Tens of thousands enjoy the thrill of QIAS

All eyes were on the skies over Trenton last weekend during the Quinte International Air Show (QIAS).

Approaching 50,000 people covered the tarmac at 8 Wing/CFB Trenton to enjoy performances by more than 20 aerial acts, 40 static aircraft displays and various children's activities that made up this successful event. Despite inclement weather on Saturday and soaring temperatures on Sunday, spirits were high among both the general public and 1,755 dedicated volunteers.

“Everyone who participated—whether it was spectators, working staff or directors—came away satisfied,” said LCol Andy Maziarski, QIAS Chairman.

Due to international commitments that forced the cancellation of last year’s air show, this was the first such event in four years. According to Bob Payette, QIAS Marketing Coordinator, the public showed immense interest during the planning of this year’s event. As of last Thursday, approximately 10,000 advance tickets had already been sold.

“On the QIAS website, we received between 500-600 hits per day, 7,000 in the last week,” said Payette, during the QIAS Media Day on June 19.

The QIAS truly offered something for everyone, from the airplane enthusiast to the music lover. The weekend was filled with plenty of live entertainment, culminating with Saturday night concerts that featured popular Canadian performers Honeymoon Suite and Jimmy Rankin.

“Everyone who took part in the (entertainment) activities on Friday and Saturday night were very, very happy. That part couldn’t have gone better. The bands we had were recognizable and people loved them. It’s fair to say over 2,000 people turned up (on Saturday night),” said LCol Maziarski.

Can the public expect another air show in 2005? Possibly, say organizers.

“We’re waiting for the post air show wrap-up. Once we have all the details in hand, we’ll see where we go from here,” said LCol Maziarski. “Hopefully we’ll come close to breaking even. If that’s the case, we’ll certainly plan on another air show.”
Update on Operation ATHENA

OTTAWA, June 19 /CNW/ - The Honourable John McCallum, Minister of National Defence, and General Ray Henault, Chief of the Defence Staff, delivered an update today on Operation ATHENA, the Canadian Forces (CF) participation in the International Security Assistance Force (ISAF) in Kabul, Afghanistan.

Canada will contribute about 1,850 troops to the mission in Kabul later this summer. The Canadian contingent in ISAF will comprise a Battalion Group, a Multinational Brigade Headquarters, CF airlift elements, a National Command Element, a National Support Element, and some additional staff for the ISAF headquarters in Kabul.

Currently, this mission involves about 5,000 troops from 29 nations.

"Operation ATHENA is an important mission for the Canadian Forces, and it demonstrates Canada's ongoing commitment to the international campaign against terrorism and to international peace and security," said Minister McCallum.

"In co-operation with our allies, the Canadian Forces will make a major contribution to the stabilization and reconstruction of Afghanistan."

"The contributions the Canadian Forces make to domestic and international security do not come without sacrifice. This is a substantial commitment on our part to a dangerous theatre of operations. Our personnel and equipment have been rigorously prepared, and are ready to deploy and to make a real difference on the ground," said the Chief of the Defence Staff, General Ray Henault.

The following officers have been appointed to the various command-positions in Operation ATHENA and ISAF:

- Major-General Andrew Leslie, currently serving in Toronto, Ontario: Commander, Task Force Kabul and Deputy Commander, ISAF;
- Brigadier-General Peter Devlin, currently serving in Petawawa, Ontario: Commander, Kabul Multinational Brigade;
- Colonel Mark Hodgson, currently serving in Kingston, Ontario: Commander, Commanding Officer, Theatre Activation Team;
- Lieutenant-Colonel Donald Deane, currently serving in Petawawa, Ontario: Commanding Officer, 3rd Battalion, The Royal Canadian Regiment Battalion Group;
- Lieutenant-Colonel Christopher Thurrott, currently serving in Petawawa, Ontario: Commanding Officer, National Support Element; and
- Major Thomas Sullivan, currently serving in Petawawa, Ontario: Commanding Officer, Kabul Multinational Brigade Headquarters and Signals Squadron.

In February 2003, the international community asked Canada to help maintain peace and security in Afghanistan by contributing troops to the UN-mandated mission in Kabul. Canada agreed to participate in ISAF for one year, in two six-month rotations beginning in August 2003.
Canada Day Message 2003 from the CDS

From Gen Ray Henault
Chief of the Defence Staff

On behalf of all Canadian Forces personnel serving at home and abroad, I’d like to wish you all a very happy Canada Day; on this, our nation’s 136th birthday.

As we celebrate Canada Day, I’d like to acknowledge the accomplishments and dedication of the outstanding men and women who serve their country in uniform.

From the Canadian contribution to the international campaign against terrorism to peace support operations in the Balkans and on the Golan Heights, the Canadian Forces continue to deliver on our nation’s important international commitments.

And at home, the men and women of the Forces defend Canada and Canadian interests. We are partners in the North American Aerospace Defence Command — or NORAD — we conduct naval patrols on Canada’s waters and last year, more than 700 Canadian Forces personnel were involved in search and rescue incidents across the country.

Our reservists are also making a difference at home or while serving abroad. We only have to look to the North as an example of their dedication. Through their work in Canada’s most remote regions, the Canadian Rangers are always ready to assist.

From conducting Northern Warning System inspections to guiding CF members participating in land exercises, these dedicated reservists contribute to Canada’s security and sovereignty.

We have a tough, professional military force in Canada and we can all be proud of the role it plays here at home and internationally.

Once again, on behalf of all the fine men and women of the Canadian Forces serving at home or overseas — happy Canada Day.

Message à l’occasion de la fête du Canada 2003

par Gen Ray Henault
chef d’état-major de la Défense

Au nom de tous les membres des Forces canadiennes, servant ici ou à l’étranger, j’aimerais vous souhaiter une très heureuse fête du Canada.

Notre pays célèbre cette année son 136e anniversaire.

Je suis fier et honoré que l’on m’ait confié la direction de la remarquable institution que sont les Forces canadiennes.

Je désire profiter de la fête du Canada pour saluer les réalisations et le dévouement des femmes et des hommes exceptionnels qui, vêtus de l’uniforme, servent leur pays.

La participation du Canada à la campagne internationale contre le terrorisme ainsi que les opérations de soutien de la paix dans les Balkans et sur le plateau du Golan illustrent les efforts continus que déploient les Forces canadiennes afin de tenir les importants engagements internationaux du Canada.


Les réservistes aussi savent s’illustrer, qu’ils servent ici ou à l’étranger. Il suffit de constater ce qu’ils accomplissent dans le Nord pour comprendre leur engagement.


La force militaire canadienne fait preuve de tenacité et de professionnalisme, et nous pouvons tous nous engager à le voir jouer sur le plan national et international.

Encore une fois, de la part de tous les hommes et de toutes les femmes remarquables des Forces canadiennes, qui servent au pays et à l’étranger, joyeuse fête du Canada.
LETTERS

Kudos

My compliments to all involved with this year's show. It was fantastic! Everyone who played a role made the day really enjoyable. Right from the people handling traffic and parking to the gates and onwards. The displays were wonderful, a lot of things to see, try and explore. My kids really enjoyed it. Great static and aerial display. I look forward to your next show. Please extend a big thank you to everyone at the Base and the vendors. Very professional!!!

Rae Barnett

More kudos

I would like to take the opportunity to personally thank each and every one of you for the fine effort you put into supporting QIAS 03. From all accounts, the Air Show was a major success, meeting or exceeding all objectives. Whether you were a designated participant, committee member, support or uniformed attendee, there is no question that your individual and collective efforts made a real difference in conveying the right messages to the public. Feedback on your professionalism, conduct and courtesy was universally positive and we can expect to hear more on this.

