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HAPPY BELATED BIRTHDAY!



Happy Belated Birthday to the personnel of 8 Air Maintenance Squadron! April 1, 2003 marked the 10th anniversary of the squadron. This photo of squadron personnel was taken April 10 by personnel at 8 Wing Imaging, with the help of 424 Squadron personnel--who kindly provided the Labrador from which this photograph was taken.

Change of Command in Joint Task Force Southwest Asia

OTTAWA, April 16 /CNW/ - The Honourable John McCallum, Minister of National Defence and General Ray Henault, Chief of the Defence Staff, announced today that Brigadier-General Angus Watt handed over the command of Joint Task Force South West Asia (JTF-SWA) to Brigadier-General Dennis C. Tabbernor.

The JTF-SWA, which has its headquarters co-located with U.S. Central Command at MacDill Air Force Base near Tampa, Fla., is the formation that comprises all Canadian Forces units and personnel committed to Operation APOLLO, the Canadian military contribution to the international campaign against terrorism.

"The appointment of Brig.-Gen. Tabbernor to command Operation APOL-

LO is yet another confirmation of Canada's strong commitment to the international campaign against terrorism," said Minister McCallum. "About 1200 men and women of the Canadian Forces continue to serve in the theatre of operations, and the operational tempo remains high."

"Brig.-Gen. Tabbernor's operational command experience will be an important contribution to the Canadian Forces engaged in the campaign against terrorism," said General Ray Henault.

Brig.-Gen. Tabbernor recently completed a tour with the NATO Stabilization Force (SFOR) in Bosnia Herzegovina as the Assistant Chief of Staff for Operations in the Multi-National Division (South West). He was promoted to his current rank in September 2001.

CC-130 Hercules aircraft inspected for cracks

Air Force

WINNIPEG, April 17 - The Air Force is inspecting the centre-wing structure of 20 of its 32 CC-130 Hercules aircraft after fatigue cracks were discovered in two aircraft undergoing regularly scheduled overhaul.

The aircraft in question are of the older model variant purchased between 1960 and 1975. So far, cracks have been found in nine of the 16 aircraft inspected.

While inspections are underway, flying schedules have been prioritized for search and rescue operations and overseas missions.

Specially trained technicians are carrying out the four-to-five hour inspection that can detect small cracks using specialized equipment with ultrasound technology. Aircraft without indications of cracking can resume normal flying. For those where cracks are detected, either CF technicians or a contractor will conduct necessary repairs.

Structural fatigue is a normal age-related phenomenon and is addressed through upgrades scheduled as part of the life cycle management of a fleet. Both the outer and centre wings of the CF's older model CC-130s have been replaced at least once in their life cycle. The centre-wing structure, including the area where cracking has been detected, is among the components to be refurbished as part of a program that began recently. One older-model aircraft has already completed the refurbishment program and other aircraft will be cycled through the program over the next several years.

The Hercules aircraft, based in Trenton, Ont.; Greenwood, N.S.; and Winnipeg, Man. fly tactical airlift, search and rescue, and air-to-air refueling missions.

Once inspections are completed, results will be forthcoming. This is expected by the end of next week.

Inspection des avions CC-130 Hercules à la recherche de criques

Force aérienne

WINNIPEG, le 17 avril - La Force aérienne est en train de procéder à l'inspection du caisson central de voilure de 20 de ses 32 avions CC-130 Hercules après que des criques de fatigue eurent été découvertes dans deux avions qui subissaient une révision périodique.

Les avions en question sont une ancienne version du Hercules et ils ont été achetés entre 1960 et 1975. Jusqu'à présent, des criques ont été découvertes dans neuf des seize avions inspectés.

Pendant que se déroulent les inspections, les calendriers des vols ont été modifiés pour donner la priorité aux missions de recherche et de sauvetage et aux missions outre-mer.

Des techniciens spécialisés effectuent présentement l'inspection d'une durée de quatre à cinq heures permettant de détecter de petites criques au moyen d'un équipement spécialisé utilisant les ultrasons. Les avions qui ne présentent aucun signe de criquage peuvent reprendre leurs activités de vol normales. Ceux qui présentent des criques devront être réparés par des techniciens des FC ou un contractant.

La fatigue structurale est un phénomène normal lié à l'âge d'un matériel et elle est traitée au moyen de modifications prévues dans le cadre de la gestion du cycle de vie d'une flotte. Les parties centrale et extérieures de la voilure des anciens modèles de CC-130 des FC ont été remplacées au moins une fois

au cours de leur cycle de vie. Le caisson central de la voilure, y compris la zone où des criques ont été découvertes, fait partie des composants qui doivent être remis à neuf dans le cadre d'un programme lancé récemment. Un avion d'ancien modèle a déjà fait l'objet du programme de remise à neuf, et d'autres avions profiteront de ce programme au cours des prochaines années.

Les avions Hercules sont basés à Trenton (Ont.), Greenwood (N.-E.) et Winnipeg (Man.). Ils effectuent des missions de transport tactique, de recherche et sauvetage et de ravitaillement en vol.

Une fois les inspections terminées, il restera à attendre les résultats, lesquels devraient être connus vers la fin de la semaine prochaine.



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WING LOGISTICS AND ENGINEERING
PICTURE OF THE WEEK



Plumbers Cpl Mercurio and Cpl Bilodeau installing water lines for new washrooms at Peterborough Armouries.

Hazardous waste around your home



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Hazardous waste isn't a problem just for large industries. Your home is full of hazardous products you must dispose of safely to protect the environment. When these products are just dumped into a landfill, they can leach into the ground and pollute the water table. They also contribute to air and soil pollution for years to come.

Check out this list of common products which can be unfriendly to the environment: Batteries, cleaners and drain cleaners, herbicides and pesticides, paint, motor oil, pool chemicals, polishes,

solvents, anti-freeze, pharmaceuticals, stain removers, toilet cleaners, wax strippers, oven cleaners, some bathroom cleaners, bleach, lye, wood stains and preservatives, varnish removers and paint thinner.

Safer alternatives

Baking soda makes a good scouring powder. Vinegar and water cleans windows and smooth surfaces. To make an all-purpose cleaner, mix a half cup of ammonia, a half cup of white vinegar, a quarter cup of baking soda and a half gallon of water. For a disinfectant, mix a half cup of borax per gallon of hot water. For a dishwasher detergent, mix one part of borax and one part of washing soda. For a dishwashing liquid, try a natural soap or a phosphate-free product.

Alternative drain cleaners

Use a handful of baking soda and a half cup of white vinegar. Cover the drain tightly for one minute while the mixture fizzes. Flush. Put a half cup of salt and a half cup of baking soda down the drain. Follow with six cups of boiling water. Let it sit for a few hours or overnight. Flush with water.

