New world-class simulator now at CFSACO in Cornwall

by Captain Mike Levangie, CFSACO

16 Wing’s Canadian Forces School of Aerospace Operations (CFSACO) located in Cornwall Ontario, has recently acquired a state-of-the-art Control Tower simulator.

This is the first operational 360° simulator with the capability of voice-recognition/voice-synthesis in the entire world.

The simulator will be used by all CFSACO courses that, until now, have had to utilize Nav Canada Training Institute’s simulators.

A massive project, two large classrooms at the school and an adjoining hallway were transformed into a room to house this equipment. The visual system includes eight screens, offering a 360°horizontal and a 35°vertical field of view. The comprehensive database of aircraft flying manoeuvres can customize scenarios and be tailored to an individual controller’s training needs.

The simulator’s graphics are much improved from the older equipment and the aeronautical layout has been martialized to simulate a customized environment for CFSACO’s requirements. The simulated scenes can be adjusted to reflect time, day or night, and any type of weather conditions including heavy rain or snow. The ceiling and visibility can also be adjusted to simulate less than ideal conditions. Interestingly, the visual system also has a “binocular” feature enabling the operator to simulate binoocular-like, magnified images to pop up on the screen.

For the most impressive feature of this equipment is that it works by voice recognition/voice synthesis software, for example, the computer will interpret what the controller says and the computer generated aircraft will execute the instruction. Periodically, an operator/maintainer will monitor the system and override the commands where required, simulating a pilot error or misunderstanding for training purposes.

The voice recognition software requires the current requirement for pseudo pilots making the system effectively cost-effective by reducing the manpower requirement.

The simulator contract was purchased through Adacel Systems Inc. Included in the purchase was 3-D generation software that will enable CFSACO to create a database of other Canadian Forces aerodromes. This has wide-ranging training potential for Aerospace Controllers and Aerospace Operators, as well as for Air Force Airfield Team Training in general. The possibilities are endless! In these days of fiscal restraint and accountability, this simulator has an incredible acquisition.

Photo submitted

The CFSACO now boasts the first operational 360° simulator with the capability of voice-recognition/voice-synthesis in the entire world.

Nouveau simulateur de calibre international

par Captain Mike Levangie,
CFSACO

L'école d'opérations de contrôle aérospatial des Forces canadiennes (EOCAFC), qui sède de la 16e Escadre et est située à Cornwall, en Ontario, a récemment fait l'acquisition d'un simulateur de tour de contrôle à la fine pointe de la technologie.

Il s'agit du tout premier simulateur panoramique à reconnaissance vocale/synthèse de la parodie du monde entier. L'EOCAFC s'en servira pour constituer une base de données des autres aérodromes de l'EOCAFC comme s'il les observait au moyen de jumelles.

La caractéristique la plus impressionnante de ce simulateur réside, toutefois, et de loin, dans son logiciel de reconnaissance vocale/synthèse de la parole. À titre d'exemple, l'ordinateur interprète les instructions du contrôleur, puis l'automate virtuel qu'il affiche les exécute. Periodiquement, un responsable de l'opérations de contrôle aérospatial, sans oublier l'instruction générale des équipes des terrains d'aviation de la Force aérienne! En cette période de contraintes budgétaires et de responsabilisation, l'acquisition de ce simulateur est un véritable coup de maître.

La caractéristique la plus impressionnante de ce simulateur réside, toutefois, et de loin, dans son logiciel de reconnaissance vocale/interprétation en temps réel.

Le contrat d'achat du simulateur a été négocié par Adacel Systems Inc. Il prévoit également l'acquisition d'un logiciel de production tridimensionnelle dont l'EOCAFC pourra se servir pour constituer une base de données de plusieurs aérodromes de Forces canadiennes. Ce logiciel offre des possibilités infinies en ce qui a trait à l'instruction des contrôleurs - Aérospatiale et des Opérateurs - Aérospatiale, sans oublier l'instruction générale des équipes des terrains d'aviation de la Force aérienne! En cette période de contraintes budgétaires et de responsabilisation, l'acquisition de ce simulateur est un véritable coup de maître.
"Smile, boys, this is what it is all about," shouts the instructor over the drone of the buffalo’s engines. We are rapidly approaching the exit point for our bush jump. At the time he seemed slightly left of centre with his lunatic smile and crazy adrenalinized behaviour.

The students are anxious, having never performed a tree landing, or at least having never performed a planned tree landing. The instructor knows it. He can see it on our faces. He is trying to get the boys pumped for the task at hand. This is only the beginning of that transition. This is only the beginning of the daily objectives and challenges presented to the SAR tech candidate demand nothing less.

A selection board in Ottawa sorts and ranks the applications. The top 24 potential candidates proceed to pre-selection. This voluntary selection determines which 12 candidates precede to CFSSAR.