This is your achievement and I hope that you will take the time to reflect upon it with a sense of pride and accomplishment. Well done!

Col D.S. Higgins

Canadiana Crossword

ACROSS
1. Elongated
2. Guide scale note
3. Bifacial name
4. Cape Buffalo
5. Subside
6. Financial obligation
15. QUEBEC PREMIER
D1. Chicken dish
18. Green
19. Oeps
20. HITMAN
23. Heath in Haste
26. FRIED ROLL
30. Woodworking tool (v.e.)
31. Madmen, slingly
32. Chickadee
35. Dowsy daddies!
36. Gift

DOWN
6. Forests or Palmedroppers
7. GLACIAL LAKE
8. Greek God
9. Cancerous growths
10. Death notice
11. Porter
16. Church cemetery
22. PROMENY
23. Singin Juun
23. Pistons
24. Cuckoo
25. LOOKER SUSAN
27. Household Gold
28. Pressing units

This Week in Contact

1944—the RCAF Rehabilitation Programme for ex-service men seeking vocational and university re-training offers monthly grants of $60 for single men, $80 for married men, $15 for dependant children, and $30 for dependant parents.

1953—Unavailable

1973—Indira Gandhi arrives at CFB Trenton on board a 437 Sqn 707. Minister of National Defence James Richardson announces that the configuration of Canada’s NATO forces in Europe would remain unchanged until 1976, a decision which ended discussions with manufacturers of Britain’s Scorpion armoured vehicle to replace Canada’s ageing Centurion tanks.

1983—Official opening of CFB Trenton’s Air Cadet Camp Module Complex, eight prefabricated self-contained units purchased by Air Command to alleviate immediate shortages in base accommodations.

1993—In the wake of incidents involving the CF in Somalia, Contact runs a full page “CBS News Release” to dispel “innuendo and hearsay” back-to-back with lengthy “Greetings and Congratulatory Messages” from His Excellency The Governor General (Ramon John Hnatyshyn), the Prime Minister (Brian Mulroney), the Minister of National Defence (Kim Campbell), and The Chief of The Defense Staff (Adm John Anderson).

The Contact Newspaper

The CONTACT is an unofficial publication of # 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—# Wing/CFB Trenton. We are the primary internal and external communications tool for Wing/CFB Trenton and began publishing in November 1940. We strive to build airmen’s morale and ‘keep the decks clean’ among both the military and civil community, in our philosophy to keep abreast of the affairs of 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 errors, no goodwill may be sold and/or distributed. In this newspaper whose liability is limited to a refund of the space charged for the advertisement.

Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about # 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 accelerate this process by following these guidelines on preparing your submissions for the paper:

• Articles should be typed in upper and lower case and in plain black

• Wherever possible, photos should be included with your article. Include credits for 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.

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

Everyone is welcome to submit articles. Please refer to the information at the bottom of the main objective of the writer. We cannot guarantee that any particular letter for verification. We reserve the right to edit while preserving the all letters and editorials must be signed and the name of the author included when referred to thereafter.

Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about # 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 accelerate this process by following these guidelines on preparing your submissions for the paper:

• Articles should be typed in upper and lower case and in plain black

• Wherever possible, photos should be included with your article. Include credits for 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.

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

Everyone is welcome to submit articles. Please refer to the information at the bottom of the main objective of the writer. We cannot guarantee that any particular letter for verification. We reserve the right to edit while preserving the all letters and editorials must be signed and the name of the author included when referred to thereafter.

Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about # 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 accelerate this process by following these guidelines on preparing your submissions for the paper:

• Articles should be typed in upper and lower case and in plain black

• Wherever possible, photos should be included with your article. Include credits for 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.

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

Everyone is welcome to submit articles. Please refer to the information at the bottom of the main objective of the writer. We cannot guarantee that any particular letter for verification. We reserve the right to edit while preserving the all letters and editorials must be signed and the name of the author included when referred to thereafter.

Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about # 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 accelerate this process by following these guidelines on preparing your submissions for the paper:

• Articles should be typed in upper and lower case and in plain black

• Wherever possible, photos should be included with your article. Include credits for 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.

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

Everyone is welcome to submit articles. Please refer to the information at the bottom of the main objective of the writer. We cannot guarantee that any particular letter for verification. We reserve the right to edit while preserving the all letters and editorials must be signed and the name of the author included when referred to thereafter.

Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about # 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 accelerate this process by following these guidelines on preparing your submissions for the paper:

• Articles should be typed in upper and lower case and in plain black

• Wherever possible, photos should be included with your article. Include credits for 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.

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

Everyone is welcome to submit articles. Please refer to the information at the bottom of the main objective of the writer. We cannot guarantee that any particular letter for verification. We reserve the right to edit while preserving the all letters and editorials must be signed and the name of the author included when referred to thereafter.
Operation CARAVAN - restoring stability and security

by Captain Rob Johnston
Operation CARAVAN
Entebbe, Uganda – On June 8, 2003, CF personnel taking part in Op CARAVAN arrived here in response to a request from the United Nations for assistance in restoring stability and security to the Ituri province of the Democratic Republic of Congo (DRC). Op CARAVAN, composed of 52 CF personnel, is commanded by LCol Luc Bouchard, Commanding Officer of 424 Sqn, 8 Wing Trenton. The month-long mission is to deploy French personnel and equipment into Bunia, the capital of Ituri, with two CC-130 Hercules aircraft. “This mission presents a lot of challenges that we are ready to face and overcome,” said LCol Bouchard. “Our contribution is key to support the efforts aimed at restoring security and improving humanitarian conditions in the Ituri province. We are all proud to take part in this mission and to represent Canada in this part of the world,” he added. The majority of Task Force Op CARAVAN personnel were already deployed in the Arabian Gulf Region as part of Op APOLLO. Canada’s contribution to the U.S.-led international campaign against terrorism. With augmentation from Trenton, Kingston, Bagotville, Ottawa, and Greenwood, the two CC-130 Hercules aircraft and their crews contribute to the overall multinational tactical lift capability of eight C-130 Hercules and two C-160 Transall aircraft. French and Belgian aircraft comprise the remainder. Along with the air and maintenance crews are logistics, administrative, medical, communications, intelligence, traffic, and command personnel.

Captain Rob Johnston is a Medical Officer deployed on Op CARAVAN.

11 June 03, Bunia, Democratic Republic of Congo

Photos (all): MCpl. Brian Walsh, CF Combat Camera

11 June 03, Bunia, Democratic Republic of Congo (DRC). A Canadian Forces CC-130 Hercules transport aircraft prepares to touch down in Bunia, Democratic Republic of Congo. The Canadian Forces is supplying two CC-130 aircraft as part of Operation Caravan, to help deploy the French-led coalition of approximately 1400 troops into the war-torn country.

(bottom) CF and French Air Force personnel load equipment onto a Canadian CC-130 Hercules bound for Bunia.
Commemorative poster unveiled at QIAS

During a media day for the Quinte International Air Show on June 19, the National Chairman of the Canadian Centennial Commission unveiled the Canadian Centennial Poster, celebrating the 100th anniversary of powered flight.

The poster, designed by John Labots of Kelowna, highlights the major achievements of Canadians in aerospace military and civilian aviation. It will be distributed across Canada this year at airports, air shows and museums.

This commemorative unveiling follows the official launch of the 100 Towns for 100 Years Tour, held two weeks ago at the Winnipeg International Air Show. To promote the centennial, the Altitude is Everything hot air balloon has been making its way across the country and was present at last weekend’s QIAS.