Pour hot water with a half a cup of washing soda down the drain.

Use a plunger, a coat hanger or a mechanical snake to clear drains.

Painting

Use old paint as primer. Before disposing of oil-based or enamel paint cans, take outdoors and remove the lid to allow the contents to air-dry and harden. Allow used turpentine to sit in a closed jar until the paint particles have settled. Pour off the clear turpentine and use again.

Air quality

Instead of aerosol products, use pump spray bottles. Make your own air fresheners by boiling or simmering sweet herbs, flower petals or spices. A good mixture is cinnamon and cloves. Keep house plants to clean the air in your home. Keeping your home clean and aired out will help eliminate odor problems. Clean heat registers, air ducts and vents on a regular basis to improve air quality.

If you use dangerous products, don't purchase more than you need. Use them up, or give leftovers to someone who can use them. Separate hazardous materials from your household garbage.

Never dispose of hazardous materials in the sewer system, in storm drains, soil or open bodies of water.

Contact your local government for information on how to dispose of them safely.

The average household has a surprising number of products which can cause damage to the environment. Use them sparingly, and dispose of them with care.

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Some delays to Cormorant program expected

by Capt Darren Steele, Air Force Public Affairs

Canada's new Search and Rescue (SAR) helicopter, the CH-149 Cormorant, is already proving its worth in record-setting rescues despite project delays that will require its predecessor, the CH-113 Labrador, to continue flying until early 2004.

A recent review of operations and maintenance on the Cormorant concluded that more maintenance technicians were needed, and that some procedures needed to be revised. The review also concluded that not only were some parts wearing out faster than expected, but also that replacement parts were not being ordered and delivered quickly enough to keep up with demand. The problems are being resolved and a new activation schedule has been set.

The Cormorant fleet was to be fully operational by late 2003, allowing for the retirement of the Labrador. As a result of the

delays, the Air Force will continue flying the Labrador until fall 2003 at 14 Wing Greenwood and until spring 2004 at 8 Wing Trenton, when the Cormorant will be introduced at those wings.

Retaining the Labrador will not adversely effect the SAR mission at either of those locations, and will give time to train remaining crews and additional technicians on the Cormorants.

The delay will, however, have some impact on military members and their families. Postings will have to be changed to keep aircrew and technicians in place until the Labrador is fully retired from service. The Air Force has promised to do its best to minimize the affects these changes will have on families; however, it may be impossible to eliminate them all.

Everyone involved in the project agrees that the delay is regrettable, but all are working hard to resolve the issues that have arisen, and the delay in bringing the Cormorant into full

operational service will ensure that the job is done right.

"There are only about 100 of this type of aircraft flying in the world, so it is still relatively new," said Lieutenant-Colonel Colin Goodman, Commanding Officer of 442 Squadron Comox.

"We are the only operator of this type of aircraft in North America, so we expect to encounter some supply difficulties, but we also expect those problems to quickly improve."

Project Manager LCol Pierre Coulombe says safety is the primary concern and a few months delay is preferable to cutting corners.

"We are working closely with the aircraft supplier, European Helicopter Industries, and the maintenance contractor, IMP Group. Both companies fully stand behind their product and services, and are resolving all support issues as quickly as possible."

Despite the delays, the Cormorant has already been flown in an impressive series

of rescues. This larger, faster, and more powerful aircraft has nearly double the payload of the Labrador, can travel much farther without refuelling, and has many state-of-the-art capabilities permitting it to fly in weather conditions that would keep the Labrador on the ground.

"As a pilot, I am very impressed with the Cormorant's capabilities," said Major Gilbert Thibault, commanding officer of 103 SAR Squadron in Gander. "We know that there are still problems to work out, but we have already done missions with the Cormorant that we could not have done with the Labrador."

A case in point is the December 2002 rescue off the coast of Newfoundland, where a Gander-based Cormorant flew more than 1,600 kilometres in gale-force conditions to rescue a badly injured Norwegian sailor.

In January 2003, the same squadron hoisted 16 people off a ship in one trip, something the Labrador could never have done. Later in January, a Comox-based Cormorant flew more

than 1,100 kilometres to bring an injured sailor to hospital from a ship that was 300 kilometres off shore.

As for the Labrador? The "old lady of SAR" as she is known, will retire in 2004 after more than 40

years of yeoman service. The majority may be sold, but some will go to Canadian museums. One is already promised to the Canada Aviation Museum in Ottawa, and another to the RCAF Museum in Trenton, Ontario.

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Search & Rescue UPDATE



424 Squadron had another quite week and there were no callouts. Hope everyone has a pleasant week--and be safe.

Missions for 2003: 25 Missions for Apr.: 4 Persons rescued: 8

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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:

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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.



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LETTERS

Calling all volunteers--we need your help

Dear Editor,

As I am sure you are aware, 8 Wing will be hosting the Quinte International Airshow (QIAS '03) 21-22 Jun 03.

Planning is well underway for a diverse and multi-faceted show. Those of you that have been around the Wing for a number of years, or that have attended past airshows, realize that this event presents a great opportunity for 8 Wing, and by extension the Air Force and CF, to show the public the pride we have in our continuing contribution to national and international securi-

ty.

The corollary to this opportunity is that the execution of this high profile event has a considerable impact on the Wing's resources. Many of us will be busy putting the Wing's 'best foot forward' throughout that weekend.

To that end, this call for volunteers provides an opportunity for you to get involved in QIAS '03 in a capacity that may be to your liking or in line with your particular skills. Yes, this event is a significant undertaking - but it is also a tremendous opportunity to have an enjoyable weekend

demonstrating to our public why we are proud to wear a uniform and/or be a member of the Canadian defence team, including our civilian members.

We need volunteers like you to ensure the success of QIAS '03. If you have a specific skill set and/or the desire to volunteer, you will be involved in a dynamic environment which will culminate with the joy and pride of being one of the airshow staff contributing to the success of this significant event.

If you are interested or wish to find out more, please E:Mail Maj

Alexander.DM (QIAS '03 Deputy Chairman) or MCpl Woelders.AJ (Assistant to Deputy Chairman) or contact the Airshow Office at local 7777. If you know of any personnel that do not have access to this E:Mail that may possibly be interested in volunteering, please pass on the information.

Thank you for taking time to consider this offer.

"100 Years of Flight and New Frontiers".

A.J. Maziariski

LCol

Chairman QIAS '03

ATESS Co-op Program still going strong

The Aerospace and Telecommunications Engineering Support Squadron continues to participate in the Student Co-Op Placement and Student Summer Employment Programs. This essay is from one of the students who has had co-op placements at ATESS.

