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SENSEI SAYS...



Photo: Laurie McVicar, Contact staff

Two karate students receive a last minute warm up from their sensei during a tournament hosted by the 8 Wing/CFB Trenton Karate Club on Sunday. The event, held at Breadner Public School, was open to all ages and attended by people as far away as Mississauga.

Contract awarded for aircraft support services 8 Wing

The Honourable John McCallum, Minister of National Defence, has announced the award of a \$10.7M contract renewal for aircraft support services at the Aerospace and Telecommunications Engineering Support Squadron (ATESS) at 8 Wing Trenton. The three-year contract was awarded to Spar Aerospace Ltd. of Toronto following a competitive bidding process between three companies.

ATESS provides expert, best-value aerospace and telecommunications products and services to the Air Force. The contract requirement involves the preservation, storage, and maintenance of Canadian Forces aircraft and equipment, as well as software and telecommunications related maintenance and support.

"Spar has provided this Squadron with outstanding services over the past decade, acting as the backbone of our aircraft storage and reactivation capability at Mountainview as well as Tutor and T-Bird periodic maintenance and CF Tool Control services," said Lt.-Col Kirk Shaw, commanding officer ATESS. "This contract represents a significant force multiplier for the CF, effectively leveraging the strengths and capabilities of the aerospace industry to deliver first-class Air Force support."

Home to drafting, engineering, and workshop facilities and personnel, ATESS is a one stop-shop capable of taking a project from conception through design, prototyping, testing and production phases. ATESS has been providing the Air Force with specialized aerospace services at Trenton for 60 years.

Review of Military justice system: call for comments

The Right Honourable Antonio Lamer, Chief Justice of the Supreme Court of Canada and of Canada (Ret'd.), has been appointed by the Minister of National Defence to conduct an independent review of Bill C-25 (An Act to Amend the National Defence Act).

Bill C-25 requires the Minister of National Defence to conduct an independent review of the provisions and operation of the Bill every five years, and to table a report of the review in Parliament. The

review will only deal with the changes Bill C-25 made to the National Defence Act and not the entire Act.

As part of Defence's commitment to a fair and effective military justice system, Chief Justice Lamer (Ret'd) is to enjoy complete access to DND employees and CF members. Chief Justice Lamer (Ret'd) will be visiting selected Canadian Forces bases across Canada to interview individuals who have comments on the military justice system and to request feedback on how the

changes made by Bill C-25 to the military justice system are functioning.

DND employees and CF members who have an interest or have been a participant in the military justice system (including through summary trials, courts martial, the Military Police Complaints Commission and the Grievance Board), and would like to provide feedback about their experience, are encouraged to contact The Right Honourable Antonio Lamer, preferably in writing, by May 1, 2003.

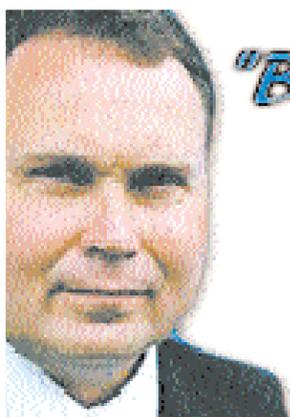
He can be reached at:
The Right Honourable Antonio Lamer, P.C., C.C., C.D.
c/o Stikeman Elliott LLP
Review of Bill C-25
50 O'Connor Street
Ottawa, Ontario
K1P 6L2
phone: (613) 564-3479
fax: (613) 230-8877
email: billc25review@stikeman.com

Chief Justice Lamer (Ret'd) will contact you directly should circumstances warrant.

All comments will be kept in strict confidence.

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HAPPY BIRTHDAY!



Photos: Cpl Tim Jordan
8 Wing Imaging



Colonel (Ret'd) Cy Yarnell was the Guest of Honour at the April 3 8 Wing Mess Dinner, celebrating the 79th birthday of the Air Force.

Col Yarnell joined the Canadian Army Militia in 1938 and then "saw the light" in 1940 when he joined the Royal Canadian Air Force (RCAF). He earned his wings in 1941 and was involved in fighter operations from 1942-45, flying the Hurricane and Spitfire aircraft. Col Yarnell is currently a member of the Canadian Fighter Pilots Association, 418 (Belleville) Wing, Air Force Association of Canada, Member of the Board of Directors of the RCAF Memorial Museum and founding member of the AD ASTRA Stone Program.

Col Yarnell graced the crowd at the Officer's Mess with both his good cheer and appropriate messages about the long and splendid history of the Air Force.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



WTISS holds a "Flashing Blue Light Special"! End of Year usually means new computers and this year was no exception. D/WTISO, Capt Mike Clark recently returned after a few days of Annual Leave to find that his office had been converted to storage for some of the nearly 400 desktop computers procured this year. (OK, guys...Very funny!... Ha-ha! Now, can I get back to work?) These PC's will be distributed to 8 Wing Users over the next few weeks, replacing the old "clunkers" that are no longer supportable by the CF. So if you have been suffering with one of the "old beasts"... "Good news, dude! You're gettin' a new one!"

We will be holding our 14th annual SPRING DANCE on Saturday May 3rd at the Trenton Legion, from 7:00 p.m. to 1 a.m. This is our main fundraising event of the year; portions of the monies raised go to local charitable organizations, foundations and a child.

In the past, the chapter has supported to the Muscular Dystrophy Association, Salvation Army, Breast Cancer Research, Almost Home and local women's shelters as well as toy donations to local hospitals.

For the second year in a row the charities we will be supporting are:

1. Alternatives for Women, Picton, Ontario
2. Philip Cook (A local child with Muscular Dystrophy)
3. Quinte Regional Children's Foundation

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What's new at Clothing Stores!

by MCpl Paul Heffernan
2 I/C Clothing Stores

As the new fiscal year starts, we begin to prepare for a busy 2003. Now that Roto 2 is completed, our focus is on preparing for Roto 3 and the eventuality of a shorter rotation schedule for the TAL Det.

The first change of note, which many of you may have noticed on your last visit, is the counter staff's insistence on the showing of ID cards before services are rendered. In a small amount of cases, this has been an annoyance to you, the customer. This policy has been reinstated to ensure clothing exchange entitlements are allotted properly and to ensure Clothing Stores' staff performs transmission of services properly. This procedure should not be viewed any differently than the one used by the Wing Cashier.

Winter flying gear, and flying gear in general, has been the source of the majority of our questions at Clothing Stores. Several 1 CAD directives are

presently being instituted by Clothing Stores, which should answer many of the issues facing 8 Wing. Briefly they are:

-The issue and exchange of all Interim Flying Gear must be strongly controlled to ensure those requiring these garments to perform their jobs receive priority of issue. As it stands right now, DND assets of this equipment must carry the Wings until the introduction of the CEMS Ace Flying Gear scheduled for Spring of 2004. As a result, Clothing Stores' staff will be monitoring entitlements very closely.

-For much of the same reasons stated above, the Flight Jacket in either blue or green has been removed from the scale of issue for all non-flight crew personnel. There is no recall planned at the present time, however, Clothing Stores' staff will not exchange current customer holdings for non-flight crew personnel.

-Winter Flying Gear is extremely hard to come by. Unlike the Interim Green jackets and suits, there is no

winter counter-part available. It is strongly encouraged that personnel not presently in flying positions reassess their need for any Winter Flying Gear and return those assets to Clothing Stores for redistribution. We expect new policies to be issued soon as depot stocks are replenished.

Much of what was stated above can be said for combats on the Wing as well. Unless it's been pre-determined that you require combats for your occupation, then combat clothing will remain restricted until the general issue of the CADPAT starts this Fall.

Lastly, there is the long-standing misconception concerning the Ankle Safety Boots. We have confirmed that these boots meet the CSA standards, provided they have not been altered (for example - Vibram soles added to Work Boots, results in the boot no longer meeting Safety requirements). DND is considering having the boots labeled as CSA approved, in order to avoid future confusion.