The course itself is 11 months in duration. It is very demanding physically and mentally. Skills taught include navigation, search techniques, man tracking, winter survival and travel, arctic survival, diving, moun-
WINNIPEG – The military is depicted in countless films, television shows and plays, however, it is not very often that we are asked to help choreograph a Shakespearean play.

The Manitoba Theatre Centre has called in the military to help them produce Richard III starring William Hurt, a murderous tale of what a man will do to become King of England.

Air Reservist Warrant Officer Dennis Hendrickson has been putting the cast through their paces by teaching them basic weapons drill and sharing his knowledge about British military customs and traditions to help them develop a military mindset.

Director Guy Sprung wanted to bring an authentic tale of what a man will do to become King of England.

In addition, Warrant Officer Hendrickson is consulting with costuming to ensure the authenticity of the military uniforms. WO Hendrickson says the theatre has even rented files. While on set, he often found his military experience made him the resident expert on military matters. He came out of retirement in 1998 to join the air reserves and moved to Winnipeg.

“WO Hendrickson is no stranger to the world of acting. After a 22-year career in the regular force, he retired in British Columbia where he picked up extra work on various television sets such as the X-files. While on set, he often found his military experience made him the resident expert on military matters. He says the experience has been amazing and that he is having a great time. "The actors are fantastic and William Hurt is a great guy. I can see in total awe of the situation and are taking it quite seriously themselves. For an actor, this is a fascinating look into a different world," he said."

Warrant Officer Hendrickson will return for a second season with Richard III, which opens April 17.

WO Dennis Hendrickson goes over the rank structure chart with the actors.

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MTC is wrapping up its season with Richard III, which opens April 17.

424 Sqn responded to two taskings in the past week.

The first tasking sent both the Lab and the Herc to the Port Colborne area to assist two people stranded on ice on Lake Erie. Once the Herc arrived on scene, it turned out to be one fisherman with a toboggan and he was not in distress. Both aircraft were told to return to Trenton.

The second tasking was for the Herc only which was sent to Igloolik, NU. The second tasking was for the Herc only which was sent to Igloolik, NU. The crew went off to refuel and returned to Trenton, finished another long day on SAR standby.
The Contact Newspaper

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 force base. Our primary mandate is to inform, entertain, and engage the 8 Wing personnel and their families on every aspect of life at this base, as well as those stationed at satellite bases in Trenton and other bases worldwide. We serve because we recognize a mission, when on other bases this base through pay allotment, a soldier member cannot get a monthly payment. Thank you for your time.

The Contact delivers news and information about 8 Wing / CFB Trenton, at home and around the world. We depend on you and our military constituents for stories, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can access all the content of the paper by following these guidelines on submitting your submissions for the paper:

ARTICLES

• Articles must include author’s full name, unit and phone #.

• Do not include clip-art or graphics within your typed pages. Additional graphics/graphics may be sent as separate files.

• Articles may be marked, e-mailed or delivered in person. No e-mail submissions should be used 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 #.

• Whenever possible, photos should be included with your article. Include your name and captions on the back of each photo, and number multiple photos. Electronic photos should be sent in either a jpeg or tiff format at a high resolution to ensure quality reproduction.

Guidelines for submissions: ARTICLES AND PHOTOS

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Letters to the Editor:

Internet: LEBLANC.AL.1@forces.ca
Intranet: LEBLANC.AL.1@CFBTronto@Trenton

All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a photo 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.

We Serve (Update 2003)

It’s me who’s got your back

I am a small and precious child, my dad’s been sent to fight. The only place I’ll see face is in my dreams at night. He will not be gone too many days for my young mind to keep track, I may be sad, but I am proud. My daddy’s got your back.

I am a caring mother, my son has gone to war. My mind is filled with worry, I hang out the door before. Everyday I try to keep my home fires from turning black, I may be scared, but I am proud - my son has got your back. I am a strong and loving wife, with a husband soon to go. There are times I’m terri- ably afraid.

I bite my lip, and force a smile when I watch your back pack. My heart may break, but I am proud - my husband’s got your back.

I am a soldier, serving proudly, standing tall. I fight for freedom, yours and mine, by answering this call, I must do my job while knowing the thanks it sometimes brings. Say a prayer that I’ll come home. It’s me who’s got your back.

Author Unknown
by WO Jean Marc Grimard
3 PL 2 I/C

There are three (3) Basic Helicopter Operations courses scheduled per year. The staff of Training Company’s Three Platoon consists of one (1) Master Warrant Officer, two (2) Warrant Officers and five (5) Sergeants.

There are a maximum of 20 and a minimum of 12 students on each Helicopter Operations Basic Course. The duration of this course is five training days, depending on weather and availability of the CH-146 (Griffon). The qualification is used mostly by members of the infantry, artillery and Traffic Techs. While the course is relatively short, the workload is not. During the training week the students learn the principles of rigging a standard load (rigging iaw CFTOs), non-standard loads (loads that have never been rigged and may have to be rigged when dealing with other NATO countries), and rules and regulations (safety around the helicopters). During the night, the students are busy with their homework and studies for the final exam. The final written test is definitely one of the most detailed the students have ever seen in their career (opinion from students on previous courses).

