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• April 17, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 16 •

More pay for CF members

National Defence

Ottawa –The Honourable John McCallum, Minister of National Defence, has announced, effective April 1, 2003, a 2.5 percent pay increase for non-commissioned members; and a 2.5 percent increase for general service officers and pilots (Lieutenant-Colonel and below), and medical and dental officers (Lieutenant and Second Lieutenant).

"I am pleased to announce this increase," said Minister McCallum, "as it recognizes

the dedication and professionalism of the men and women in our Canadian Forces and the value of their service to Canada. This increase will assist our efforts to recruit and retain personnel and is consistent with this government's commitment to quality of life for Canadian Forces members and their families."

General Ray Henault, Chief of Defence Staff said he is also pleased with the increases. "The hard-working men and women of our Canadian Forces have earned this increase," said General

Henault. "They perform to the highest standard day in and day out, and are most deserving."

Increases for specialist officers (medical and dental) and senior officers (Colonels and above) are still under review and will be announced when finalized.

These pay increases are the result of normally scheduled pay reviews and are not related to, nor influenced by, ongoing operations.

CF members can expect to see the effect of these improvements in their mid May pay.

DGCFGA promotes Grievance System

In an effort to provide military members with a fair and equitable workplace, the National Grievance Authority will be scheduling visits to bases across Canada over the next few months.

In June 2000, changes to Chapter 29 of the National Defence Act (NDA) and Chapter 7 of the Queen's Regulations and Orders (QR&Os) provided for a restructured grievance process. The objective of this reform was the establishment of a more efficient process that would be more responsive to the concerns of individual grievors. The reforms set out to streamline the process by clarifying the circumstances in which a member of the CF could submit a grievance, reducing the number of levels that can consider a grievance to two (the initial authority and the CDS); and to create an independent and external CF Grievance Board to make findings and recommendations to the CDS on certain categories of grievances.

On January 1st, 2003 the Canadian Forces Grievance Authority (CFGA) was established as a new organization under the command of the Judge Advocate General (JAG) and under the control of the Chief of Defence Staff (CDS). Its mission is to manage and support the Canadian Forces grievance process as a national system, while ensuring prompt, fair grievance resolution fully grounded in law, policy and equity.

On February 28th, 2003 the CDS appointed Colonel A.F. Fenske as the Director General, Canadian Forces Grievance Authority (DGCFGA). In addition to the management and support of the CF grievance process, the CDS has authorized Colonel Fenske to act as the final authority in the grievance process for

those grievances that are not referred to the CF Grievance Board.

Despite the reforms and streamlining, several problem areas have been identified. There is a substantial backlog of grievances at the CDS level and many grievances are taking too long to resolve.

"People don't have all of the information and tools necessary to fully exploit the changes that have been made," indicated Colonel Fenske.

In order to address this challenge, the DGCFGA team will be conducting a series of base visits in the upcoming months. These visits will raise awareness of the National Grievance System (NGS) through briefings; provide NGS users with draft work instruments on a trial basis; seek feedback on the current system and proposed elements for a unified national system; and share lessons learned from the first three years of operations of the grievance process put in place in June 2000. "Strengthening our focus on the grievance process is one way of putting our people first," said Colonel Fenske when discussing his priorities.

Along with the CDS, it is the Commanders and CF members who are the ultimate stakeholders in the grievance process. Base visits will address DGCFGA's strategy to empower and engage individuals at the front end of the grievance process when a grievance is submitted. While providing users, Commanders and CF members with the tools to work more efficiently with the grievance process, these sessions will also encourage the use of other forms of resolution, such as the Alternate Dispute Resolution, (ADR).

FROM ONE COLONEL TO ANOTHER



Photo: Cpl Tim Jordan, 8 Wing Imaging

Presentation of an 8 Wing montage by Col Dave Higgins, Commander, 8 Wing/CFB Trenton, to Col Rick Boyd, United States Defense and Air Attaché from the U.S. embassy in Ottawa, during his official visit to 8 Wing on April 8.

Augmentation de la solde des membres des Forces canadiennes

Défense nationale

OTTAWA – Le ministre de la Défense nationale, l'honorable John McCallum, a annoncé une augmentation du taux de rémunération de 2,5 % pour les militaires du rang et de 2,5 % pour les officiers du service général et les pilotes (lieutenant-colonel et grades subalternes) ainsi que pour les médecins et dentistes militaires (lieutenant et sous-lieutenant).

« C'est avec plaisir que j'annonce cette augmentation qui vient récompenser les hommes et les femmes de nos Forces canadiennes de leur dévouement, de leur professionnalisme et de l'inestimable service qu'ils rendent au Canada. Cette augmentation viendra accroître nos efforts de recrutement et de maintien des effectifs, ce qui est conforme à l'engagement du gouvernement envers la qualité de vie des membres des Forces canadiennes et de leurs familles », a dit le ministre McCallum.

Le général Ray Henault, Chef d'état-major de la Défense, s'est dit heureux de ces augmentations. « Ces hommes et ces femmes qui travaillent au sein des Forces canadiennes ont mérité ces augmentations », a ajouté le général Henault.

« Du matin au soir, ces gens offrent le meilleur d'eux-mêmes et ils sont des plus méritants. »

On procède actuellement à l'examen d'augmentations destinées aux officiers spécialistes (médecins et avocats) et aux officiers supérieurs du rang de colonel et plus. Celles-ci seront annoncées dès que les études seront terminées.

Ces augmentations de la rémunération s'inscrivent dans le cadre des réévaluations périodiques de la solde. Elles ne sont pas influencées par les opérations en cours et n'y sont pas liées.

Les membres des Forces canadiennes devraient constater ces augmentations sur leur relevé de paie de la mi-mai.

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**WING LOGISTICS AND ENGINEERING
PICTURE OF THE WEEK**



Cpl Leblanc, of the POL Compound, stands in front of a brand-new coalescing oil/water separator, that will be installed in the ground as part of Wing Environment's \$330K POL Compound Spill Containment System project. This project will see new concrete catchment areas at the POL Compound Issuing and Receipt Stands connected, by a network of underground piping, to this new coalescing oil/water separator. In the event of a fuel spill at the Issuing or Receipt Stands, the fuel will collect on the new catchment areas and be directed, via the new piping, to the coalescing oil/water separator. The separator will retain (by the gravity separation of fuel from water) all spilled fuel, while allowing collected water to pass through for drainage to receiving ditches. One more example of Wing Environment working to protect your water and the workplace.