Search & Rescue UPDATE



In the past week, 424 Squadron was called upon to launch the Lab for a overdue C-172 aircraft in Algonquin Park. It was, however, stood down just prior to engine start. It has been a pretty quiet week since then, considering the weather we've had. Well, till next time.....CHEERS

Missions for 2003: 22 Missions for Apr.: 8 Persons rescued: 8

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The Contact Newspaper

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

The Contact Staff

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PSP Manager: Bob Payette

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity and is not funded by public funds. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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LETTERS TO THE EDITOR

In support of monthly pay allotments

In reading (last) weeks edition of the Contact, I am in agreement with Mr. Bill MacDonald in his stance on PSP payment of memberships.

We have also been posted to other bases where we were able to set up a pay allotment for use of recreational facilities on the base. The required once yearly membership payment here at CFB

Trenton, in August, for a family is sometimes a struggle as there are other expenses at this time of the year. The facilities here at CFB Trenton are excellent, but the yearly membership fees are sometimes far reaching beyond a service person's budget. There are a number of families who lose out on the use of the facilities because they

cannot afford it, even the \$2.00 drop in fee for three adds up on a monthly basis. Making a monthly pay allotment allows for more military families to have access and instills better community relations. A yearly membership under pay allotment for a family of four, is approximately \$15.00/month, much more affordable than

\$165.00 once per year. I am sure that Mr. Macdonald and I are not the only people in the community who agree that this service would benefit all, especially those who rely on the facilities for recreation and entertainment for their families.

Thank you,
A. Warren

Regarding Garth Turner's column

I was quite surprised that you saw fit to print Garth Turner's political manifesto in last week's edition of the Contact.

Mr Turner is certainly entitled to his personal opinion about the Canadian government's decision to support or not support the US-led war in Iraq. Perhaps, as a former also ran for the other political party, he saw this as an opportunity to use his syndicated column as a springboard for a future run. However,

as the ring around Bagdad closes, we have yet to see any evidence of those so called weapons of mass destruction which the USA so vehemently claimed Iraq was ready to launch.

With each passing day, it looks like our government made the right decision, as the conflict takes on the appearance of a war to feed future American economic engines at the expense of the lives of soldiers and civilians. It's no surprise then, that the

likes of Mr Turner, who feed off the economy, would be in total support of trading hundreds of lives for future economic gain. However, he should have used a different platform to express his views. As a column purporting to be about "Your Money," it had zero value. Perhaps its time for the Contact to switch columnists.

HT Kranenburg
Maj (Ret'd)

Newspaper conference a success despite Mother Nature's wrath

message from the Editor

All I can say is thank goodness 8 Wing, and not Mother Nature, was in charge of the conference.

This past week, 8 Wing played host to the 5th Annual Canadian Forces Newspapers Conference, and I must tip my hat to all those here on the Wing that made it a true success.

Accommodations personnel, the accommodations themselves, the staff and delicious fare served up at the Yukon Galley, the bartender (Shannon, I believe) at the Oak Room. Everything and everyone was wonderful. Conference participants raved about the how smoothly everything went and how pleasant an experience it was to meet here in Trenton.

Not everything went smoothly, however. Mother Nature flexed her winter muscles beginning late last week, and caused late flights, cancelled flights and innu-

merable headaches for those travelling from all points east and west in this fine country of ours. My home and work telephones did double duty, with the first call at 6:24 a.m. Saturday (thank you very much, dear Stephen!). Suffice to say that Trenton weather did little to impress my colleagues from across the country. But, despite the freezing rain, snow, rain, wind and overall cold and grey weather, conference participants showed true Canadian grit and shrugged it off.

(Note to self: Might be wise to NOT schedule next year's conference in the first part of April).

Weather aside, much was accomplished at our many meetings and it was great to get together once again with the editors and staff of other base newspapers. Much can be said for networking with your counterparts--solutions are often found to common challenges, revenue-generating ideas are brought forward, and different perspectives are shared.

I must admit that when I was first approached to host this year's conference, I was

rather reluctant. More work, more headaches. But truth be told, it wasn't bad at all. This was due in no small part to the indispensable Tracey Patrick, our Conference Coordinator here at 8 Wing/CFB Trenton. Let's just say that if she ever feels the need to moonlight, her amazing ability to pull rabbits out of hats will stand her in good stead. Thank you, Tracey, for everything. And to anyone reading this, definitely consider 8 Wing if you are planning a conference in the future and want it to go off without a hitch.

Thanks also to PSP Manager Bob Payette, who took time from his ever-busy schedule to participate in the conference and share his ideas, and to Captain Andy Coxhead, Wing Public Affairs Officer, for officially welcoming everyone to Trenton and for his continuing interest, and belief, in the value of base newspapers as essential internal communication tools.

If I have forgotten to thank anyone, I apologize and here's a blanket **thank you** that should cover everyone.

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Pet Particulars

Charity golf tournament

Consider participating in the Quinte Humane Society's 3rd Annual Charity Golf Tournament, slated for Saturday, June 14, 2003 at Oak Hills Golf and Country Club.

The past year has been a tough one for the Quinte Humane Society. The influx of animals doubled over the summer and winter of 2002. Most of these animals were left abandoned in boxes and were left tied to the shelter doors. There was also an increase of abused and injured animals. The monies raised this year will go towards operating expenses for the shelter, including the emergency medical and spay/neuter fund.

The day includes green fees, steak dinner, and prizes for all golfers—closest to the pin and longest drive competition prizes include a Bell ExpressVu satellite dish courtesy of Tyendinaga Computers, two 27-inch television sets and a gas BBQ courtesy of Canadian Tire.

You can purchase your ticket for \$80, of which half will be donated to the Quinte Humane Society (and a tax receipt will be issued for \$40), or purchase your ticket for \$50 when you submit a minimum of \$60 in pledges/sponsorships (tax receipts will be issued for all pledges collected). **Note:** all golfers with more than \$100 in pledges will be eligible for a special draw and the golfer who collects the most pledges will be the recipient of yet another great prize.

The tournament will be a scramble (4 ball best ball) format. **Deadline for registration is May 25, 2003.** For further information, please contact Darlene Quinsey at 966-0203.

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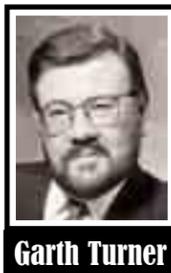
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The war that just changed everything

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Garth Turner

So, the war in Iraq is all but won. It took 18 days to see Baghdad invaded, the defenders vanquished and the price of oil and gold plunge. As I wrote here when the war began, this has the potential to be a landmark event - the end of the bear market for financial assets and the end of the bull market for real assets.

Think about what has happened in this conflict: The oil infrastructure of the MidEast is almost completely intact; a despotic ruler, condemned by almost every nation, has been neutered; American foreign policy has been proven to rule the world; \$80 billion or more has just been spent; and there is no country - including North Korea - that would even contemplate

risking a one-on-one with U.S. forces. Amid the screams that this conflict would ignite the world and trap Americans in a New Millennium Vietnam, George W. Bush rolled the dice and came out a winner.

The economic impli-

The economic implications of this will likely be huge. War is stimulative, and this one has the potential to pull the staggering American economy out of its doldrums. After all, eighty billion is eighty billion. Meanwhile the positive outcome, the overwhelming popular approval rating of the war, and the inevitable flood of feel-good patriotism should do wonders for US consumer spending.

cations of this will likely be huge. War is stimulative, and this one has the potential to pull the staggering American economy out of its doldrums. After all, eighty billion is eighty billion. Meanwhile the positive outcome, the overwhelming popular approval rating of the war, and the inevitable flood of feel-good patriotism should do wonders for US consumer spending. That will also be felt on the financial markets, which have been nervous, volatile and freakish since Nine Eleven.

Now the victim nation is the conqueror - first of the Taliban, and the liberator of

Afghanistan, and now of Saddam Hussein, and the creator of a free Iraq. George Bush has done what his father did not in Iraq and what the Soviet Union could not in Afghanistan. And while his detractors are many, the deeds speak for themselves. The world dominance of the USA is just about complete, scarcely a year and a half after the towering symbols of the American way were reduced to dust on a September morning.

