au 11 février, 25\$ (participez au tirage)
 après le 11 février, 30\$. Les frais doivent accompagner l'inscription.
 L'inscription comprend le choix de trois ateliers (en anglais), le discours principal, le dîner et la pause-café.
 Inscrivez-vous tôt pour avoir vos premiers choix!!
 Date limite, le 22 février 2005

 **Invisible Ribbon Gala**
 Saturday, March 5th, 2005
 Cocktails at 5:30pm
 Ramada Inn, Belleville
 Semi-formal dinner, dance and auction.
 Tickets: \$75 per person
 Proceeds to support services and programs of the Trenton Military Family Resource Centre and the "the ones who wear the invisible uniform"
 Great music, great food, great company and a great cause!
 Tickets available at the Trenton MFRC
 Thank you to our sponsors:
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 **Gala Ruban Invisible**
 Samedi le 5 mars 2005
 Cocktail à 17h30
 Ramada Inn, Belleville
 Souper, danse et encans
 Billets: 75\$ par personne
 Les profits supporteront les services et programmes du Centre de ressources pour les familles des militaires de Trenton et "à ceux qui portent le ruban invisible"
 Bonne musique, bon repas, bonne compagnie et une bonne cause!
 Billets disponibles au CRFM de Trenton
 Merci à nos commanditaires
 Trent Valley Re/Max Realty, Smylie's Independent Grocer, Quinte Broadcasting, Thompson Tents and the Flaming Moes

Personal Development

Couple Communication
 February 21 & 28/ 7pm to 9 pm
\$10 registration fee per couple
 In these two session workshops participants will focus on solutions not problems. They will explore how men and women communicate differently. Participants will work on how to look for the feelings behind the words.
 Childcare is available but must be reserved in advance.
Home Buyers Seminar
 Wednesday, March 9, 7pm - 9 pm
 Free of charge

Perfectionnement personnel

La communication entre le couple
Les 21 et 28 février - de 19h à 21h **Coût : 10,00\$ par couple**
 Durant ces ateliers de deux sessions, les participants se concentreront sur les solutions et non sur les problèmes. Ils étudieront les différences entre la façon de communiquer des femmes et celle des hommes. Les participants s'efforceront de reconnaître les sentiments qui se cachent derrière les mots.
 Un service de garde d'enfants est disponible, toutefois les réservations doivent être faites à l'avance.
Séminaire "Achat et vente d'une maison"
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De...stress at annual conference

This year's Trenton Military Family Resource Centre's Women's Conference, to be held February 26, promises to be as poignant as those of past years.

At a time when we are all taking on more and more, it is important for women to take time for themselves. This year's theme, "De...Stress and Be Happy," offers some fun ways for coping with the stress in your life.

Open to all women in the region, the 11th annual conference has become a welcomed, regular event. As usual, this year's conference features a top-notch line of speakers and workshop facilitators who have a wide range of experiences and viewpoints.

Keynote speaker Cate Gibson (www.powerfuljourney.com) has been one of the most popular workshop presenters at the Women's Conference for the past several years. She is back again this year to present the keynote address. Her talk, "Recharge and Renovate Your Emotional State," echoes this year's theme of "De...stressing." Gibson asks participants to be prepared to belly laugh, cry and gain some tools for a daily survival kit for life. She guarantees you will leave recharged!

This year we have a lineup of exceptional workshop presenters. Tricia Hasenclever, an author motivational speaker and humourist, will present "Stress is Funny Ha Ha." Alexandra Barker, talk show host, will introduce many of the natural healing modalities in her talk "Relief Beyond Belief." Sheila Wray Gregoire, author and speaker from Belleville, will show how happiness is within our reach, in her workshop "Don't Worry Be Happy." Ruth Anne Whicher, corporate trainer, will take



Cate Gibson, keynote speaker

a humorous look at the aging process in her workshop, "From Diaper to Diaper," and Pat Kammer, holistic healthcare practitioner, will explain how to reduce stress with "EFT, Emotional Freedom Technique."