“Everything hot air balloon has been making its way across the country and was present at last weekend’s QIAS. “Our aviation pioneers have helped build an aviation industry that is recognized around the world for its safety, efficiency and vitality,” said Transport Minister David Collenette. “I encourage Canadians from across Canada to join us in celebrating our nation’s significant contributions to aviation over the past 100 years.”

Also joining in the promotion of this Centennial is the Snowbirds air demonstration team.

“431 Squadron, the Snowbirds, celebrates the fact that this endeavour will bring the grace and awe of flight so much closer to Canadians. We look forward to working hand in hand with the balloon team as we progress towards achieving 100 flypasts for 100 years of powered flight.”

The hot air balloon, provided by Sundance Balloons of Ontario, will make its winding trek across Canada to commemorate the 100th anniversary of the first successful powered flight by the Wright Brothers on December 17, 2003, to honour Canada’s own very rich aviation history, and to draw attention to the wealth of future possibilities for Canadians in aviation.

Higgins, 8 Wing/CFB Trenton Commander.

Overseeing the change of command ceremony was Colonel Dave have had a better transition to a civilian. "I appreciate what you did and how you did it. I couldn’t have had a better transition to a civilian.

Maj. Stewart told the staff members. "These past two years have been the best experience, " Maj. Stewart told the staff members.

Major Glen Stewart (left) bid farewell to his staff on Monday as he stepped down as Commanding Officer of the Canadian Forces Aircrew Selection Centre. Taking over the position will be Major Carl Kap (right).

Major Carl Kap (right). Taking over the position will be Major Carl Kap (right)."I appreciate what you did and how you did it. I couldn’t have had a better transition to a civilian.

Major Glen Stewart (left) bid farewell to his staff on Monday as he stepped down as Commanding Officer of the Canadian Forces Aircrew Selection Centre. Taking over the position will be Major Carl Kap (right).”I appreciate what you did and how you did it. I couldn’t have had a better transition to a civilian.

Major Glen Stewart (left) bid farewell to his staff on Monday as he stepped down as Commanding Officer of the Canadian Forces Aircrew Selection Centre. Taking over the position will be Major Carl Kap (right)."I appreciate what you did and how you did it. I couldn’t have had a better transition to a civilian.

Major Glen Stewart (left) bid farewell to his staff on Monday as he stepped down as Commanding Officer of the Canadian Forces Aircrew Selection Centre. Taking over the position will be Major Carl Kap (right).”I appreciate what you did and how you did it. I couldn’t have had a better transition to a civilian.

The poster, designed by John Labots of Kelowna, highlights the major achievements of Canadians in aerospace military and civilian aviation. It will be distributed across Canada this year at airports, air shows and museums.

This commemorative unveiling follows the official launch of the 100 Towns for 100 Years Tour, held two weeks ago at the Winnipeg International Air Show. To promote the centennial, the Altitude is Everything hot air balloon has been making its way across the country and was present at last weekend’s QIAS. “Our aviation pioneers have helped build an aviation industry that is recognized around the world for its safety, efficiency and vitality,” said Transport Minister David Collenette. “I encourage Canadians from across Canada to join us in celebrating our nation’s significant contributions to aviation over the past 100 years.”

Also joining in the promotion of this Centennial is the Snowbirds air demonstration team.

“431 Squadron, the Snowbirds, celebrates the fact that this endeavour will bring the grace and awe of flight so much closer to Canadians. We look forward to working hand in hand with the balloon team as we progress towards achieving 100 flypasts for 100 years of powered flight.”

The hot air balloon, provided by Sundance Balloons of Ontario, will make its winding trek across Canada to commemorate the 100th anniversary of the first successful powered flight by the Wright Brothers on December 17, 2003, to honour Canada’s own very rich aviation history, and to draw attention to the wealth of future possibilities for Canadians in aviation.

The poster, designed by John Labots of Kelowna, highlights the major achievements of Canadians in aerospace military and civilian aviation. It will be distributed across Canada this year at airports, air shows and museums.

This commemorative unveiling follows the official launch of the 100 Towns for 100 Years Tour, held two weeks ago at the Winnipeg International Air Show. To promote the centennial, the Altitude is Everything hot air balloon has been making its way across the country and was present at last weekend’s QIAS. “Our aviation pioneers have helped build an aviation industry that is recognized around the world for its safety, efficiency and vitality,” said Transport Minister David Collenette. “I encourage Canadians from across Canada to join us in celebrating our nation’s significant contributions to aviation over the past 100 years.”

Also joining in the promotion of this Centennial is the Snowbirds air demonstration team.

“431 Squadron, the Snowbirds, celebrates the fact that this endeavour will bring the grace and awe of flight so much closer to Canadians. We look forward to working hand in hand with the balloon team as we progress towards achieving 100 flypasts for 100 years of powered flight.”

The hot air balloon, provided by Sundance Balloons of Ontario, will make its winding trek across Canada to commemorate the 100th anniversary of the first successful powered flight by the Wright Brothers on December 17, 2003, to honour Canada’s own very rich aviation history, and to draw attention to the wealth of future possibilities for Canadians in aviation.

The poster, designed by John Labots of Kelowna, highlights the major achievements of Canadians in aerospace military and civilian aviation. It will be distributed across Canada this year at airports, air shows and museums.

This commemorative unveiling follows the official launch of the 100 Towns for 100 Years Tour, held two weeks ago at the Winnipeg International Air Show. To promote the centennial, the Altitude is Everything hot air balloon has been making its way across the country and was present at last weekend’s QIAS. “Our aviation pioneers have helped build an aviation industry that is recognized around the world for its safety, efficiency and vitality,” said Transport Minister David Collenette. “I encourage Canadians from across Canada to join us in celebrating our nation’s significant contributions to aviation over the past 100 years.”

Also joining in the promotion of this Centennial is the Snowbirds air demonstration team.

“431 Squadron, the Snowbirds, celebrates the fact that this endeavour will bring the grace and awe of flight so much closer to Canadians. We look forward to working hand in hand with the balloon team as we progress towards achieving 100 flypasts for 100 years of powered flight.”

The hot air balloon, provided by Sundance Balloons of Ontario, will make its winding trek across Canada to commemorate the 100th anniversary of the first successful powered flight by the Wright Brothers on December 17, 2003, to honour Canada’s own very rich aviation history, and to draw attention to the wealth of future possibilities for Canadians in aviation.

The poster, designed by John Labots of Kelowna, highlights the major achievements of Canadians in aerospace military and civilian aviation. It will be distributed across Canada this year at airports, air shows and museums.

This commemorative unveiling follows the official launch of the 100 Towns for 100 Years Tour, held two weeks ago at the Winnipeg International Air Show. To promote the centennial, the Altitude is Everything hot air balloon has been making its way across the country and was present at last weekend’s QIAS. “Our aviation pioneers have helped build an aviation industry that is recognized around the world for its safety, efficiency and vitality,” said Transport Minister David Collenette. “I encourage Canadians from across Canada to join us in celebrating our nation’s significant contributions to aviation over the past 100 years.”

Also joining in the promotion of this Centennial is the Snowbirds air demonstration team.

“431 Squadron, the Snowbirds, celebrates the fact that this endeavour will bring the grace and awe of flight so much closer to Canadians. We look forward to working hand in hand with the balloon team as we progress towards achieving 100 flypasts for 100 years of powered flight.”

The hot air balloon, provided by Sundance Balloons of Ontario, will make its winding trek across Canada to commemorate the 100th anniversary of the first successful powered flight by the Wright Brothers on December 17, 2003, to honour Canada’s own very rich aviation history, and to draw attention to the wealth of future possibilities for Canadians in aviation.