This is a staggering comeback, and a cathar-

able. Falling stock markets made people fleeing into cash or bricks and mortar look prophetic.

The reality probably was, however, that fear drove too many people to chase real assets at a time when they were at their highest, while blinding them to the opportunity posed by financial assets when they were truly cheap. As the US economy turns, corporate profitability is restored and more normal times resume - complete with rising interest rates, a strengthening US dollar, and justified confidence in the future - there is every reason to believe the lessons of history will be sound again. Stocks as an asset class outperform all others over time. Real estate is a cyclical commodity that is every bit as dangerous as, say, shares in Bombardier or Air Canada. People who do not strive for diversification are always at risk. And decisions motivated by either fear or greed are invariably proven to be bad ones.

The end of a war is a natural time for reflection and adjustment. Though this war has been mercifully short, it is the violent conclusion of 18 months of worry, uncertainty and sometimes terror that has exacted a very large toll on the citizens of North America.

If you think nothing has changed, you don't get it. Everything just changed.

Garth Turner's Investment Television airs Sundays on Global. His latest book is "The Little Book of Real Estate Wisdom." Internet, garth.ca.

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Royal Roads University reaches out to CF members

Victoria - Royal Roads University has launched an initiative aimed at serving more learners from the Canadian Forces.

The university has appointed its director of program development, Dr. Sherman Waddell, to serve as principal liaison with the Department of National Defence; it has developed a new certificate program specifically for members of the Canadian Forces, and it is embarking on a forces marketing campaign.

Royal Roads, for example, will be the only university exhibiting at the CANSEC 2003 defence and security conference this week in Ottawa.

"The Department of National Defence recently set up a program that subsidizes education by up to

\$20,000 per member," said RRU president Dr. Richard Skinner.

"Their progressive commitment to support lifelong learning perfectly matches our university's commitment to serve the lifelong learning needs of adults in Canada and around the world.

"By strengthening our connections with the DND we're going back to our roots in a way. Many members of the forces received their initial training at our predecessor institution, Royal Roads Military College. Now, we want to make Royal Roads University just as important to their advancing careers as the college was to their early ones."

When the federal government closed Royal Roads Military College in 1995 it transferred the

Victoria campus to the B.C. government, which created the only public university in Canada dedicated to exclusively offering applied and professional programs. Programs are offered through four divisions: organizational leadership and learning; peace and conflict studies; science, technology and the environment; and the school of business. Most programs are at the Master's level and are delivered through a combination of short, on-site residencies and Internet learning. Waddell says both the program offerings and the delivery model are attractive to members of the forces and in fact, the university already has DND members in most programs.

"We've done a good

job of making ourselves military-friendly. We've done less well at letting DND members know we are military-friendly," Waddell said.

"And now's the time to do that because an increasing number of military personnel are realizing further education is pivotal to their future success - whether they plan to stay in the military or make a transition to a civilian career."

In addition to reaching out to individual members of the forces, Waddell is charged with forging new educational partnerships with the DND, for example designing custom programs or arranging block educational purchases for units being deployed. The plan is to expand nationally on partnerships already in place with CFB

Esquimalt.

"A few years ago, when the education office at CFB Esquimalt identified a need for an evening option of our Bachelor of Commerce program, we had the program in place within six

weeks," said Waddell.

"I think that kind of speed and flexibility will prove very appealing to the DND, especially as we can now offer education to learners deployed at distant locations around the world."

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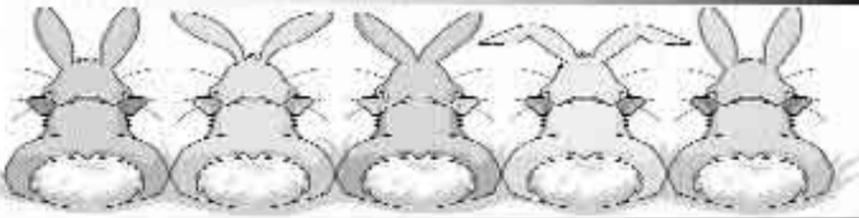
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Nuts, peanut butter may lower risk of type 2 diabetes in women

(NC)—For almost two decades, scientists at the Harvard School of Public Health have been busy studying the association between nut consumption and the risk of Type 2 diabetes — and their findings are promising.

The study suggests that eating nuts and peanut butter may help lower the risk of Type 2 diabetes in women.

“Type 2 diabetes is undoubtedly a growing concern for adults and children, and learning how to prevent or manage this disease is crucial,” says Susan Mah, Registered Dietitian. “It’s encouraging to hear about the health benefits of the foods we love. Considering the average Canadian eats 2.7 kg of peanuts a year, this is good

news!”
Diabetes affects more than 2 million Canadians. Some 90 per cent of those with diabetes have Type 2 diabetes — a growing problem that is linked to obesity and cardiovascular disease (CVD).

Peanuts and peanut butter are high in unsaturated fat and are a nutrition powerhouse containing fibre, folate, magnesium, zinc and vitamin E. Previous studies have confirmed that nuts can play a role in the prevention of CVD and obesity, and this is the first to extend their influence to reducing risk of Type 2 diabetes.

Study Facts:

- Study participants: 83,818 women (34-59 years old) with no history of diabetes,

CVD, or cancer

- 1980: subjects completed a dietary questionnaire
- Scientists followed up for 16 years
- 1996: 3,206 subjects had developed Type 2 diabetes

Study Findings:

- Eating nuts and/or peanut butter lowered the chances of developing Type 2 diabetes
- Reduction in risk was greatest in those who had the highest nut consumption
- Those who never/ almost never ate nuts had no change in risk
- Those who consumed nuts (1oz/ 30g serving) less than once per week, had an 8 per cent lower risk
- Those who consumed nuts 1-4 times per

- week had a 16 per cent lower risk
 - Those consuming nuts 5 or more times per week, had a 27 per cent lower risk
 - Those who consumed peanut butter five or more times per week (the equivalent of 5 tablespoons) had a 21 per cent lower risk compared to women who never or almost never ate peanut butter
 - Subjects who ate more nuts and who were at higher risk due to their other factors (e.g. overweight, smoking) had a lower risk than those who ate fewer or no nuts
- So spread the news! Regular or daily consumption of nuts and peanut butter can play a beneficial role in our diet and contribute to reducing risk of CVD, obesity and Type 2 diabetes.

Sandwiches -- The perfect meal for the multi-tasker

(NC)—The next time you stop at a red light and glance over into the next car, don't be surprised if the driver is munching on a peanut butter and jam, cheese or egg sandwich while applying mascara and singing along to the radio!

A recent report on Canadian eating patterns shows that the mighty sandwich has risen to become one of the top ten most popular breakfast, lunch and dinner foods. It seems that when the pace of life takes us away from our kitchen table, a perfectly clutchable and

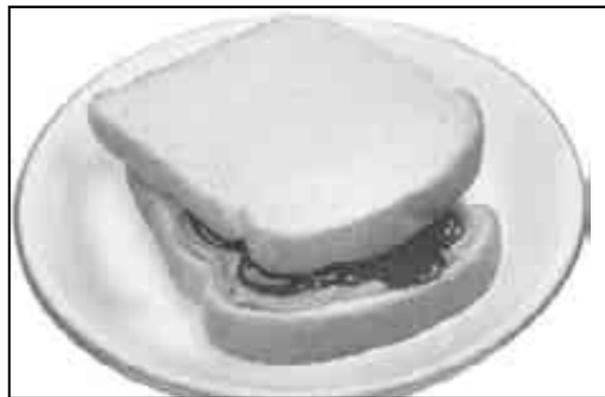
portable sandwich fits the bill nicely.

Bread is a great kitchen staple to have on hand in the evening to quickly and conveniently make hundreds of different sandwich combinations to satisfy even the most discriminating palate. The most popular fillings for dinner sandwiches are cheese, ham or roast beef. But sandwiches quickly lose their appeal when the bread stales before you've used the whole loaf. This happens most often with singles and students, however some families even have a

difficult time finishing a loaf. Conveniently, Dempster's has solved this dilemma with the introduction of a new white bread offered in unique Cellofoil™ packaging, which promises to taste great and more importantly,

stays fresh to the last slice™.