My name is Nicholas Brake, I'm 17 years old and a student from St. Paul Catholic Secondary School finalizing my four years of high school in grade 12. For the past two years I have been doing co-op placements. The Program introduces students to work experience finding out what it's like in the real work world. I've been working in two areas on the North Side.

Working with the teachers who have organized the co-operative education program, I have been able to choose different places that I may have wanted to continue learning as a career choice. This mainly involved computers or something that would involve that field of occupation. Going through pre-employment classes during school, teachers taught me and other students, who were also doing this program, how to do interviews, write a proper resume, and fill out some forms properly

before going to our placements.

While I was in grade 11 I had chosen to do a two-credit co-op. I needed to have 240 hours done in my workplace, which may seem like a lot, but it goes by very quickly if you know what you are doing and have good experiences in the placement. My first placement was at the Aerospace and Telecommunication Engineering Support Squadron (ATESS) working with Capt. Walter Norquay as my supervisor and with the help of Debbie Kelly. The work that they gave me involved networking, hardware and software, and a little inventory. Some other work involved moving computers and setting them up for new people coming into ATESS. At times it would be hard, but other co-workers were always there to give me a hand if I needed it. I learned what it was to be on a team and communicate with others when needed.

Now in my second year of co-operative education I have been given the opportunity to work with Eric Ward and Scott Pennington while doing a two-credit co-op at Illustration and Imaging on the North Side. Most of the programs that I had used while at CADDs were well known to me because

during the school year I would teach students from local elementary schools as well as senior citizens in my community computer drawing programs and other computer programs at my school as a part of my community service hours. At Illustration and Imaging I learned things that I would have never learned in school. I learned how to design and manufacture zappers, posters, and mouse pads, to name a few. They had also told me about the programs and also about occupations in graphic arts. I am grateful that I was able to use my semester to work with Eric and Scott learning the many projects that had occupied me everyday.

I've had great experiences working with the people in and around ATESS. They showed me new things and helped me choose which career path I would like to follow. With the skills that I have learned over the past two years I won't let them go to waste and I will use them as frequently as I possibly can.

Thanks again to the people who have accepted me to do a co-operative education placement at your workplace.

Sincerely,

Nicholas Brake

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8 AMS Member captures top marks in Avionics Course in Borden

by MWO Normand Marion
16 Wing Borden

After more than six months of intense studying and living under the constant pressure of practical checks and written exams, Corporal Lisa Mac Rae and the other candidates of the Avionics Systems Technician (Avs Tech) course 0210 finally wrapped up the first

major milestone of their Air Force career.

On March 4th, they put on their dress uniforms and assembled inside Stedman Building in Borden to collect the certificate that confirmed the successful completion of their Apprentice course.

During the graduation ceremony, Corporal Mac Rae was presented with the Top Candidate Award as the individual

who achieved the highest academic marks over the period of the entire course. A former Vehicle Technician, Corporal Mac Rae already served 11 years as a Reservist in her hometown of Winnipeg, Manitoba. On completion of her course, she was posted to 8 Air Maintenance Squadron (AMS) in Trenton.

Corporal Mac Rae

and her fellow graduates of the Avionics course spent the last six months at the Canadian Forces School of Aerospace Technology and Engineering (CFSATE) at 16 Wing Borden, to learn how to troubleshoot and repair aircraft electronic systems such as aircraft instrument, communication, navigation, radar, and other integrated avionics systems.



Photo: MCpl Bill McLeod

Corporal Lisa Mac Rae was the top candidate on her Avionics Systems Technician Apprentice course.

CARE PACKAGE



The members of Building 151, a sub-component of ATESS, have combined their efforts with that of local Tim Horton's staff to create a Care Package— coffee products and some everyday luxuries were packed up and sent to soldiers who are deployed with Op Apollo. Cpls Guy Labrecque and Richard Aucoin of ATESS spearheaded the project. Tim Horton's employees also donated some Easter wishes as well as coffee and tea. Thank you Mary-Ann Mason, Cathy Anderson, Debbie Sarty and Rebecca Merrurie. We all wish the best of luck and a speedy safe return to friends and family who are away and missed.

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Pet Particulars

Cats and the Great Outdoors

Cats and the outdoors seem like a perfect match, but are they? Although most cats want outside to enjoy the fresh air, hunt bugs and sunbathe, many are lost, injured or killed because of the many dangers the outdoors present. These dangers include: cars, cat fights, dogs, disease, cruelty, chemicals, and the risk of getting lost—just to name a few. Many municipalities are implementing bylaws stating that cats are to stay on your property. With a little bit of work and patience you can help your cat to stay safe AND enjoy the great outdoors. Most cats can be trained to wear a harness and go outside on a leash. Check at your local petstore for one that fits your feline and meets safety standards. Put the harness on your cat and let him wear it around the house for a while so he can get used to it. Next, during a quiet time of day “hook him up” to the clothes line or porch railing. Many cat’s first reaction is to lay down. Let them just relax and never drag your cat to make them start walking. Once the cat equates the harness to going outside, many relax and enjoy themselves. BUT NEVER leave your cat unattended in a harness. If the leash is secure your cat has no escape if attacked. On the other hand, if the leash is not secure and the cat wanders with it trailing behind, he can get caught. Putting your cat in a harness also can help to reduce the staggering pet overpopulation and it keeps your neighbours happy as well because your cat isn’t digging up their flower beds and howling outside their bedroom window in the night. Everybody wins. If you would like more information on this or any other pet issue email us at petparticulars@canada.com.

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Mortgage roulette - it's back!

it's your Money



Garth Turner

After last week's boneheaded move by the Bank of Canada to raise interest rates by a quarter point, folks with mortgages to renew or new ones to contemplate have been thrown on the horns of a big, hairy dilemma. For the first time in the past two years there is a seriously difficult question to answer: do you borrow long, or short?

First, why did Governor David Dodge and the other deep thinkers at the central bank raise rates? After all, it is widely expected that the Americans will actually be reducing the cost of money on that side of the border over the next few months. This latest move from Ottawa puts us quite at odds with the rest of the world, in fact, where borrowing costs have been going down.

The simple answer is that inflation in this coun-

try has “soared” to more than 4 per cent, which is above the target range (of 1 to 3 per cent) that the central bank wants to maintain. We have inflation, because we have strong economic growth and terrific job creation. In the past year more than 500,000 people found work, which is more new employment than in all of the other G8 countries, combined. Last year we threw up over 200,000 new houses, and experienced record car sales - and many audacious employees actually started asking for raises again.

That's all inflationary, so the central bank did the traditional thing, using the blunt trauma of higher borrowing costs to try to cool things off. The trouble is, rates are rising now, when a lot of that economic growth may already be behind us. No economist I hang out with expects to see those same kinds of employment or housing numbers in 2003. Meanwhile there is real concern about the bankruptcy of Air Canada, about what damage our federal government may have done to trade with the U.S. after we stiffed them on Iraq, about consumer confidence petering out and, now, about the unforeseen consequences of SARS.