The workshops all concentrate on relieving stress. The emphasis is on FUN. Some of the other workshops in the three sessions are "The Call of the Drum," "Salsa Dancing," "De...Stress with Gardening" from the Brighton Garden Centre, "Belly Dancing," "Colour Creations with Collage," "Hand-made Papermaking and Cardmaking," "Chocolate, A Healthy Comfort Food," presented by the Stirling Chocolatier.

There will be something for everyone. The most difficult dilemma will be choosing just one workshop in each of the three sessions! The conference begins at 8:30 a.m. and runs until 4:15 p.m.

For information, please call 613-965-3595 or 613-965-3575.

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Penny Blake is a long time resident of the Kingston region and has worked with over 1500 military families in the past 15 years. She is Kingston's #1 female military relocation specialist because she ensures that members and their families receive the attention they deserve. Information on necessities such as school zones, bus routes, medical/dental access, and shopping districts are all part of the package Penny offers. Contact Penny Blake, truly above the crowd!

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From left to right: Cpl Markus McDonald, Cpl Steve Bucket, Cpl Moe Sredden #14, Private Mark Graham #3, Second Lieutenant Maxime Champagne (taking a shot on net) and Major Lindsay Dencsak (hidden).

8 Wing/CFB Trenton hosted the Ontario Region Basketball Championship January 23-27. In the picture (from left to right) The CFB Borden Team; Bob Payette, PSP Manager; Chief Warrant Officer Don Cheverie, Wing Chief; Colonel Andre Deschamps, Wing Commander; and the team from CFB Kingston.

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Now located at the RecPlex. A TrentCard is required in order to purchase a PSP Facility Membership.

Astra Lanes - 5 Pin Bowling
Book your section party or sports afternoon at Astra Lanes. Special rate applies for group bookings. Licensed facility. Call the bowling alley manager Ernie Strocel at ext 3705.

Kidz Karnival
Mark Sunday, February 13th on your calendar! It's back and it's bigger than before. Stay tuned for more details.

Upcoming Pool Closures
Friday, February 4th - entire day due to a swim competition
Saturday, February 5th - entire day due to a swim competition (No swim lessons this day.)
Sunday, February 6th - entire day due to a swim competition (No swim lessons this day.)
Thursday, February 10th - closed from 0800 - 1300 hrs due to a swim competition.
Thursday, February 17th - closed from 0800 - 1300 hrs due to a swim competition.

2005 Summer Hockey Program for Kids
It may feel like summer's a long way off but our plans are set! Pick up a copy of the summer program brochure available at the Arena, RecPlex & Gym. The program will involve several hockey camps, 4 - 1-week camps, a 6-week program, a 5-week shinny hockey program and several 4 on 4 tournaments.

Punch Card
Not sure which class to join. Why not buy a punch card and try three types of classes. May be used for Spinning, Step Aerobics & Body Sculpting. Purchase a 16-class card for \$40; \$45: \$55 depending on status. The card must be used during the winter session of classes. No carry-overs to the spring.

Personal Training

The big "buzz" in the fitness industry today is focused on "Personal Training". Seems everyone is doing it because it's personalized - it's your own personal training program designed together with a qualified Personal Trainer. Take advantage of this professional service by contacting the Fitness Staff at local 3328 or 3467. All of the Fitness Instructors at the Base Gymnasium are Certified Fitness Consultants / Personal Trainers and are more than anxious to provide you with a personalized training program to help you reach your fitness goals (FREE for Military personnel).

Members wanted for QLTFC

The Quinte Legion Track and Field Club is now offering 8 Wing/CFB Trenton military personnel and family members of all ages a special opportunity to join the Club and participate in the fun for this excellent fitness and recreation activity.