Freshness is fundamental to the enjoyment of a sandwich, no matter when you eat it. Now you can have freshness from the inside out with Dempster's.



The great nutrient debate

(NC)—Trying to cut carbs from your diet? Think again!

The nutrition experts at Weight Watchers stress that our bodies need a wide range of nutrients to survive. Although some diet gurus shun certain food groups and tout the magical abilities of others to help you lose weight, weight management is a very individual experience, says Karen Miller-Kovach, Chief Scientist and Nutrition expert for Weight Watchers International.

Dietary fat, for instance, helps in the absorption of

fat-soluble vitamins, protein aids in tissue repair and is pivotal for cell growth, and carbohydrates provide the brain with its primary fuel source. Purposefully omitting any of these nutrients from your diet can wreak havoc on your health.

The secret to safe weight loss? Balance. The right mix of fat, protein and carbohydrates to ensure satisfaction. After all, when you're satisfied with what you're doing, says Miller-Kovach, you're more likely to keep doing it. And sticking with a diet over the long-term is what ulti-

mately leads to weight loss success.

For additional tips on healthy lifestyle, recipes, fitness and more, visit <http://www.WeightWatchers.ca>. Weight Watchers is the world's leading provider of weight loss services, operating in 30 countries through a network of company-owned and franchise operations. Currently, over one million members attend weekly Weight Watchers meetings to receive group support and education about healthy eating patterns, behaviour modification and physical activity.



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★ Wed., Apr. 24 - Kathryn Wheatley and Wendle Ferguson live in the Barley Room Pub.
Fri., May 9
Lucky Stars Productions presents "Love Letters" - a classic & funny play accompanied by a delicious meal
Glenora Springs Brewery Beer Tasting
Wed. April 30

What's Cooking at the Cookery School?
Saturday April 12
Indian Cuisine
Sunday April 13
Moroccan Curries
Coming this summer...
4-day cookery school vacations in Prince Edward County
Don't Miss Easter Brunch & Dinner at the Waring House - Reserve Early

PLEASE NOTE

Until further notice all pers reporting to the Wing Medical Clinic for any reason will go through a health screening. This short screening is for **pre-cautionary** purposes only and is in keeping with what is happening in local civilian hospitals. All pers reporting to the Medical Clinic with any symptoms of a cold or flu i.e. cough, fever or shortness of breath will be given a mask to wear until seen by medical staff. As well all pers are asked to use only the front entrance closest to the WO and Sgt's Mess of the clinic (east entrance) when entering and exiting the Medical Clinic. All other entrances and exits will be locked. We ask for your patience as these necessary precautions will not only slow the comings and going from our clinic but may also lead to increased waiting times.

A SARS info line is available at the Wing clinic at local 3381 for either general questions or specific concerns. This phone is staffed 0700 -1600 hrs Monday to Friday and on weekends 1000 -1200 hrs until further notice.

Cleaning up your storage area



Submitted by
**Doug Bird, Deputy
Wing General Safety
Officer**

Most workplaces have storage areas, ranging from stationery cabinets in small offices to large warehouses in manufacturing and retail operations. Use these tips for safety in a storeroom of any size:
Keep storage areas

well-lit to prevent falls and other accidents.

Storage units must be correctly assembled and securely anchored.

Small, loose items should be placed in storage bins. Parts placed on pallets should be strapped down or shrink-wrapped so they won't fall off.

Heavy items should be stored close to the floor. This will make moving easier and will prevent shelves from becoming top-heavy.

Use ladders, step-stools or mechanized pickers to reach higher items. Never climb on the shelves or racks.

Properly store any

hazardous materials. Make sure all such items are labeled and stored separately from non-compatible materials. Certain substances must be stored where there is adequate ventilation, and where spills can be contained. The MSDS (Material Safety Data Sheet) must be accessible for each stored chemical.

Storage aisles must be arranged to provide more than one route for escape. Aisles should not be a dead-end.

Aisles should be wide enough for fire fighters and first aid personnel to enter with their equipment.

Maintain enough clearance overhead to allow sprinkler systems to function as needed in case of fire. Usually six to eight feet of overhead clearance is required — but find out what is required for the sprinklers installed in your work area.

Never smoke in storage areas.

Use safe lifting techniques when moving materials to and from storerooms. Bend your knees, not your back, when picking up or setting down items.

Safe storage of materials is an important part of workplace safety.

Canada an international role model

(NC)—Say goodbye to tobacco sponsorships of sports and arts events after October 1, 2003.

A request by the tobacco industry to overturn the ban, along with other restrictions on tobacco advertising in Canada, was recently denied by the

Quebec Superior Court. The Canadian Cancer Society had intervener status at the trial, working beside the federal government to defend the tobacco control legislation.

"The judgement to uphold the legislation provides a boost not only for

tobacco control efforts in Canada, but also for countries looking to adopt legislation based on the Canadian model," said Ken Kyle, Director of Public Issues for the Canadian Cancer Society.

Advocating that governments take action on health policy issues, including tobacco control, is a key activity for the Canadian Cancer Society. Lung cancer

is the leading cause of cancer death for both Canadian women and men. Smoking is specifically related to about 87 per cent of lung cancer cases.

For information about cancer, or programs to help you stop smoking, contact the Canadian Cancer Society toll-free at 1 888 939-3333 or visit www.cancer.ca.

Learn how to protect yourself against West Nile Virus

by Sgt Mike Friar
8 Wing Preventive
Medical Technician

What is it?

West Nile Virus is a disease spread by infected mosquitoes. It was first discovered in North America in New York City during the summer of 1999. The virus has since spread to other States and has also been found in Ontario.

How it is spread

West Nile Virus is spread to people by the bite of an infected mosquito.

Mosquitoes get the virus from infected birds. Humans **cannot** get the virus from another person, animal or bird.

What are the symptoms?

The risk of getting West Nile Virus is extremely low. Most people infected by West Nile Virus do not get sick. A

small number of people (usually the elderly and those with weakened immune systems) may experience mild fever, headache, stiff neck and muscle weakness. In rare cases, these symptoms may progress to serious illness involving inflammation of the brain and spinal cord.

To reduce risk of exposure to virus, protect yourself!

Protect yourself from mosquitoes.

Personal protection during mosquito season

--Minimize the time you spend outside during the evening, night and dawn hours, when mosquitoes are most active.

--Wear light coloured clothing made of dense material to reduce mosquito attraction and limit bite penetration.

--Wear long pants, long sleeved shirts, shoes and socks when you are at risk of mosquito contact.

--Apply insect repellent

to skin when at risk of mosquito contact. Whenever you use a repellent, carefully read and follow the manufacturer's directions.

Around your home

Mosquitoes need standing water to breed.

--Dispose of water-holding containers (tin cans, plastic jugs, ceramic pots) lying around your yard.
--Always circulate and chlorinate swimming pool

water. Drain water off pool covers.

--Turn over plastic wadding pools and wheelbarrows when not in use.

--Change bird bath water every other day.

--Ensure that your roof gutters are clean and flow properly.

--All doors and windows should have tight fitting screens in good repair.

--Remove all discarded tires from your property.

--Cover rainwater barrels with a fine mesh or screen material.

Dental Health Month: Flossing 101

(NC)—Are you flossing your way to a more beautiful smile?

In support of the Canadian Dental Association's promotion of Dental Health Month in April, Johnson & Johnson REACH® Whitening Floss is providing the following flossing tips to help you achieve a star-quality smile.

1. Choose the type of dental floss that is right for you. Tape floss is coarser and preferential for teeth that aren't too tight; whereas, regular floss is best for minimal space between the teeth.

2. Wrap 18 inches (45 cm) of floss lightly around the middle finger of each hand. Leave about one inch (5 cm) of floss free to clean

between teeth. Use a new section of floss for each tooth.