**DRDC collaborates with
Xwave to develop knowledge
portal for military operations**

OTTAWA, April 11 /CNW/ - Defence R&D Canada (DRDC) today announced that a \$2.6 million contract was awarded to xwave to develop a Situation Knowledge Portal to support the monitoring and direction of Canadian Forces (CF) operations.

DRDC Valcartier will lead this innovative project, with xwave (Ottawa) as the prime contractor, in close partnership with Thales Systems Canada (Ottawa), Compusult (Nfld) and BEA (Ottawa). The development of COP 21 Technology Demonstration project, or Common Operational Picture for the 21st Century, project is scheduled to take place over the next two years.

"DRDC is focussing on R&D capabilities in critical technology areas of importance to future Canadian Forces operations," said Dr. John Leggat, Chief Executive Officer, DRDC. "Partnering with Canadian industry is a critical element toward developing technologi-

cally relevant capabilities for our Forces, as well as for our allies."

With increased operational tempo, Commanders and their staff need to rapidly

"Partnering with Canadian industry is a critical element toward developing technologically relevant capabilities for our Forces, as well as for our allies."

develop shared understanding of the battlespace. Scientists at DRDC Valcartier will address this military need by working with industry to develop a web portal capability. The portal will provide integrated access to a number of heterogeneous information sources, including maps and imagery; information management and collaboration services; an integrated suite of task-oriented portfolios; mission-specific content and

operational task support, including planning tools; and advanced visualisation techniques.

The 'portfolio' concept is the innovation at the core of the COP 21 TD implementation and is based on emerging knowledge management principles. This capability will be designed to enable the CF to exploit traditional information sources and systems, while offering the flexibility to rapidly integrate new information technologies.

DRDC is an agency of the Department of National Defence, responding to the scientific and technological needs of the Canadian Forces. The agency consists of six research centres located across Canada, with a corporate office in Ottawa. DRDC has an annual budget of \$200 million and employs 1,400 people. With a broad scientific program, DRDC actively collaborates with industry, international allies, academia, other government departments and the national security community.

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Email: habitat@habitat.ca
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RCAF museum welcomes new assistant curator

On March 10, Elizabeth Whitty joined the staff of the RCAF Memorial Museum as Assistant Curator. She also joined the staff of the RCAF Dragoons archives. She also continued to work with area community museums and sat on the boards of the Valley Arts Council and the Pembroke Historical Society.

Elizabeth joins us with over thirteen years of museum experience. While studying history at the University of Waterloo, Elizabeth began volunteering with the University Art Gallery and with the Joseph Schneider House. Following graduation she was hired by Stratford Perth Museum to assist in the organization and inventory of their collection.

In 1992, Elizabeth joined the CFB Petawawa Military Museum working with the collections. While working there she had the opportunity to



Elizabeth Whitty

the Trenton community.

Check the Contact out on the World Wide Web at cfbtrenton.com

WANTED!

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Must be willing to get sore, tired muscles plus have a lot of fun!

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.



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Search & Rescue UPDATE



424 Squadron was called upon to search for an Emergency Locator Transmitter in the Simcoe/Midland area. The Standby Labrador located the ELT at a small private airstrip in Penatangueshine. SAR Techs were able to turn-off the ELT, installed in an aircraft at the airport, but there was no apparent distress.

The Herc was tasked to search for an ELT near Brampton. While en route they were informed of new ELT signal near London. The ELT was eventually tracked to an automobile. Who would of guessed.....April Fools???

Missions for 2003: 25 Missions for Apr.: 4 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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Assistant Translator/Proofreader: MCpl Louise Fagan

PSP Manager: Bob Payette

Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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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LETTER TO THE EDITOR

The PSP Community Recreation endeavours to set up payment plans for the military families in our community whenever possible. While unable, due to current

administration policies, to accommodate the many requests for a payment allotment system for facility memberships, we are able to offer a payment plan - a plan which has always been in place.

For a military member purchasing any type of 'family' membership plan, the total cost may be paid in three payments spread out over three months. For several of our other recreation programs such

as swim lessons and recreation camps for children, a similar type of plan is always available.

Judi Christopherson
Community Recreation
Director

Young artists can enter to win!

It's time to encourage children you know who are between the ages of 6 and 18 to express through their creativity the importance of both Canadian aviation and the Centennial of Flight.

If you are associated with a local school, board, or a group of art teachers, or if you know any child or group of children who are intrigued by aircraft, the frontiers of space or the romance of the pio-

neer days of flight, please encourage them to enter the once-in-a-lifetime, Altitude is Everything Poster Contest.

First Prize is a trip for the winning young artist in each age category to travel with a parent, courtesy of WestJet, to the London Airshow and Balloon Festival in Ontario for Saturday June 28, 2003, the winning entries posted on the Altitude is Everything web-

site, photo opportunities with aviation VIP's, and an awesome flight in a plane or hot air balloon!

Please tell young artists to check the Altitude is Everything website at www.altitudeis.com for entry forms, themes and rules- in both English and French.

ALL ENTRIES MUST BE POSTMARKED ON OR BEFORE THURSDAY, MAY 1, 2003!

Are you receiving your weekly Contact?

message from the Editor

It all started with a phone call, early Tuesday morning.

A concerned Middleton Park resident called the Contact office to let us know that dozens and dozens of newspapers were stacked outside, near her home--many were blowing willy nilly throughout the fields behind the houses in her neighbourhood. She very politely asked if we could please do something about the mess?

Immediately, another staff member and I drove out to the area in question and were dismayed to find the mess previous-

ly described. In all, there were approximately FOUR months worth of Contact newspapers left abandoned. Never delivered, never read. Not even disposed of in a responsible manner.

I can't convey strongly enough the disappointment we felt when confronted with this. We spent the next half hour traipsing around the fields picking up the discarded papers. I still find it hard to believe that this had apparently been going on for months! We have yet to determine whether these were extras mistakenly sent to one of our carriers, or whether they are evidence of papers simply not being delivered as directed. Our young newspaper carriers are paid to deliver our weekly newspaper, and generally do an outstanding job.

As such, I am asking Middleton Park residents who do not receive the Contact on a regular weekly basis to please call us. We promise to look into the matter and rectify the situation promptly. Or, if anyone receives, or discovers, a pile of excess papers, again please call us and let us know.