The poster, designed by John Labots of Kelowna, highlights the major achievements of Canadians in aerospace military and civilian aviation. It will be distributed across Canada this year at airports, air shows and museums.

This commemorative unveiling follows the official launch of the 100 Towns for 100 Years Tour, held two weeks ago at the Winnipeg International Air Show. To promote the centennial, the Altitude is Everything hot air balloon has been making its way across the country and was present at last weekend’s QIAS. “Our aviation pioneers have helped build an aviation industry that is recognized around the world for its safety, efficiency and vitality,” said Transport Minister David Collenette. “I encourage Canadians from across Canada to join us in celebrating our nation’s significant contributions to aviation over the past 100 years.”

Also joining in the promotion of this Centennial is the Snowbirds air demonstration team.

“431 Squadron, the Snowbirds, celebrates the fact that this endeavour will bring the grace and awe of flight so much closer to Canadians. We look forward to working hand in hand with the balloon team as we progress towards achieving 100 flypasts for 100 years of powered flight.”

The hot air balloon, provided by Sundance Balloons of Ontario, will make its winding trek across Canada to commemorate the 100th anniversary of the first successful powered flight by the Wright Brothers on December 17, 2003, to honour Canada’s own very rich aviation history, and to draw attention to the wealth of future possibilities for Canadians in aviation.

The poster, designed by John Labots of Kelowna, highlights the major achievements of Canadians in aerospace military and civilian aviation. It will be distributed across Canada this year at airports, air shows and museums.

This commemorative unveiling follows the official launch of the 100 Towns for 100 Years Tour, held two weeks ago at the Winnipeg International Air Show. To promote the centennial, the Altitude is Everything hot air balloon has been making its way across the country and was present at last weekend’s QIAS. “Our aviation pioneers have helped build an aviation industry that is recognized around the world for its safety, efficiency and vitality,” said Transport Minister David Collenette. “I encourage Canadians from across Canada to join us in celebrating our nation’s significant contributions to aviation over the past 100 years.”

Also joining in the promotion of this Centennial is the Snowbirds air demonstration team.

“431 Squadron, the Snowbirds, celebrates the fact that this endeavour will bring the grace and awe of flight so much closer to Canadians. We look forward to working hand in hand with the balloon team as we progress towards achieving 100 flypasts for 100 years of powered flight.”

The hot air balloon, provided by Sundance Balloons of Ontario, will make its winding trek across Canada to commemorate the 100th anniversary of the first successful powered flight by the Wright Brothers on December 17, 2003, to honour Canada’s own very rich aviation history, and to draw attention to the wealth of future possibilities for Canadians in aviation.
On the 18th of May 2003, the 81 Airfield Engineering Flight of WCE, deployed to Nashville, Tennessee to participate in Exercise WINGED BEAVER, augmented with trades personnel from 86 ASU, Wing Fire Hall, Wing Food Services and others from as far as CFB Kingston.

The exercise was part of an ongoing exchange program with the American Air National Guard. The tasks for the 45 soldiers ranged from the installation of suspended ceilings and construction of cement stairways, to extending water mains and installing perimeter lighting to better serve the Air National Guard Base.

Despite warm temperatures and digging through heavily rooted ground and bedrock, the tasks were completed with success and on time. Every aspect of the exercise was a confirmation of our ability to deploy as a total flight and also confirmed our skills and abilities as trades personnel. Our hard work was rewarded throughout the project by our fine hosts from the Air National Guard, who organized various recreational evening and weekend activities for the contingency. These cultural events allowed us to both put the days work behind us and experience the uniqueness of the "Heart Of Country Music" which is Nashville.

As an added reward, our Flight Warrant Officer, Warrant Mandigo, is now an avid Elvis fan and our Flt OC, Lt. McClure, is now our resident line-dancing instructor. In all, the exercise was an excellent opportunity to confirm the ability of all trades the flight incorporates.

Our thanks go out to all those who augmented and supported our work, from the prompt delivery of hearty, gourmet meals by our attached cook, Able Seaman Freshwater, to the added heavy equipment support from Cpl Goedhuis. Every aspect of support was crucial to the success of the efficient and ever ready engineers of 81AEF! CHIMO!

Members of 81AEF, with augmentees, do last minute preparations on this soon-to-be-stairway before filling it with cement.

Cpl D. Sundelin operates a power trencher to make way for perimeter lighting wire.

Cpl R. Overton and Cpl T. White do final preparations for a walkway to be poured in Nashville.

Dr. Tom McDowell
Family Dentist

Let us show you how our “Practice of Dentistry” can benefit you and your family.

Offering
Orthodontics
Sedation
Hospital
Close to Base
Electronic Insurance Submission
Evening Hours
Complete - Tooth Whitening

394-8888
169 Dundas Street East, Trenton, Ontario

Advertise your yard sale in The Contact!
Relay for Life a good test of endurance

On Friday night I will have the privilege of taking part in my very first Relay for Life. For those of you not familiar with this event, teams of 10 take turns walking a track at Loyalist College over a 12-hour period. Money from this fantastic event goes towards cancer research and community programs. When first asked to do the relay, I was skeptical. Not because I didn’t believe in the cause, I have lost several family members to this dreadful disease, but because team members must stay on the track for at least an hour and repeat it several times throughout the night. It wasn’t until I gave it some thought that I made up my mind to participate. What’s 12 hours of physical effort compared to the challenges cancer patients face daily? Besides, this is a good way to gauge my fitness level. If they have to scrape me off the track and wheel me away, then perhaps it’s time to add a few more cardio sessions to my week.

I’d like to extend a thank you to the people who sponsored me for this event. They are as follows: Brice McVicar, Christine DeMille, Karen Gyde, Terry Clifton, Valerie Campbell, Carol Harvey, Marilyn Miron, Tracy Patrick, Holly Lalond, Andrea LeBlanc, CWO Jim Boland, Kathy Chatten, Melissa Foley, Brian Spooner, Nancy Foley, Jim Foley, Lt. Paul Morck, Cpl Pat Mcmahon, Lisa Pitt, Cheryl Rothenburg, Dave English and Rorrie MacDonald. Your donations are appreciated!

Well, Jen’s departure date is approaching fast and I have still not managed to find a “workout buddy” to provide the encouragement and, to put it plainly, the kick in the butt I’ll need in her absence. I’m definitely not to the point yet where I’m ready to strike it out on my own. Proof of that was in my measurement results from last week. Boot camp is starting to look like a very viable weight loss option!
QIAS hits the skies over 8 Wing/CFB Trenton
QIAS hits the skies over 8 Wing/CFB Trenton
QIAS hits the skies over 8 Wing/CFB Trenton
BBQ & Pot Luck Supper

Trenton Military Family Resource Centre

CHAPLAIN SERVICES
SERVICES OFFERT PAR L’AUMÔNERIE

Wing Chaplain/ Aumônier de l’escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/ Adjointe administrative – Manon Pilon

UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
Padre Rick Gould (on TD to 31 Aug 03) Padre Matthew Lucas (deployed until 10 Aug 03)
Padre Al Murphy (posted on 14 July 03)

PADRE AUMÔNIERS

Padre Catherine Morrison (ACC)

WORSHIP SERVICES

OUR LADIES OF PEACE (RC)
NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator/ Responsable de la communauté chrétienne
Padre Bastien Leclerc (RC)

Divine Worship (Sun) 1015 hrs
Holy Communion 1st Sunday of the month
ACC Communion Wed 1230 hrs

CONFESSION
ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
Padre Catherine Morrison (ACC)

PARISH ORGANIZATIONS

Catholic Women’s League 2nd Tues 1900 hrs
Chapel Guild Last Tues 1930 hrs

ST FRANCIS ASSISI (ITALIAN)

Parameter Council 3rd Thurs 1000 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL 2nd Tues 1900 hrs
Choral Men 4th Mon 2000 hrs
Silhouettes of Mary 2nd & 4th Thurs 1830 hrs

WORSHIP SERVICE

Chapel Guild Last Tues 1930 hrs

BAPTISM/BAPTEME

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

MARRIAGES / MARIAGES

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

DUTY CHAPLAIN AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. Après les heures de travail, pour les urgences seulement, veuillez appeler le téléphoniste de la base au 102-2811 et demander l’aumônier en devoir.