3. Hold the floss tightly between thumbs and index fingers. These fingers will guide the floss between your teeth.

4. Use a gentle sawing motion to work floss between teeth. This will minimize any discomfort to your gums.

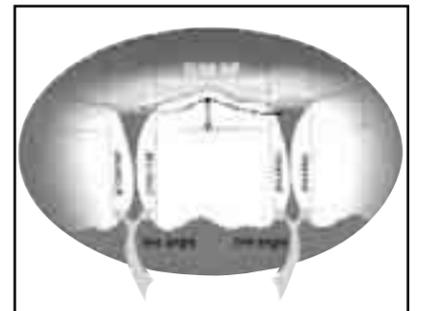
5. At the gum line, curve the floss into a "C" shape against the side of your tooth.

6. Slide the floss up and down between your teeth and just beneath the gum line to remove

plaque.

7. To remove stains where they form — between the teeth — a good solution is Johnson & Johnson REACH® Whitening Floss.

8. Smile, you are on your way to help ensure your teeth remain healthy and beautiful for a lifetime!



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Passing the torch: Volunteers raise \$13.2 million for new War Museum

A/SLt Sonia Dumouchel-Connock, Lookout Newspaper

The future of Canada's military past has gotten brighter thanks to the dedication and hard work of a small group of passionate volunteers. After eight years of raising awareness of the plight of the Canadian War Museum in Ottawa, the group raised a remarkable \$13.2 million to aid in the development of a new museum.

"Ironically, Canada possesses one of the world's great collections of military artefacts, yet the existing museum facilities are dreadfully inadequate," says Gen Paul Manson (ret'd), the chair of the Building Committee for the new War Museum and the chair of the Passing the Torch Campaign to raise private sector monies for the museum.

The existing museum, a three story castle-like building located between the Royal Canadian Mint and the National Gallery, is nearly 100 years old. "It is much too small and about 98 per cent of the

collections have to be stored in an old Ottawa streetcar barn located several kilometres away," says Gen Manson. The building is plagued with asbestos contamination, does not meet modern requirements for handicapped access, public washrooms or the fire protection standards of the National Building Code and does not have museum-standard environmental controls necessary to preserve Canada's impressive collection, he adds.

"The real need for an adequate facility relates to the importance of military history in the development of the Canadian nation," says Gen Manson. "It is a story that few Canadian know and understand." The story of Canada's navy is told through the Canadian War Museum's rich collection of naval artefacts.

"It has a wide range of models, from HMCS Niobe of the First World War, to a Second World War corvette, to the aircraft carrier HMCS Bonaventure," says Dr. Cameron Pulsifer, a historian at the museum. "As

for actual craft, we have the 'Pogo,' the hydrographic survey vessel that served on HMCS Labrador during her voyages through the north-west passage in the 1950s. We also have a number of turrets with their guns, off actual serving vessels from the Second World War, such as HMCS Swansea."

"This will not be a passive museum where people wander by static displays in silence. Instead, there will be opportunities to interact with the displays, with plenty of sound and movement throughout."

General Paul Mason (Ret'd)

In 1986, a group of retired military members, historians, academics and civil servants decided to do something about the shameful neglect of Canada's war art and artefacts collection. They registered themselves under the Corporations Act as the Friends of the Canadian War Museum, obtained charitable status, and began raising public awareness of the plight of

the Canadian War Museum.

"We have made extensive use of the internet, magazine and newspaper articles, public speaking engagements, mailings, and word of mouth to tell the story," explains Gen Manson. "A major publicity campaign in 1998/1999 proclaiming the need for a

new facility resulted in a decision by the federal government to provide the land and most of the funding for the new museum."

The federal government granted \$90 million for the new Canadian War Museum and challenged the volunteers to raise an additional \$15 million from within the private sector.

"Public response to all of this has been totally

favourable," says Gen Manson. "To date we have achieved \$13.2 million, which is quite remarkable. Our small campaign team, assisted by volunteers across Canada, has received generous donations from veterans groups, corporations, charitable foundations, retired military and private individuals. We hope to wrap up the campaign this summer, after eight years of fundraising."

The money raised by the Passing the Torch campaign will be used for the design, development and installation of the exhibitions and displays in the new Canadian War Museum. The new facilities, which will be located in downtown Ottawa at LeBreton Flats, will contain substantial gallery space to showcase the museum's collection of over 13,000 works of art, as well as its photographs, personal memoirs, uniforms, tanks, artillery pieces and watercraft.

"This will not be a passive museum where people wander by static displays in silence," explains Gen Manson. "Instead, there

will be opportunities to interact with the displays, with plenty of sound and movement throughout."

A major outreach program, bringing military history to schools and households via the Internet and a school visit program, will also be created using Passing the Torch campaign funds.

"Our young people and new Canadians have to appreciate the huge sacrifices that were made to give us the freedom and security that we enjoy in Canada today," argues Gen Manson. "A world-class national museum of military history is needed if the story is to be told coherently and authentically."

Construction for the museum, honouring both the sacrifice of Canadian military members and underlining the human cost of war, has begun in LeBreton Flats, west of Parliament Hill. The outer structure will be completed later this year, and collections and exhibits will be installed in the second half of 2004. The official opening is scheduled for 8 May, 2005 - the 60th anniversary of VE Day.



This Week in Contact

1943 -- A warning issued that after April 1st ordinary letters sent within Canada and the United States require a four-cent stamp.

1953/1963 -- Unavailable

1973 -- LCol Roy Windover, of Belleville, set world altitude record of 30,800 feet in a 1941 75-hp Interstate S Cadet, winning the Federation Aeronautique Internationale medal. The MND James Richardson announces that Canada's 3 Military Colleges will enroll "serving officers and men" under two new plans: UTPO, and UTPM.

1983 -- US Strategic Air Command C-5 Galaxy arrives at CFB Trenton to assist 436 Squadron in lifting of construction material for new HQ structure at CFS Alert.

1993 -- Official joining of the North Side and South Side Junior Ranks Messes. 8 Wing CFB Trenton pledges \$100,000 to Trenton Memorial Hospital Building Fund campaign. For the second time in history, a Canadian Officer, LGen Richard Evraire, becomes Commandant of the prestigious NATO Defence College in Rome, Italy.

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

Canadiana Crossword

True Brew

By Murray Knowlton and Bruce Kelly

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
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ACROSS

1. Alberts and Alkins, familiarly

4. Not on time

8. Colorful brew

12. Seek redress

13. Slant Israeli

14. Hillyward, for one

15. Prairie brew

17. Piano floor

18. Strike

19. May a brew

20. A kind of soup

23. British Columbia brew

26. Roger

27. Christman

28. Roman 15

29. Black

30. Seas

32. Accusation's deg.

33. Canadian verbal tic

34. Partner of spat

35. Lables

36. Reasonable

38. Head

39. Scare

41. Wringing

43. Canine

43. Telling brew

47. Leave out

48. Seen

49. mode

50. Chars, shanily

51. Swerve

52. Jack

DOWN

1. Pal of Cleopatra

2. Passapla, for one

3. Salt, in St. Jean

4. Bohemian thomas

5. Half a crook

6. Nil, w/ to speak

7. La vie rose

8. Durbanus

9. A kind of cloth

10. Shoshunan

11. Receptor

16. Footwear

17. Children

19. Hoory

20. Basket makers' willow

21. Recess

22. Anact

23. Rap

24. Montreal baseball team

25. Linds

30. Spirit

41. Counter

42. Partner of Bill

34. Mine features

35. Affectionate

37. Characteristic

38. Four-racer

40. Bigness

41. Red

42. Merchant's sm.

43. Misery

44. Auto

45. Capilano Pale

46. A bit

48. Old Vienna, for short

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Fitness, Sports & Recreation

We're open for business

The fitness and health profession is on the cusp of perhaps the greatest revolution ever. Before the industrial revolution, man fulfilled his exercise needs through physical work. Rest was the reward of working. Today, in the information age, people get little or no exercise from anything they do. Work is not enough.