The best number to call to report a delivery problem is 965-7248, which will connect you to Marilyn, who oversees our distribution. She generally only works mornings, but please feel free to leave a message and Marilyn will call you back as soon as possible. Alternatively, you can call me at local 7005, or even send an email (leblanc.al@forces.ca).

Believe me, we definitely want to hear from you if you haven't been hearing from us.



Photo: Andrea LeBlanc, Contact Editor

Almost four full months of Contact newspapers were abandoned in the fields of Middleton Park.

RDDC collabore avec xwave pour concevoir un portail de connaissance consacré aux opérations militaires

OTTAWA, le 11 avril /CNW/ - R & D pour la défense Canada (RDDC) a annoncé aujourd'hui la signature d'un contrat d'une valeur de 2,6 millions de dollars avec la compagnie xwave pour concevoir un portail de connaissance de la situation, en appui à la surveillance et à la direction des opérations des Forces canadiennes.

Ce projet novateur, dont l'entrepreneur principal est xwave (Ottawa), sera dirigé par RDDC Valcartier en collaboration étroite avec Thales Systems Canada (Ottawa), Compusult (Terre-Neuve) et BEA (Ottawa). L'exécution du projet, intitulé COP 21 TD ou Common Operational Picture for the 21st Century, est prévue dans les deux prochaines années.

"RDDC se penche sur les capacités de R & D dans les secteurs technologiques critiques intéressant les opérations futures des Forces canadiennes", a déclaré M. John Leggat, chef de la direction de RDDC. "Le partenariat avec l'industrie canadienne est un élément essentiel au développement technologique des capacités dont nos Forces ainsi que nos alliés ont besoin", a-t-il continué.

L'accélération du rythme des opérations militaires exige que les commandants et leur personnel développent et partagent une rapide compréhension commune du champ de bataille. Les scientifiques de RDDC Valcartier verront à répondre à cette exigence militaire en

travaillant avec l'industrie pour concevoir un portail Web. Celui-ci fournira un accès intégré à de nombreuses sources d'information hétérogènes, incluant cartes et imagerie; services de gestion de l'information et de collaboration; suite intégrée de portfolios orientés tâches; contenu spécifique de la mission et soutien aux missions opérationnelles, y compris outils de planification; techniques de visualisation évoluées.

Le concept de "portfolio" représente l'élément innovateur central de la réalisation du COP 21 et s'appuie sur la base des nouveaux principes de gestion des connaissances. La capacité du portail sera conçue afin de permettre aux Forces canadiennes d'exploiter les anciens systèmes et sources d'information, tout en permettant l'intégration rapide de nouvelles technologies de l'information.

R & D pour la défense Canada (RDDC) est une agence du ministère de la Défense nationale qui s'emploie à combler les besoins des Forces canadiennes en matière de sciences et technologie. L'agence est composée de six centres de recherche situés à travers le Canada, de même qu'un bureau de programme localisé à Ottawa. RDDC gère un budget de 200 \$M et emploie quelque 1 400 personnes. La réalisation de son programme scientifique suscite la collaboration de l'industrie, des pays alliés, du monde académique, d'autres organismes gouvernementaux et ceux qui se consacrent à la sécurité nationale.

Subsidized education plan for Canadian Forces announced

OTTAWA, April 15 /CNW/ - The Minister of National Defence, the Honourable John McCallum, today announced a new subsidized education plan for non-commissioned members to assist the Canadian Forces (CF) in attraction and recruiting efforts.

The subsidized education plan is open to serving Regular Force members, Reservists who transfer into the Regular Force and new recruits who enter one of five non-commissioned member occupations.

"We have made tremendous strides in our recruiting efforts over the past two years," said Minister McCallum. "This is yet another innovative approach to meeting the challenges that remain."

"I welcome this initiative to tackle certain key technical occupations in a very focused, tactical manner," said the Chief of Defence Staff, General Ray Henault. "Competition for these technical skills is high, and this new education program demonstrates our determination to attract the best and brightest in order to rebuild these occupations."

The five occupations that are now eligible for the subsidized education plan are

Telecommunications and Information Systems Technician, Avionics Systems Technician, Fire Control Systems Technician, Land Communications and Information Systems Technician, and Vehicle Technician. One hundred and five seats will be funded for these occupations; students will be able to attend an institution of their choice as long as they are accepted and it meets the CF's criteria.

Several naval occupations in the fields of electronics engineering, electromechanical engineering and marine engineering, which are included in similar Navy subsidized education plans that have been in existence for a number of years, are now included under the umbrella of the new NCM Subsidized Education Plans (NCM-SEP). NCM-SEP also funds 40 seats under the

Navy plans.

Under the plans, selected personnel will complete post-secondary institution (i.e., community college) programs that fulfill all or most of the initial occupation training requirements for the occupations. They will be subsidized for up to two years for tuition, associated fees, books and instruments. Initially, the opportunities for subsidized education in the five non-Navy occupations will be offered primarily to serving CF members who are awaiting initial occupation training in the CF.

The annual cost of the program will be approximately \$1.9 million, which includes tuition costs for up to 145 personnel, staff to manage the program, and advertising. Final costs will depend on the number of positions filled. Funding for this program is built into the existing fiscal framework.

E-mail your letters to LeBlanc AL@CFB
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K0K 3W0



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27	28	29	30	APRIL 2003		

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Pet Particulars

QHS upcoming events

A BAKE, CRAFT and PLANT SALE will be held on Saturday, April 26th at the Quinte Mall near Tim Horton's (in the Food Court) If you would like to volunteer or donate items please contact Lorraine at 395-1477.

A YARD SALE is scheduled for Thursday May 29th and Friday May 30th at 15 Holden Street in Belleville. If you would like to volunteer or donate items please contact Debbie at 966-1913. The Society asks that donated items not go to the shelter until a week or two prior to the sale, as they have limited space to store the items. Please feel free to pre-price your items.



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Could the Japan Effect strike here?

it's your Money



It was a sad day for Japanese investors - and anyone with a Japanese mutual fund - on Monday, as the Nikkei plunged to its lowest point in 20 years.

Yes, that's years, not months. The last time the benchmark stock index sat at the 7,750 level was in November of 1982. From there that index would careen higher - all the way to the 40,000 level, before beginning the sickening descent it is now in, losing three-quarters of its value.

The most recent drop comes from concerns big Japanese companies are dumping stocks from their pension fund portfolios. Even the bluest of Japanese blue chips - companies like Hitachi, Canon and Toyota - are taking a major hit.