So, Dodge and his buddies may have gotten this one exactly wrong. Low loan and mortgage rates have been the fuel behind our economic blaze, and no one sector has been more

important since Nine Eleven than residential real estate. To bump rates up now, wounding affordability and bumping an army of first-time buyers out of the market, could be a major problem in the making.

Dodge-watchers, however, are warning of a further full 1 per cent jump in rates by the end of the year, and another half-point in 2004, taking the prime back over the 6 per cent mark, and pushing long-term mortgage rates as high as 8 per cent. For somebody who's gotten used to a below-prime, variable rate of 4 per cent or so, that is one heck of a vault higher.

Therefore, it is not surprising a lot of people are looking at their cheap, variable loans and wondering if this is the time to roll the dice, locking in just to avoid further pain down the road. These days the posted rate for a five-year loan is 6.75 per cent; for a three-year term it's 6.25 per cent and for a one-year convertible, just under the 6 per cent mark.

But only a geek, or maybe a person with a credit rating from hell, would borrow at the posted rate. There is so much competition between lenders that you can get a discount off that number just about anywhere. For example, if you are a good customer, then right now you can probably get your hands on a three-year mortgage at 5 per cent or a bit less. Five-year money is currently available in the 5.5 per cent range - if you are willing to fight for it.

Or you can visit lenders who these days are introducing low, fixed-term, “no haggle” mortgages, also in the low 5 per cent range, for a relatively great deal.

So, is it THE moment to consider locking down your mortgage costs?

It really depends on you. If you're a risk-averse person who hates the possibility that your mortgage could cost substantially more in two years, then lock in. If you are a first-time buyer who needs stability when it comes to mortgage payments, and simply can't afford to pay more, then lock in.

But if you are a homeowner with equity, coming up for renewal, and have been enjoying the fruits of a below-prime, variable rate loan, then I think there's no reason to mess with success. Be realistic - the prime rate now is 4.75 per cent, which means your mortgage is costing you about 4.5 per cent. Even if the prime soars that full point by the end of the year, your loan will still be about 5.5 per cent. Granted, that is equal to the five-year discounted rate you can find these days at many banks - but the big question is, where will rates be two, three, four and five years from?

My bet is they will be lower - possibly substantially so. The rest of the world continues to deflate, not inflate. The US economy is still weak and will need a couple of years to regain its strength. Productivity and rapid technological advance are reducing costs around the world. Increasingly central banks are finding tools other than interest rates to govern national economies. In short, I look ahead and see years, if not decades, of cheap money. And even if you don't share my vision, remember that study after study has shown that those who borrow short always come out paying less than those who took cover, and locked in.

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

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ATESS faces off against DGAEPM in hockey challenge



CWO Jerry Girodat drops the puck for Col. Doug Baker, of DGAEPM, and LCol Kirk Shaw, of ATESS.

Submitted by
Capt. Harry Welton
ATESS

At 1330 on March 21, 2003 a piece of history was once again offered up as a reward to the superior team of hockey players who faced off at the RCAF Flyers Arena, 8 Wing/CFB Trenton. LCol K.J. Shaw, fearless leader of ATESS, had tossed out the gauntlet, politely challenging BGen D.L. Lucas's "trained killers" from DGAEPM to a good old hockey game.

The origins of this challenge can be traced

back to the first DGAEM/AMDU challenge that took place on 31 January, 1975. The last recorded challenge was game 26 held in March 1994. During these years, DGAEM won 12 of the meetings, and AMDU won 14. Although there were 26 games played, it appears that only 22 were recorded with "tags" being affixed to the trophy.

Prior to this historic occasion, our DGAEPM visitors were invited to ATESS Headquarters for some informative briefings and tours conducted by the Flight Commanders. After lunch all players

and spectators headed to the Flyers Arena for the much awaited game.

The ATESS team members were Stephane Racle, Dan Lepage, Brian Frank, Bob Matthews, Matt Cantin, Farley Vader, Ron Prest, Luc Nadon, Dave Quinsey, Aidan Brake, Al Baillie, Darryl O'Rourke, Andy Sargent, Grant Lewis, and Kirk Shaw.

The DGAEPM team members were Dave Kenny, Ron Gaston, Gary Connolly, Mike Leger, Yves Letourneau, Laird McKinnon, Matt Crawley, Martin Mongeon, Peter Hillier,

Dennis Rideout, Mac Corbett.

At 1330, the game got underway with the ceremonial dropping of the puck by CWO Jerry Girodat (SCWO). The enthusiasm of the "ATESS cheerleaders", led by Karen was noticeable throughout the game. Karen was almost called for a game misconduct for her whistle manoeuvres. Instead she was put in the penalty box where she received a stern lecture from the referee. Goal scorers for ATESS were Bob Matthews, Luc Nadon (2), Grant Lewis and Kirk Shaw. Goal scorers for DGAEPM were Yves Letourneau and Troy Kelly.

The final score for this highly enjoyable game was 5 to 2 for ATESS, according to the official

score sheet, but the enthusiastic fans claim it was 6 to 2.

On the completion of the game, everyone adjourned to Carney's for some well deserved refreshments and the chance to meet in a less combatant environment.

We hope that this loss has not bruised the ego of the losing team and they will be willing to try again next year, and not make us wait another ten years before they are ready to meet the challenge again.

All personnel who attended this event would like to extend a sincere thank you to the people who made it happen. A special thanks has to be given to Cpl Andy Sargent for his excellent planning and preparation as well as being one of the enthusiastic ATESS players.

Mike Pelletier, Doug Cargo, Troy Kelly, Tom Gale, Doug Baker,



Congratulations to ATESS (in black), who claimed the win with a 5-2 score.

Passation de commandement au sein de la Force opérationnelle interarmées de l'Asie du Sud-Ouest

OTTAWA, le 16 avril /CNW/ - Le ministre de la Défense nationale, l'honorable John McCallum, et le Général Ray Henault, Chef d'état-major de la Défense, ont annoncé aujourd'hui que le Brigadier-général Angus Watt a remis le commandement de la Force opérationnelle interarmées de l'Asie du Sud-Ouest (FOIASO) au Brigadier-général Dennis C. Tabbenor.

La FOIASO, dont le quartier général se trouve dans les mêmes installations que le Commandement central américain, à la base aérienne MacDill, près de Tampa (Floride), est la formation des Forces

canadiennes qui regroupe les unités et le personnel affectés à l'opération Apollo, la participation militaire canadienne à la campagne internationale contre le terrorisme.