Every student must successfully complete all ground positions encompassing the helicopter operations, including the night familiarization. Once they complete their final exam, with certificate in hand, they are now trained professionals, qualified to assist in any operation at home and/or abroad. Some of the tasks they are now qualified to handle are the rigging of food and equipment to our troops on the front lines, assisting in the humanitarian aid airlift, and rigging and slingig crashed helicopters in an isolated area.
**News**

**Le Lieutenant-colonel Moreau a été muté en ERYM pour y effectuer une période de service, d’une durée de six mois, qui a débuté le 26 mars 2003.**

Le Canada est fier de participer à la première opération militaire menée par l’UE. Notre participation est conçue de façon à démontrer l’appui que le Canada accorde à la réussite de la Politique européenne de sécurité et de défense”, déclare le ministre McCallum.

“Il s’agit là aussi d’une indication sans équivoque de notre engagement indéfectible à la stabilité dans la région des Balkans”, ajoute le Général Ray Henault, Chef d’état-major de la Défense.

La mission actuelle qui se déroule dans l’ERYM et qui est placée sous l’égide de l’OTAN, l’opération Allied Harmony, va se terminer et une nouvelle opération menée par l’UE lui succèdera à compter du 31 mars 2003. Cette décision montre les progrès considérables réalisés durant l’opération Allied Harmony ainsi qu’au cours de l’opération précédente, la Task Force Fox, dans le but de rétablir la stabilité. On s’attend à ce que la mission compte environ 300 militaires, dont la plupart viendront de pays membres de l’UE. La nouvelle mission canadienne sera désignée sous l’appellation d’opération Fusion.

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**Pet Particulars**

**Here comes Peter Cottontail**

Each year many parents buy their kids two bunnies for Easter...one chocolate and one real!! While the chocolate one disappears quickly the real bunny lives up to 10 years. But does it live those years with it’s original family? The answer is to that question is often “NO”. When you adopt any pet you should be prepared to make both a financial and time commitment to the animal. Rabbits are gentle, social animals that need interaction and play time in order to be happy. Before you let the kids hold their bunny, show them how to brace the powerful hind legs so that the rabbit will be less likely to kick. Also, find an area where the bunny can run free (no electrical cords, plants, etc.) for a few hours each day.

The cost for a rabbit is low compared to a dog or a cat, but expect to spend about $400 for the first year. Your furry friend will need a cage, litter box and litter, food (hay, pellets, fresh fruit and vegetables) and a salt wheel. You will also need protective tubing for any electrical wires.

NEVER keep male and female, unaltered rabbits together. A male and female rabbit in the wild can produce more than four million offspring in a year. (That’s not a typo!!)

Finally, remember your kids may lose interest in the bunny and you will be/ should be responsible for the pet for the next several years.

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Until we eat again - farewell Chef Michael Hoy

Festive Easter spiced bun

1 cup (250 ml) milk
1 cup (250 ml) sugar
3 cups (750 ml) Five Roses Flour
1 tbsp (15 ml) baking powder
1/2 tsp. (15 ml) baking soda
1/2 tsp. (2.5 ml) salt
2 tsp. (10 ml) ground allspice
1/2 tsp. (2.5 ml) ground nutmeg
1/2 tsp. (2.5 ml) ground cinnamon
1/2 tsp. (2.5 ml) ground clove
1 tsp (5 ml) vanilla extract

Preheat the oven to 180ºC (350ºF). Line a tin with butter paper. Mix all the dry ingredients together. Beat the eggs and 1/2 cup of sugar together. Add the dry ingredients to the mixture. Beat the mixture well and pour into a greased loaf pan. Bake for 1 hour. Let the bread cool before taking out of the pan and taking it in an airtight container.

Ingredients:
- 1 small eggplant, peeled, cut into 1/4 inch rounds
- 2 red onions, sliced into 1/4 inch rings
- Fresh cracked pepper to taste
- 3 cloves garlic, minced
- 1/2 cup chopped fresh herbs (basil, oregano, thyme, etc)
- 3 tbsp balsamic vinegar
- 1/2 cup extra virgin olive oil

In a lightly oiled ramekin place the goat's cheese (chevre) 2 red ripe tomatoes, sliced into rounds herbs and salad greens to garnish.

Method:
Place the eggplant, zucchini and red onion in a bowl, season with salt, pepper, minced garlic, fresh herbs, balsamic vinegar and olive oil and set aside. Mix well and let marinate for approximately 10 minutes.

Grill the marinated vegetables (except for the tomatoes – leave those raw) on the barbecue until softened and lightly charred and set aside to cool slightly.

Don't forget to set your clock ahead on April 6th!
Find humour in your faults

Confessions from the Gym

Monday, March 31

I absolutely love my new routine! It’s challenging, it’s tough and it hurts like hell when I’m finished (which apparently is a good sign).