This comes despite the fact Japanese interest

rates have been sitting at 0 per cent for ages, and despite the government's pledge to intervene to prop the market up - likely through a major tax cut.

So, it's a mess. Japan's economy, in fact, is in serious deflation and there are those who suggest the whole thing will have to collapse before better days

At the same time, there are solid reasons to look forward to the immediate future with optimism. I mean, if a horrible winter, a war in Iraq, SARS, the West Nile Virus and the post-technology hangover haven't killed us yet, what can?

can be contemplated. The Japanese experience is interesting - because the bears who walk among us often suggest that what happened there could happen here, and we'd all be better to sell off everything now and retreat to the safe havens of cash, gold or perhaps real estate.

Could a Japan happen in America, taking our market down with it?

After all, there are deflationary tendencies here in North America,

just as there were starting to emerge in Asia a decade ago. We also have an aging population - although not as aged as in Japan. And we also had a stock market bubble, with the Dow sitting 50 per cent higher than it is today back in the dot-com, technology-drunken days of 2000 and early 2001. So, could it happen here? Are we already in the early stages of a deflationary collapse that even zero interest rates and government stimulus cannot stem?

To answer that, you have to reflect on why Japan crashed and

burned. Twenty years ago that country was in the vortex of an inflationary boom built on massive overvaluations and runaway debt. The best example of that was the real estate market, best shown when the price of a two-bedroom apartment in Tokyo topped \$1 million US. The Japanese banking system was also to blame, lending out vast sums of money secured by unrealistically-priced real estate.

In addition, there were

structural faults in Japanese society. Companies promised jobs for life, keeping on inefficient workers and getting by thanks to a cheap currency and government subsidies. The Tokyo government supported a Byzantine financial system and lacked the kind of central bank watchdog agency that we have solidly in place in North America.

These and other reasons were central to the Japanese market hitting heights that were unsustainable. It set an entire society up for a fall to earth that has wiped out trillions of dollars of wealth.

In short, there is almost nothing to link that experience to ours. In North America we have a solid financial system based on caution, conservatism and valuations that are set by the market, not speculators. Our central bankers have been vigilant - first fighting, and defeating, inflation and now with their eyes trained on the advance of deflation. We have a healthy separation between the banking system and the government, and more regulatory control of markets than ever before in history.

At the same time, there are solid reasons to look forward to the immediate future with optimism. I mean, if a horrible winter, a war in Iraq, SARS, the West Nile Virus and the post-technology hangover haven't killed us yet, what can? As I wrote here last time, this is a beginning, not an end. If you see a Japanese bear, definitely don't feed it.

Garth Turner's Investment Television airs Sundays on Global. Internet, garth.ca.

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Try a Peanut Satay Platter

(NC)—Create a vegetable variation by alternating each cube of meat with mushrooms, sliced zucchini and sweet red peppers.

Ingredients

--8 oz (250 g) pork tenderloin, trimmed
 --8 oz (250 g) boneless, skinless chicken breast
 --8 oz (250 g) boneless grilling steak, trimmed

Marinade:

--1 tbsp (15 ml) grated ginger root
 --2 cloves garlic, crushed
 --3 tbsp (45 ml) soy sauce
 --3 tbsp (45 ml) peanut oil
 --3 tbsp (45 ml) lemon juice
 --2 tsp (10 ml) ground coriander
 --2 tsp (10 ml) ground cumin
 --1/2 tsp (2 ml) chili powder

Satay Sauce:

1-1/2 oz (40 g) creamed coconut
 --1 cup (250 ml) blanched, unsalted

peanuts
 --3 tbsp (45ml) lemon juice
 --2 tsp (25 ml) peanut oil
 --2 tsp (10 ml) Asian hot chili sauce
 Salt and ground black pepper

Method

1. Soak 24 4-inch (10 cm) (use 8-inch if adding vegetables) bamboo skewers in water for 30 minutes.
 2. Cut pork, chicken and steak into 1-inch (2.5 cm) cubes.
 3. In shallow glass baking dish, whisk together ginger, garlic, soy sauce, peanut oil, lemon juice, coriander, cumin and chili powder. Stir in meat cubes. Cover with plastic wrap and leave to marinate for 30 minutes.
 4. Place creamed coconut in glass measuring cup. Add enough boiling water to make 1 cup (250 mL). Stir until dissolved. Pour mixture into a blender or

food processor. Add peanuts, lemon juice, peanut oil and chili sauce; process until smooth. Add a little extra hot water, if desired, to thin sauce to desired consistency. Season to taste with salt and pepper. Spoon into a small serving dish.
 5. Preheat broiler.
 6. Thread meat (and vegetables) onto skewers, about 3 pieces of meat per skewer; place on baking sheet or on rack in grill pan. Discard any remaining marinade. Broil 4 inches (10 cm) under broiler for 10 to 12 minutes, turning frequently, or until cooked through.
 7. Arrange the skewers on a large platter and serve with the Satay Sauce.
 8. Garnish with green onions, radishes, and tomato. Makes 8 servings.
 —Courtesy of the Peanut Bureau of Canada and National Peanut Board

Bread Trivia

• Bread in one form or another is eaten by people of every race, culture and religion.

• The most popular breakfast sandwiches are egg, peanut butter and jam, or ham and cheese. For dinner, Canadians opt for cheese, ham and beef (Fifth Annual Report on Eating Patterns in Canada, 2003).

• Bread superstition: If you put a piece of bread in a baby's cradle, it will keep away disease.

• According to the Guinness Book of World Records, Peter Dowdeswell ate 40 peanut butter and jam sandwiches (each 6 inches x 3 inches) in 17 minutes, 53.9 seconds on October 17, 1977!

• Murphy's Law dictates that buttered bread will always land buttered side down.

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To register your team, or for more info, please contact Heather Jones at **962-0686** or at hjones@ccsont.org

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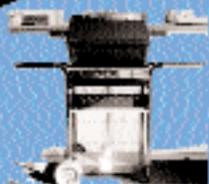
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Internet health information

(NC)—Whether you live in Thunder Bay and want help living with heart disease or you are from Kemptville and want to know about a drug you have been prescribed — answers are just a click away.

HealthyOntario.com is the Ontario Ministry of Health's new website that offers quality health information — wherever you live in Ontario. It is unique because users can find services close to home — everything from hospital and doctor locators, as well as information about OHIP and the Ontario Drug Benefit Program.

Information is also available about groups that help people, such as chapters of the Heart and Stroke Foundation, the Canadian Cancer Society, the Lung Association and others.