Canadian Cancer Society

La Société canadienne du cancer

A besoin de bénévoles adultes et adolescents qui sont prêt à aider durant la fête du Canada qui se tiendra le 1er juillet au Parc Meyer’s Pier. Les périodes de travail sont de 11h à 13h30 et de 13h30 à 16h. Les bénévoles aideront avec le stationnement, les tours de train, les activités pour les enfants, et bien plus encore. Chaque bénévole recevra gratuitement un lunch et un t-shirt. Pour de plus amples renseignements ou pour vous porter bénévole veuillez contacter Paulette au 962-0686.

Discount tickets are back at the MFRC

How about winning 4 tickets for Wonderland?

Dispo pour l’année avec les réservations.

Les billets à prix rabais sont de retour au CRFM

Les billets à prix rabais sont de retour au CRFM

$38.00 instead of $51.91

Canadian Cancer Society

La Société canadienne du cancer

A besoin de bénévoles adultes et adolescents qui sont prêt à aider durant la fête du Canada qui se tiendra le 1er juillet au Parc Meyer’s Pier. Les périodes de travail sont de 11h à 13h30 et de 13h30 à 16h. Les bénévoles aideront avec le stationnement, les tours de train, les activités pour les enfants, et bien plus encore. Chaque bénévole recevra gratuitement un lunch et un t-shirt. Pour de plus amples renseignements ou pour vous porter bénévole veuillez contacter Paulette au 962-0686.

Les billets à prix rabais sont de retour au CRFM

$38.00 au lieu de 51,91$

How about winning 4 tickets for Wonderland?

Come to the MFRC, buy a lollipop for $2.00 and you get a chance at winning.

Draw will be made on Thursday July 17th

“Activités du mercredi”

Les mercredis de 18h à 20h, une diversité d’activités sont planifiées. Si vous plait, téléphonez à l’avance.

2 juillet – “Se préparer pour les retours vellés”, les cycles du déploiement

9 juillet – BBQ & Souper partage à l’île Baker

“Partner Away–Deployment Support/Partenaire au loin–Soutien au déploiement”

Tired of the same old BBQ? Need to spice up your cooking? Come and join Dan Beland for an evening(s) of cooking. You must pre-register and pre-pay, as space is limited to 10 people.

The cost for each night is $7.00

Time: 6 – 8 pm

July 9th – Beef

July 23rd – Pork and Lamb

August 6th – Fish and Seafood

August 20th – Sausage

September 3 – TBD

You will be experiencing “hands on” cooking and will be able to sample your cuisine.


Vous devez vous inscrire et payer à l’avance le nombre de participants est limité à 10 personnes.

Le coût pour chaque soirée est $7.00

Heures: 18h à 20h

9 juillet– Le bœuf

23 juillet– Le porc et l’agneau

6 août– Le poisson et les fruits de mer

20 août– Les saucissons

3 septembre– à déterminer

Vous profiterez de cours interactifs de cuisine et vous pourrez déguster votre propre cuisine.

“Partner Away–Deployment Support/Partenaire au loin–Soutien au déploiement”

Tired of the same old BBQ? Need to spice up your cooking? Come and join Dan Beland for an evening(s) of cooking. You must pre-register and pre-pay, as space is limited to 10 people.

The cost for each night is $7.00

Time: 6 – 8 pm

July 9th – Beef

July 23rd – Pork and Lamb

August 6th – Fish and Seafood

August 20th – Sausage

September 3 – TBD

You will be experiencing “hands on” cooking and will be able to sample your cuisine.


Vous devez vous inscrire et payer à l’avance le nombre de participants est limité à 10 personnes.

Le coût pour chaque soirée est $7.00

Heures: 18h à 20h

9 juillet– Le bœuf

23 juillet– Le porc et l’agneau

6 août– Le poisson et les fruits de mer

20 août– Les saucissons

3 septembre– à déterminer

Vous profiterez de cours interactifs de cuisine et vous pourrez déguster votre propre cuisine.

Cooking with Dan

Cuisiner avec Dan

“Activités du mercredi”

Les mercredis de 18h à 20h, une diversité d’activités sont planifiées. Si vous plait, téléphonez à l’avance.

2 juillet – “Se préparer pour les retours vellés”, les cycles du déploiement

9 juillet – BBQ & Souper partage à l’île Baker

“Activités du mercredi”

Les mercredis de 18h à 20h, une diversité d’activités sont planifiées. Si vous plait, téléphonez à l’avance.

2 juillet – “Se préparer pour les retours vellés”, les cycles du déploiement

9 juillet – BBQ & Souper partage à l’île Baker

“Activités du mercredi”

Les mercredis de 18h à 20h, une diversité d’activités sont planifiées. Si vous plait, téléphonez à l’avance.

2 juillet – “Se préparer pour les retours vellés”, les cycles du déploiement

9 juillet – BBQ & Souper partage à l’île Baker

“Activités du mercredi”

Les mercredis de 18h à 20h, une diversité d’activités sont planifiées. Si vous plait, téléphonez à l’avance.

2 juillet – “Se préparer pour les retours vellés”, les cycles du déploiement

9 juillet – BBQ & Souper partage à l’île Baker

“Activités du mercredi”

Les mercredis de 18h à 20h, une diversité d’activités sont planifiées. Si vous plait, téléphonez à l’avance.

2 juillet – “Se préparer pour les retours vellés”, les cycles du déploiement

9 juillet – BBQ & Souper partage à l’île Baker

“Activités du mercredi”

Les mercredis de 18h à 20h, une diversité d’activités sont planifiées. Si vous plait, téléphonez à l’avance.

2 juillet – “Se préparer pour les retours vellés”, les cycles du déploiement

9 juillet – BBQ & Souper partage à l’île Baker
Welcome to the Contact Newspaper’s brand new 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.

**Announcing the 10th annual Art in the County**

This juried show features the best new work by Prince Edward County artists. This show runs from June 27 - July 20 at the old Town Hall in Picton. Admission is FREE!

**Brighton Barn Theatre presents...**

“Northumberland calling Normandy”

June 6th marked the 50th anniversary of the Allied D-Day Invasion of the Normandy beaches in France. In commemoration of the part played by Canadians at Juno Beach, Brighton Barn Theatre is presenting a variety show featuring songs of World War II and comedy bits outlining some of the hardships experienced on the Northumberland home front during the stressful days of the war.

The show, entitled “Northumberland Calling Normandy” is in the form of a radio show, which might have been presented for the troops serving in Normandy, especially Canadians, about one month after D-Day. The Cobourg radio station, CHUC, is featured (fictionally) as the station airing the show from the Brighton Barn Theatre July 3-5, 10-12, and 17-19.

“Northumberland Calling Normandy” will appeal to all ages. For those who lived through those difficult times, it is a nostalgic trip down memory lane. For those too young to remember, the show gives an authentic glimpse into a very special time. World War II veterans are entitled to complimentary tickets. For information or ticket prices, call 475-2144.