"La nomination du Bgén Tabbenor au commandement de l'opération Apollo est une autre indication du ferme engagement du Canada à l'égard de la campagne internationale contre le terrorisme", a déclaré le ministre McCallum.

"Environ 1 200 membres des Forces canadiennes, hommes et femmes, continuent à servir dans le théâtre des opérations, et le rythme opérationnel demeure élevé."

"L'expérience du Bgén Tabbenor sur le plan du commandement opérationnel se révélera très précieuse pour les unités des Forces canadiennes qui participent à la lutte antiterroriste", a souligné, pour sa part, le Général Ray Henault, Chef d'état-major de la Défense.

Le Bgén Tabbenor a terminé récemment une affectation auprès de la Force de stabilisation dirigée par l'OTAN (SFOR), en Bosnie-Herzégovine. Il y assumait les fonctions de chef d'état-major adjoint aux opérations, avec la Division multinationale (Sud-Ouest). Il a été promu à son grade actuel en septembre 2001.

History of the Surf 'n Turf

424 Squadron was responsible for introducing the Surf 'n Turf event to the personnel of 8 Wing Trenton in 1987.

The event was originally presented as a challenge by the Search and Rescue Technicians (SAR Techs) to all Units / Squadrons on base. The race was originally a 38 km course consisting of two canoeists, two speed cyclists, two runners and one brave swimmer. Back in 1987, the race had a total of sixteen teams that participated, with the team entered by the Physical Education and Recreation Instructors (PÉRI) taking home the trophy.

The numbers have grown to last year's total of 37 teams. There were also seven entries into the "Tin" person category, who in all their guts and glory, complete all legs of the event on their own. The course is now approximately 60 km in length and includes the following legs: 10 km Run, 7 km Canoe, 15 km Road Bike, 5 km Cross Country Run, 10 km Mountain Bike, 6 km Run, 475 m Swim and a 3.5 km Run. (Note: All legs and distances are subject to change.) The course typically starts at 8 Wing/CFB Trenton then stretches into the Quinte West areas of Frankford, Batawa and Trenton before finishing back at 8 Wing / CFB Trenton. The race includes mostly military members, but also has teams from local corporations and businesses. Over 400 participating racers are expected including the 75+ race volunteers and Organizing Committee.

This year's Surf 'n Turf will take place on June 6, rain or shine, beginning at Baker Island at 0900 hrs "sharp". A team can enter in to one of the below categories (eight participants per team). Also, individual military members may register as a "Tinperson" and complete all legs of the race on their own. A Tinperson may participate as a member of a team but can only compete in the first leg of the race (the 10 km run) as part of that team.

Categories:

Open - open to any mixture of age and gender

Mixed- must have a minimum of two females or two males

Female - all female team

Masters - sum of all participants ages must equal 280+

Tinman - one male completes all legs of the race

Tinwoman - one female completes all legs of the race

Pick up all registration info at the Gymnasium main office. Race Organizer is Fitness Coordinator, Scott Burns, at 613-392-2811 local 3328. Volunteers are needed to help with the organization of this event, please contact 3328.

C.F.B. Trenton
Ripples
 Yacht Club
 www.reach.net/~cjomel/

Spring Launch for most, spring break for others !

In preparation for our ritual spring launch, all boats, Sail, power, fishing or PWC's require maintenance well before the intended launch date. Due to the harsh environment, spring prep can be more important than fall lay up. And that's assuming that your boat was properly winterized to begin with. The priority is to keep the water out! Your boat may not work but at least you will float. Nearly all breakdowns are a direct result of improper lay up or commissioning, with most disasters caused by an accumulation of small deficiencies, that given the right circumstances, compound themselves into fatal errors. Faulty wiring, loss of radio, unserviceable fire extinguishers, seized sea cock, can't find the flares and oops, forgot the PFD's.

Clean and inspect all components that may let water in. Look for rust streaks, swollen hoses and rusted clamps. Don't be so sure your pump can handle an emergency. Most electric pumps cannot keep up to a 2" hole in the hull and because water entering the boat from failed engine hoses are the second most common reason for sinking, you would be wise to service all through-hull fittings and pumps. The first reason is that nasty marine toilet. Is yours installed properly? (by Lee Abrams CFB Trenton Yacht Club)

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NOTICE

To all MQ Residents, CFHA has arranged to have the Compost Area open on Saturday, May 10th and Saturday, May 24th. The hours of operation will be from 1000hrs until 1400hrs on both days. Yard waste only (i.e.: leaves, grass, sticks). Please do not leave plastic bags. NOTE: Construction material or household waste of any kind will not be accepted, so please ensure yard waste only, is dropped at this location. The regular operating hours of the compost area are Mon - Fri, 1200-1300hrs. Be advised, given the current security levels, picture I.D. will be required for entry.

QUINTE WEST TRASH BASH
 Saturday, April 26, 2003

Tired of seeing that ugly trash on the roadside? Then get down and dirty and bash that trash!

Volunteers please pre-register by calling Lower Trent Conservation at 394-4829 or email information@lctc.on.ca or, for more information, visit www.lctc.on.ca

Since bashing trash is sure to work up an appetite, volunteers are invited to a BBQ with entertainment at Centennial Park in Trenton starting at 11:30am.

Sponsored by:
 Quinte Watershed Cleanup
 Canadian Waste Services
 City of Quinte West
 Lower Trent Conservation
 Quinte Waste Solutions



"PITCH IN... it's ECO-logical"

Volunteers have been recruited from: Quinte Mall • Tim Hortons (Trenton) • The Village Green • Heather's Place • Gullian Water • Tarragon Gardens • Revlon • Quinte Conservation • All Saints' RC Trenton • Riverside Shop • Timberwell Art Gallery & Custom Framing • Keweenaw Business Association • United Nations - Quinte Branch • Entertainment (provided by The Paper Kings and Paper Power)

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FLY FAST

This Week in Contact

1943--RCAF Station Trenton tops all others in motion picture entertainment, offering its personnel at least five full length film change-overs each week.

1953/1963--Unavailable

1973--Rideau Hall announces that Cpl BV Verchere, a SAR TECH at CFB Trenton, is on the list of Bravery Award Recipients. Severe flooding at CFB Trenton threatens to ruin the yacht club, and Transport personnel scramble to save the floating dock and fuel pumps.

1983--Last "flight" of the CC-130 Operational Flight Trainer (OFT) simulator after 16,260 hours. 436 Squadron CC-130 repatriates the remains of legendary Canadian adventurer-entrepreneur-WWI hero LCol "Klondike Joe" Boyle from Europe.

1993--8 Wing Photographic Flight transfers from 8 Wing Logistics to 8 Air Maintenance Squadron.