Our athletes train for fun and we are also highly competitive during the indoor, outdoor and cross-country seasons. The club is officially registered with Athletics

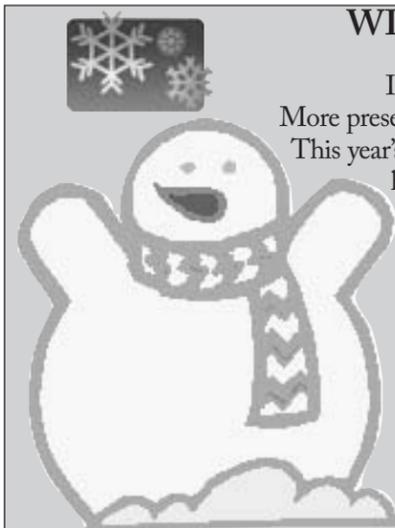
Canada, the Ontario Track and Field and Masters Track and Field Associations.

We are now training indoors at the South Side Gym most Mondays (1830 to 2000 hrs) and Thursdays (1730 to 1900 hrs). We provide highly qualified coaching and many talented local athletes from tyke to masters levels for team training. Last year club members competed successfully in many meets locally, provincially, nationally

and internationally and the club ranked 7th for all of Ontario.

Military members and dependants now receive a 20 per cent reduction in club membership fees. Non-competitive memberships are available. Anyone interested should check out our QLTFC (etamz.active.com/quintelegion) website, join us at the gym at training practice to see us in action, or call Dave at 969-7261 or Tom at 394-1107.

WINTER CARNIVAL 2005



It's coming sooner than you think! More presents, chocolate, candies, love... can you handle it? This year's Winter Carnival has a Valentine's day theme, so hurry up while love is in the air and get your team together for a fun-filled day of games and laughter.

When: Friday, Feb. 4
Time: 09:00 to 12 noon (BBQ to follow)

Where: Baker Island
Teams of eight participants plus one volunteer to assist the PSP staff.

For more information or to register your team, contact Tammy Whalen at the gym at local 2822.

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Local 3767
rothenburg.cl2@forces.gc.ca

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WEIGHT WELLNESS

Are you interested in... achieving a healthy weight? Developing healthy physical activity and eating habits? Weight Wellness takes a self-management approach to behaviour change. The program consists of 12 group meetings over 15 weeks. Session One begins 14 Feb 05. Local 3768, pitt.l@forces.gc.ca

FITNESS & PREGNANCY

This seminar is a compliment to the Guide to Fitness During and After Pregnancy in the Canadian Forces. It is designed to help maintain optimum health and fitness, for you and your baby throughout your pregnancy. Seminar Date: 7 Feb 05, 1330-1500 hrs. Local 3768, pitt.l@forces.gc.ca

Strengthening the Forces Programs are free and open to regular and reserve CF members, their families, and civilian employees

Protect children from violence



Hastings and Prince Edward Counties/ Jan. 20, 2005 – It would be a better world if it did not exist but it's a fact of life. Some children live with abuse and violence.

Parents of young children will find useful information and practical tips about preventing abuse and violence in a new series of four pamphlets. The series, called *Creating A Caring Community – Children Live What They Learn*, is available free. The pamphlets are coming to libraries, Early Years Centres and other childcare services, Hastings & Prince Edward Counties Health Unit offices and other community agencies that provide services to families and young children.

The colourful pamphlet series includes the titles *What's On TV?*, *Boys and Girls: Different but Equal*, *Promoting Healthy Sexuality and Anger Management*. This new print resource for parents is a joint violence and abuse prevention initiative of the Quinte Coordinating Committee Against

Violence and the Health Unit working in collaboration with and funded by the Early Years Injury Prevention Coalition.

During January, more than 60 community organizations will receive the pamphlets. A plexi-glass display unit will also be provided to assist agencies in making this new resource visible and easily accessible to parents.

"Parents and caregivers are the most important role models for children under school age," says Sheryl Farrar, a health promoter with the Health Unit.

"It is very exciting to be able to provide these new resources to support parents as primary educators of their children," says Joanne Belanger, chairperson for the Quinte Coordinating Committee Against Violence.