**Car Wash for MD**

The 8 Wing Fire Department will be hosting a car wash and BBQ on July 19th in support of the Muscular Dystrophy Association of Canada. The event will be held from 0900 hrs until 1600 hrs in the CANEX parking lot.

**MONTHLY BOOK SALE**

**THE FRIENDS OF TRENTON PUBLIC LIBRARY**

**BOOK BARGAINS**

**SATURDAY, JUNE 28TH**

**BETWEEN 9 A.M. AND 1 P.M.**

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

If you wish to donate books...

contact Kathy for further information at 392-2244.

Proceeds go to all Quinte West libraries.
If you have money, then these days, you have a problem. Where is it safe, and where will it grow? After all, the stock market has been a wild and unpredictable crap shoot for the last three years. The price of bonds has gone wild as yields crumble, making them an unwise choice. Millions of investors have given up on billions of dollars worth of mutual funds in the past year. And, of course, interest rates have tumbled to generational lows, which means after taxes, and GICs, people are better off putting their money funds and savings bonds pay zero, or less. Then there is real estate, which has attracted new tens of billions since Nine Eleven. But residential home prices have climbed by more than 8 per cent nationally in the last year, and will grow average 3 per cent a year, now the most expensive it has ever been. That could mean buyers in 2003 are jumping in at the top of the cycle - not a great long-term move since mortgage rate start climbing back up. It has been just these types of concerns that have led so many people to stake money into income trusts, and which have convinced all manner of companies - from surdine harvester to fast food outlets to a mat-tress retailer - to turn them- selves into trusts. The appeal for investors is (of course) income. Once you buy units, you are assured of a steady stream of distributions. For people who used to get systematic payments from their high-yielding mutual funds, this has turned out to be a fine replacemen- t.

Income trusts have been bailiwick to investors as an alternative bonus, predictable and solidly based on companies that have a high income stream themselves. Trusts take that income and channel it directly to unitholders since, because of their corporate structure, they can avoid paying corporate taxes (at least for now). And because there have been precious few other appealing places to stash cash, the income trust sector has been growing like a weed.

Income trusts have been propelled to investors as an alter- native bonus, predictable and solidly based on companies that have a high income stream themselves. Trusts take that income and channel it directly to unitholders since, because of their corporate structure, they can avoid paying corporate taxes (at least for now). And because there have been precious few other appealing places to stash cash, the income trust sector has been growing like a weed.

Income trusts have been propelled to investors as an alternative bonus, predictable and solidly based on companies that have a high income stream themselves. Trusts take that income and channel it directly to unitholders since, because of their corporate structure, they can avoid paying corporate taxes (at least for now). And because there have been precious few other appealing places to stash cash, the income trust sector has been growing like a weed.

And we all know why that is - SARS, coming on the heels of the Iraq war, global terrorism and Nine Eleven. The whole hospitality sector - from car rentals to taxis to airlines, restaurants and, yes, luxury hotels - has taken a dramatic hit, with the advent of the mystery disease being the last straw.

Term investments: Sound choices for uncertain times (NC) - To help weather con- tinued market volatility, both first-time and seasoned investors should consider term investments for their portfolio to provide more stability and predict- able performance.

Guaranteed Investment Certificates (GICs), and other term investments, guarantee the repayment of your initial investment and a stable rate of return, providing a secure ele- ment to your portfolio. They also offer a range of interest payment options, allowing you to receive a regular stream of income, which is reliable and available when you need it.

There is a broad selection of Term products that investors can choose from. The initial investment needs ranging from short-term savings to buy a car or plan a family vacation to longer-term investment for RRSP, RESP and RRIF needs.

Term investments are an integral part of any portfolio, says Julie Sheen, Vice-President, BMO Term Investments. Your local bank branch can help you to deter- mine what portion of term investments you should incor- porate into your portfolio and what kind of term product is best suited for you.

Sheen offers the following tips to make the most of your term investments:

1. Stagger the maturity dates of your term investments to limit your exposure to interest rate swings, ensure you have access to a portion of your principal as the time arises and boost your overall returns by always capturing the higher 5-year rates.

2. Consider whether you rely on term investments for the income and, if not, then opt for the compounded inter- est to maximize your return.

3. Look for term investments that offer added flexibility. Many will allow you to redeem your certificate early, providing you with access to your funds in an emergency or to take advantage of other investment opportun- ities.

Term investments are an option everyone should consider when sizing up their invest- ments, but unfortunately not as a good way to diversify and limit exposure to risk - key elements to any sound investment plan.

For more information, visit any BMO Bank of Montreal branch, call 1-888-771-0123 or log on to www.bmo.com/gic.
Hot weather can kill you

(NC)—We use them, abuse them and take them for granted. Yet our feet literally carry us through life. Over the course of a lifetime, each of us walks a distance equivalent to more than four times the circumference of the earth. “Treating your feet properly now will reduce the risk of problems down the road,” says Ann McLaren, a chiropodist at the Toronto Rehabilitation Institute, Canada’s largest provider of rehabilitation services. The hospital’s Chiropody Service treats people with a wide range of foot care problems. “This summer, don’t let sunburned feet, cuts from broken glass or ill-fitting shoes get you off on the wrong foot,” says McLaren. When wearing sandals, be sure your whole heel is cupped by the shoe and that your foot isn’t hanging off the back, she says. Otherwise, you run the risk of painful cracked heels.

McLaren recommends water shoes or old running shoes for the water. “People need to protect their feet against broken glass and other sharp objects.”

Other hot weather hazards:

Sunburn is another hazard of hot weather. Not only is sunburn a painful condition, it can contribute to skin cancer. Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and shoes that cover rather than shorts can help prevent burning.

Use sun screen with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.

Too much sunlight can cause temporary eye strain and permanent eye damage. Exposure to the sun can damage the retina inside the eye, and contribute to the development of cataracts, which cloud the vision. Protect your eyes from exposure to the sun’s rays. Wear sunglasses, which provide protection against both UVA and UVB ultraviolet radiation.

Hot weather can bring a host of hazards. Take precautions to prevent heat illness and sunburn.

Working safely in the heat

by Don Heans

Very soon now we can expect that the scorching summer heat will periodical- ly be making life very uncomfortable for those of us who are required to work outside or for those who work in non-air-conditioned buildings and offices. I would like to point out that in addition to being merely “uncomfort- able”, the blaring summer sun can pose real hazards to our health and safety. To this end, I would like to draw every- body’s attention to the following extract from Wing Standing Order 1.42.

Summer: The prevention measures to be taken to combat the effects of heat stress for individuals performing strenuous work are as follows:

Personnel wearing special clothing or in enclosed spaces must be closely monitored for heat stress regardless of the WBGT index. The wearing of cloth wovens overalls, add 3.5 to the posted WBGT index to determine their level of intake, intake/ work/rest cycle. For those wearing double- clothe overalls, add 5.0 to the posted WBGT index to determine their level of intake/ work/rest cycle.

For less physically fit individuals, more rest time should be considered.

THE USE OF SUNSCREENS WILL BE AVAILABLE AT 2527.

Adherence to these guidelines will go a long way to avoiding some of the unpleasant consequences of summer heat (i.e. heat cramps, heat exhaustion, etc.). Supervisors, in particular, should ensure that these guidelines are fol- lowed. For those exposed to the sun’s direct rays, the use of a good sunscreen with a minimum Sun Protection Factor (SPF) of 15, is strongly recommended.

Additional concerns

Additional concerns for this year at least, are the various protocols being developed to help us deal with the West Nile Virus. At this writing (June 2003) there are no reports of CF members being infected with West Nile Virus. Outdoors workers can use appropri- ate clothing, (light coloured if possible), head nets, long sleeve shirts and cap pants combined with the use of DEET-based insect repellent (such as Deep Woods Off) may be your best chance to prevent the dreaded mosquito bites.