Other features include a calculator to estimate how long you could live, what is your right weight and even how to plan a healthy meal.

One woman wrote: "I have a sinus infection and did not really understand or know what to do after I left the doctor's

office. Thank you so much for explaining everything to me. I have checked out every piece of information on your site. I also smoke and took the time to read every word of the 'quitting smoking' section. You have made me feel so much better knowing that there is an insightful and knowledgeable site that I can turn to when I have health concerns."

HealthyOntario.com's Chief Medical Editor Dr. Mike Evans is a family doctor and University of Toronto medical school professor. He says: "I see this website as a reliable place where I could refer patients. The big challenge for health care providers is a lack of time. So, if I had patients with tennis elbow, I could refer them to HealthyOntario.com and they could get information they need to understand their condition and its treatment."

Estimates suggest that 8.5 million Ontarians have Internet access and as many as 3.7 million use it for health purposes. The Internet is changing the way people obtain information about health and wellness.

Forklift safety: do's & don'ts



Submitted by
 Doug Bird, Deputy
 Wing General Safety
 Officer

As a forklift operator, it's important to realize the majority of the safety responsibility rests on your shoulders - you are in the driver's seat.

Despite its low speed capability, a forklift can still dump its load on a worker, roll, tip over or crush a worker against a wall causing injuries that can be fatal. That's what you have to consider every time you get behind the wheel. It's also why only trained and authorized personnel should drive a forklift.

As a trained operator, you complete the following checklist at

the beginning of every shift:

Condition of tires and wheels;

Condition of forks, carriage, upright and chains;

Hydraulic levels; Horn, brakes, lights; Check for leaks;

Speed control and brakes.

Now it's time to pick up your first load. You know where you are going, what you are carrying and how much it weighs. You've also determined that the load weighs less than the weight-carrying capacity of your forklift.

Okay, you've secured your seatbelt and now you're ready to roll. You watch for pedestrians and vehicles, aware that others may not be paying attention.

Remember these tips:

Carry the load as far back as possible to minimize the possibility of tipping.

Always tilt the load toward the truck.

Carry the load as low to the ground as possible while still clearing any obstructions.

Avoid loose loads above the backrest.

Always look in the direction you are moving in.

Don't rely on mirrors.

Make sure that the area behind you is clear before backing up and turning.

Know your job-site: depth of loading dock, clearances, blind spots and obstacles.

Know the Ramp Rules - go up and down ramps forward. But if you are carrying a load, back down a ramp.

Keeping speed with the rules of the "road" and the condition of your vehicle will help you keep yourself and your co-workers safe. Many warehouse complexes have established traffic routes. Forklift operators should follow these routes at all times and heed all warning signs.

This Week in Contact

1943--With few exceptions, nearly all Sergeants-Major in the Service are the product of the "Discip" school at RCAF Station Trenton.

1953--Unavailable

1963--Unavailable

1973--Minister of National Defence James Richardson places HMCS Kootenay on standby for Vietnam. Ottawa announces that all Canadian Forces aircraft are to receive new markings, replacing all words with a single, simple "Canada."

1983--CFB Trenton Oldtimers' Hockey Team wins Ontario Championships. CFB Trenton Curling Club hosts first ever "non smoking bonspiel."

1993--The Chief of Defence Staff, Adm JR Anderson, visits newly created 8 Wing and Air Transport Group HQ.

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

Canadiana Crossword

Une Carte de Paques

By Dennis Kaurth and James Kaurth

<p>ACROSS</p> <p>1 Toward the stern</p> <p>4 Sting</p> <p>8 Lounge about</p> <p>12 Denoting three</p> <p>13 Orchard spray</p> <p>14 Not at home</p> <p>15 Friday, in Fannyville</p> <p>17 Cribbage markers</p> <p>18 Sennel system</p> <p>19 Jam nut paste</p> <p>21 Printers' concern</p> <p>22 Basket, in Thosand</p> <p>26 Seasoning seed</p> <p>29 Tridion monogram</p> <p>30 Brother, for short</p> <p>31 Old English rock poles</p> <p>32 Lion</p> <p>33 Inclination</p> <p>34 Lugs</p> <p>35 Damage</p> <p>36 Outmoded</p> <p>37 Easter, in Argonville</p> <p>39 Native of Thailand</p> <p>40 Greatest</p> <p>41 Cupid's projectiles</p> <p>45 Egg, in de Cadence</p> <p>48 Sunday, in Sie Felicie</p> <p>50 Pile of wood</p> <p>51 Cautious chumal</p> <p>52 Tunc</p> <p>53 Luke care of</p> <p>54 Noel</p> <p>55 Place to relax</p> <p>DOWN</p> <p>1 Versatile vehicles, for short</p> <p>2 Worry</p> <p>3 Fork feature</p> <p>4 Tent, in La Salle</p>	<p>5 Margarine</p> <p>6 Radiator, for short</p> <p>7 Fell in droplets</p> <p>8 Rabbit, in Roberval</p> <p>9 Te, in dcht</p> <p>10 Tall behind</p> <p>11 Lily, in Lyon</p> <p>16 Brock</p> <p>18 I, read gram</p> <p>23 Long lepped water bird</p> <p>24 Geological epochs</p> <p>25 Out up</p> <p>26 Astrod</p> <p>27 Sonia</p> <p>28 Saddam's domain</p> <p>29 Golf score</p> <p>32 Monday, to many</p> <p>33 A baby, to Burns</p> <p>35 Focasterial</p> <p>36 Parade, in Pierrefonds</p> <p>38 Starvod</p> <p>39 South Dravidian</p> <p>42 South American word</p> <p>43 sorrels</p> <p>43 flagellate</p> <p>44 Que</p> <p>45 Clouse</p> <p>46 Humour put</p> <p>47 Vessel</p> <p>49 Invasive, Can. Unit, abn.</p>
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Fitness, Sports & Recreation

Practice safety skills when cycling this spring

Now that "spring has sprung", many of us will be starting to ride our bicycles more often. Below is an article from our Canada Safety Council that is very educational and timely.

Cycling is popular with Canadians of all ages. About 80 per cent of Canadian children 12 and under ride bikes. In addition, many adults ride bicycles to keep fit, for recreation and for transportation.

Overall, bicycling is a safe and enjoyable activity for riders of all ages who respect the rules of the road and keep a safety conscious attitude.

