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SkyHawk emphasises importance of fitness at conference

by Laurie McVicar
Assistant Editor

For Lt. (N) Dawn Herniman, a member of the SkyHawks parachute team, it was hitting rock bottom that inspired her to reach for the stars.

In September 1994, five months after graduating from the Royal Military College in British Columbia, Lt. Herniman fell 30 feet while hiking with friends. She suffered a broken back and a major setback in her health and career goals.

Although in good physical condition, three operations to repair burst vertebrae, constant pain and drastic weight loss took its toll on Lt. Herniman. It was particularly difficult for a woman who had worked incredibly hard to attain a high fitness level, only to see it slip away.

"I was devastated by my physical condition. That was my motivation to get back (in shape)," Lt. Herniman told participants of the International Women's Day Conference held March 7 at 8 Wing/CFB Trenton. "All that muscle that I had worked so hard to get in college was gone. I had gone from running, rock climbing and skydiving to needing help from my mother and father to get up and down the stairs."

The next few months were filled with plenty of sweat and tears, but Lt. Herniman met the challenges head on.

"The tears were definitely there when you realize what you can't do, starting out your routine again, seeing how little weight you can lift, and how walking even 10 feet on the treadmill was frustrating. But, I got over it," she said.

One year and a half later, Lt. Herniman did her first EXPRES physical fitness test.

"I did it and got incentive exempt, which was a big accomplishment. Knowing where I was a year earlier, that was a milestone for me. That was when my career started getting back on track," she stated.

Because of chronic seasickness, Lt. Herniman was chosen to become a Personnel Selection Officer (PSO). She had another job in mind.

"I wanted to try out for the Joint Task Force 2," she said.

The first step involved a very demanding physical fitness test.

"It included a mile and a half run, a minimum of 40 push ups, 40 sit ups, seven pull ups and a bench press of 145 pounds," said Lt. Herniman.

The first time she tried, Lt. Herniman burned herself out on the run and was unable to do the push ups.

"I didn't stop. I trained harder, trained smarter, got some good advice from a nutritionist and went back two more times," said Lt. Herniman. "I did very well on everything until

I got to the bench press. I maxed out on everything else and couldn't do it. It just wasn't going to happen."

The experience left her with a valuable lesson.

"You have to have a balance. I could have trained and within a year done the test again with the bench press, but there wouldn't have been a balance in my life. The fitness aspect would have taken up everything and there would be no more fun for Dawn," she said.

Lt. Herniman took some time to reassess her goals, which led to her posting here at 8 Wing/CFB Trenton.

"When I came to Trenton, this was my own base as a PSO. It was an excellent opportunity for me," she stated.

The fact that the Canadian Parachute Company was located here was an added bonus.

"I had always wanted to do my basic parachutist course. So, with a very understanding major who let me have the three weeks off I needed, I went as a stand by."

After two men failed to pass the PT test, Lt. Herniman got her chance to complete the course.

"After doing the basic para course and doing a lot of jumping with the unit while I was still a PSO, it made me realize that I wanted to go further. I wanted to do more. They eventual-



Photo: Laurie McVicar, Contact Staff

ly saw that and decided to put me on a military free fall course. This was in preparation of bringing me over as a part of the SkyHawks," said Lt. Herniman.

She is now performing the role of the team's Information Officer and has accompanied the group to several events.

"Fitness continues to play an important role in my work and in my daily life. Having been to the bottom with my back and seeing what I did not like to see in myself, I will never be there again," she concluded.

Plans in the works for 10th annual Women's Conference

by Laurie McVicar
Assistant Editor

It was yet another outstanding success for the Trenton Military Family Resource Centre.

The 9th annual Women's Conference, held March 8, drew an energetic crowd of more than 100 people who took part in a day full of workshops at the Siskin Centre.

This year's most popular sessions included Balance Act to Peace with Katie Gibson and the Power of Conscious Choice with Hildegard Gmeiner. Both attracted at least 40 participants.

"The day went very smoothly," said Lynn Morin, co-organizer. "The keynote speaker was very successful."

Georgina Thompson, President of All Care Health Services Limited, provided an

insightful and entertaining presentation on her struggle to build a business in the Quinte area (see page 8 for full story).

Next year will mark the 10th anniversary of the conference and plans are already underway to make it an extra special event. According to Morin, hopes are high that arrangements can be made to have Canadian astronaut Julie Payette and author Diane Collier as guest speakers.

"For our 10th anniversary, we are hoping to put an emphasis on the military community. It will sort of bring it around to where the conference first started from," said Morin.

She extends her thanks to the numerous volunteers and 11 facilitators who helped with the 2003 conference. Money raised from the event will be donated to the Three Oaks Foundation for abused women.



Photo: Laurie McVicar, Contact Staff

Participants of the Angel Play workshop wrap up their session with meditation.



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Check it out! What's new, improved at Clothing Stores

by MCpl Paul Heffernan
2 I/C Clothing Stores
8 Wg Supply

At some point or another, all service members and even some civilian employees

must pay a visit to the Wing Clothing Outlet. For many over the past year, this has been a time-consuming and frustrating process.

Let me first say on behalf of our staff and myself, thank you for

your patience and understanding as the Supply world, especially Clothing, goes through some challenging times. Much of what was the Canadian Forces Supply System (CFSS) one year ago is gone.

What we want to do over the coming months with these articles is to give 8 Wing members an idea of what to expect on their next visit to Clothing Stores and a glimpse of what will be coming in the future in terms of changes to your dress.

As many of you are aware, Clothing has been swamped with meeting the requirements for our commitment to Op Apollo. As many of Roto 2 members will attest to, we have improved our service and organization drastically. As Op Apollo continues to evolve and change, we hope Clothing Stores will along with it. We will keep future Rotos abreast of the Clothing issues as they arise.

Let me quickly mention that our hours of operation changes have in no small part helped us get to where we are today. Again we thank you for your patience.

Just a reminder that our cash sales and exchange counter operates from 1000 hrs to 1500 hrs. We hope to have monthly listings of our Nearly New clothing stocks published shortly. Separate from this is our Major Kittings section. This section operates on an appointment basis only for releases, Roto returns, and environmental and DEU issues and returns. It is open from 0800 hrs to 1500 hrs. Appointments can be made at local 3787. Please note the side entrance door is open for this section only.

Lastly, as many of you have heard throughout the Wing,

the Air Force uniform is changing in a big way. Some of those changes you have seen. There are many more to follow as this massive clothing project unfolds. For a glimpse of what is going on at Clothing Stores right now visit our website and click on "What's New".

Updates are available on the following:

- CADPAT
- Interim Flying Suits
- 2 in 1 Rain Gear
- Special Size Clothing
- Green/Blue Gortex
- CEMS 2004

(<http://trenton.mil.ca/WSUP/english/home.asp>, and go to Clothing.)



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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Wing Transportation Refuelling Section dispenses over 1.6 million litres of jet fuel a month and over 35 million per year. The picture is showing one of the many customers that the section services. The section is presently involved with the CF fuel transition program. The Air Force will be changing the majority of it's fuel source from F40 to F34.