Health & Safety

Elaine Burke BSc BCh, BPharm, CD

Pharmacist

Rumour: Aspartame causes brain tumors and other incur- able diseases.

Truth: All sorts of rumours and claims are circulating on the Internet and in chatrooms about aspartame (Nutrasweet) Equal causing various dis- eases...brain tumors... Multiple Sclerosis...Alzheimer’s Disease...lupus...seizures and others.

The theory is these prob- lems are caused because aspar- tame is converted to methanol in the body. Methanol is a poison from foods and formic acid, which can cause neurotoxicity and blind- ness. It’s true that aspartame is converted to some amount of methanol, but the amount produced by aspartame is 0.0001% produced by other foods such as citrus fruits and tomatoes.

Aspartame has been study- ed for hundreds of trials and found to be safe in most peo- ple even when used in amounts that greatly exceed in sugar-free foods and drinks. But patients diagnosed with CF SHOULD avoid aspartame—it contains the amino acid phenylalanine, which causes neurotoxicity in some patients. Pharmaceutical, Sep 02

What about saccharin?

Three scientific experi- ments in the early 70s sug- gested that saccharin might be a carcinogen (cancer-causing substance) when given to rats in large doses. In response, the FDA proposed a ban on sac- charin for all uses except as an over-the-counter drug. Significant public opposition to the FDA ban on saccharin ensued, prompting the FDA to pass the Saccharin Study and Review Act in 1976, which placed a two-year moratorium on any ban of the further research was available. The law also required that any foods containing saccharin must carry a label that reads, “Use of this product may be hazardous to your health. This product contains saccharin which has been determined to cause cancer in laboratory animals.” Most long-term animal studies have found no cancer- causing effects from saccharin consumption. On December 17, 1990, Congress passed legislation to remove the warning label that had been required on saccharin-vanilla- ened baked goods and beverages since 1977. The National Toxicology Program has removed saccharin from its list of cancer-causing sub- stances.

Put your best foot forward

by Doug Bird

If you work outdoors in hot weather, or work in any other hot en- vironments, you are at risk for heat illnesses. The most serious of these illnesses is heat stroke, a life-threatening condition requiring imme- diate medical attention.

Take these precautions:

Take it easy.

Working in a hot envi- ronment is a stress on your body, so don’t overdo it. Take frequent short breaks.

Drink plenty of water, and drink it fre- quently. Avoid alco- holic beverages and drinks containing caffeine, which can con- tribute to dehydration.

Dress in lightweight fabrics that provide ventilation. Light colours are cooler than dark colours, which absorb the sun’s heat.

Know you are at risk for heat illness if you are over- weight, in poor physical condi- tion, have heart disease, diabetes or other med- ical conditions.

Know the symptoms:

Heavy sweating causes heat cramps, which can deplete the body of salt. Hot, moist skin and a slightly elev- ated body temperature may accompany them. The cramps in the arms, legs or stomach can occur while you are working or while you are relaxing after your shift. Heat cramps are a danger signal of heat stress.

Heat exhaustion may be characterized by heavy sweating, strong thirst, cool and moist skin, a quick pulse, rapid breathing, dizziness, a feeling of fatigue and possibly fainting. Heat exhaustion indicates the body’s mechanism for controlling heat is beginning to break down.

Heat stroke is a seri- ous medical emergency that can quickly pro- gress to unconscious- ness and death. It occurs when the body temperature control mechanism fails and body temperature increases rapidly. Symptoms include hot, red, dry skin, a quick pulse, difficulty breath- ing, dizziness, confu- sion, strange behaviour, weakness and nausea. Heat stroke can quickly progress to convulsions, coma or loss of pulse heat in an extreme body tem- perature. Death can follow rapidly.

Know how to treat heat illness:

Treat heat cramps by moving into the shade and loosening clothing. Drink, lightly salted liquid. If cramps per- sist, seek medical help.

For heat exhaustion, cool the victim as fast as possible, fanning and pouring water on the victim if necessary. Have the victim drink water and call immedi- ately for medical help.

For heat stroke, immediately begin cooling the victim to lower the body tempera- ture as fast as possible. Immerse him in water, pour water on his ice cap, or call for an ambu- lance immediately.

Other hot weather hazards:

Sunburn is another hazard of hot weather. Not only is sunburn a painful condition, it can contribute to skin cancer. Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and shoes that cover rather than shorts can help prevent burning.

Use sunscreen with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.

Too much sunlight can cause temporary eye strain and permanent eye damage. Exposure to the sun can damage the retina inside the eye, and con- tribute to the develop- ment of cataracts, which cloud the vision. Protect your eyes from exposure to the sun’s rays. Wear sunglasses, which provide protec- tion against both UVA and UVB ultraviolet radiation.

Hot weather can bring a host of hazards. Take precautions to prevent heat illness and sunburn.
ABREs (March 21-April 19): Personal changes are in order on the 29th and 30th. If you aren’t happy with your current situation, do something about it. Take steps to rectify any existing problems. Focus on what you can do best on the 1st, 2nd and 3rd and forget about trying to please everyone around you. Rely on yourself and don’t expect others to keep up with you. Apply yourself where work and making money are concerned on the 4th and 5th. Get together with colleagues and you will discover all sorts of interesting things about the people who work in your industry.

TAURUS (April 20-May 20): Getting together with friends or family on the 29th and 30th will be a great way to learn about their backgrounds. New romantic connections can develop through friends and when you have a new partner things will be half the problem on the 1st, 2nd and 3rd. If something needs to be done at work, don’t leave it till later. Putting demands on others will only result in hard feelings. Try to fit everything in on the 4th, and 5th, but don’t rush yourself. Make sure that the new people aren’t too shy and that what others would like to do. Pamper yourself for a change.

GEMINI (May 21-June 20): Someone may have to talk on you on the 29th and 30th. A leader is lacking and you will get the same in return if you need it. Do not underestimate the cost of repair. Making money may have been on your mind on the 1st and 2nd but that doesn’t mean you should buy a lot of lottery tickets.

CANCER (June 21-July 2): Learn all you can or dabble in the historic background of something that interests you on the 29th and 30th. Remain calm. Around you is trying to force a condition. If you put your excellent memory to good use on the 1st, 2nd and 3rd, you will be able to help others in your work to work on their own. Your present projects are not the best in your career. Put your money in projects that will help you initiate any changes required to reach your long-term goals. The time for new beginnings is now.

LEO (July 23-Aug 22): You may not be aware of everything that is going on around you on the 29th and 30th. Keep an open mind. It will be better for you if you don’t jump to conclusions. Don’t waste time talking about plans on the 1st, 2nd and 3rd — get busy. If you are organized you will win everyone over on the 4th and 5th. You have everything going for you except confidence. Let go of past regrets and current burdens.

Virgo (Aug. 23-Sept. 22): Stepping back is on your mind. Do things with the opposite of anyone else on the 29th and 30th. Fix any problems that have been worrying you. You will dazzle new acquaintances with your intelligence and knowledge on the 1st, 2nd and 3rd. Lend a helping hand and you will get the same in return if you help others say.

LIBRA (Sept. 23-Oct. 22): Conflicts are likely to take place on the 29th and 30th. Refuse to discuss issues that will lead to new arguments. You may end up being at the helm of a dispute. Avoid getting involved in other people’s business. Do your own thing and stay out of trouble.