The one exercise I’m finding difficult is the assisted dip, which involves using your body weight (much to my horror). You start by placing your knees on a platform while holding onto bars at your hip level and then commence pushing yourself up and down. Believe me, it’s harder than it sounds.

On the same machine you can also do chin ups. Although Jen hasn’t included this in my routine I urged her to let me try one last week, which was exactly the amount I was able to do. Chin ups are also available at the gym.

I begged God that there was no one watching me. I moved towards the gym, it’s all a blur. But hey, if I can make someone else feel a little more at ease when visiting the gym, it’s all worthwhile. I highly doubt I am the only one who has experienced an embarrassing moment during a workout. I guess I’m just among the few who aren’t ashamed to share them.

Letters can be e-mailed to McVar.L@forces.gc.ca.

The keys to a healthy lifestyle

One of the things that set us apart from other creatures is our ability to make choices. We do not simply respond by instinct when faced with a situation. We can think about our actions and choose between alternatives. By choosing to eat foods that prevent disease, by exercising, by your willingness to learn, you are making choices that can improve the quality and productivity of your life.

For more information, call the RecPlex @ 392-2811 EXT. 3361/3348.

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Flag raising marks anniversary of the Royal Canadian Air Force

Photos by Cpl Bill Parrott, 8 Wing Imaging

Colonel Dave Higgins, Commander of 8 Wing/CFB Trenton salutes during a flag ceremony commemorating the 79th anniversary of the Royal Canadian Air Force. Also taking part in the event, organized by 413 Wing, were cadets, local citizens, and dignitaries.
Warning - excessive vibration can cause bodily damage

Submitted by Doug Bird, Deputy Wing General Safety Officer

In the human body excessive vibration can cause permanent damage to nerves, blood vessels, muscles, tendons, joints and bones. Exposure to vibration may even cause stress symptoms including tension, anxiety and sleep disturbances.

Just about anything which moves also vibrates. Tools such as jackhammers and drills expose the operator to excessive vibration. In a vehicle, vibration is caused by bouncing over rough terrain or from the movements of the drive train and other parts. Forklifts, buses, trucks, ships, trains, platforms and construction equipment are just some of the areas and objects where workers can be exposed to too much vibration.

Vibration injury often affects the hands, as in the case of a worker who operates a vibrating tool such as a chainsaw or a chipping hammer. However, vibration injury can also affect your arms, shoulders or back.

The first symptoms of vibration injury may be tingling and numbness in the fingers. Swelling and pain in the hands may follow, leading to loss of flexibility. Hands may turn white, indicating a reduced blood flow because the blood vessels have become constricted. Carpal Tunnel Syndrome and Vibration White Finger (Raynaud’s Phenomenon) are two of the problems that can be caused or made worse by vibration.

Vehicles and manufacturing machinery such as forklifts, earthmoving equipment, cranes, transit and watercraft equipment can also cause vibration injury. Over time, these exposures could result in back pain, damage to the spine and problems with internal organs.

Here are more tips for avoiding vibration injury:

- Operate tools at the lowest speed that will still get the job done in the same length of time. Always use the equipment according to the manufacturer’s recommendations and your company policies and procedures.
- Maintain tools and equipment so they will function well. If the tool’s vibration seems to increase, tell your supervisor so it can be repaired or replaced.
- Reduce vibration at the source. Take advantage of shock absorbing devices on equipment.

Cut down the transfer of vibration to the operator by using suspension devices between the handle and the source. Placing vibrating equipment on a cushioned, shock absorbent surface or other damping devices can also help.

- Keep your hands and arms warm.
- Alternate work with vibrating tools or equipment with other tasks.
- Limit the hours of exposure to vibrating equipment or tools.
- Hold tools as loosely as you can while still working safely and effectively.

Use tools made with padded grips to absorb some of the shock. Use anti-shock vibration gloves when possible.

If you have ever had problems with your hands caused by hand-arm vibration, don’t use vibrating tools.

- When driving heavy equipment or vehicles, use ample, adjustable seating. Adjust the seat so it supports your lower back.
- Sit square in the seat with an upright posture. Shift your position and stretch frequently.
- Don’t bend or lift right away after driving. Instead, walk around and loosen your muscles.

Our bodies are not designed to absorb continuous vibration, limit exposure to vibration from moving equipment and tools.

Dear Health Professional,

I am writing to ask you to consider some of the problems that I have been experiencing which might be of interest to you.

I have recently been experiencing considerable problems with my baby’s teeth.

When you want to know more about the cancer, visit the Canadian Cancer Society’s information service, Monday to Friday, 9 a.m. to 6 p.m., at 1 888 939-3333, email info@cancer.ca or visit www.cancer.ca.

Cancer info is just a click away

Cancer info is just a click away provides information about more than 4,000 cancer-related programs and services in communities across Canada. This directory helps visitors find local emotional support programs, homecare services, transportation programs, programs to quit smoking, and more.