Women in CF demonstrate progress toward equality: International Women's Day

TORONTO, March 7 /CNW/ - Speaking to a group of young women in Toronto today, the Honourable Jean Augustine, Secretary of State (Multiculturalism)(Status of Women) and the Honourable Sheila Copps, Minister of Canadian Heritage, reinforced the importance of gender equality and the need to ensure that all Canadian institutions reflect the diversity of women.

The event was organized by the Canadian Forces to celebrate International Women's Day and featured Lieutenant-Colonel Kim Ritchie, Major Maryse Carmichael, the first woman Snowbirds pilot, and Naval-Lieutenant Karen O'Connell, the first woman ever accepted in the submarine training program.

"Our Canadian institutions must better reflect the society they serve if we are to achieve our goal of a diverse, fully inclusive and democratic society," said Ms. Augustine. "International Women's Day provides us the opportunity to examine how far we've come in advancing equality for women, and the struggles that still remain. The achievements of Lieutenant-Colonel Ritchie, Major Carmichael and Naval-Lieutenant O'Connell demonstrate the tremendous success women can achieve in the Canadian military."

Reinforcing that comment, Minister Copps said,

"The Canadian Forces have a vested interest in advancing women and ensuring gender equality. Women are half the reserve of human talent and resources out there. Like the three officers here today, women are strengthening the military, bringing their talent and skill to serve and protect Canada."

"Canada has a reputation for leading in diversity and employment equity," said Vice-Admiral Greg Maddison, Deputy Chief of Defence Staff and responsible for Canadian Forces operations. "Women have served in the Canadian military for more than 100 years, but it is only recently that we have seen them serving in all military occupations, including combat arms." The Canadian Forces recognizes the important contributions of women and in January 2003, women accounted for 12.3 per cent of Canadian Forces members, placing second among 18 member countries of the North Atlantic Treaty Organization (NATO) for the percentage of women in armed forces."

International Women's Day was established by the United Nations in 1977 as a special day to reflect on the progress made to advance women's equality and to assess the challenges facing women in contemporary society, to consider future steps to enhance the status of women, and to celebrate the gains made in these

areas. For more information on International Women's Day, visit the Status of Women Canada Web site: <http://www.swc-cfc.gc.ca>. For more information on Women in the Canadian Forces, visit <http://www.forces.gc.ca>.

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Search & Rescue UPDATE



There were no SAR callouts for 424 Squadron for the past week.

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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.

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



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Martial Arts Master- not in this lifetime



Laurie McVicar

Wednesday, March 12

Confessions from the Gym

In keeping with advice from my trainer to add new things to my workout regime, I have begun taking self-defense lessons.

Cpl Randy Dowden, a black belt in karate, has graciously volunteered his services to teach Jen and I the basics. After meeting with him for the first time last night, two things are evident – I will never realize my lifelong dream of becoming a ninja nor

will I ever be as flexible as Gummy.

As Randy and Jen manoeuvred into unnatural stretches, I did my best to keep up.

I'm fairly certain my head will never touch those knees, not unless I plan to spend the next few months in a body cast.

Although I put in a good effort, I'm fairly certain my head will never touch those knees, not unless I plan to spend the next few

months in a body cast. To be truthful, I'm happy if my fingers touch my toes!

I managed the kicks and punches without any major injuries to myself or the others in the room. My lack of coordination though made the blocks a little difficult. Personally, I think I'd have better chances if he just showed me how to run

instead. The entire experience made me realize how much more I want to achieve in my level of fitness. I have done pret-

ty well, but there is so much more to physical training than just lifting weights and cardio. With a soon-to-be two year old, flexibility is a must (especially for those before bed wrestling matches that are a nightly occurrence at my house).

I am looking forward to this newly discovered activity and will keep you posted regarding my progress. I urge you to follow suit, and add something different to your fitness schedule. The good folks at the Gym and RecPlex both offer tons of programs to help, including aerobics, spinning, body sculpting, aquafit, and numerous intersection sports. These resources are for your benefit; don't let them go to waste.

La campagne Le ciel au bout des doigts : 100 ans d'aviation à célébrer

par Holly Bridges

À l'occasion du centenaire de l'aviation, on encourage les membres de la Force aérienne à participer aux festivités qui se dérouleront partout au Canada, cela dans le respect des règlements, politiques et budgets actuels.

Le Lieutenant-général Lloyd Campbell, chef d'état-major de la Force aérienne, a annoncé, dans un CANAIRGEN diffusé le 26 février dernier, que la Force aérienne sera partenaire de cette commémoration qui s'échelonnait sur un an.

La campagne Le ciel au bout des doigts est un projet auquel participeront des musées d'aviation, des groupes de spectacles aériens, l'industrie de l'aérospatiale, des organismes d'aviation et la Force aérienne du Canada. Dans le cadre de l'appui de la Force aéri-

enne, les Snowbirds présenteront des spectacles aériens dans « 100 villes en l'honneur du 100e anniversaire ». De plus, la plupart des spectacles aériens en 2003 adopteront comme thème ou sous-thème le centenaire de l'aviation.

Cette campagne souligne la contribution remarquable des Canadiens dans le domaine de l'aviation, à partir de la date du tout premier vol, accompli par J.A.D. McCurdy, qui a marqué les débuts de l'histoire de l'aviation canadienne, soit un vol effectué sur le Silver Dart en 1909. D'autres événements importants de l'histoire canadienne seront commémorés, notamment la création du Programme d'entraînement aérien du Commonwealth et le premier voyage d'un Canadien dans l'espace, accompli par l'astronaute Marc Garneau, aujourd'hui prési-

dent de l'Agence spatiale canadienne.

Les mordus de l'aviation seront ravis d'apprendre que M. Gerhard Schauble, fondateur de la campagne Le ciel au bout des doigts, partira en voyage autour du monde aux commandes de son Glasair III « Canadian Spirit », avec comme objectif de parcourir 36,573 km. Par cette campagne, M. Schauble souhaite faire renaître chez les jeunes la passion de l'aviation.

Sur le site www.altitudeis.com, on trouve de l'information sur la campagne et sur le programme des événements régionaux et nationaux, dont les spectacles aériens militaires. Pour en savoir davantage sur la participation de la Force aérienne, communiquer avec M. Don Pearsons à la section Patrimoine et histoire de la 1re Division aérienne du Canada au (204) 833-2500, poste 6276.

Altitude is everything : So is participation!

by Holly Bridges

Members of the Air Force are being encouraged to participate in the 100th anniversary of flight celebrations across Canada, within existing regulations, policies and budgets.

In a CANAIRGEN published on February 26, Chief of the Air Staff, Lieutenant-General Lloyd Campbell said the Air Force will participate as a partner in the year-long commemoration.

The Altitude is Everything Campaign is a collaborative venture between aviation museums, air shows, the aerospace industry, aviation organizations and Canada's Air Force. As part of the

Air Force involvement, the Snowbirds will perform in "100 Towns for 100 Years" and most air shows in 2003 will feature the Centennial of Flight as a theme or sub-theme in their programs.

The campaign celebrates the unique contributions to flight by Canadians from the very first flight by J.A.D. McCurdy who made Canadian aviation history by flying the Silver Dart in 1909. Other Canadian milestones will be celebrated, including the British Commonwealth Air Training Plan and the first voyage to space by a Canadian, Dr. Marc Garneau, currently the president of the Canadian Space Agency.