If you would like more information about the pamphlet series, you can contact Rebecca Mathers at the Hastings & Prince Edward Counties Health Unit at (613) 966-5513 ext. 293.

CANEX



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BUTT OUT

Session One begins 9 Feb 05

9 Sessions in total held on Wednesdays from 1400-1600 hrs
Registration deadline is 4 Feb 05

Please call the Health Promotion Office @ 3768 to register or e-mail pitt.l@forces.gc.ca

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
January 30 - February 5

ARIES (March 21-April 19): Take the plunge on the 30th and 31st. Things are opening up for you, and much can be achieved. Resurrect your ideas, only this time do it yourself instead of letting others get involved and take over. You'll have plenty of chances to show your worth on the 1st, 2nd and 3rd. The coast is clear, and if you are confident, you will get your point across and grab the attention of someone interesting. Prepare for lift-off. You've had your share of difficulties, but on the 4th and 5th it's payback time, so prepare to excel in whatever way you've been held back. Both personal and career gains can be made.

TAURUS (April 20-May 20): There is no time to waste on the 30th and 31st. Take aggressive action when it comes to making money. The job you do will set the standard for future projects. A confident attitude will go a long way. You will be inclined to react without enough information on the 1st, 2nd and 3rd. Expect to backtrack in order to turn things around. Take time to help someone who has been experiencing difficulty. Go over everything with a fine-toothed comb on the 4th and 5th. Errors are likely to be made and will cause setbacks in your plans. Don't argue about personal matters. You won't win. Work diligently and avoid confrontations.

GEMINI (May 21-June 20): You are on a roll, and nothing is likely to stop you on the 30th and 31st. Get down to business and see how much you can accomplish. Everyone will want to help and spend time with you. There aren't too many things that you can't do on the 1st, 2nd and 3rd. You are geared up for any challenge or competition and will set new standards by the performance you give. You are in a good love cycle. No one will outdo you on the 4th and 5th. You will be right on target and ready to take on any challenge. Your quick answers and savoir-faire will carry you a long way. Stand tall and be confident and everyone will be eating out of your hand.

CANCER (June 21-July 22): You will be indecisive on the 30th and 31st, but that's not a bad thing. You are likely to make the wrong choices if you do move forward with something or someone. Be a little secretive. Take a stand and prepare to say no if you must. Lighten up and you will have everything go your way. Love is in a high cycle for you on the 1st, 2nd and 3rd, so make sure that you take time to romance that special someone in your life. You'd best focus on work, making money and doing your best to get out of debt on the 4th and 5th. The more you can do to offset your expenses by cutting back on unnecessary bills, the better.

LEO (July 23-Aug. 22): Your outgoing, dynamic way of approaching business will win you points on the 30th and 31st. Travel and communication are in a high cycle, so don't hesitate to ask for favours or start something new. You will have plenty of energy on the 1st, 2nd and 3rd, but if you rush to get things done, you are likely to make a mistake. Slow down and do a good job. Sometimes less is more. Perfection will be the key. Secrets may be revealed. You will be on display and enjoying every minute of it on the 4th and 5th. You can grab the attention of someone who will interest you and influence your future. Money can be made, and changes will be rewarding.

VIRGO (Aug. 23-Sept. 22): Your mind may be on money on the 30th and 31st, but you should be concerned about your health and your future. Reconsider where you are headed and what direction you feel you should be going. If you can envision something, you can make it a reality. Embrace change instead of fighting it on the 1st, 2nd and 3rd. You have to realize your own potential and go after what you know in your heart you can and want to do. Don't sell yourself short. Someone engaging will enter your world. There isn't much point in arguing or taking matters too personally on the 4th and 5th. Try to put your efforts into being unique and doing a good job.

LIBRA (Sept. 23-Oct. 22): You will find yourself in an awkward position if you are too headstrong on the 30th and 31st. Overreacting will not win you favours or help you finish what you start. Stick to what you know and do well. Your openness will be what counts on the 1st, 2nd and 3rd. Work-related matters could be cleared up if you are to the point. This is not the time to waffle or let someone else make decisions for you. Focus on your goals. You will be hard to resist no matter what you do on the 4th and 5th. Both business and personal partners will back you. You will have original ideas that will be considered ideal solutions.