The new website enhances and expands the Society’s other important ways of conveying cancer information to Canadians, including its national, bilingual, and toll-free telephone service. Trained specialists at the Canadian Cancer Society’s information service help more than 70,000 people each year understand the facts about cancer by tailoring the information to the individual caller’s needs.

When you want to know more about the cancer, visit the Canadian Cancer Society’s information service, Monday to Friday, 9 a.m. to 6 p.m., at 1 888 939-3333, email info@cancer.ca or visit www.cancer.ca.

Dear Health Professional, I keep hearing that I should be brushing my infant’s teeth. How important could this be, they are only baby teeth? I really don’t need to add another thing to our routine if it is unnecessary.

Signed, Tired Mom

Dear Tired Mom,

Good dental habits start early. It is good to get your child in the habit of brushing their teeth.

You will find out it is much harder to teach an older child new things. It is important to note that these teeth may still be in a child’s mouth until 12 to 14 years of age.

Baby teeth also hold the spaces for the permanent teeth to come in. These teeth may become infected and cause pain if decayed and don’t forget they help make that adorable smile!

Here are some tips on avoiding early childhood tooth decay.

- Always hold your baby while feeding, don’t let them get in the habit of walking around with a bottle.
- Begin cleaning your baby’s teeth at least once a day as soon as they appear.
- Choose snacks that do not contain sugar.
- Lift the top lip and look at your child’s teeth monthly, if you see anything unusual take them to your dentist.

Reference: Hastings and Prince Edward County Health Unit.

Sleepwear may be hazardous

(NC)—If you’re looking for new or used sleepwear for your kids, keep in mind that loose, baggy items catch fire more easily than snug-fitting ones and burn faster.

If you make the sleepwear yourself, choose patterns that are snug-fitting when using cotton or cotton blends. When making loose-fitting sleepwear like nightgowns and bathrobes, use polyester or nylon because they do not burn as quickly as cotton. Once you are in their new sleepwear, remember always to supervise children around burning candles, fireplaces, stoves and campfires, and to keep lighters, matches out of sight and reach of children.

If you’re kids are now in school, and you’re planning a garage sale to get rid of their old clothes and toys, you should be aware that it is illegal to sell loose fitting sleepwear including pyjamas, nightgowns, nightshirts, dressing gowns, bathrobes, house coats, robes & baby doll pajamas made of any cotton, acrylic or acetate or blends of these fibres, because they don’t meet federal government flammability standards. By selling an item that poses a hazard, you could also be liable in a civil court of law.

For more consumer safety information on children’s and other products, visit Health Canada’s Web site at http://www.hc-sc.gc.ca/psp/
**Mass Schedule**

**HORAIRE DES MESSES**
HOURS OF MASSES

**Our Lady of Peace Chapel (RC)**

- **NOTRE-DAME DE LA PAIX (CR)**
  - Padre Bastien Leclerc (RC)
  - Rector of Chapel Local 3487
  - Chapel Life Coordinator (Responsable de la communauté chrétienne)

- **Padre Allan Murphy (RC) Local 3312**
  - Masses: Dom (9:00 hrs St. Ignatius)
  - Sunday Mass: 11:00 hrs (English)
  - Weekday (WF): 12:00 hrs (Bilingual)

**ST CLEMENT ASTRA CHAPEL (Protestant) Services**

- **Padre Catherine Morrison (ACS) Local 2314**
  - Chapel Life Coordinator
  - Sunday: Divine Worship 10:15 hrs Holy Communion: First Sunday of the month
  - Mid Week: Anglican Eucharist at 12:00 hrs

**CHAPEL ORGANIZATIONS**

- Men’s Club 1st Tues of the month
- Ladies Golf: Last Tues of the month

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At all times.

**BAPTISMS / BAPTESMES**
Please allow at least 30 days notice for preparation. Communicate with the chaplain in person 30 days prior to date desired.

**MARRIAGES / MARIAGES**
You must contact the chaplain’s office prior to selecting a date. Please allow at least six months.

**PARISH ORGANIZATIONS**

- Parish Council
  - Knights of Columbus
  - Holy Cross Society
  - Knights of Columbus
  - Holy Cross Society
  - Knights of Columbus
  - Holy Cross Society

**CONFIRMATION**
After working hours please call the base operator at 392-2811 and ask for the duty chaplain.

After the hours of work, please call the base operator at 382-2811 and ask for the duty chaplain. After the hours of work, please call the base operator at 382-2811 and ask for the duty chaplain.

The 2003 Women’s Conference Committee want to thank the following businesses for helping to make this event a huge success:

**Grace Andrews**
- **Roger’s Video**
- **Morton Parker**
- **Quinte Mall**
- **Ecole élémentaire Cité-Jeunesse**
- **Campbellford**

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Thank you / Merci

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If you are interested in purchasing or leasing a new or previously owned Volkswagen, please contact Paul Boulton at 613-966-3333.
**Winners announced for annual Sports Awards**

**CF Sports Awards Program**

The CF Sports Awards Program is a way to recognize the exemplary contributions of athletes, coaches and officials to the CF Sports Program and to military life. The CF recognizes the Male and Female Athlete of the Year, Military Male and Female Coach of the Year, Civilian Coach of the Year, Team of the Year and Official of the Year.