Bicycle crashes have gone down in line with the general drop in traffic fatalities. Statistically, a cyclist is safer than motor vehicle driver or passenger - plus cycling offers positive health benefits.

Risk and the adult ride

Head injuries, a factor in about 80 per cent of cyclist fatalities, can be largely

prevented by wearing a helmet. Children must wear a helmet by law in most provinces. Adults, on the other hand, are given a choice as to whether or not to protect their head.

Would fewer adults be killed in bike crashes if more wore a helmet? The Canada Safety Council believes the answer is yes. Comparative eye injury rates for child and adult hockey players show the value of protective equipment. Helmets are designed to reduce the risk of permanent injury or death in the event of a fall or crash.

About 90 per cent of cycling fatalities are caused by cyclists being struck by motor vehicles. Children usually ride within their own community. Adult cyclists are more likely to ride in heavy traffic or less-than-ideal weather conditions. For instance, individuals who cycle to work or tour long distances increase their exposure to the hazards of traffic. Intersections can be particularly chal-

lenging. Common sense dictates reducing your exposure to these hazards as much as possible. Often an alternate route can help you avoid heavy traffic. Traveling on a back road or bicycle trail might be less direct, but you will likely find it safer and more enjoyable. If weather creates difficult conditions, delay your outing or take alternate transportation.

Use road smarts

A bicycle is classified as a vehicle which belongs on the road. Cyclists have the same rights and responsibilities as drivers of motor vehicles. You must obey the same rules of the road when riding your bike as you do when driving your car.

Traffic laws help road users predict each other's actions. Cyclists, like motorists, must ride on the right side of the road, be sober, stop for stop signs and red lights, signal turns, and yield to traffic that has

the right-of-way.

In addition, bicycle-related laws cover specific safety issues. Bicycles, as one of the smallest vehicles on the road, must be seen and heard. Since bikes are quiet vehicles, you must be equipped with a working bell or horn to announce your approach. Reflective tape, reflectors and a front light make you more visible to other road users. Consider these laws as a minimum. Whether required by law or not, for example, you should always wear a helmet and observe other common sense precautions.

Always ride defensively, anticipating the actions of other road users to avoid a collision and staying alert for all hazards. A car door could open at any time. A

pedestrian or animal could dart onto the road without warning. Debris, grates or holes in the road could make you veer or crash. Wet or cold weather can make riding treacherous. If you must ride in those conditions, be aware of the challenges and handle your bike accordingly.

Be noticed

Whether it's daylight, dawn, dusk or dark, make yourself easy to see. One of the reasons motorists often give for hitting cyclists is that they did not notice them. A cyclist may be hard to spot from far away when a vehicle is traveling relatively fast. When the sun is very low, cyclists and motorists can be momentarily blinded by the glare.

Bright clothing catches people's attention in the daytime - the brighter the better. If you must ride at night, go beyond the required reflectors and front light. Wear clothing made with retro-reflective material, or retro-reflective tape on your clothing, to ensure you can be seen.

Protect your head by wearing a CSA-approved bicycle helmet; other types of sport helmets won't do, as they are designed for different types of impact. The helmet should fit snugly, level and square on the forehead with the front covering the forehead. If it has been in a collision, it has done its job. Replace it.

The Fitness and Sports Flight wishes you a safe and enjoyable biking season!

There goes the neighbourhood



Laurie McVicar

Confessions from the Gym

Monday, April 14

I may be a stranger to the gym lately, but I certainly got a workout and a half last weekend.

On Saturday my family became one of the newest additions to Middleton Park after residing in Belleville for approximately three years. I love the duplex we chose despite the grueling stairs that seem to be well used by my fearless toddler and two very anxious parents who catch him halfway up them a thousand times a day.

As I write this, I'm fairly certain that this is the first time I have sat down in the past two

days. It's my own fault really - I'm not the kind of person that can unpack over the course of a week. I had to get everything out, hung up and out of the way within 48 hours (much to the chagrin of my exhausted husband and no doubt annoyed neighbours). Practically every muscle in my entire body is in agony from the countless boxes I helped tote upstairs, downstairs and into my car, where, I'm ashamed to say, they will probably remain until the feeling returns to my arms. You never realize how much crap you have until you have to move it - or reposition it a few times (right honey?).

I thanked God, and

my trainer of course, for my newly found muscles and flexibility I have discovered as of late. Without either, I'd likely be narrating this column while laying in a full body cast at Belleville General Hospital. Ah ha, further proof that the benefits of keeping fit are innumerable!

I have a bit of homework for you, the readers. I'd like to hear what motivates you to keep on track with your fitness regime. Perhaps it's a favourite saying or an important upcoming event you want to look good for. Mine is a photo taken shortly after I gave birth to my son when I was at my heaviest weight. Everytime I am tempted to stray from the gym or my eating takes a turn for the worse, out it comes. It's a great reminder of how far I have come and where I hope never to be again. Drop me a line at McVicar.L@forces.gc.ca.



Judi Christopherson

news from the

Community Recreation Director

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 p.m. (NO class Easter Weekend April 18th and Victoria Day weekend May 16th) EXAM Tues June 17th - 5:00 - 9:00 p.m.

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

April 30 - Mankind Enlightenment, Love Universal Energy with Margaret Rose

"Activités du mercredi"

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

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

30 avril - Édification du genre humain, l'amour de l'énergie universelle avec Margaret Rose

MASS SCHEDULE HORAIRE DES MESSES

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

MASSES - MESSES

Messe Dominicale: 0900 hrs (français)

Sunday Mass: 1130 hrs (English)

Weekdays (W-F): 1200 hrs (Bilingual)

CONFESSION

At all times.

En tout temps.

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.

Doula Certification Workshop

Become a Certified Doula! Join the fastest growing profession in the childbirth community. Learn how to help a woman and her family prepare for the birth of their baby. Discover ways to offer continuous emotional and physical support during labour and early postpartum care.

When: April 25, 26 and 27, 2003 at the Siskin Centre

Cost: \$250.00

Trainer: Carolyn Thompson, RN, CD, CCCE, CLD, CPD

Contact: 968-4085 or

ct.dt@sympatico.ca

Registration is open to the public.

Atelier de certification pour Doula

Devenez une Doula certifiée! Joignez-vous à la profession du monde de l'accouchement qui grandit le plus vite. Apprenez comment aider une femme et sa famille à se préparer pour la naissance de leur bébé. Découvrez les façons d'offrir du soutien émotionnel et physique durant le travail et les soins post-nataux.