Aviation buffs will certainly

marvel at the upcoming flight by Altitude is Everything founder Gerhard Schauble who will attempt to fly his Glasair III "Canadian Spirit" 36,573 kilometres around the world. Mr. Schauble hopes the campaign ignites a new passion for flight among the younger generation today.

Details of the campaign and various regional and national events planned, including military air shows, can be found at www.altitudeis.com. For more information on Air Force involvement, contact Don Pearsons, 1 Canadian Air Division, Heritage and History, at 204-833-2500 ext. 6276.

THE FACE OF OP APOLLO



Photo: Cpl Henry Wall

AFGHANISTAN — It is rare that we can actually see the people who are benefiting from the work of Canadian Forces personnel in theatre with Operation Apollo. Here a group of local Afghani men load their trucks with boxes of humanitarian aid just delivered by Tactical Airlift Detachment crew members. The TAL Det mission is to support coalition forces by transporting military personnel, equipment and cargo between destinations in the theatre of operations, including Afghanistan.

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23/30	24/31	25	26	27	28	29
					TGIF 1700 hrs Chicken & Taters Sports/Pool	

MARCH 2003

Fear can be quite the motivator

it's your Money



Garth Turner

This winter will long be remembered in the canyon called Bay Street, where most of the country's big financial honchos hang out. When it comes to investing, Canadians have simply been on strike, and the honchos are hemorrhaging as a result of it.

Mutual fund sales last month - in February, traditionally the hottest few

weeks of the year - plummeted by 90 per cent. For the ten months prior to that, Canadians were pulling more money out of funds than they were putting in.

Over the last year, we have sucked more than \$65 billion out of these investments - the greatest meltdown in history.

And where has that money gone? The latest numbers indicate that about \$56 billion was spent last year on residential real estate - buying it or renovating it. In fact, more money was borrowed in 2002 than any other year on record. The major banks alone have been achieving targets in the range of \$1 billion a month each for residential mortgages.

So, we have seen a monumental shift of wealth from financial assets into real assets, representing a 100 per cent reversal in investing patterns from four years ago. Back then people just couldn't get enough Nortel stock or science and technology mutual fund units. The real estate market was steady, but not spectacular. And only the little old ladies with blue hair would admit to owning a GIC or Canada Savings Bond.

This past RRSP season, GICs were the financial asset of choice, despite the fact most of them paid less interest than the rate of inflation. So, even held in the tax-free environment of an RRSP, they were losers. But, of course,

they were "safe." In fact, that's what is powering all of these moves right now - the shifting perception of risk and safety, driven by the second most powerful of human emotions. Fear is quite the motivator and is today leading many people down a path they will only come to regret in the future. Afraid of losing money in volatile markets, afraid of terrorist attacks, afraid of travel, afraid of war in the Persian Gulf and afraid to trust the advice of an army of bankers and financial advisors, millions of people are putting billions of dollars at risk.

Poll after poll show that Canadians, on average, simply do not have enough money saved or invested. Half the entire population has less than \$25,000, which should shock and motivate every politician into realizing there's a demographic time bomb ticking down to crisis. By recoiling from growth assets like stocks and funds, and dumping billions into GICs, bonds and money market funds paying less than inflation, this national nest egg will never be big enough to support retirement.

And what of real estate? Over time, like the stock market, it is a fine investment that can provide significant capital gains - tax-free in Canada. But right now we have the highest average house prices ever, eclipsing the inflationary heyday of the late 1980s. In other words, real estate values are at - or darn near - the top of the cycle. When the average home is unaffordable to the average family, then you can expect the market to crumble.

Right now, that's not the case - thanks to cheap mortgage rates. Even with last week's quarter-point

hike by the Bank of Canada, taking the prime to 4.75 per cent, and upping the cost of virtually all home loans, mortgage money is still very cheap. But could that change?

Probably. Economists believe the prime will be at least 1 per cent higher by the end of 2003, and likely a half-point more by next year. That means by the Spring of 2004 - some 14 months from now - the prime could well be 6.25 per cent, and a five-year mortgage sitting in the 8-9 per cent range.

While still pretty reasonable by historic standards, that is a big premium over what Canadians have been feasting on for the past year. With more than 60 per cent of most bank customers now on variable rate products, it means mortgage payments will be going in just one direction. And higher rates also knock a bunch of renters out of the housing market. That's a huge factor, since first-time buyers have been the real fuel feeding the real estate fire.

And what of the stock market? Well, we are into our third year of down times, and if history is any guide, then we are close to a major recovery. From the top of the technology bubble to the trough today, markets have fallen by half. The exodus of average investors will probably continue - maybe for the next five years, or more.

So, if this is the low point for stocks and funds, and the high point for housing, then that retirement time bomb is fast becoming even more explosive.

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

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Time for a really sweet weekend

tastes from

The County



Michael Hoy

Life is so sweet this weekend at "Maple in the County" in beautiful Prince Edward County.

Come visit us this Saturday and Sunday, March 15th & 16th, at 20 locations throughout the region where participants from sugar bushes, restaurants, spas, cooking schools and B&B's will tempt you with one of Canada's most cherished products.

This year marks the 2nd anniversary of the maple syrup festival and judging from last year's success, "Maple in the County" will surely satisfy your cravings and demonstrate one of agriculture's most interesting and time-honoured techniques. So take your whole family on a tour of the county and bring your appetite along!

Below are a listing of several participants at this year's festival. For more information, please go to www.thecounty.ca/mapl

or call 613-399-1717.

1. **Hubbs Sugarbush** Ron and Janice Hubbs 332 Pulver Road 613-966-8997.

2. **Fosterholm Farms** Cliff & Dean Foster 2234 County Road #18 613-393-5655.

3. **Vader Family Farm**, Neil, Arnold & Todd Vader, 1260 County Road #18 613-476-5231

4. **Sprigings Sugar Bush**, 1036 Gilead Road, Bloomfield 613-399-2584.

5. **Stones Maple Products**, Doug and Gloria Stone, 644 County Road 5, Picton 613-476-6134.

6. **Honey Wagon Farms**, Sandi and Ed Taylor, 265 Sandy Hook Road, RR 8 Picton, 613-476-6191.

7. **Maple Sugar Shindig**, Regent Theatre, Picton-- Saturday, March 15 - 8 p.m. Tickets \$15.00-- 613-476-8416.

8. **Merrill Inn / Sir Edwards' Restaurant**

and Wine Bar, Edward and Amy Schubert, 343 Main Street East, Picton, 613-476-7451 or 1-866-567-5969.

9. **Currah's Cafe & Restaurant**, Chris Currah, 252 Main Street, Picton, 613-476-6374.

10. **Angeline's / Bloomfield Inn & Spa**, Willi Fida, 433 Main Street, Bloomfield 613-393-3301 or 1-877-391-3301.

11. **Isaiah Tubbs Resort**, 1642 County Road #12, West Lake Road, 613-393-2090.

12. **The Harbour Restaurant**, 153 Main Street, Wellington 613-399-1212.

13. **Waring House Restaurant, Inn & Cookery School**, 395 Sandy Hook Road, Picton, 613-476-7492 or 1-800-621-4956.

14. **Wellington Coffee House & Antiques**, 294 Main Street, Wellington 613-399-5420.

15. **Suites-On-The-Lake**, Joanne & Stewart McFarland, 229 Main Street, Wellington 613-399-1717.