**Nominees/Winners - 2002**

**Female Athlete of the Year - Nominees:** MCpl J. Burns (softball), WO L. Rowe (row softball, hockey, ball hockey), MCpl D. Campaigne (badminton, fastball, soccer).

Winner: WO L. Rowe

**Male Athlete of the Year - Nominees:** Pte G. Proulx (hockey), Capt B. Dymond (running), Capt D. Rudnicki (mountain biking), MCpl D. Bryson (triathlon), CWO S. Berthaume (badminton), Sgt M. Hamilton (ball hockey, hockey, broomball), Cpl M. Gallagher (running).

Winner: MCpl D. Bryson

**Civilian Coach of the Year - Nominees/Winners:** Mr. B. Pearce (broomball, ball hockey).

**Team of the Year - Nominees:** Men’s Track Team & Vintage Flyers Old Timers Hockey Team.

Winner: Vintage Flyers Old Timers Hockey Team.

**Volunteer of the Year:** Pte J. Stenning (WHL), WO B. Frank (OTHL), MCpl S. Bates (Intersection Floor Hockey League), Sgt M. Hamilton (Intersection Ball Hockey League), Capt L. Mazzarisi (Intersection Noon Hour Volleyball League), Sgt G. King (OT hockey team), PO2 D. Musseau (minor hockey), Mr. Johnson (minor hockey).

Winner: Cpl W. Jerrett

Voted by three of four nominees for their outstanding sport accomplishments. All winners will be forwarded to AIROM for consideration for an AIRCOM Award. We wish them the best of luck!

The 8 Wing/CFB Trenton Sports Awards Program

The Wing/CFB Trenton Sports Awards Program is a way to recognize the exemplary contributions of athletes and volunteers to the Wing/CFB Sports Programs and to military life. These awards, in this category are the Most Sportsmanlike Player, Most Sportsmanlike Team and Volunteer of the Year.

**Nominees/Winners 2002/2003**

Volunteer of the Year: Pte J. Stenning (WHL), WO B. Frank (OTHL), MCpl S. Bates (Intersection Floor Hockey League), Sgt M. Hamilton (Intersection Ball Hockey League), Capt L. Mazzarisi (Intersection Noon Hour Volleyball League), Sgt G. King (OT hockey team), PO2 D. Musseau (minor hockey), Mr. Johnson (minor hockey).

Winner: Cpl W. Jerrett

Cpl W. Jerrett who’s accomplishments include:

- Noon Hour Hockey League (NHL) President 2002/2003;
- Chaired league organizational meeting;
- Chaired league disciplinary meeting;
- Assisted with all league disciplinary issues;
- Co-organized a 4 on 4 hockey tournament to raise money for the 8 Wing/CFB Trenton United Way Campaign;
- Co-organized a 8 Wing/CFB Trenton at CF Europe Invitational Hockey Competition.

**Most Sportsmanlike Athlete:** MCpl J. Wilson (WHL), Mr. Quinsey D. (NHL), MCpl Elliott (OTHL), MS Paré A. (Intersection Floor Hockey League), Capt Coxhead A. (Intersection Noon Hour Volleyball League), MCpl Elliott. Winner: voted by three of four teams as the Most Sportsmanlike Athlete.

Played in an enthusiastic and fair manner at all times. Fewest total penalty minutes in the league. Continually encouraged his teammates to play fair.

Most Sportsmanlike Team: ATC team (WHL), Black Team (Composite team) (NHL), Black Team (Composite team) (OTHL), 426 Sqn team (Wing Floor Hockey League), WWood team (Wing Slow Pitch League), WHQ team (I/S Noon Hour Volleyball League).

Winner: WFood Team

Voted by four of five teams as the most Sportsmanlike Team. Displayed excellent team spirit and respect for all other participants even though finishing last in the league.

**Nominees/Winners - 2002**

**Female Athlete of the Year - Nominees:** MCpl J. Burns (softball), WO L. Rowe (row softball, hockey, ball hockey), MCpl D. Campaigne (badminton, fastball, soccer).

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**Civilian Coach of the Year - Nominees/Winners:** Mr. B. Pearce (broomball, ball hockey).

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An American in Canada, disappointed

Garth Turner

Just outside the House of Commons, behind those gold curtains you see on television, is a lobby for Members of Parliament who belong to the governing party. There are a few couches and chairs, a string of telephone booths and security guards at both ends to keep the tourists out.

One night 12 years ago the prime minister entered that lobby and asked that his MPs gather around to hear word of an important event. Brian Mulroney got up on a coffee table and told us in a hushed tone that Canadian forces - war planes, soldiers and frigates - were at that very moment taking part in a strike against Iraq. It was a war, he said, that was just and he, as the country's leader, was proud to order the troops into battle.

