



TOMORROW'S TOPGUN: Chris Gallinger (second from right) is on his way to becoming a pilot in the Canadian Armed Forces. He was one of 36 students accepted into the pilot training program at the Royal Military College in Kingston. He is shown here with his parents, Shelley and Howard, and his brother Jamie. *Photo by Rebecca Ring*

The Rockwood MILLER



Costs balloon

Final stage of Rockwood repairs begin next week

By **FRANCES NIBLOCK**
The Rockwood Miller

Weather permitting, the final stage of the foundation repairs at the Rockmosa Community Centre will begin next week to prevent further moisture and mold problems in the Rockwood facility.

In an update on Tuesday to Guelph/Eramosa Township Council, Brad Roelofson, the manager of Property and Leisure Services, detailed the year-long repairs so far to fix drainage problems and install a waterproof membrane at the 30-year-old Township-owned facility that is rented on an on-going basis to a day care, and occasionally for community events.

He said initially they looked for a contractor to replace the epoxy-based floor in the basement that was lifting, but no one would bid on the work when it was determined the lifting was caused by hydrostatic pressure caused by water vapor.

Further testing uncovered mold in the walls and high levels of humidity and carbon dioxide because of inadequate ventilation in the basement. The proposed \$20,000 repair budget for a new floor and some painting ballooned to \$218,000 to

include a \$45,000 heating, ventilation and air conditioning system, a new sump pump and drainage tile around the building.

"We've cleaned all the building out, got rid of all the mold, repainted and dressed it all up and started the outside of the building to prevent more moisture from getting into the building," Roelofson said, adding they halted excavation work around the foundation in mid-January because of the cold weather, and will resume work in the next week or so.

Roelofson said all of the plumbing drains have been cleaned after a video inspection and some venting changes were made to deal with sewer gas problems.

He said a new dishwasher has been installed and the water softener has failed and must be replaced.

At the south entrance, the

concrete sidewalk will be replaced and the two wheelchair ramps at the north entrance will be removed and a new ramp/walkway built along the north wall.

Council will be required to close part of Christie Street in front of Rockmosa for two or three weeks while the east side of the building is being excavated, but Roelofson said assess will still be available to Rockmosa, the playing fields, library and tennis court during construction.

Rockwood cadet's aim – 'Top Gun' at Royal Military College

By **Rebecca Ring**

Rockwood's Chris Gallinger is aiming for *Top Gun* at the Royal Military College in Kingston, Ontario. He enrolled in the competitive pilot training program in September 2004 and is due complete it in 2010, his goal to become a fighter pilot in the Royal Canadian Air Force.

Gallinger was one of 36 successful applicants from a total of more than 3,000. The rigorous process began in September 2003. It involved physical, psychological, and medical fitness testing at various locations such as Hamilton, Toronto, Trenton, and Kingston. He said it was a very stressful process as he had to succeed at each level before going to the next.

According to Gallinger, the biggest step in the pilot's application process was the flight simulation at Trenton Air Base, which "tests learning ability rather than flying ability." He passed with flying colours and began his first semester in the pilot training program at the Royal Military College in September 2004.

Each trainee must also obtain a degree, so he chose electrical engineering as his field of study. He added that it was a family effort as his parents, Shelley and Howard, supported him in every way, including driving him to each location. He said, "Without the support structure at home, I wouldn't have been able to do this."

Gallinger seems to have been born with a passion for flying and the military. He said his earliest memory is of running around the house

flying toy helicopters and planes while listening to the soundtrack of *Top Gun*. All the pictures and stories he created were of flying. He joined the Air Cadets, which he calls Canada's "best kept secret", at the age of 12. He belonged to a squadron in Acton, which he says was "smaller with more of a family atmosphere. It really brings teens together and you make lots of friends." His younger brother Jamie is currently an Air Cadet.

Gallinger said that Air Cadets helped to develop his interest in aviation and the Canadian air force. He spent a summer at the Cold Lake air force base in Alberta where he took leadership courses, adding "I gained a lot of confidence that summer and learned that I could succeed."

An important role model in Gallinger's life is an old family friend, Colonel Charles Sullivan, from Cornwall who was a fighter pilot for many years. Gallinger said, "He has seen and done it all. He is proof that a small town guy can achieve something great."

Another major role model is Gallinger's father who is an electrical engineer in the aviation industry. Gallinger said, "He is an inspiration and a big help. He helps

a lot with concepts and homework."

At the Royal Military College, Gallinger was surprised by the closeness of the army, navy and air force. He said, "The inter-operational relationship of the armed forces is fostered at the college. For example, my best friend is in the army. These friendships will serve us for the rest of our lives. You may have one friend on a ship in the same theatre, and another in the army troop at the same base that you fly out of. It is cohesive and integrated but, at the same time, we have a good natured rivalry."

When asked how he feels about fighting in a war, Gallinger said he trusts that the Canadian armed forces "wouldn't put us in harms way for no good reason." He joined the military to help people and stabilize regions. Ideally, he would like to join the "very elite crowd" that flies the CF18, Canada's fighter jets. For now, he said he will give it his best and his all. He will focus on the steps in front of him.

He added "I have a lot of work to do in the next few years. I couldn't be happier with where I am in my life. It seems like a dream come true."

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CAPSULE Comments



*One of the oldest pharmacy preparations the world was Singleton's Eye Ointment. It was first made for Queen Elizabeth I in 1596. It contained a mercury compound and continued to be sold until 1974 when it finally disappeared. It was packaged in small quaint round pots with an information sheet wrapped around it saying it was "an absolute specific for all Eye Troubles and Diseases."

*Docusate is still a popular laxative type product. It works by helping to pull water into the formed stool to soften the mass. The resulting softer and bulkier stool mass gently stimulates muscle contractions causing the stool to move more easily out of the body. The brand name is Colace but there are many generics available.

*A few years ago, products for vaginal yeast infections were made available without a prescription. It was felt that women knew how to diagnose this condition very easily. However, if your self-care doesn't result in relief of the symptoms in a week or so, see your doctor for a more definitive diagnosis.

*Very generally, medication should be taken before meals for better absorption. Having said that, some medications are better absorbed with food. This is just a reminder to heed those little colourful labels on your medication bottled. We will reinforce their meaning with you. Just part of our job!

We enjoy the direct contact we have with our customers and would like to welcome you to our pharmacy. Hope to see you soon.

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