Quand: 25, 26 & 27 avril au Centre Siskin

Coût: 250,00\$

Entraîneuse: Carolyn Thompson, RN, CD, CCCE, CLD, CPD

Contact: 968-4085 or

ct.dt@sympatico.ca

Les inscriptions sont ouvertes au public.

Gardening with Ron

Jardinage avec Ron

We will once again be offering a free gardening workshop with Ron Hadwen. Ron has years of experience in gardening. If you have a particular issue you want addressed at this workshop, let us know ahead of time.

When: Thursday, May 15, 7 pm
Please register at 965-3575 by May 12th.



Encore cette année, nous offrons gratuitement un atelier de jardinage avec Ron Hadwen. Ron a plusieurs années d'expérience dans ce domaine. Si vous avez un sujet particulier que vous aimeriez discuter pendant cet atelier, dites-le nous à l'avance.

Quand: jeudi le 15 mai à 19h
Inscription au plus tard le 12 mai, téléphonez au 965-3575.

Calling All MFRC Volunteers!

In recognition of National Volunteer Week, the MFRC will be hosting a drop-in Coffee Morning for all of our volunteers. This will be a friendly, informal Coffee Morning with the sole purpose of allowing you to enjoy the company of your fellow volunteers while we express our appreciation and thanks to you. Your children are welcome to share in this event.

Date: April 23, 2003

Time: 10:00 a.m - 12:00 p.m.

Location: Bistro Area, Siskin Centre

RSVP: desired but not required. Call the reception desk at 965-3575.



Appel à tous les bénévoles du CRFM!

Pour souligner la semaine nationale des bénévoles, le CRFM servira un café du matin pour tous ses bénévoles. Ceci est un café du matin servi sans formalité afin de vous permettre de profiter de rencontres avec d'autres bénévoles et de nous donner la chance d'exprimer notre appréciation et nos remerciements pour votre travail. Vos enfants peuvent vous accompagner.

Date: le 30 avril, 2003

L'heure: 10h à 12h

Endroit: Le Bistro du Centre Siskin

RSVP: préférable mais pas nécessaire en appelant la réception au 965-3575

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.

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

April 20 - April 26

ARIES (March 21-April 19): Your mind will be wandering on the 20th, 21st and 22nd. You can learn a lot about yourself if you listen to older relatives who have a different philosophy. Your living arrangement may need to be changed on the 23rd and 24th. Do what you can to make your life better. You will gain the most on the 25th and 26th by focusing on home, family and what you have to offer others.

TAURUS (April 20-May 20): Take a bit of time on the 20th, 21st and 22nd to go over your financial situation. You need to start investing your money in something that is safe but that will bring you a better return. Be honest with yourself on the 23rd and 24th and evaluate your motives. Gossip will backfire if you join in. The people you meet on the 25th and 26th will spark enthusiasm in you so don't sit at home all alone.

GEMINI (May 21-June 20): A good friend may be interested in more than just a friendship on the 20th, 21st and 22nd. Be honest about your feelings or you may ruin a friendship that you cherish. Your thirst for knowledge will take over on the 23rd and 24th. Listen and you will learn something valuable. Someone you talk to on the 25th and 26th will offer you valuable information regarding a future trend.

CANCER (June 21-July 22): You can make financial gains if you invest in a project you believe in on the 20th, 21st and 22nd. A home-based business that deals with products or services for the home should interest you. Work out a reasonable budget on the 23rd and 24th and get rid of your debts. Your overhead is causing stress. Get out and do something different on the 25th and 26th. You should spread your wings and make new friends.

LEO (July 23-Aug. 22): You'll be intent on having a good time on the 20th, 21st and 22nd. If you have children in your life make plans to do something special. Family gatherings will bring you all closer together. You'll have trouble controlling your emotions on the 23rd and 24th. Direct your energy into productive projects. Get ready to take the plunge on the 25th and 26th. Don't just think about doing something; take action.

VIRGO (Aug. 23-Sept. 22): You will be upset easily on the 20th, 21st and 22nd, especially if you have to deal with people who give you a hard time. Family get-togethers will take their toll and are likely to leave you feeling anxious. Focus on work on the 23rd and 24th. You will have great ideas that will help you do your job more efficiently. An opportunity is likely to develop on the 25th and 26th. You'll be eager to try something different.

LIBRA (Sept. 23-Oct. 22): Set aside some time on the 20th, 21st and 22nd to talk to a relative who can offer you some good advice based on his or her past experience. You will be creative and have a good eye on the 23rd and 24th. Go to a flea market or attend an auction. Do what's best for you on the 25th and 26th. Join a gym or check into a self-improvement or motivational program.

SCORPIO (Oct. 23-Nov. 21): Present your ideas on the 20th, 21st and 22nd. An older relative will share some interesting information about your childhood that will help you understand why you do the things you do. Someone may mislead you on the 23rd and 24th. Don't make important decisions that will affect your future. Focus on making changes around your home on the 25th and 26th. Keep busy and you may minimize your stress.

SAGITTARIUS (Nov. 22-Dec. 21): Don't expect family members to let you get away with anything on the 20th, 21st and 22nd. If you try to skirt emotional issues you will be faced with opposition. Be brave and put it all behind you. Listen and observe carefully on the 23rd and 24th because the information you pick up will be valuable. Do yourself a favor on the 25th and 26th and deal with emotional issues quickly.

CAPRICORN (Dec. 22-Jan. 19): You may have to keep a secret on the 20th, 21st and 22nd. It may be hard if you are spending time with relatives. Someone is probably counting on you so don't disappoint him or her. You may have to make a fast financial decision on the 23rd and 24th. Set a cash figure and don't spend more. The 25th and 26th can be favourable as long as you avoid people who want to meddle in your affairs.

AQUARIUS (Jan. 20-Feb. 18): Volunteer to help out at your local homeless shelter on the 20th, 21st and 22nd. By giving to others you will feel good about yourself. People who can help you in the future will admire your kind gesture. It's time to let your thoughts be known. Don't hold back on the 23rd and 24th. Say what you think. Problems with people from different backgrounds will arise on the 25th and 26th if you push your own beliefs.

PISCES (Feb. 19-March 20): The 20th, 21st and 22nd may be difficult, especially if you are spending time with family. Added stress is likely to cause upset if you are left doing most of the work. You may want to double-check your motives on the 23rd and 24th. You are attracting all the wrong people. Protect your own interests on the 25th and 26th. This isn't the time to trust others to do what's best for you.