It was a tough moment for those of us who believe the Americans have shown leadership and courage in doing the dirty work other nations don't have the stomach for. Cellucci also drew a straight line between getting rid of Saddam Hussein and Nine Eleven, making the argument that a despot with weapons of mass destruction posed an ongoing threat to the security of every country in the free world - especially the United States.

Of course, many Canadians - including the current prime minister - do not agree with that. More probably, they simply do not want to get involved in a war that could end with unforeseen consequences. There are people who oppose fighting on principal. Others wisely point out that the Canadian military is already stretched to the breaking point with anti-terror equipment and dwindling ranks.

Those may be valid positions, but every Canadian has to recognize that south of the border right now, our largest trading partner and important economic ally believes we have abandoned it. Paul Cellucci used the word "disappointed" three times during his breakfast speech, and while it was effective and emotional, it barely described the contempt that so many Americans today feel for Canada.

Cellucci also made the point that Canada, with frigates, supply vessels and troops in the Gulf region, was in a position to make a more of a contribution to the Iraqi war effort than any of the other 40 countries in its coalition, with the exception of Great Britain. The point was obvious - the decision not to assist was deliberate on our part.

People who oppose fighting in the area are saying, "Well, those were our boys, but we don't send our boys there."

It is impossible to know that right now, but I'd say the odds are very high that there will be a price to pay for our inaction. Making things worse are the incidental acts that are flowing out of the States - Montreal fans booing the American anthem; a cabinet minister calling George Bush a "failed statesman"; a Canadian senator accusing Florida residents of owning half the cars with Canadian plates.

Canada is a prosperous first-world country in large part because we sit beside the wealthiest nation in the world, and sell two-thirds of all our goods to that one customer. We are a secure and peaceful land in large part because any potential foe would understand that an attack on us would be tantamount to one on the United States - with similar consequences.

That's what Cellucci was saying. He was, of course, right.

Garth Turner's Investment Television airs Sundays on the Global network.

Internet, garth.ca.

What to do if you find unauthorized transactions on your account

(NC)-If you find unauthorized transactions on your credit card account, follow the steps below to find out whether you can be reimbursed:

Step 1: Contact your credit card issuer immediately to report the unauthorized transactions.

Step 2: Check your credit card agreement. By law, your agreement must contain a section that explains your maximum liability (usually $50) in the case of lost or stolen credit cards, or the unauthorized use of your credit card account number.

Step 3: Find out if your credit card issuer offers "Zero-Liability" on unauthorized transactions. For example, Visa and MasterCard cardholders are protected beyond the maximum liability found in their credit card agreements. This is done through a public commitment Visa and MasterCard call the "Zero-Liability Policy". If your Visa or MasterCard is lost or stolen, or if someone uses your Visa or MasterCard account number to make transactions you did not authorize, you can usually be reimbursed.

This policy applies to transactions made on the Internet, by phone or at retail, but may exclude personal identification number (PIN)-based transactions – for example, a cash advance made on your card at an automated banking machine (ABM) – and transactions made on corporate credit cards. Find out from your credit card issuer whether they have such a policy and how it can protect you. Note that these policies are not listed in credit card agreements, since they are public commitments and not legal requirements.

For more consumer tips on how to choose and use the credit card that best suits your needs visit the Financial Consumer Agency of Canada web site at http://www.fcac-acfc.gc.ca or call toll free 1-866-461-3222.
1943--With the war raging overseas, another niche was carved in the annals of RCAF Station Trenton with the establishment of No. 2 Air Gunners' Ground Training School with 138 trainees, and a staff of 7 officers and 14 NCOs.

1953/1963—Unavailable

1973--Ottawa announced a 60-day tour extension for the 290-member CF contingent in Vietnam, after personnel there learn of it in the press. Canadian Government sells 22 CF-104 Starfighters to Norway for $130M.

1983--The Canadian Expedition to Study the Alpha Ridge (OP CESAR) returns to CFB Trenton after building a polar ice cap runway to deliver 31 loads of scientific equipment. Statistics Canada reports that 40 per cent of Canadian marriages end in divorce.

1993--The Government adds three bars to The Special Service Medal: In addition to Pakistan they are: Peacekeeping; NATO; and Alert. LGen David Haddleston, Comd Air Comd, and CWO Guy Parent, Air Comd CWO, set example by publicly becoming members of The Royal Canadian Air Force Association (now Air Force Association of Canada).

OUT WITH A SPLASH!

On March 13th, 424 Sqn celebrated with MWO Brian Young on the occasion of his last flight as a CC-130 Hercules flight engineer and a member of the military. He was met with some "liquid refreshments" by the members of his section to show appreciation for his 30 years of service. We will miss his warm and kind mannerisms around the squadron.

This Week in Contact

Created & compiled by
WO J. H. MacDonald, Deputy Wing Heritage Officer.