16. **Danny's Diner**, Prince Edward Square, Highway 62, RR#7 Rossmore, 613-969-7050.

17. **Peddlesden Wines**, Mike and Cheyrl Peddlesden, 1186 Greer Road, Wellington, 613-399-3939.

18. **Saddle Rock Pasos**, Ruthann and Robert Hubbs, 745 Gore Road, 613-968-8725.

19. **Black River Cheese Company**, 913 County Road #13, Milford, 613-476-2575.

20. **Pancake Breakfast**, Wellington, Wellington Legion, 364 Main Street West, 613-399-3110.

Michael Hoy is Chef and Director of the Waring House Cookery School in Picton, Ontario.



We need to bone up on vitamin D

(NC)—The most significant supply of vitamin D comes from the action of sunlight on the skin. But how much sunlight one receives depends largely on the latitude of where one lives. Scientists estimate that above latitudes of approximately 40 degrees, the vitamin D synthesis for most of the winter months is inadequate. Therefore, vitamin D deficiency is seen more often in northern countries.

It has been found that bone loss in post menopausal women occurs mostly in the winter due to falling levels of vitamin D in the blood. Vitamin D is important for bone health as it aids calcium absorption. In addition, there is growing evidence that low vitamin D levels contribute to some cancers such as prostate and

colon cancer and auto-immune disease.

Although the body can store some of the vitamin D the skin produces during the warmer summer months, it often is not enough without additional dietary or supplementary sources all year round.

To achieve the health benefits associated with vitamin D, such as maintaining good bone health, a supplement is strongly recommended. One can get the recommended amount of vitamin D (400 IU) through a calcium supplement, such as Caltrate®. Also, some dietary sources like milk are fortified with vitamin D. For more information on vitamin and mineral supplementation, visit www.centrumvitamins.ca or www.caltrate.ca.

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March 7-16 "Art on a Maple Theme"
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St. Patrick's Day Party
March 17
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Gourmet Wine Tasting Dinner
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MFRC hosts ninth annual Women's Conference



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact

Catey Gibson (left) leads her workshop participants in a group hug during the 9th annual MFRC Women's Conference. Gibson's sessions - Parenting Without Pulling Your Hair Out and Balance Act to Peace, were both well attended. Another popular workshop was Angel Play: Inner Voice (right).

Break the glass ceiling urges local entrepreneur

by Laurie McVicar
Assistant Editor

Be yourself and know what it is that you want to do.

This was the advice that Georgina Thompson, guest speaker at the MFRC Women's Conference, passed on to a crowd of 100 people last Saturday. Thompson, who is President of All Care Health Services Limited, gave an inspirational and often humorous glimpse into her life and career.

"I was born Sidney, Nova Scotia into a family of six (children)...In the 1940's, being a woman and being black was not the easiest thing. There weren't a lot of doors open to black women so if you wanted to do anything, you had to strive to achieve," said Thompson.

When she reached St. Peter's High School, Thompson found the teachers had very little interest in her education.

"They didn't care if you showed up for class or did your homework. Getting through high school was the first of my challenges," said Thompson.

One staff member in particular, a nun, took great interest in her.

"She was the first person in my life to make me feel that I could be more than what I was," said Thompson.

At the age of 16, she found employment as a nurse's aid at a psychiatric hospital.

"I gave out medications to people who were sick. That was my first step to wanting to be a nurse," said

Thompson.

Thompson had just applied to nursing college when she met her husband Ken, who was a military member stationed near Halifax. The two married and had six children together.

"We were transferred here to Trenton...and I hated it," said Thompson. "But that's when my journey started. I knew I had to go back to work."

Thompson applied to the nursing course at Loyalist College and was accepted. It was a difficult time for Thomson, who found herself juggling various roles - military wife, student, and mother of six kids.

After graduating, Thompson was hired at Belleville General Hospital. One night, while reading a newspaper at work, she spotted an advertisement offering a health care franchise.

"I called and talked to Ken and two weeks later I quit my job," joked Thompson. "We were starting to do good too. We had two incomes - we were movin' on up! Then I decide to start my own business and give up my salary - we were movin' on down."

Thompson bought the Para Med Health Services franchise and set up an office out of her home.

"I ran it there for six months. I did the on-call, I did the home support visits, and I did the nursing. I felt like Batman, everytime I twisted around I had another uniform on," said Thompson.

This led to the hiring of her first employee, one of 450 now on her pay-



Photo: Laurie McVicar, Contact

Georgina Thompson was the guest speaker at the MFRC Women's Conference, held March 8 at the Siskin Centre. She's pictured here with her husband (right) WO (ret'd) Ken Thompson and youngest son Derek.

roll. Thompson's business continued to gain popularity because of one factor, she was providing services that weren't available in the region.

"There were no 24-hour services being provided in the community. It was like it was a nine to five place to be sick," said Thompson. "That's what got me in the door, I would try and fill those gaps."

Thompson's drive to succeed has paid off ten fold. She purchased the business out from under the franchise company and has expanded it to serve the communities of Kingston and Bancroft. In addition, she has also

found time to serve as a councillor for the former Thurlow Township and a member of the Board of Governors at Loyalist College

"I believe in giving back to the community what I have taken from it," said Thompson.

Looking back on her career, Thompson has no regrets and urges other women to strive for a better life and career.

"The more we're out there, the more we're recognized. The glass ceiling is still there, we need more women out there hammering away at it," said Thompson.

Guest speaker promotes value of volunteerism

by Laurie McVicar
Assistant Editor

Back by popular demand at this year's International Women's Day Conference was Agnes Ward.

Ward regaled the crowd with tales of her experiences as a local and international volunteer.

"In 1970, when I was with the Department of National Defence in Winnipeg, there was an article in the Voxair newspaper. In it, someone suggested that for our Canadian Centennial, Training Command do something for someone outside of this country," said Ward.

The idea of building a new schoolhouse in the village of Agbeve was brought forward by a Colonel posted in Ghana at the time on a training mission. A committee was immediately organized to raise money for the project.

"We went through all the bases that were part of Training Command. Each base had to raise a certain amount of money," said Ward, the committee's civilian representative.

After successfully collecting \$50,000, the next step was to deliver it.

"We couldn't very well send it to the

Ghana Board of Education and expect them to build the school. That just wasn't practical," said Ward.

Two engineers were sent to Ghana to select a location for the building.

"The onsite engineers had the diagrams to build a six room school. Prior to that, the school the children from the surrounding villages had was just a shack. It has dirt floors, no desks, no school supplies, a pencil and a book that the teacher had. Each child would get to take the book home and then hand it on to the next person," said Ward.

As construction got underway in Ghana using local labourers, Ward canvassed the schools in Winnipeg for donations of school supplies.

"We had a wonderful response. They gave us new books, pencils - everything you could think of to furnish this school," said Ward.

Two months before the school was scheduled to open, Ward was approached

to be part of a delegation that would travel to Ghana for the grand opening of the school. After a 13-hour flight from Barbados to Africa, Ward and her group were taken to the village of Agbeve.

"We were boarded onto a little boat that had 200 people already on it," said Ward. "There was no fancy gang plank, it was just a plank you had to walk up and hoped you wouldn't fall off of."

Ward fondly remembers joining in with the native women as they sang the gospel "Shall We Gather At the River", each in their own language.