People need physical activity. One half hour six times a week or one hour three times a week, will greatly improve cardiovascular fitness, strength, flexibility, stress reduction and general health - results that they use to get from boring, repetitive physical tasks in the workplace. In addition, their overall results are better because they can choose to work on all different components of their physical fitness. The mainstream population is really just becoming aware of this shift in thinking. You only have to check out the shelves at bookstores to realize how many more

magazines are devoted to physical activity now, than five years ago. Compared to ten years ago, a whole new vision has emerged.

At 8 Wing/CFB Trenton, we are indeed very fortunate to be on the cutting edge of the fitness revolution. With our 25 meter pool, renovated Gymnasium and the new Arena, we truly have the finest fitness, sports and recreation facilities in the Quinte Region. However, these facilities are completely useless if they sit empty and are not utilized to their fullest potential with diversified programs and activities - something for everyone.

The PSP Fitness and Sports Flight's mandate is to provide a variety of programs and activities designed to motivate and challenge you in your quest for fun and fitness. We believe we have the programs in place *but we're looking for customers.* Sure, our sports leagues are filled up and everybody does

their CF EXPRES test but our programs are much more than that. Not only can we set you up on a Personal Training Program upon request, we have many seminars on nutrition, weight loss, back care, weight training etc and, you just don't have to come to us - we'll come to you. Any/all of our health and fitness seminars can be conducted at your unit upon request. So, when thinking about how lucky we are to have the finest fitness facilities in the Quinte Region, how about making a lifestyle decision to start taking advantage of programs and activities and start using the equipment that these facilities provide.

Ladies and Gentlemen, the Fitness and Sports Flight is *Open For Business* and we're looking for Customers - *no experience necessary!*

For more fitness related info please contact the Fitness Coordinator, Scott Burns, at local 3328.

Reduce stress, manage your time



Todd Peart

the Fit Stop

Wouldn't it be great if you could paste extra numbers on your watch and decide you have until 26:00 hrs to finish a project?

Unfortunately that isn't realistic, however there are some tips to help you manage your time:

- Combine activities with errands. Planning ahead and a list will let you make a grand sweep of town, covering several

needs. It may take a couple hours, but it beats using up an hour every day for a week.

- Be a parent, not a cab driver. Sometimes you have to just say no to your children's requests to be taken here or there.

- Give out only your number. Supplying everyone with your beeper, fax and e-mail gives you 3 extra places to constantly check for messages.

- Deny tasks or favors you can't handle. Sure there are some you're happy to do, but many just take up time and are unnecessary.

Even though you can't really *make* extra time, you can open up free places in your schedule - for you. Use the time to exercise, get organized, contemplate your goals, prepare a special meal, or be with someone important to you.

If you'd like less stress in your life, you can receive a "Feel like a Million" stress buster package by booking a personal training session with PSP Fitness Instructor Todd Peart, local 2993 or 3328.

Wing Hockey League final stats

The last regular season game is over and the middle of the pack was very close with WSup and 8AMS tied with 37 points each.

Here are the final stats:

Teams	Wins	Loss	Ties	Points	Place
Bleu Express	33	3	2	68	1st
CPC	28	10	0	56	2nd
424 Sqn	23	13	2	48	3rd
WSup	17	17	3	37	4th
8AMS	15	16	7	37	5th
WTN	13	22	3	29	6th
ATESS	11	25	2	24	7th
8ACCS	9	24	5	23	8th
WLEO	9	25	4	22	9th
WATC	7	30	1	15	10th

SUMMER KIDZ KAMP 2003

Designed for children between the ages of 6 and 12
Monday to Friday, June 30 to August 22, 2003 (excluding July 1st and August 4th)
8:00 a.m. to 4:00 p.m. @ the RecPlex - 21 Namao Drive

	8 WING	NON 8 WING
Full Week / Short Week		
1 CHILD	\$75 / \$60*	\$80 / \$65*
2 CHILDREN	\$135 / \$108*	\$145 / \$118*
3 CHILDREN	\$185 / \$148*	\$200 / \$163*

DROP-IN FEE/CHILD \$20.00/DAY*\$25.00/DAY* (Space permitting)

*The above fees include admissions to most trips

Additional Trip/Event fees may be required on occasion

BEFORE AND AFTER CARE (7:00 a.m. to 8:00 a.m. & 4:00 p.m. to 5:00 p.m.)
(Children must be pre-registered for this service) \$2.00/ Hour / Child

REGISTRATION:

8 Wing Community only Monday, March 31 to Sunday, May 11.

Open registration begins Monday, May 12. Register in person at the RecPlex during regular business hours: Mondays - Fridays - 9:00 a.m. to 9:00 p.m., Saturdays - noon to 9:00 p.m., Sundays - noon to 6:00 p.m.

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

news from the

Community Recreation Director



Judi Christopherson

RecPlex NEW Hours of Operation

Monday to Friday 9 a.m. - 9:00 p.m., Saturdays 8:30 am to 8:30 p.m., Sundays noon to 4:30 p.m.

Lifesaving Society Canada Bronze Cross Course

Saturdays, April 5th to June 7th - 1:30 - 4 p.m. (NO class Easter Weekend and Victoria Day weekend). EXAM June 17th - 1:30 - 5:30 p.m.

"Step 2 on your way to becoming a lifeguard"

Course will be held at the 8 Wing Trenton RecPlex Pool. Cost: \$110 for Rec Association members, \$120 for non members. Register in person at the RecPlex - weekdays 9 a.m. - noon and 1 - 9 p.m., Saturday noon - 9 p.m., Sunday noon - 6 p.m.

Candidates must be 14 years of age on the day of the exam. Information -

392 - 2811 extension 2349 / 3348 weekdays. Extension 3361 evenings & weekends.

Lifesaving Society Canada Bronze Medallion Course

Fridays - April 11th to June 13th - 6:30 - 9 pm (NO class Easter Weekend April 18th and Victoria Day weekend May 16th)

EXAM Tues June 17th - 5:00 - 9:00 pm

"Step 1 on your way to becoming a Lifeguard"

Course will be held at the 8 Wing Trenton RecPlex Pool. Cost: \$100 for Rec Association members, \$110 for non members, \$35 for the Lifesaving Society manual. Register in person at the RecPlex - weekdays 9 a.m. - noon and 1 - 9 p.m., Saturday noon - 8 p.m. Sunday noon - 4:30 p.m.

Candidates must be 13 years of age on the day of the exam. Information - 392 - 2811 extension

2349 / 3348 weekdays. Extension 3361 evenings & weekends.

Punch Cards Spring Session For Body Sculpting, Kicking Cardio & Spinning

Not sure which class you want more? Want to do more than two classes per week? Purchase a punch card and try them all! Sixteen class card - \$45 CRA Member, \$55 Non CRA Member. Once the card is used you must pay the drop-in fee or purchase a short course card. Cost: 10 classes - \$25/\$30 (Short course cards only available to punch card holders).

You can purchase your punch card at the RecPlex. For information, call 392-2811 ext. 3361/3348.

We have changed the location of the following to the RecPlex and there are spaces still available: Step Classes - Mondays and Thursdays, 6 - 6:50 p.m. - RecPlex

Body Sculpting Classes - Mondays and Thursdays, 7 - 7:50 p.m. - RecPlex

Kicking Cardio - Saturdays, 9 - 9:50 a.m. - RecPlex

Use a punch card or pay the \$5.00 drop-in fee.



TRENTON Military Family Resource Centre



FOR MORE INFORMATION 965-3575

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

“Wednesday activities”

Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead.

April 16 - “Brain Gym” with astrologer Mona Germain.

April 23 - Self Defense with Normand Belisle. Wear gym clothing.

“Activités du mercredi”

Les mercredis de 18h à 20h, une diversité d'activités sont planifiées. S'il vous plaît, téléphonez à l'avance

16 avril - “Exercice mental” avec l'astrologue Mona Germain.

23 avril - Autodéfense avec Normand Belisle. Portez des vêtements de sport.

Children's Programs, 0-5 yrs/ Programmes pour enfants, 0-5

“New Extended Drop-Off Childcare Hours

Monday & Wednesday

1:00 p.m.-4:00 p.m. Ages 2 1/2-5 years.