“Your Gateway to the CFB Trenton Community”
www.cfbtrenton.com
“Your online source for community info—just a click away”
New commander for Canadian Task Force


Col. Gillespie, a former commander of 38 Canadian Brigade Group which is headquartered in Winnipeg, commands the Canadian Task Force whose role is to support the NATO-led Stabilization Force (SFOR) in Bosnia and Herzegovina by maintaining a safe and secure environment for the local population within the Canadian area of responsibility. Col. Gillespie is the first Reserve officer to hold this position. Col. Atkinson will be attending the United States Army War College in Carlisle, Pennsylvania.

The Task Force is composed of approximately 1,200 military and 250 civilian personnel, the Regular Force soldiers coming mainly from Winnipeg and the Reserve Force soldiers, which make up 26% of the Task Force, coming from across Canada. The Task Force is responsible for the northern sector of the Multinational Brigade (Northwest) covering an area of approximately 6,000 square kilometers, an area slightly larger than Prince Edward Island.

The change of command ceremony completes the transfer of command of Canadian units serving in Bosnia and Herzegovina. Previous changes of command include: Lt.-Col. Craig King, Commanding Officer (CO) First Battalion, Princess Patricia’s Canadian Light Infantry passing on command of the infantry battle group to Lt.-Col. Michael Peyver, CO 1 Service Battalion, Princess Patricia’s Canadian Light Infantry; Lt.-Col. Michael Peery, CO 1 Service Battalion passing command of the National Support Element to Lt.-Col. Tom Davis, CO 1 General Support Battalion; Lt.-Col. R.M. Michael Haskins passing command of the TF89 Helicopter Detachment to Lt.-Col. Michael Dabros; and Maj. Robert Poirier passing command of the National Command Element to Maj. Jim Fitzgerald.
April 04, 2003

MCpl J.R.J.M. Brassard received a Certificate of Service presented by LCol L.Bouchard, CO 424 Sqn.

MCpl J.P. Stuart received a Certificate of Service presented by LCol L.Bouchard, CO 424 Sqn.

Col T. Carr received his CD2 presented by A4 BGen P.J. McCabe.

CPO 2 C. Dionne received his CD2 presented by LCol S.M. Davenport, A1/WAHR Branch.

Cpl J.D. Loosemore received a promotion to that rank presented by LCol L.Bouchard, CO 424 Sqn.

Cpl J.R.J.M. Brassard received a Certificate of Service presented by LCol L.Bouchard, CO 424 Sqn.

WO K. Nicholls received a promotion to that rank presented by LCol Smith, CO 429 Sqn and CWO S. Guy, SWO.

MCPA D. Monette received a promotion to that rank presented by Maj W. Watson, WCEO. In attendance were CWO D.M. Mouner and Lt D. McClure.

MCPA J.P. Stuart received a Certificate of Service presented by LCol L.Bouchard, CO 424 Sqn.
Business Information

**CLASSIFIED AD RATES**
Word ad: $3.00 per insertion.
Text advertising included.

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All advertising must be dropped off at CONTACT 142 Yukon Street, South Side Room 26 before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

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Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the cost of the ad where the error occurred.

**CONTACT**
Readers should exercise their right to make necessary corrections in the publication except to the cost of the ad where the error occurred.

**RATES**
**CLASSIFIED**

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**Business Services**

**BOARDING**

**NEW & USED REFRIGERATORS**
Stoves, washers, dryers, freezers, dishwashers. 3-month old & 6 yr old. See with written guarantee. Please call 705/00 and up.

**WANTED TO BUY**
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 968-4183.

**KEITH’S REFRIGERATION**
Parts & repairs of all makes of refrigerators, freezers, air conditioners, dehumidifiers and heat pumps. Call Keith Stein 922-6218.

**WANTED**
WANTED TO BUY Incline bench for home gym. Please call 961-7853 or 392-2811, local 3978.

**EARN EXTRA CASH**
Sell your used items in the Classifieds.

**FOR SALE**
88 Toyota Corolla SR5 2dr, runs well. Body needs a bit of work. Excellent for 2nd vehicle or for parts. 965-1043.

**Assignments**
The Quinte Chapter, General Meeting, Wednesday, April 9, 2003 at 7:00 p.m., St Andrews Presbyterian Church, 67 Victoria Avenue, Belleville. The meeting will be followed by a Family Support Group. Everyone is welcome. For more information call 922-8438.

**Lost & Found**
Metal Detector Sales
Email: clay@sympatico.ca

**For Sale**
Sony CD walkman plus two headsets & one adaptor. New Condition $95.00 394-7151

**ATTENTION FOR SALE**
To all DJ’s & Music lovers - Hundreds of CD’s, Tapes & Records to sacrifice. Great variety of music for anyone 967-8197 or 849-1479

**FOR SALE**
Slate Pool Table 4’x8’, 2 sets of balls, 10 cues, rack, scoreboard, light & accessories. A steal at $995.00 O.B.O.

967-8197 or 849-1479

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April 04, 2003

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