"We were on the river for about an hour. As we came into Agbeve, the children were lined up along the beach with big signs that said 'Welcome Canada'. They were beautiful," said Ward.

The group then had the opportunity to tour the new school.

"It had black boards and desks. Every child had a history, geography and atlas

book and pencils - everything that our kids had, they had," said Ward.

Even after returning home, Ward continued to assist in improving the lives of African children.

"I was told about an orthopaedic clinic in Nswam that was run by a Dutch brother (missionary). He would collect all the children with Polio and work with them. It was amazing what he could do with these children."

Ward was instrumental having a therapeutic whirlpool tub purchased and sent to the clinic with the remaining money from the school project.

"So that was my first inkling of volunteering," she stated.

In addition to being a regular helping hand at the RCAF Museum, Ward also donates her time to the Trenton Memorial Hospital, the Trenton Area Food Bank, and the Quinte Humane Society.

"Once you retire don't just say 'oh, at last I don't have to work'. Get out and keep going. I have found the last 20 years of my retirements have been the happiest, most fulfilling time of my life. Volunteering is so satisfying, I do it because I feel I'm giving something back," stated Ward.



Progrès vers l'égalité des femmes dans les Forces canadiennes

TORONTO, le 7 mars /CNW/ - Lors d'une allocution prononcée aujourd'hui devant un groupe de jeunes femmes à Toronto, l'honorable Jean Augustine, secrétaire d'Etat (Multiculturalisme) (Situation de la femme), et l'honorable Sheila Copps, ministre du Patrimoine canadien, ont insisté sur l'importance de l'égalité entre les sexes et sur la nécessité de s'assurer que toutes les institutions canadiennes témoignent de la diversité des femmes.

L'activité, organisée par les Forces canadiennes pour souligner la Journée internationale de

la femme, mettait en vedette le Lieutenant-colonel Karen Ritchie, ingénieure militaire senior, le Major Maryse Carmichael, la première femme à piloter les Snowbirds, ainsi que le Lieutenant de vaisseau Karen O'Connell, la première femme canadienne acceptée dans le programme de formation des sous-marinières.

"Nos institutions canadiennes doivent mieux refléter la société qu'elles desservent afin de nous permettre d'atteindre notre objectif d'une société diversifiée, englobante et démocratique", a déclaré Mme Augustine. "La Journée

internationale de la femme nous permet d'examiner le chemin parcouru afin de promouvoir l'égalité des femmes et d'évaluer les luttes qu'il nous reste à mener. Les réalisations du Lieutenant-colonel Karen Ritchie, du Major Carmichael et du Lieutenant de vaisseau O'Connell témoignent des formidables succès que les femmes peuvent obtenir dans les Forces canadiennes."

Lors de son commentaire, Mme Copps a déclaré, "Les Forces canadiennes ont un intérêt dans l'avancement des femmes et l'égalité des sexes. En effet, les femmes représentent la

moitié des talents et des ressources disponibles. Comme les trois officiers ici aujourd'hui, les femmes renforcent l'armée en employant leurs talents et leurs compétences à servir et à protéger le Canada."

"Le Canada a une réputation de chef de file sur le plan de la diversité et de l'équité en emploi", a déclaré le Vice-amiral Greg Maddison, sous-chef d'état-major de la Défense et responsable des opérations des Forces canadiennes. "Les femmes servent dans les Forces canadiennes depuis plus de 100 ans, mais leur présence dans des groupes profession-

nels militaires, y compris les armes de combat, est très récente. "Les Forces canadiennes reconnaissent l'importante contribution des femmes et, en janvier 2003, les femmes représentaient 12,3 p. 100 des membres des Forces canadiennes, ce qui place le Canada au second rang des 18 pays membres de l'Organisation du Traité de l'Atlantique Nord (OTAN) pour le pourcentage de femmes dans les forces armées."

Instituée en 1977 par les Nations Unies, la Journée internationale de la femme permet de faire le point sur les progrès réalisés en faveur de l'égalité des femmes, d'éval-

uer les défis que les femmes doivent relever dans la société contemporaine, d'examiner les mesures qu'il reste à prendre pour améliorer la situation des femmes et, enfin, de souligner leurs réalisations. Pour plus d'information sur la Journée internationale de la femme, visitez le site Web de Condition féminine Canada: <http://www.swc-cfc.gc.ca>. Pour plus d'information sur le rôle des femmes dans les Forces canadiennes, visitez le site Web de la Défense au <http://www.forces.gc.ca>.

Source: NDPAO (Ont.)



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Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact

Debra Reid (left) gave an exceptional workshop on healthy eating during the International Women's Day Conference last Friday. Joanne Belanger offered advice on balancing a career and homelife.

Fitness, Sports & Recreation

Squash championship stats

The Ontario Region Squash Championship was held last week at 8 Wing/CFB Trenton with five teams participating - Trenton, Borden, Kingston, Petawawa & North Bay. The team standings are as follows:

Teams	Points	Place
Trenton	128	1st
Borden	123	2nd
Kingston	85	3rd
Petawawa	35	4th
North Bay	32	5th

The Ontario Region Squash Team

that will represent the Region at the CF National Squash Championships is as follows:

- Men's Open 1 - Capt El Seweify, North Bay
- Men's Open 2 - Capt Benoit, Borden
- Men's Open 3 - Sgt Torfason, Trenton
- Men's Open 4 - LT (N) Melnychuk, Borden
- Men's Under 30 - 2LT Chown, Trenton
- Masters Over 40 - LCol Cyr, Kingston
- Ladies - Pte Poulin, Borden.



(Top) Ontario Region Squash Team. (Bottom) Ont. Region Squash Champs.



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Once the card is used you must pay the drop-in fee or purchase a short course card.

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You can purchase your punch card at the RecPlex

Call for information - 392-2811 ext. 3361/3348

www.psp.cfbtrenton.com

Badminton Selection Camp held at 8 Wing/CFB Trenton

The Ontario Region Badminton Selection Camp was held last week at 8 Wing/CFB Trenton with five bases participating - Trenton, Toronto, Kingston, Petawawa & North Bay. The Ontario Region Badminton Team that will represent the Ontario Region at the CF National Badminton Championships is as follow:

OPEN

- Seed #1OCdt Jean-Francois Morreau CFB Kingston (RMC)
- Seed #2OCdt Sabin Basque CFB Kingston
- Seed #3WO Mario Gervais 22 Wing/North Bay
- Seed #4Capt Mitch Boulay 8 Wing/CFB Trenton

SENIOR

- Seed #1Cpl Terry Gough 8 Wing/CFB Trenton
- Seed #2Sgt Dan Forget 22 Wing/North Bay

MASTER

- Seed #1CWO Simon Berthiaume 8 Wing/CFB Trenton
- Seed #2Sgt Gladstone Williams CFRC Toronto

LADIES

- Seed #1MCpl Debbie Campaigne 8 Wing/CFB Trenton
- Seed #2Cpl Isabelle Bergeron ATC Det Petawawa

ALTERNATES

- Sgt Andy McGregor CFB Kingston
- Sgt Delroy Gordon CFB Toronto
- MCpl Derrick Steeves 8 Wing/CFB Trenton



Ontario Badminton Team

Feeling tired by the time 2 p.m. rolls around? Beat the afternoon blahs by taking part in a lunch hour fitness class, offered every weekday at **The Gymnasium**. Call local 3467 for details.