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

Canadiana Crossword

Winging It
 BEATRICE HONNOLD and JAMES KILBY

ACROSS

- Word of farewell
- Circular snack
- Murray, for one
- Heat areas
- Armadillo
- Having toes
- Calgary-based carrier
- Dutch, for one
- Request
- Air _____
- Saffron
- Painful
- Honey brew
- French friend
- Taxi
- Sea eagle
- Harmonized
- One
- After expenses
- Elephant or serpent follower
- Picnic posts
- Eastern ruler
- Alloy
- _____ Air
- Chromelined
- Biblical to
- Air _____
- Image
- Backside
- Jungle writer
- Shetland or shanks follower
- Bookworm
- The greatest

DOWN

- West coast address
- Sweetie
- Pachyderm
- Frostbiter mammal
- Indian nobleman
- Summer, to some
- Result
- Make amends
- Air _____
- Require
- Ferber, for one
- Sleigh
- Parched
- Portrait
- Lislaoud
- More mentally well
- _____ Airlines
- Play parts
- Invidious discoverer
- Jig or man's follower
- Mythical beast
- Assert
- Jet black
- Prize
- Wisecrack
- Extraordinary
- Neckwear
- Perfume ingredient
- Born as
- Clause
- Canadian _____?

Fitness, Sports & Recreation

Players needed for slow pitch league

The I/S Slow Pitch League organisational meeting is scheduled for 1000 hrs, Thursday, May 1 in The Gymnasium conference room.

The league is open to CF Military, DND & NPF full time employees and dependants. Interested Unit Sports Reps and Executive are to attend subject meeting in preparation for the 2003 Slow Pitch Season. The league will play at the wing ball field Monday through Thursday evenings. Players with no team reps wishing to play and requesting additional information can contact the Military Sports Coordinator, Dan Cormier, at local 3373.



No-fail diet guarantees you lose weight



Jen Lecuyer

the Fit Stop

Spring has finally sprung, and with that said, we know the dreaded bathing suit season is just around the corner.

No longer can we hide behind those comfy layers of sweaters, jogging pants, and big winter jackets. So, which fad diet will it be this year to help loose those extra winter pounds? Well let's see, there's the Eat Right for Your Type Diet, The Atkins Diet, or how about The Zone? None of these sound like they would be right for you. Well how about we just cut out carbohydrates totally from our diets and live off protein alone, or eat grapefruit for every meal of the day. If all this sounds confusing or crazy to you, or they are all diets you have actually tried, no need to worry I have the perfect diet for you...DON'T!

All too often many of us are caught up in the number game, "I've got to lose 10 lbs, 20 lbs, 30 lbs..." and try every "quick fix" there is to lose it. Unfortunately, the best way

to maintain a healthy weight is not in pill form, and it may not be the "quick fix" your looking for, but does however let us eat more than a grapefruit for dinner!

Making small adjustments in your day-to-day life is what it takes. We have all heard about making lifestyle changes, but what does all that mean? It means making smarter and healthier choices. Not only when it comes to what we put in our mouths, but what our daily activities consist of and our overall wellness too. Now, going from a junkaholic, yes I made that up, to someone who makes healthier nutrition choices does not happen overnight. So, do not be frustrated when French fries are the preferred choice as opposed to a salad, they may always be your favourite choice, but are they the smart and healthier choice? We all have a general idea of what choices are good, and which are not so good, it is a matter of actually making

that choice to have the salad instead. Now that does not mean you can never have French fries again, it just means you probably shouldn't have them everyday of the week. Just remember that when you decide to start eating better there will be days where you "slip", instead of beating yourself up for this, realize where you went wrong and move on to the next meal!

The following are just a few tips to help you when it comes to healthy eating choices:

- Watch out for portion sizes, what they give at restaurants is far more than anyone actually needs to consume;
- Eat because your hungry, not because you feel like eating or because your bored;
- Stop eating once your full;
- When choosing meat products go for those that are of a leaner cut;
- Beware of saturated fats, deep fried foods, and heavy oils--try to avoid these as much as possible;
- Pick a wide range of colours when choosing fruits and veggies, especially dark green leafy vegetables;
- Choose whole grains vs. your regular white bread;

- Try to consume lower fat dairy products;
- Check your food labels, you'd be surprised what they put in there;
- Pick foods that are closest to their natural state. The more processed something is the more chances there are that you'll be consuming extra sugar, salts, and preservatives that you don't really need;
- Enjoy a full range of foods, always in moderation;

tion;
• Best of all, never neglect yourself to have your favourite foods once and a while. If you bid farewell to chocolate "forever", the chances of eating every chocolate bar in sight some day is much greater. Instead let yourself have cheat day once in a while, no you can't cheat all day, but pick a food that you truly enjoy and have it that day.

CF Sports Award Winner



WO ROWE L.

FEMALE ATHLETE OF THE YEAR (2002)

Hockey: Selected at the Ontario Region Selection Camp to represent the Ontario Region at the CF National Women's Hockey Championship. Placed 2nd (Silver Medal) at the CF National Women's Hockey Championship - Game MVP. Participated in the 8 Wing/CFB Trenton NHL League.
Fastball: Ontario Region Women's Softball Champs, two game MVP.
CF National Women's Softball Champion (Gold Medal) Tournament MVP, All Star Pitcher, PSP Recipient Award.
Tier 2 Ontario Provincial Champs.
Belleville Ladies Softball League Champs & Team MVP.
Ball Hockey: Inter Section Ball Hockey League Champs.
Trenton Ball Hockey League Champs.

So much chocolate, so few clothes



Laurie McVicar

Confessions from the Gym

Tuesday, April 22

Well, I made it past another pothole on the road to better health...Easter. So much chocolate, so few "fat clothes" left in my closet to revert to.

Talk about a great motivator, the more weight I lose, the more clothes I pass on to my pregnant sister. It's either lose more in order the fit into the smaller-sized

clothes she has given me or go naked. I (and probably the entire civilized world) tend to lean towards the first option. The clothes issue definitely helped me stay somewhat on track over the holiday weekend. If that wasn't enough to curb my appetite, the non-stop "vomitpalloza" that took place when my toddler came down with the stomach flu did the trick.

Of course, perhaps the excruciating agony my muscles endured after last Thursday's self defence class could have contributed as well. It's hard to grab those chocolate eggs when you are unable to lift your arms from your side.

I'm starting to think I lack the coordination needed to study karate. As we were warming up, Randy had Jen and I jog around the aerobics studio at the gym. That was fine. Then, he asked us to turn sideways and "skip". That was NOT fine. One foot stepped on the other and down I went. The thing that managed to save me from complete humility was the graceful roll I went into.

Perhaps that's just how I choose to remember it, Jen and Randy may have thought differently as I collapsed onto the floor with a surprised shout.