SCORPIO (Oct. 23-Nov. 21): You will have a lot riding on the choices you make and the things you do on the 30th and 31st. Be confident and you will get the interest and the backing you need in order to move forward. You'll be on edge on the 1st, 2nd and 3rd but don't let that get to you. You have to rise above what everyone else is telling you and make your own decisions regarding your future. Don't play favorites. Fend for yourself and you won't miss out on an opportunity heading your way. Preparation is the key. You may want to get things done on the 4th and 5th, but it won't be easy if you continue to let other people dump additional responsibilities in your lap. Learn to say no.

SAGITTARIUS (Nov. 22-Dec. 21): You will make an impression on someone who is interested in the same goals as you on the 30th and 31st. Stick to your plans and you will succeed. A new relationship will inspire you to try new things. The key to doing well on the 1st, 2nd and 3rd will definitely be organization and practical application. Don't leave anything to chance. Take advantage of whatever is made available. You will be able to convince others to follow you. Starting your own business or expanding on one of your interests will pay off. Your ability to stay ahead of the competition will lead to victory on the 4th and 5th. You will have an innate ability to choose wisely.

CAPRICORN (Dec. 22-Jan. 19): You may have to keep a lid on what you are up to on the 30th and 31st. Taking on too much or allowing someone to lean on you too much will set you back. Consider your options when it comes to making money. Rely on your own abilities and refrain from giving orders. Discord is apparent. You should be putting everything you've got into work and getting ahead on the 1st, 2nd and 3rd. Someone in your personal life may try to hold you back. You have to act on your own instincts and knowledge. Don't try to do too much on the 4th and 5th. You will be overloaded with unexpected tasks. Overreacting, overdoing and overindulging must all be kept in check.

AQUARIUS (Jan. 20-Feb. 18): The information you receive on the 30th and 31st will help you make a very important choice regarding your future and whom you spend it with. Opportunities to get involved in something good are present. Don't get tripped up on technicalities on the 1st, 2nd and 3rd. You may be emotionally drained because someone has been playing games with you. Don't let your heart rule your head, or you will end up making the same mistake over again. You will be light years ahead of everyone else on the 4th and 5th. Love and romance are predominant, and attending events will result in meeting someone special or hooking up with someone from your past.

PISCES (Feb. 19-March 20): Money matters must be taken care of on the 30th and 31st. Luck is with you, and money or gifts will come your way. Doing things to make your home more comfortable or pleasing will have a huge impact on the way you feel. Change will be good. Don't be too quick to react on the 1st, 2nd and 3rd. You have to really look at your options; although things appear to be changing rapidly, it doesn't mean that you have to go with the flow. Take your time and enjoy the moment. Nothing will be cut and dried on the 4th and 5th. Concentrate on you and what changes you would like to make within or without. The time to get your footing back is now.

Remembering...

by Captain Randy J. Henning

Women have become such an integral part of the Canadian Forces today that it is difficult to imagine a time when it was otherwise.

During the first months of WWII however, even as Canada struggled to meet its wartime recruiting requirement, women wishing to serve their country in uniform found only disappointment and rejection. While other countries, notably Britain, had begun recruiting women into support roles, Canada was slow to change. But as the war continued many women found work in Canada's fast-growing defence industries, performing jobs that had traditionally been done by men and learning technical skills that would be useful to any modern military. Still others who had earned their civilian pilot's licence before the war were hoping for some role in the new RCAF flying training schools that were springing up across the country. Surely, they all reasoned, a country at war could not ignore this untapped potential! But their frustration grew until July 1941 when, perhaps goaded by a British Air Ministry offer to send large numbers their airwomen to work on the British Commonwealth Air Training Plan (BCATP) Stations in Canada, the Mackenzie King Government finally created the Women's Auxiliary Air Force. Later renamed the RCAF Women's



Division, Canada's first airwomen became known simply as "the WDs."