Tri & Run Sports

Call Sandy Musson today at 921-7752 to receive a military discount on Mizuno shoes!

Ask about our unique line of sports wear!!!

There once was a who ran and for a long until his had no left in them. His started to sing, and his hurt. So he down to Tri & Run Sports and spent some time with who asked him to and looked at his and his old and sold him a nice new pair of Mizuno's at . Now his are bouncing, and his are silent and our is .

MFRC



TRENTON Military Family Resource Centre



MASS SCHEDULE HORAIRE DES MESSSES

Senior Chaplain - Aumônier Supérieur: Major Lloyd Clifton Local 3665

**OUR LADY OF PEACE CHAPEL (RC)
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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.

"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.

March 19 - Hans Pietschmann - Herbalist, health issues & nutrition.

March 26 - Cheryl Rothenberg - Health Promotions, Weight wellness & some fun exercises.

"Activités du mercredi"

19 mars - Hans Pietschmann - Herbaliste, santé & nutrition.

26 mars - Cheryl Rothenberg - Promotion de la santé, poids santé & des exercices amusants.

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

Early Literacy-Parent Mother Goose Program

Babies-2 years / 2-4 year olds

Register by calling before March 26th. Day and start date will be determined then.

Time: 9:30-11:00 a.m. Cost: \$10.00
On-site childcare is available for younger or older siblings for a cost of \$4.00.

Rhymes, action songs, and lullabies are just a few of the things parents and children learn in the Parent/Child Mother Goose program offered at the Trenton MFRC.

The program consists of ten fun-filled sessions of one and half-hours each.

Alphabétisation en bas âge-La Mère l'Oie

Bébés-2 ans / 2-4 ans

Si vous êtes intéressé à participer à ce programme indiquez-le-nous en appelant avant le 26 mars.

Le jour et la date du début seront alors déterminés

9h30 à 11h Le coût : 10\$

Des soins de garde d'enfants sont disponibles sur place pour les frères et sœurs plus ou moins âgés, au coût de 4\$

Des comptines, des chansons gestuelles, des berceuses sont quelques-uns des éléments que les parents et leurs enfants apprennent dans le programme de la Mère l'Oie offert au CRFM de Trenton.

Dix ateliers amusants d'une durée d'une heure et demi.

French Second language/Anglais langue seconde

Next session: April 14th to June 20th.

Classes will run twice a week at 6 hours of instruction per week, for a total of 10 weeks (60 hours of instruction). A deposit of \$50 is required upon registration for the course. Come in and register at the MFRC or call Jeannie at 392-2811 ext. 7736 or Manon at 392-2811 ext. 3852 for more information.

*Courses are open to military members for the same cost.

*Courses are also available to the community at a non-refundable cost of \$100 per session.

Deadline to register is March 28th,

Dates: du 14 avril au 20 juin.

Les classes ont lieu deux fois par semaine pour une durée de 3 heures chacune pour un total de 10 semaines (60 heures d'instruction). Un dépôt de 50\$ est dû lors de l'inscription au cours. Venez vous inscrire au CRFM. Pour plus de renseignements appelez Jeannie au 392-2811, poste 7736 ou Manon au 392-2811 poste 3852.

*Les cours sont disponibles au même coût pour les militaires.

*Les cours sont aussi disponibles à la communauté civile au coût de 100\$ par session, non-remboursable.

Date limite d'inscription: 28 mars .

Prenatal Class/Cours prénataux

12 hour Prenatal Class

When: March 15 & 22

Where: Siskin Centre

by certified Childbirth Instructors

Cost: \$20 per person

12 heures de cours prénataux

Quand: 15 & 22 mars

Où: Centre Siskin

par des instructeurs qualifiés

Coût: 20\$ par personne

FOR MORE INFORMATION 965-3575

Information

"New Extended Drop-Off Childcare Hours

Starting April 2nd

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

Débutant le 1er avril

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.

L'AVENTURE EN LECTURE

Activités de lecture - Comptines - Créativité - Ressources

Tous les mercredis jusqu'au 18 juin 2003, 09h00 à 10h30

École élémentaire catholique L'Envol (bibliothèque),

Ce programme de littérature, rempli d'activités est destiné aux enfants de 0 à 6 ans et à leurs parents/responsables de garde. C'est un endroit pour lire, rire, jouer et apprendre entre amis. En utilisant des contes, ce programme vous offre l'opportunité de participer avec votre enfant et d'acquérir de nouvelles techniques de lecture et ce, dans un environnement francophone! Ensemble, nous ferons une aventure en lecture!

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

March 16 - March 22

ARIES (March 21-April 19): You should consider going for interviews, starting your own business or changing direction on the 16th, 17th and 18th. Open and honest communication will be fruitful. Finish off odd jobs on the 19th and 20th in order to give yourself some spare time to start a creative project. You will impress others on the 21st and 22nd with your ability to do the unthinkable. You will be influential.

TAURUS (April 20-May 20): Hold on to your cash and refrain from getting involved in a joint money venture on the 16th, 17th and 18th. You will be in a very creative cycle, so consider getting back to a hobby you wanted to pursue. Take in what everyone else is doing and saying on the 19th and 20th and stick to the people you can trust. Romance may be in the picture on the 21st and 22nd if you are receptive to the advances being made.

GEMINI (May 21-June 20): Consider talking to an outsider on the 16th, 17th and 18th who can shed some light on your current situation. Educational pursuits will bring you in contact with some very interesting people. Start a fitness program or consider making a change that will bring you more confidence on the 19th and 20th. If you become lazy or you get involved in gossip on the 21st and 22nd you aren't likely to get ahead.

CANCER (June 21-July 22): You should get together with friends or plan a short pleasure trip to visit someone special on the 16th, 17th and 18th. Keep busy and out of the way. Sitting home will lead to stress. Expect things to be hectic on the 19th and 20th with more people coming and going and lots of things to do. It's important to try to be the best and if you do so on the 21st and 22nd you will get terrific results.

LEO (July 23-Aug. 22): You will make the wrong decisions early on the 16th, 17th and 18th, so take your time and don't let anyone pressure you. Go off on your own. An unreliable individual may try to influence you. Conversations on the 19th and 20th could easily lead to something exciting. Prepare to have a serious discussion. Things may not turn out your way on the 21st and 22nd. Don't push your luck or force your will on others.

VIRGO (Aug. 23-Sept. 22): Not everyone will be as energetic as you are on the 16th, 17th and 18th. If you can't get others to pitch in and help, don't let it lead to an argument. Minor mishaps will occur if you aren't cautious. Invest in yourself on the 19th and 20th. You can make extra cash if you are quick to try something new. A new friendship or partnership is evident on the 21st and 22nd. Be prepared to talk about your future plans.

LIBRA (Sept. 23-Oct. 22): Opportunities for new partnerships will develop on the 16th, 17th and 18th through an intellectual group for which you decide to volunteer. This could be the beginning of a whole new phase of your life. Emotional ups and downs can be expected on the 19th and 20th if you are not sensitive to the needs of others. You will enjoy yourself on the 21st and 22nd if you get out and mingle. The more you do the more fun you'll have.