As I have said before, I have the Exercise Equilibrium Deficiency Syndrome. I'm sure there has to be a support group for people like me...right? It's getting to the point that I'm going to have to consider wearing a helmet when I work out. It's probably for the best that I mention it in my column first, maybe it will eliminate those confused stares I'm bound to attract in the Strength and Conditioning Room. Wait a minute, I get them already!

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"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 clo-thing.

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)
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**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)
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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.

Veuillez 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.

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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 addresses 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.

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 ½ -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.

**Calling
All MFRC Volunteers!**

**Appel à tous les
bénévoles du CRFM!**

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.



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: April 23, 2003

Time: 10:00 - 12:00am

Location: Bistro Area, Siskin Centre
RSVP: desired but not required, the reception desk 965-3575.

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

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"Support, Service and Friendship in the Weaver Tradition for over 55 years"
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**"Fool's Paradise",
a comedy presented at the
Brighton Barn Theatre, Brighton,
Wednesday through Saturday,
April 23rd to May 10th. All tickets
\$12.00. Call 613-475-2144.**



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 clo-thing.

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 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

MASSES - MESSSES
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.

Veuillez 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.

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

April 27 - May 3

ARIES (March 21-April 19): Don't let your passion take over and lead you astray on the 27th and 28th. Secret affairs may be intriguing but they will be hurtful in the long run. Don't fool yourself. Self-deception is evident. Don't take comments made by others to heart on the 29th and 30th. Look forward and focus on the positive. Moneymaking deals will not turn out to be as you expect on the 1st, 2nd and 3rd. Take a look at your options.

TAURUS (April 20-May 20): Your ability to help someone in need on the 27th and 28th will leave a lasting impression on those watching you from a distance. The time spent engaged in volunteer work will lead to some new friendships that will make a difference to your future. Emotional confrontations will develop into a loss of trust on the 29th and 30th. Listen — don't retaliate. Be diplomatic on the 1st, 2nd and 3rd. Re-evaluate your motives and what you are really trying to accomplish.

GEMINI (May 21-June 20): You may want to think twice on the 27th and 28th before you tell someone how you feel. Sometimes saying less is better. Instead listen and you may change your opinion. You may be generous and giving on the 29th and 30th, but you must not let others put too many demands on you. Obstacles are likely on the 1st, 2nd and 3rd. Stay focused. Secret information will aid you in making decisions.

CANCER (June 21-July 22): Take a serious look at your personal situation on the 27th and 28th and you will come up with a viable solution in order to make things better. Things will be difficult on the 29th and 30th if you are intent on sticking your nose in everyone's business. Expect deals to backfire on the 1st, 2nd and 3rd. Focus on worthwhile causes and leave money matters alone. You may want to make some changes to your personal papers before you make any major moves.

LEO (July 23-Aug. 22): Property investments appear to be prosperous on the 27th and 28th. Drive around and check out some of the possibilities. If you already own your home consider making some changes that will up its value and add to your comfort. If you can portray how strongly you feel on the 29th and 30th, you will draw an audience and make a difference. Disagreements are likely on the 1st, 2nd and 3rd. Expect someone to put demands on you. Prepare to say no.

VIRGO (Aug. 23-Sept. 22): Don't criticize the ones you love on the 27th and 28th. Partnerships will be emotional. Your money must be held tightly. Donations or lending will only result in a loss. Financial matters may be on your mind on the 29th and 30th. Concentrate on how to make your money grow. Form a union on the 1st, 2nd and 3rd. Activities with relatives will lead to information regarding your roots.

LIBRA (Sept. 23-Oct. 22): You should make a concerted effort to take better care of yourself on the 27th and 28th. Consider your eating habits and do whatever you can to change your diet if necessary. Remember you are what you eat so be good to yourself and do what's best for you. Disharmony in your personal life may be hurtful on the 29th and 30th, but the end result will be to your benefit. Interact with others on the 1st, 2nd and 3rd and you will learn. Travel could lead to something prosperous.

SCORPIO (Oct. 23-Nov. 21): Get together with the people you enjoy the most for a little recreational activity on the 27th and 28th. You can make allies and find solutions to your problems if you discuss your grievances. Your mental contribution to any discussion will be appreciated. You can take control of your life on the 29th and 30th. Take the initiative and make the necessary moves. Don't let anyone put limitations on your time on the 1st, 2nd and 3rd. An older relative may pose a problem.

SAGITTARIUS (Nov. 22-Dec. 21): Changes are evident. Contemplate the long-term advantages of changing your present situation on the 27th and 28th. Your fun-loving attitude will make things that much easier for you to accomplish. Run your ideas by someone on the 29th and 30th who may be interested in helping you further your dreams. Someone may not be upfront with you on the 1st, 2nd and 3rd. Ask questions and you will remain in control.

CAPRICORN (Dec. 22-Jan. 19): You should try to get away with people you can relax and have fun with on the 27th and 28th. A friendship with someone from a different background will be a real eye opener. You will be emotional on the 29th and 30th so don't say something you may regret. Treat others with dignity. Get involved in some level of politics on the 1st, 2nd and 3rd, don't just sit there speak up regarding the decisions being made.

AQUARIUS (Jan. 20-Feb. 18): By helping others solve their personal dilemmas on the 27th and 28th you will discover a lot about yourself. You'll gain respect and the support of those you help. You will prosper if you take advantage of any learning experience that you encounter along the way. Partnerships will be positive on the 29th and 30th. Be open and willing to share your thoughts with others. Expect to face friction on the 1st, 2nd and 3rd. Stand up for your rights and don't let anyone push you around.

PISCES (Feb. 19-March 20): You will be sensitive and very in tune to what others are thinking on the 27th and 28th. Don't let this alarm you or cause you to be emotional, instead use this information to your advantage. Focus on what you have and what you want on the 29th and 30th. If the two don't match up make adjustments. You may get false information on the 1st, 2nd and 3rd. Listen and observe, but don't make a quick decision.

Tracing the roots of good oral hygiene

(NC)—Thanks to advances in dentistry, and the number of quality oral care products on the market, maintaining a healthy smile has never been easier. However, it hasn't always been this way. As part of April Oral Health Month, the Canadian Dental Association (CDA) and Colgate-Palmolive Canada provide this look at oral health care over the centuries.

- In early times, tooth cavities were filled with a variety of materials including stone chips, turpentine resin, gum and metals.

- In the 1700's false teeth were made primarily from animal bone or ivory. In some cases they were made from human teeth that had been pulled from the dead or sold

from the mouths of poor people in need of money.

- Early Chinese tooth pullers would spend hours pulling nails out of planks to strengthen their fingers for their task.

- In fourteenth century England, barber-surgeons would adorn their red and white barber poles with the teeth they had pulled.

- The earliest toothbrushes were small twigs that were mashed at one end to increase the cleaning surface.