The first cohort of WDs completed their training Haverall College in Toronto on December 1st, 1941 and large numbers began arriving at flying training schools such as the one at RCAF Station Trenton in early 1942. In his Holiday Message in the station newspaper, "Contact," in December 1942, (also featured in last month's article) the Commanding Officer, F.S. McGill writes, "And 1942 will always be remembered as the year the Women's Division reported and entered so capably into Station routine. Without any fuss or bother, they took over men's jobs and have done them well. Yes, the girls are fine and have proved a great asset."

But winning acceptance from the rank and file wasn't always as easy. In her book, "We Serve That Men May Fly," Mary Ziegler

recounts some of the challenges faced these first pioneers. "They quickly found that they had moved into an entirely different world," she writes, "a world of men. And the infiltration was not always welcomed." But most of the reaction took the form of some good-natured razing. As the girls began to be employed in traditionally male domains such as aircraft maintenance and heavy equipment, for example, "Airwomen were often sent to the laundry to pick up propeller wash or to maintenance for a right-hand screwdriver."

Acceptance grew, however, as did the importance of the WDs' contribution to the success of the BCATP. And as news of their success spread, women from across Canada rushed to join up. By December 1943, the WDs boasted 14,562 members of all ranks. By war's end they served not only on BACTP stations but also in operation centres in Western and Eastern Commands. More than 1400 served overseas.

Addendum - The WDs were disbanded in 1946, but women were again allowed to join the RCAF in 1951. And while they never achieved their dream of flying during the Second World War, women were accepted for pilot training in the Canadian Forces beginning in 1980. In 1988 Canada became the first Western country to begin accepting women for training as fighter pilots.

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MOVIES
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MOVIES

MOVIE LINE-UP

• Hide & Seek (14A)	1:05	7:05	9:05 (Weekend)
• Racing Stripes(G)	1:10	7:10	(Mon to Thurs.)
• Meet the Fockers (PG)		7:10	(Weekend)
• Are we there yet? (G)	1:00	7:00	(Mon to Thurs.)
		9:10	(Weekend)
		9:00	(Mon. to Thurs.)

Coming Soon: Hitch, Coach Carter
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FOR INFORMATION

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

Fête de la St-Jean Baptiste

Le Franco-Phare a mis sur pied un comité de la St-Jean Baptiste afin d'organiser cet événement d'envergure qui aura lieu **le 25 Juin 2005**. Afin que l'évènement soit un succès assuré, nous avons besoin de volontaires dans tous les domaines possibles.

Si vous êtes intéressés à faire partie du comité organisateur ou comme bénévole, votre volontarisme serait grandement apprécié. Que ce soit pour la logistique, promotion, sécurité publique, premiers soins, communication ou chansonner; votre expertise est la bienvenue.

TRENT VALLEY QUILTERS GUILD

Our first meeting of the new year will be held on Tuesday, Feb. 8th at the Dufferin Centre in Trenton at 7 p.m. All members past and present and anyone interested in becoming a member of the craft guild are invited to attend. If you require more information, please call Therese at 394-0441.

WINTER CARNIVAL 2005



It's coming sooner than you think!
More presents, chocolate, candies, love... can you handle it?
This year's Winter Carnival has a Valentine's day theme, so hurry up while love is in the air and get your team together for a fun-filled day of games and laughter.

When: Friday, Feb. 4
Time: 09:00 to 12 noon (BBQ to follow)

Where: Baker Island
Teams of eight participants plus one volunteer to assist the PSP staff.

For more information or to register your team, contact Tammy Whalen at the gym at local 2822.

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Messe Dominicale: 1130 hrs
CONFESSION
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Knights of Columbus 1st Thurs 1900 hrs
CWL 2nd Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
Padre Catherine Morrison (ACC)
WORSHIP SERVICE
Divine Worship (Sun) 0900 hrs
Holy Communion 1st Sunday of the month
Mid-Week Communion Wed 1230 hrs

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

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Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

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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.