SCORPIO (Oct. 23-Nov. 21): Participation in functions for organizations will lead to all sorts of new opportunities on the 16th, 17th and 18th. You will be able to persuade others to help you fight for a cause and your dedication will sway any opposition you face. Take time out on the 19th and 20th. Consider your options and make plans but don't make any changes just yet. Don't let the little things annoy you on the 21st and 22nd. If you are patient you will do much better.

SAGITTARIUS (Nov. 22-Dec. 21): Don't be too quick to jump from one thing to another on the 16th, 17th and 18th. Changes at home may not be to your liking, but accept whatever is going on and move on. You'll have some terrific ideas on the 19th and 20th when it comes to raising money for a good cause. You'll have an inner sense on the 21st and 22nd that will lead you in the right direction so follow it.

CAPRICORN (Dec. 22-Jan. 19): Your empathetic nature will enable you to help a friend who is experiencing problems. You can accomplish a lot on the 16th, 17th and 18th if you talk about your beliefs and ideas for the future. You will have to watch your back on the 19th and 20th. Not everyone you deal with will be on your side. You need to raise your profile on the 21st and 22nd. Join an organization that will bring you additional clout.

AQUARIUS (Jan. 20-Feb. 18): Take some time to go over your personal papers on the 16th, 17th and 18th. Be aware that someone may be jealous of you and try to undermine you. Your success, not revenge, will be the answer. You can gain insight on the 19th and 20th by hanging out with people you look up to or those with experience. If you are prepared for the unexpected on the 21st and 22nd you will show others how adaptable you can be.

PISCES (Feb. 19-March 20): You may have to deal with issues that you've been avoiding on the 16th, 17th and 18th. Answer questions honestly. Face the music so that you can put the past behind you once and for all. You will have some good ideas regarding your direction on the 19th and 20th. Put your plans in motion. Listen to advice being offered on the 21st and 22nd but mull over all your options before you make a move.



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Honorary Patron named for RCAF Memorial Museum

The Lieutenant Governor of Ontario, the Hon. James K. Bartleman, has been named the Honorary Patron of the RCAF Memorial Museum, Canada's National Air Force Museum.

The Hon. James K. Bartleman formally extended his patronage to the museum late in 2002, and Joe Bourgeois, Chair of the RCAF Memorial Museum board of directors is pleased to formally announce the Lieutenant

Governor's acceptance.

Traditionally, the Lieutenant Governor of Ontario has been the Honorary Patron of the RCAF Memorial Museum. The Hon. James K. Bartleman continues this distinction, replacing the Hon. Hilary Weston who left office last March.

As Honorary Patron, the Hon. James K. Bartleman and the office of the Lieutenant Governor's association with the museum brings

honour, respect and dignity to the work and efforts of all members of Canada's Air Forces, past and present.



Hon. James K. Bartleman

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Electric shock can often kill



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

Electric shock is a serious hazard, which can occur in any workplace, even in an office. With the increased amount of electronic equipment being used for business, there are lots of opportunities for an encounter with electrical current.

Electrical shock is often fatal and always painful. Shock occurs when you touch a source of electrical energy while you are in contact with the ground. The electricity uses your body as a path to the ground, injuring or killing you in the process.

Shock can cause your heart to beat out

of control and then stop. This is known as fibrillation. Shock can also result in internal bleeding and damage to nerves, muscles and other body tissues. Workers who survive contact with electricity may have to live with severe burns requiring amputations, blindness or even brain damage.

Don't kid yourself that small amounts of electricity won't hurt you. Under the right conditions, as little as 0.1 amps can cause fibrillation of your heart. This leads to death. The average house outlet has 15 to 20 amps, 2,000 times what it takes to kill.

Here are some important things to remember when working around electricity:

The repair of electrical equipment should only be done by someone trained for this work. If you are not qualified to do repairs, call someone who is.

Never open the inside areas of com-

puters, printers or copiers marked as electrically hazardous.

Do not use cords, cables or connections, which show signs of wear or damage.

Keep cords out of traffic areas to prevent damage. Never place a cord where it can be caught in a door or drawer, or run over by a chair.

Do not alter electrical plugs by breaking off the third prong, which is intended to safely ground the equipment.

Keep moisture away from electrical connections, including those on lunchroom appliances such as the coffeepot and microwave. Never handle electrical equipment with wet hands.

Do not overload electrical outlets or power bars.

Don't wait to get shocked into awareness of electrical safety. Use caution around electrical energy, both in the office and at home.

Back in the garden

(NC)—For many Canadians, gardening is the most joyful activity of summer. But if you love to garden and you also suffer from back pain, you know that you can cause yourself a lot of grief unless you follow some basic ergonomic principles.

Gardening, of course, is a seasonal activity here in Canada. During the winter, few of us make much use of the muscle groups we employ for typical gardening activities. The one exception is washing floors, but, truthfully, how often do you do that?

But even if you linger over the linoleum daily from October to March, it's still important to warm up and stretch your muscles before you dig. Here's a tip – the easiest way to warm up your muscles is to take a hot shower BEFORE you garden. This is called a passive warm-up. You'll still need to stretch, but you can do this in the garden. Use the same motions you use when weeding, raking, digging, etc. – whatever your planned tasks – but do them slowly, holding each stretch for about 10 seconds.

It's also important to do some gentle stretching after you garden, especially if you've overdone it and your muscles feel tight. Another hot shower can help as well.

Another rule: Go slowly! When the weather breaks, it's tempting to turn over ALL the earth on the first afternoon. Trouble is, by the time your back aches, you've already done too much. By pacing yourself, you can ensure that

your back will be fit enough to garden again next weekend!

A third principle to keep in mind is that a change is as good as a rest. Vary your activities rather than doing all your weeding, for instance, at once. In other words, shovel for a few minutes, dump, rake, weed. Rest for a while, then repeat.

Avoid staying in any one position for too long. Gardening involves bending, kneeling, standing, walking, and reaching; don't spend more than 15 minutes in any one of these positions before changing to something else.

Also, don't mix and match activities with positions. If you're crouching down to weed, don't suddenly reach up and stretch to snip at a stray vine. Don't bend forward with your knees straight. And as in any activity, try not to lift and twist at the same time.

Remember to hold heavy objects close to your body. So what if they're muddy – getting dirty is part and parcel of gardening's charm.

Finally, organize your tool shed so that heavy supplies are stored at waist level. Invest in some back-friendly tools like a kneeling bench with handles, shears, shovels and weeders with long handles to minimize bending, an angled rake, and a swan-necked watering can.

If you keep this advice in mind, there's no reason for back pain to keep you out of your garden.

For more information visit www.backrelief.com.

This Week in Contact

1943--A Musical Jamboree staged at the Sports Hangar attracted more than 1,200 personnel, and raised approximately \$250.00 for the British War Victim's Fund.

1953/1963--Unavailable

1973--NDHQ announced that the Royal Canadian Air Force Tartan would continue to be worn by all Regular and Reserve "air element Pipe Bands of the Canadian Armed Forces." This marked the first victory for displaying anything distinctly air force blue during the post-integration haste for uniformity.

1983--437 Squadron flies HM The Queen from Vancouver to London Heathrow. CFB Trenton Forecast Centre reports mildest winter in our region in past 150 years.