- In 1790, George Washington's dentist invented the first drill known as the "dental foot engine" by adapting his mother's foot-treadle spinning wheel into a rotating device.

- Ancient Romans employed special slaves to clean their teeth.

- Early Egyptian, Greek, Chinese and Roman writings describe various teeth cleaning mixtures including powdered fruit, burnt shells, talc, honey, ground shells, dried flowers and the less appetizing mice, head of a hare, lizard livers and urine.

For more information and tips on maintaining good oral health, visit the Canadian Dental Association's website at www.cda-adc.ca.

Source: Travers, C., ed., World of Invention, Gale, (1994)

Canadian Dental Association. A Century of Service, (2002)

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New hair salon opens in Trenton

by Laurie McVicar
Assistant Editor

For someone who never really aspired to become a hair stylist, Nikki Lafferty has certainly proven she was destined to become one.

Lafferty pursued the career after hearing "good things" from a friend who was taking a hairstyling course. After graduating from Glamour Plus Hairstyling School in 1992, Lafferty has discovered the job has several perks.

"I really like working with people and this has been a great career for raising small kids. Being self-employed, there's some flexibility. Everyday is different - from the clients to what they are having done," said Lafferty. "The face of hairstyling has changed over the last 10 years. I keep my skills updated through trade shows that I attend once a year, clinics and magazines."

Like any career, there are also challenges.

"I love what I do and I do it well, but it's hard to make everyone happy and not work 24 hours a day," she said, referring to her client base of approximately 300 people.

She certainly tries though, which has motivated her to open her own salon, Studio II on Frankford Crescent in Trenton. Along with former Tangles co-worker Kelly Horsley, Lafferty hopes to continue providing her customers with the high level of service they are used to, plus a few extras.

"The things I've wanted to do for my clients, now I can do. Things like fresh coffee, a friendly atmosphere, and competitive rates," said Lafferty.

As well as being the only hair salon on the north-west end of town, Lafferty is among a small number of local stylist who offer foiling, a technique that allows you to use more than one colour of dye in your hair.

Studio II officially opens on April 29th. For more information, contact Lafferty at 392-7169.

Nikki Lafferty is the wife of Cpl Robert Lafferty of 8AMS and the mother of Ally (7) and Samantha (8).



Nikki Lafferty, owner of Studio II

EASTER BUNNY PAYS VISIT TO CANEX

The CANEX at 8 Wing/CFB Trenton was hopping with young shoppers on Saturday, April 19 during a special visit from the Easter Bunny. Youngsters had their photo taken with the special guest and received treats to take home.



Photo: Laurie McVicar, Contact

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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.

CONGRATS!!!!



To Contact Sales Rep Sandi Ramsay and her husband John on the birth of their son on Tuesday, April 22, 2003!

Now the fun begins! Best wishes from the Contact Staff!

Crossword answers

B	V	E		O	R	E	O		A	N	N	E
C	A	L		T	A	T	U		T	O	E	D
	W	E	S	T	J	E	T		O	V	E	N
		P	L	E	A			C	A	N	A	D
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M	E	A	D		A	M	I		C	A	B	
E	R	N		T	U	N	E	D		A	C	E
N	E	T		I	N	E			A	N	T	S
			K	E	M	I	R		A	V	A	N
Q	U	E	B	E	C		A	W	E	D		
U	N	T	O		O	N	T	A	R	I	O	
I	C	O	N		R	E	A	R		A	P	E
P	O	N	V		N	E	R	D		N	T	H

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Home and Garden

Inspire your kids with a garden fort

(NC)—How do you get kids into the garden and keep them there with a life-long passion for planting?

According to Mark Cullen, host of Mark Cullen Gardening on Home & Garden Television (HGTV), the trick is to tap into their imaginations at an early age and carve out a special place in the garden just for them. And what could be cooler for kids than a fort grown entirely from shrub cuttings?

Inspired by a fort he saw at the Waldorf School in Heidelberg, Germany, — a school that incorporates gardening into the curriculum from the earliest grades — Cullen successfully replicated the

project for his own children to enjoy. He offers these instructions for constructing a foliage-covered fort in your own backyard.

- Start with dormant pussy willow or forsythia cuttings, between five and eight feet in length.

Pruning from season to season will allow you to control the shape of the fort as it grows.

- Create a circle, several feet in diameter — which will form the floor of the interior of the fort — by planting the cut end of the

branches approximately one foot into the ground. The branches should be spaced about two inches apart. Water and allow the cuttings to take root.

- Be sure to leave an opening — perfectly kid-sized, but too small for grown-ups — that will be the entrance to the fort.

- Gently bend the top ends of the cuttings, gather the tops in the centre and tie together with gardening twine to form the shape of an igloo.

- Approximately one third of the cuttings should take root and begin to grow, filling in the gaps where the other cuttings will eventually rot away.

- Pruning from sea-

son to season will allow you to control the shape of the fort as it grows.

Airing on HGTV Thursdays at 8:30 p.m. ET/PT, Mark Cullen Gardening feature hands-on, practical advice for gardeners from coast to coast. For more tips from Mark Cullen, visit www.hgtv.ca. For information on how to receive HGTV in your home, please call your local cable or satellite provider.

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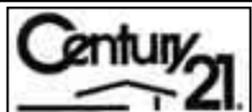
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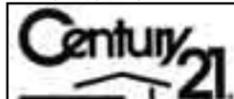
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<p>2000 CHRYSLER NEON 2000 2000 1000cc van with 110k km. 4 cyl. 100k km. 100k km. 100k km. \$101 / week</p>	<p>2000 DODGE CARAVAN 2000 2000 1000cc van with 110k km. 4 cyl. 100k km. 100k km. 100k km. \$139 / week</p>	<p>2000 DODGE CARAVAN 2000 2000 1000cc van with 110k km. 4 cyl. 100k km. 100k km. 100k km. \$148 / week</p>	<p>2000 DODGE CARAVAN 2000 2000 1000cc van with 110k km. 4 cyl. 100k km. 100k km. 100k km. \$188 / week</p>	<p>2000 DAKOTA SPORT 2000 2000 1000cc van with 110k km. 4 cyl. 100k km. 100k km. 100k km. \$178 / week</p>	<p>2000 DAKOTA SPORT 2000 2000 1000cc van with 110k km. 4 cyl. 100k km. 100k km. 100k km. \$195 / week</p>

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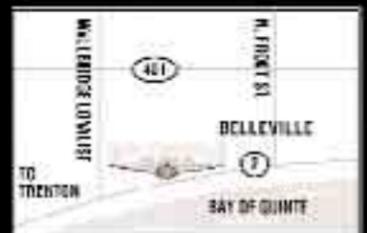
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