SCORPION (Oct. 23-Nov. 21): Think carefully about your dreams, hopes and wishes on the 29th and 30th. If you aren’t working toward them, make some plans to correct the situation. Don’t depend on anyone else on the 1st, 2nd and 3rd — promises will probably be broken. Make sure that you get your hands on a new partner. You have great suggestions and ideas that can make a difference. Friendships that form are for a life time on the 4th, 5th and 6th. You have everything going for you except confidence. Let go of past regrets and current burdens.

SAGITTARIUS (Nov. 22-Dec. 21): Take care of all the little jobs around you on the 29th and 30th. You have everything going for you except confidence. You may be working on improving something that you feel is necessary. Don’t hold yourself back on the 4th and 5th. Partnerships can be formed and plenty can be accomplished for the benefit of those close to you.

CAPRICORN (Dec. 22-Jan. 19): Sensitive issues will probably get blown out of proportion on the 29th and 30th. Keep an open mind. It will be better for you if you don’t jump to conclusions. If you are organized you will win everyone over on the 4th and 5th. You have everything going for you except confidence. Let go of past regrets and current burdens.

AQUARIUS (Jan. 20-Feb. 18): Take care of your own needs on the 29th and 30th. A leader is lacking and you will get the same in return if you need it. Do not underestimate the cost of repair. Making money may have been on your mind on the 1st and 2nd but that doesn’t mean you should buy a lot of lottery tickets.

PISCES (Feb. 19-March 20): Begin the long process of making personal changes on the 29th and 30th. You will have the discipline to curb bad habits you have. Set your goals and stick to your guns. You will find that your approach to work and the way you handle your personal life on the 29th, 3rd and 3rd will you welcome any changes that come your way and that should take advantage of any trend that leads you down a new path. If you are organized you will win everyone over on the 4th and 5th. You may not make the best choices. Take your time and think about what you really want.
Showcase

Congratulations! Félicitations!

Capt D. Schmidt received his CD and 1000 flying hour certificate & pin presented by LCol G.L. Smith, CO 429 Sqn.

Capt B. Harbour received his 1000 & 2000 flying hour certificates & pins presented by LCol G.L. Smith, CO 429 Sqn.

Capt J. Numbers received his CPSM presented by LCol G.L. Smith, CO 429 Sqn.

Capt Y. Harvey received his 1000 flying hour certificate & pin presented by LCol G.L. Smith, CO 429 Sqn.

Capt D.J. Ziprick received his 5000 flying hour certificate & pin presented by LCol G.L. Smith, CO 429 Sqn.

Capt C. Perreault received his 1000 flying hour certificate & pin presented by LCol G.L. Smith, CO 429 Sqn.

CWO S. Guy received his 2000 flying hour certificate & pin presented by LCol G.L. Smith, CO 429 Sqn.

Maj A. Cook was presented with a promotion to that rank by LCol G.L. Smith, CO 429 Sqn & CWO S. Guy.

MCpl P. Corkum received her 1000 flying hour certificate & pin presented by LCol G.L. Smith, CO 429 Sqn.

MCpl P. Makarchuk received his 1000 flying hour certificate & pin presented by LCol G.L. Smith, CO 429 Sqn.

Sgt R. Lapierre received his 1000 & 2000 flying hour certificates & pins presented by LCol G.L. Smith, CO 429 Sqn.

Sgt Y. Morin received his 1000 flying hour certificate & pin presented by LCol G.L. Smith, CO 429 Sqn.
HEAR YE, HEAR YE  
The Contact will be CLOSED for Holidays
July 1, 2003
Have a Safe & Happy Long Weekend
from the Staff at The Contact!!!
Re-Opening Wed. Jul. 2/03
Reduce your summer energy bills

(1) Are you concerned about paying costly energy bills keeping your home air conditioned during the summer? It is possible to keep your cool without re-mortgaging your house! The key is running efficiently while reducing your cooling costs.

• Keep grass clippings and other debris away from your outdoor air conditioning unit.
• Keep furniture, carpeting and draperies away from vents and grills in the home.
• Change or clean your system filter once per month (depending on type of filter).
• Use a programmable thermostat, which allows you to cool your home only when you need to.
• It is not a good practice to open the windows at night to let in “cool humidity laden air.”
• On hot humid days, it is normal for the temperature to rise a few degrees. Because the unit is working hard to remove the moisture in the air, the temperature will rise.
• Keep west-facing drapes or shades drawn in the afternoon.
• In some cases, it may be advisable to keep your furnace fan running to keep air moving. Ceiling fans are even better, because they draw less power.
• Consider installing an attic ventilator – pulling hot air out of your home can keep your home cooler in the summer.
• Have your cooling system checked annually. Having a qualified service technician check your equipment will help ensure that your air conditioning works efficiently and will not let you down when the heat is on.

Most importantly, don’t expect a properly sized air conditioning system to maintain frigid temperatures. Units are typically sized to maintain a difference between outdoor and indoor temperatures of about 8–9 C. So if its 39 C (102 F) outside and rising, you may only achieve a temperature of 30 C indoors.

For further advice and for regular service, contact a cooling contractor who is a member of the Heating, Refrigeration and Air Conditioning Contractors of Canada (HRAC). While a company’s HRAC membership does not provide absolute assurance of quality, it tells you that the company has the appropriate licenses to install and service the heating and/or cooling equipment that they sell. To locate an HRAC contractor, look for the HRAC Member Company Logo – members of the Heating Refrigeration and Air Conditioning Contractors of Canada (HRAC) have the training and experience that you are looking for. Visit the HRAC website at www.hrac.ca to locate a contractor in your area.

For more useful articles and tips, please visit www.hrac.ca. Most importantly, don’t expect a properly sized air conditioning system to maintain frigid temperatures. Units are typically sized to maintain a difference between outdoor and indoor temperatures of about 8–9 C. So if its 39 C (102 F) outside and rising, you may only achieve a temperature of 30 C indoors.

For further advice and for regular service, contact a cooling contractor who is a member of the Heating, Refrigeration and Air Conditioning Contractors of Canada (HRAC). While a company’s HRAC membership does not provide absolute assurance of quality, it tells you that the company has the appropriate licenses to install and service the heating and/or cooling equipment that they sell. To locate an HRAC contractor, look for the HRAC Member Company Logo – members of the Heating Refrigeration and Air Conditioning Contractors of Canada (HRAC) have the training and experience that you are looking for. Visit the HRAC website at www.hrac.ca to locate a contractor in your area.

For more useful articles and tips, please visit www.hrac.ca.

The Contact 19
SURPLUS SELL-OFF

BELLEVILLE DODGE IN BELLEVILLE HAS BEEN OVERWHELMED
BY LEASE RETURNS, DAILY RENTALS VEHICLES AND CUSTOMER TRADE-INS
WE MUST LIQUIDATE THEM NO MATTER WHAT THE COST!!!

NO REASONABLE OFFER
WILL BE REFUSED

PAY ONLY $34.00 DOWN*, CHOOSE YOUR
VEHICLE, CHOOSE YOUR PAYMENT THEN
TAKE IMMEDIATE DELIVERY!

5 DAYS
ONLY!!

THIS EVENT WILL
NOT BE HELD OVER

ALL CREDIT APPLICATIONS WILL
BE ACCEPTED!!!

90 DAYS NO PAYMENTS!!! OAC

BELLEVILLE DODGE
658 DUNDAS ST WEST
BELLEVILLE, ONTARIO K8N 5J1
613-966-9936

APPLY ONLINE @ WWW.GET-A-CAR-NOW.CA

FINAL DAYS!

THURS
JUNE 26
9AM-9PM

FRI
JUNE 27
9AM-9PM

SAT
JUNE 28
9AM-5PM

* Subject to final lender approval. Subject to prior sale. Bylee Consulting 613-722-5019