Pre-register one week in advance at the reception

\$4.00 per hour, \$1.50 for additional siblings

This service is an expansion to our Licensed Daycare Program therefore a green form may be required from the Health Unit.

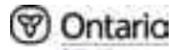
Plus d'heures pour la Halte-garderie Lundi et mercredi

13h-16h 2 1/2 -5 ans

Inscription à la réception du CRFM, une semaine à l'avance

4\$ de l'heure, 1,50\$ pour chaque enfant de plus de la même famille

Ce service est une expansion de notre programme de garderie licenciée donc il est possible que vous ayez à remplir un formulaire vert provenant du Centre médical.



Deux programmes gratuits et en français!*
Pour les parents/responsables de garde et leurs enfants (0-6 ans)

L'aventure en lecture

Activités de lecture - Comptines - Créativité - Ressources
Tous les mercredis du 19 mars au 25 juin 2003, 09h00 à 10h30
Ecole élémentaire catholique L'Envol - Bibliothèque
45 prom. Johnson, (Parc Middleton), Trenton

Halte-jeux francophone

Jeux libres - Bricolage - Activités - Ressources
Tous les jeudis de 09h00 à 11h30
Ecole élémentaire Cité-Jeunesse, 30 ave. Fullerton, (Parc Middleton)

* For parents/caregivers and their children (0-6 yrs. old), these programs are offered in French only. For more information on other drop-in programs, please contact Denise Currie at 392-2811 ext. 3598.

The next TMCC/Youth Centre Dance will be held on Thursday, April 17, 2003, 6 - 9 p.m. at the Siskin Centre \$4.00 per person

If you bring a canned food item to the dance you will receive one coupon for one free admission to the Youth Centre.

La prochaine danse du CCMT/Centre des Jeunes aura lieu Jeudi le 17 avril 2003, 18h à 21 h au Centre Siskin 4\$ par personne

Si vous apportez une boîte de conserve à la danse, vous recevrez un billet pour une admission gratuite au Centre des Jeunes.

MASS SCHEDULE HORAIRE DES MESSSES

Senior Chaplain - Aumônier Supérieur: Major Lloyd Clifton Local 3665

**OUR LADY OF PEACE CHAPEL (RC)
NOTRE-DAME DE LA PAIX (CR)**

**Padre Bastien Leclerc (RC)
Recteur de Chapelle Local 3487**
(Chapel Life Coordinator / Responsable de la communauté chrétienne)

**Padre Allan Murphy (RC) Local 3312
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Messe Dominicale: 0900 hrs (français)
Sunday Mass: 1130 hrs (English)
Weekdays (W-F): 1200 hrs (Bilingual)

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BAPTISMS / BAPTÊMES

Please allow at least 30 days notice for preparation.
Communiquez avec l'aumônier au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

You must contact the chaplain's office prior to selecting a date.
You must obtain a recent copy (less than six months old) of your baptismal certificate prior to booking appointment with chaplain.

Vous devez prendre rendez-vous avec l'aumônier avant de choisir la date. Vous devez apporter avec vous une copie récente (datée de moins de six mois) de votre certificat de baptême.

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

**Padre Catherine Morrison (ACC) Local 2314
Padre Matthew Lucas (Baptist) Local 3286**
(Chapel Life Coordinator)

Sunday: Divine Worship 1015 hrs
Holy Communion: First Sunday of the month
Wed. - Anglican Eucharist at 1230 hrs

CHAPEL ORGANIZATIONS

Men's Club 1st Tues of the month 1800 hrs
Ladies Guild: Last Tues of the month 1930 hrs

BAPTISMS

Allow at least one month's notice for preparation.

MARRIAGES

You must contact the chaplain's office prior to selecting a date. Please allow at least six months.

PARISH ORGANIZATIONS

Parish Council 3rd Thurs 1900 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL: 2nd Tues 1900 hrs
Chorale: Mercredi 1900 hrs
Choir: Tues at 1900 hrs
Silhouettes of Mary: 2nd and 4th Thurs at 1830 hrs

After working hours please call the base operator at 392-2811 and ask for the duty chaplain.
Après les heures de travail, appelez la téléphoniste de la base au 392-2811 et demandez à parler à l'aumônier en devoir.

Easter Bunny Pancake Breakfast Déjeuner aux crêpes avec le lapin de Pâques

Sunday, April 13 at the Siskin Centre,
9 a.m. to 1 p.m.

Dimanche le 13 avril au Centre Siskin, 9h à 13h

Adults/Adultes - \$5.00

Children 12 & under/Enfants 12 & moins - \$3.00

Ages 2 & under/2 ans et moins - \$1.00

Advance tickets available at the reception desks of the MFRC and Daycare.
Proceeds go towards the field trips and playground equipment for the Daycare.

Vous pouvez acheter vos billets à l'avance à la réception du CRFM et de la Garderie. Les profits sont destinés aux excursions et à de l'équipement pour le terrain de jeux.



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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
April 13 - April 19

ARIES (March 21-April 19): Take care of your health and well-being on the 13th and 14th. You will have some good ideas for future projects. Check out your options. Partnerships of any kind will be stressful on the 15th and 16th if you have been secretive about your intentions. You should be careful where you put your personal belongings on the 17th, 18th and 19th. Someone may try to take what's yours.

TAURUS (April 20-May 20): Make personal changes on the 13th and 14th. Get involved in activities that will jumpstart your body. You will be in good form and will do well in any competitive event. You can get ahead on the 15th and 16th. Business prospects look enticing. You'll be rewarded for your actions. You'll be emotional about money on the 17th, 18th and 19th. You are best to make changes before it's too late.

GEMINI (May 21-June 20): You may have a problem with someone you love on the 13th and 14th. Talk to friends you trust about your personal situation so that you can get another point of view. Do something you enjoy on the 15th and 16th. Get involved in an interesting activity or begin a creative hobby. You will have trouble containing your feelings on the 17th, 18th and 19th. Emotional issues will cause you grief.

CANCER (June 21-July 22): You'll enjoy the company of friends and relatives on the 13th and 14th. Make plans to get out and do things that interest you. Its time you did something that will spark some enthusiasm in yourself. You'll find it hard to get along with others on the 15th and 16th so don't try to push through your beliefs. Get down to brass tacks on the 17th, 18th and 19th. You will prosper if you search for a way to make your money grow.

LEO (July 23-Aug. 22): Don't complain too much on the 13th and 14th or you'll find yourself all alone. Don't let anyone dump his or her responsibilities in your lap. You have enough to contend with already. You'll be entertaining on the 15th and 16th and that should lead to closer relationships with your peers. You will be your own worst enemy on the 17th, 18th and 19th if you are unwilling to compromise and do your fair share.

VIRGO (Aug. 23-Sept. 22): You may be a bit emotional on the 13th and 14th. Don't let someone you care about take advantage of you. You should do something special for yourself. You will have a good plan on the 15th and 16th and should take the first steps in order to set things in motion. You may have to lay down the law on the 17th, 18th and 19th and insist that changes are made. Expect resistance.

LIBRA (Sept. 23-Oct. 22): There may be some secret activity going on around you on the 13th and 14th. Gossip is likely to get you down; so don't leave yourself open for that kind of abuse. Stick to your code of ethics. Don't dramatize what's going on around you on the 15th and 16th. You are probably taking things too personally. Your ability to seize an opportunity on the 17th, 18th and 19th will lead to both professional and financial gains.

SCORPIO (Oct. 23-Nov. 21): You can really make a difference on the 13th and 14th if you involve yourself in something that you feel strongly about. Your contribution will not only be well received, it will bring you a great deal of satisfaction. Instead of neglecting issues at home on the 14th and 15th take the time to nurture what you already have. Put yourself first on the 17th, 18th and 19th. If you are too accommodating you'll be saddled with responsibilities.

SAGITTARIUS (Nov. 22-Dec. 21): Problems with in-laws or close friends can be expected on the 13th and 14th. Talk openly and honestly. Get outside counseling if necessary. If you snooze you'll lose on the 15th and 16th. Get ready to take advantage of a new opportunity. Keep things to yourself on the 17th, 18th and 19th. If you divulge a secret it is likely to cause you problems.