Des nouvelles de votre Franco-Phare Film francophone 22-23 janvier 05

Le film de janvier s'en vient à grand pas, soit les samedi et dimanche 22-23 janvier prochain au "Centre Theatre" de la rue Dundas à Trenton. Comme prévu, nous vous présentons: « Bob l'éponge - le film » Un film pour toute la famille que les petits et les grands aimeront. Toujours à 15:15 et au prix de 5\$ pour tous.

Pour ce qui est du film de février, nous ne pouvons pas vous le confirmer aujourd'hui, mais il est probable que nous présentions soit: "Les Aimants" ou bien "Ma vie en cinémascope". Les dates de projections seront les 19-20 février 2005.

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Draw date: Feb. 3/05. The Contact is located on the lower level of the Headquarters Building, beside the Post Office.

Crossword Answers

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

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"I never thought I'd be here in uniform..."

Capt John Price
DND-CF

Oluvil, Sri Lanka — Corporal Ryan Dissanayake has returned to the land of his birth to find it savaged by a tsunami. Cpl Dissanayake left the city of Colombo at the age of 10, and came back to Sri Lanka as a Canadian Forces vehicle technician with the Disaster Assistance Response Team (DART).

"I never thought I'd be here in uniform," says Cpl Dissanayake, who lives in Toronto. "I was here on vacation just last year."

As Cpl Dissanayake walks past a battered blackboard, a lesson on English capitalization still chalked on it, he listens to a former student recount the events of December 26. A 15-metre water surge damaged everything in its path, and 700 students who would have been studying any other day of the week were spared only because it was a school holiday.

Cpl Dissanayake nods and his jaw tenses as he listens to the eye-witness account. Other soldiers can communicate only through an interpreter or the limited English spoken by the locals, but Sinhala is Cpl Dissanayake's first language, and people flock to tell him their stories.

"If someone is having trouble talking with the locals I go help them out," says Cpl Dissanayake. "Some of the guys like to learn the basic language, and I teach them some words."

Eleven soldiers break up chunks of cement, tear loose shingles off the roof, sweep the floor and cart the rubble away in a trailer towed by an all-terrain vehicle. Everything salvageable is put aside, and the rest is dumped in a nearby swamp to make it less hospitable to mosquitoes, which breed in standing water.

Cpl Dissanayake's relatives in Sri Lanka are safe on the west coast of the island, but his entire family is deeply moved by the disaster. "My mom saw stuff on TV that made her upset and she was very happy for me to come here and help out."

"It's good to be back and helping out the locals," says Cpl Dissanayake, with a wide grin as he prepares to load the last of the refuse for transport. "It's a great feeling."

Cpl Dissanayake has spent the morning hauling

garbage and bricks out of the rubble-filled school. Sweat flows freely from his brow as he takes a break to speak with some children. "They haven't gone to school since the tsunami. I told them, 'Maybe you guys can go to school next week.' They were happy."

Not far from where the soldiers are finishing up, two halves of a hull lie sprawled, the remains of a pale blue fishing boat split by a palm tree that stood in its path as it raced inland with the water surge. The school is almost ready for use, but the community is a long way away from prosperity.



Photo: MCpl Paul MacGregor, CF Combat Camera

Corporal Ryan Dissanayake, a member of the Canadian Forces Disaster Assistance Response Team (DART), cleans up rubble at a school that had been damaged during the tsunami of 26 December 2004.

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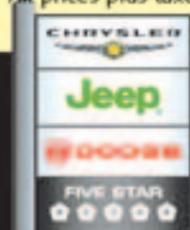
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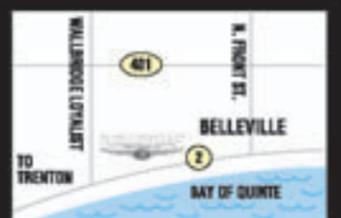
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