1993--CFB Trenton Fire Hall takes delivery of brand new Thibault Pumper. Commander Air Command assigned official names to new CF aircraft: the Griffon (Bell 412 utility helicopter); the Petrel (EH101 ship borne helicopter); the Chimo (EH101 SAR helicopter); and the Polaris (Airbus A-310 strategic transport).

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

Canadiana Crossword

Terrible Wearables
by Bruce Bonita and James Miller

<p>ACROSS</p> <p>1. Claret</p> <p>4. Common beverage</p> <p>9. Deposition of disapproval</p> <p>11. Suez</p> <p>13. Captain's log</p> <p>14. Personal concern</p> <p>15. Winter undergarment</p> <p>17. Faucet</p> <p>18. High</p> <p>19. Hot sweater</p> <p>21. Certain chemicals</p> <p>23. Woe</p> <p>24. Luggage</p> <p>26. Winter footwear</p> <p>29. Winter usually</p> <p>30. Date</p> <p>31. Little island (British)</p> <p>32. Suez</p> <p>34. Densified</p> <p>35. Clean</p> <p>36. Winter underwear</p> <p>37. Winter weather</p> <p>40. Valley</p> <p>41. Beverage</p> <p>42. Winter shoe cover</p> <p>46. Winter warmer upper</p> <p>47. Enough (archaic)</p> <p>48. Proposal for guidance</p> <p>49. Learning device</p> <p>50. British suburb</p> <p>51. English street</p> <p>DOWN</p> <p>1. Hall in Gloucestershire</p> <p>2. Fruit cake</p> <p>3. St. in Montreal</p> <p>4. Luggage</p>	<p>5. Cleanman (to hang and others)</p> <p>6. Sign of relief</p> <p>7. Species</p> <p>8. Computer array</p> <p>9. Clock chime</p> <p>10. Wet noise</p> <p>11. Spout</p> <p>16. James, the slave</p> <p>19. Arctic bird</p> <p>21. Winter car seat</p> <p>22. Norwegian capital</p> <p>23. Pakistan money</p> <p>25. Pashmina</p> <p>26. (Attractive) dance</p> <p>27. Snowglobe</p> <p>28. Clock pattern</p> <p>30. Frisky dance</p> <p>31. British suburb</p> <p>34. Hillside</p> <p>36. Clean undergarment</p> <p>37. Society</p> <p>38. Brown wine</p> <p>39. Pattern of low, overcast</p> <p>41. Summer</p> <p>43. Toilet</p> <p>44. Ward, in Ottawa</p> <p>45. Computer</p>
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ATTENTION ADVERTISERS

FAREWELL DEAR FRIENDS
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		R	E	A	S		S	T	E	A	M	E
M	I	H	S		P	H	E	M				
I	S	E	S		F	A	R	M	E	E	F	S
F	I			I	L	I	S		A	I		
F	U	R	T	H	E	S			W	I	N	O
			W	I	P	E			P	A	R	K
S	I	W	A	S					D	E	L	L
A	D	E			B	A	L	A	C	L	A	V
T	E	A			F	N	O	W			F	R
E	A	R			E	T	O	N			T	Y

To rent or own, still a complex issue

(NC)—The issue of owning or renting is a complex one. Comparing your monthly costs is an important first step, but your decision involves much more than this. You also have to consider your

long-term financial goals and your lifestyle. A good way to begin is to look at the following:

- Do you have enough money for a downpayment?
- How quickly could you pay off a mortgage? The faster you pay it off, the less you will pay in interest costs.
- The location of a home often determines its price and whether owning makes more

sense than renting.

• Buying a home involves maintenance costs, moving costs, legal fees, closing costs and sometimes land transfer taxes. On the other hand, when you rent, you have no control over increases charged by your landlord.

• What is your investment profile? Over the short term it may make more sense to rent than to own, but over the long term you will be building

up equity.

• Consider the intangibles: pride of ownership, privacy and security of tenure.

If you're still undecided, talk with your personal banker. Together you can work through the numbers, consider all of the pros and cons and make a decision that suits your budget and your quality of life.

If you'd like to find out more about the financial aspects of owning, contact your local CIBC branch and ask for a free CIBC Home Planning Kit. You can also call 1 800 465-CIBC (2422) or visit the CIBC website at www.cibc.com.

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Safety for toddlers

(NC)—Young toddlers are never still, and increased mobility brings new safety concerns. Your home is now your child's playground; here's how to help make every corner safer.

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2. Keep floors clear of buttons, marbles, beads, coins, and other small items.
3. Place safety gates at the top and bottom of every staircase.
4. Install window guards. Screens aren't strong enough to stop a fall; they are meant to keep insects out, not to keep children in. Look for quick-release features for easy emergency exits.

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Kidney disease – early detection often thwarted by silent symptoms

(NC)—“The first clues started to appear about a year before I was diagnosed, but the signs were small and insignificant,” said Carrie Donohue. “I was having intense headaches and muscle cramps in my hands and feet, and I was always thirsty. Looking back now, it seems obvious that these were signs of kidney disease, only my husband and I didn’t know it then.”

Carrie’s story is not unique. When a person’s kidneys fail, it seems to happen suddenly, with-

out warning. They learn afterwards that their kidneys had been failing slowly – unknown to them – for quite some time. The signs were there, but often mistaken for something else, or simply overlooked.

These silent symptoms have given rise to new approaches in the effort to stem the tide of chronic kidney disease (CKD), which doctors estimate at 1.9 million cases in Canada today. Thanks to research and sophisticated disease tracking systems,

specific groups of people have been identified as most likely to develop kidney disease and the push is on for better screening of those at risk.

The high-risk category includes people who are over 50 years of age, have diabetes, hypertension or cardiovascular disease, or have a family history of kidney disease. Yet despite this knowledge, it remains difficult to identify chronic kidney disease early enough to begin the type of care that would either delay or avoid

the onset of end-stage renal disease when either dialysis or a transplant becomes necessary.

“Many of the symptoms of CKD are difficult to diagnose,” said Dr. Adeera Levin, former President of the Canadian Society of Nephrology and member of The Kidney Foundation of Canada’s National Research Council. “Itching, thirst, fatigue and muscle cramping are not specific to kidney disease and don’t raise a warning flag to most people, especially since

they are likely living with other health conditions that tend to mask, or overshadow them.”

“We know that – if detected early enough – it is possible to reverse or slow the progress of chronic kidney disease,” explained Levin. “For many people this could mean not having to go on dialysis or, at the very least, delay it for years.”

The Kidney Foundation of Canada recommends that people at risk take a more proactive approach to their health.

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Red Cross

Swim Lesson Registration Spring 2003 Session

8 Wing Community

Wednesday, March 19th
 at the RecPlex 4:00 – 6:00 p.m.
Registration will continue at the RecPlex March 20th to 24th according to normal hours of operation

Quinte West Residents

Excess space will open up to residents of Quinte West
 Tuesday, March 25th
 at the RecPlex 5:00 – 7:00 p.m.
Registration for all will continue, March 26th to 28th the RecPlex.

Weekend lessons will begin Saturday, March 29th and Sunday, March 30th
 Weekday lessons will begin Tuesday, April 1st and Thursday, April 3rd

Please note that swim lessons will be cancelled Easter weekend, April 19th & 20th and Victoria Day weekend May 17th & 18th.

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