CAPRICORN (Dec. 22-Jan. 19): You'll be in a good mood and quite entertaining on the 13th and 14th. Get involved in groups or attend a lecture. This is a good time to determine what it is you want out of life. Not everyone will want to follow your path on the 15th and 16th, keep busy in order to avoid conflicts. Someone may be withholding valuable information on the 17th, 18th and 19th that could alter the way you feel.

AQUARIUS (Jan. 20-Feb. 18): You may have to take care of your own personal interests on the 13th and 14th. Look out for an older relative who doesn't have the wherewithal to fend for him or herself. Helping out will make you feel good. Take your mind off your troubles on the 15th and 16th. New surroundings will lead to innovative ideas. Take part in events that interest you on the 17th, 18th and 19th and you will attract someone who is like-minded.

PISCES (Feb. 19-March 20): Reevaluation will be a must on the 13th and 14th. Look at your options and start turning things around. Consider what your motives have been in the past and what they should be in the future. Don't meddle in other people's affairs on the 15th and 16th or you may be blamed for something you didn't do. Talk the talk and walk the walk on the 17th, 18th and 19th and you will make a difference to those you deal with.

Spring into boating season properly

(NC)—As you prepare for the upcoming boating season, there are several things you should do to ensure you have a hassle-free ride throughout the spring and summer. With proper preventative maintenance this spring, no doubt you will have a clean and more efficient boat all season long.

The exterior of your boat should be closely examined. Wax all fiberglass surfaces and repair any gelcoat or major underwater parts that have been damaged. Also, clean off old anti-fouling paint without making it too dusty or letting the waste go into the water because it is extremely harmful to the environment. Sailors should check all shrouds and halyards for wear. Get any damaged sails repaired by a sailmaker.

It's also crucial to check the internal parts of your boat. Boats with engines should be tuned up and antifreeze recycled. Test the running lights, battery and its charging system. Also make sure the heads are operational. Holding tanks should have a fresh supply of toilet cleaner. Finally, check to see that the propeller is properly balanced.

Proper safety equipment should also be on board,

including an appropriate number of PFD's. The Canadian Coast Guard has new equipment carriage rules. Call the Canadian Coast Guard's Office of Boating Safety information line at 1-800-267-6687 for details. Check to make sure the anchor line and flares are still usable and the fire extinguisher is still charged.

Of course, there are other things you can do to prepare your boat for the new season, but this is a start. Happy, and more importantly, safe boating this season!

To learn more about the boating experience, visit www.discoverboating.ca. Information is readily available from boating regulations to ownership matters such as financing or maintenance to events across Canada.

Calling all sailors!

CFB Trenton Yacht Club Adult Keel Boat Course. Lean to be a skipper or crew member on 20-30 foot keel boat. Cost \$150 for crew, \$170 for skipper. Starts April 28th. Call 475-4427 or go to reach.net/~cjones/

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A DAY IN THE LIFE OF APOLLO MAINTAINERS

by Holly Bridges
The Maple Leaf

Although the world has shifted its attention to events in Iraq, Canadian Air Force personnel continue to conduct operations in the Arabian Gulf in support of the campaign against terrorism.

While our aircraft have set many records in theatre for the number of hours flown and loads delivered, none of the missions Canada flies would be possible without the efforts of aircraft maintainers who "sweat it out" day after day to keep the aircraft serviceable.

Cpl Henry Wall, an Image Technician deployed with the National Support Unit in Arabian Gulf Region, recently spent some time with these maintainers and presents this slice of life in the "sand box".



Photo: Cpl Henry Wall

(Above) Cpl Gaetan Chenier, a member of the Op Apollo Tactical Airlift Detachment (TAL Det) from 8 Wing Trenton, cleans the bubble window of a CC-130 Hercules. This bubble enables crews to get a better vision of their immediate environment when the situation requires it.

(Right) Cpl Chris Milne, also a member of Tal Det and 8 AMS, sits at the air navigator work station of a CC-130 Hercules while it is on the ground for maintenance. He uses a checklist during maintenance work on the chaff and flares systems on the aircraft.



Photo: Cpl Henry Wall

Getting back on track, again

Confessions from the Gym



Laurie McVicar

Wednesday, April 9

Man, have I had a bad week. I'm almost ashamed to write this article, but here goes.

My fitness regime came to a screeching halt last week when I came down with a nasty cold. This, of course, was my punishment for boasting to my trainer a few weeks ago how I have made it through the whole winter with a minimal amount of illness. Apparently all the germs on this entire wing/base took it as a challenge and converged on my immune system at the same time.

For the purpose of this column (and myself) I asked Jen what the rules were

when it came to exercising when you're sick.

"If you are sick from the neck up you are okay to exercise," said Jen. "If you are sick from the neck down, for example a chest cold, you should avoid exercising. The reason being your immune system is lowered when you work out and stays lowered for a while afterwards."

The general consensus, she added, is that you should listen to your body. If you are feeling crappy, take a break from your usual workout. I could barely get my body out of bed and in to work, much less in to the gym.

Unfortunately for me, this was possibly the worst time to skip my workout since the

Contact was hosting the annual conference for the Canadian Forces Newspaper Association.

Due to long sessions throughout the day, there was little opportunity to slip away to do some cardio. What further compromised my health, was the so called "health breaks" between discussions. This phrase needs to be seriously re-examined here at 8 Wing/CFB Trenton. Nanaimo bars, danishes, muffins, and croissants cannot be considered healthy snacks. If they were, I would be a very happy woman!

So, as I return to the gym today with a heavy conscience (and an even heavier weight I'm sure) I'll be keeping my head low, avoiding Jen like the plague, and wishing that those cinnamon buns from the Yukon Galley had not been so darn tasty. So much for cheat days, I won't be seeing another one for at least a year.

Quinte West Home, Leisure & Craft Show

Trenton Community Gardens
(Arenas - 8 Couch Cres.)

Friday, April 11, 2003: 5:00pm - 9:00pm
Saturday, April 12, 2003: 10:00am - 5:00pm
Sunday, April 13, 2003: 10:00am - 3:00pm

Admission:

\$2.00 per person (children 12 & under free)

For further details please call
392-7635

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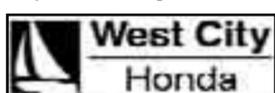
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Outdoor shed and lawnmower. Must be in somewhat good shape please. Call 961-7853 or local 3978

Announcements

General Meeting-
Friday April 11, 2003 6 p.m. at the Auto Club location.

Subject: to approve write-off items for the DA account. Approve funds for construction material & tire balancer for the club. Contact President Luch Phone 394-0578 or local 2906

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(613) 394-5792.

Lost!

A lady's gold chain bracelet. May have been found either inside the headquarters building or in the parking lot behind it. Call local 3978.

Attention Advertisers!



Please join the Contact in wishing Sandi Hibbard-Ramsay the best of luck on the impending birth of her baby. Sandi will be taking some well deserved time off and is expected to return in June. Good luck Sandi!

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Crossword answers



Notice

The Contact office will be closed on April 18th for Good Friday and April 21st for Easter Monday.

Normal hours

resume on April 22nd.

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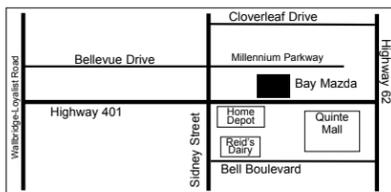
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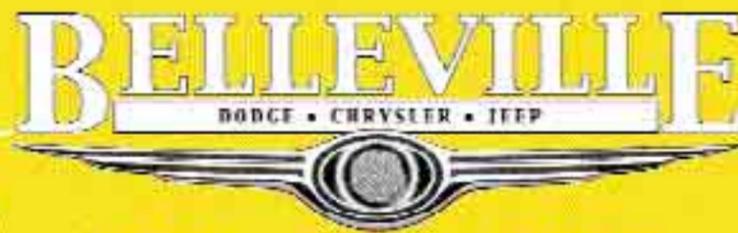
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