CONGRATULATIONS!

Photo: Cpl Tim Jordan, 8 Wing Imaging



An award recognizing the Service Member of the Year (serving outside the country) was presented by Col Rick Boyd, U.S. Defense and Air Attaché at the American Embassy in Ottawa, to Maj Chris Froeschner, navigator and an exchange officer from the United States Air Force working here at 429 Squadron.

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 Trenton Chrysler Dodge Jeep is giving away \$15,000 dollars! If you are considering buying a new or used vehicle you've got to go & see Trenton Chrysler, they are giving away \$15,000 to one of their customers who purchases or leases any new or used vehicle. To win, be one of the first 250 buyers & you'll automatically entered in the draw. One winner will take home \$15,000 cash. The draw takes place Saturday June 7th, 2003, 11:00a.m. Live at the dealership!
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*See dealer for details. Vehicle must be delivered within the contest period. Wholesale vehicles do not apply.

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Girl Guides send Easter goodies to deployed personnel



Alicia Everett, a Junior Leader with the 6th CFB Sparks, displays some of the many baskets collected from various units at 8 Wing/CFB Trenton.

Trenton and Bayside Sparks, Brownies, Guides and Pathfinders have been very busy preparing Easter baskets for deployed military personnel this year. Even the adults got in the act, with the Trefoil Guild preparing 70 baskets!

The whole idea started at Christmas, when a Spark leader's husband was deployed on Op Apollo. CFB Trenton/Bayside District Girl Guides prepared 155 miniature Christmas stockings, which were handed out over the Christmas season by the Spark leaders' husband. (Did we mention he's also a Brownie and Pathfinder dad? Thanks Shaun for all your trouble!)

This time the call went out to the whole of Trenton Division. We wanted to send double the amount of stockings, in small Easter baskets. Units all over Trenton and Bayside responded, giving us a total of 589 baskets! Wow! The girls exceeded our wildest expectations, and provided us with enough baskets to send some to Op Apollo, some to Bosnia and some to the Golan! Each basket was accompanied by a small card, most hand made by the girls, sending a Happy Easter message, and signed with the girls' first name, or the name of her unit. Things like chocolate, gum, small toys and other Easter treats filled the baskets, which were made of everything from individual Pringles containers to egg cartons! Everything was wrapped in plastic to keep the contents intact, and boxed to send to our friends overseas. Thanks Girl Guides! You did great work!

Make a difference, become a volunteer

(NC)—Have you been thinking about volunteering for a while, but you're not sure about the time commitment? As we approach National Volunteer Week (April 19-25), now is a great time to get started. Here are a few suggestions:

1. Narrow it down. Make a list of the issues that are closest to your heart, then think of ways you could get involved with one or two of them.

2. Use your creative talents. If you already have a hobby you enjoy, why not write a poem or a song, or make a painting or a quilt to share your message with others.

3. Host a potluck. Something as simple as a themed dinner party can help raise awareness for a cause you care about.

4. Join a community group. Meet others who share your interests and take action together once a month.

5. Help out at a local event. Even if you're not able to help organize the event, help serve refreshments or take tickets.

6. Write a letter. Turn your concerns into action by writing to those in authority, whether in Canada or around the world.

**Have an
"egg-ceptional"
Easter!**
From the staff at
the Contact

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Spring clean up: A little maintenance goes a long way

(NC)—Spring is the ideal season to make a few improvements to protect your home. Construction expert and host of Home & Garden Television's (HGTV) Holmes on Homes, Mike Holmes offers a few preventative tips that could save you from future costly repairs.

it's time to remove old caulking with a hammer and a chisel and re-apply in order to prevent water from penetrating and damaging your interior wall.

- Check the caulking. Inspect the exterior of your windows for cracked caulking. If it has aged,

- Evaluate your eave-troughs. Spring showers may bring flowers, but heavy flow and debris can take a toll on your eave-troughs. Make sure the eave-troughing, down spouts and floor drains are clear to ensure proper

water flow.

- Direct your drainage. Water, especially during the early spring, is susceptible to freezing and thawing that can damage your home. Create a gradual slope, using dirt, to help water run away from your home.

- Inspect your insulation. If you noticed icicles hanging from your house during the winter, or that snow melted quickly from your roof, it could indicate insufficient insulation in your attic. Add

insulation now, before the summer arrives, when the attic will feel like an oven.

- Roots can ruin. Shrubs and trees can add curb appeal to your home, but they could be too close for comfort. Deep-rooted shrubs and trees can damage your foundation wall if not kept in check. Now that the frost is out of the ground, take the opportunity to transplant greenery to a more "foundation friendly" location.

Ever been ripped off by a contractor? Paid too

much for poor workmanship? Airing on HGTV Mondays at 7:30 p.m. ET, Holmes on Homes follows general contractor Mike Holmes as he investigates and fixes home improvement disasters and offers tips on

how not to get duped in your own renovation project. For more home improvement tips, visit www.HGTV.ca. To receive HGTV in your home, call your local cable company or satellite provider.

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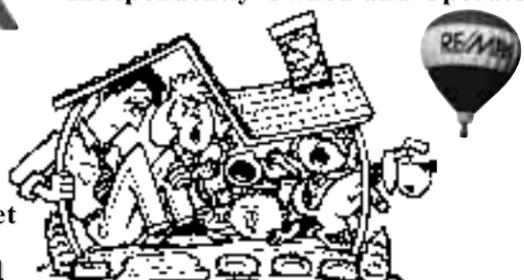
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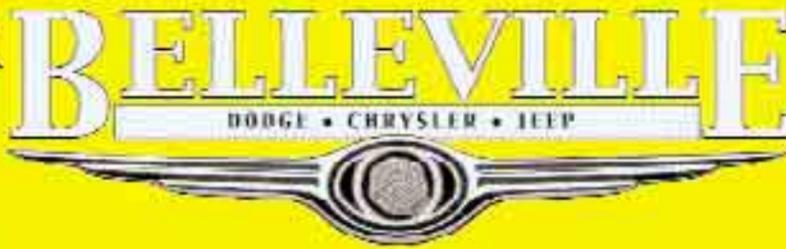


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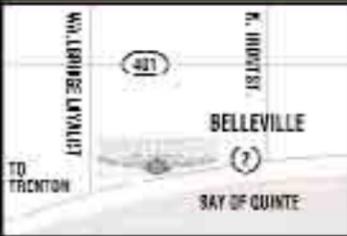
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