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Canada will not fight in war against Iraq--Chrétien

by Laurie McVicar
 Assistant Editor
 (With files from
 www.pm.gc.ca)

During a question period in the House of Commons on Monday, Canada's Prime Minister Jean Chrétien made it clear that our country's troops will not participate in a war against Iraq.

"I want to set out the position of the Government of Canada. We believe that Iraq must fully abide by the resolutions of the United Nations Security Council. We have always made clear that Canada would require the approval of the Security Council if we were to participate in a military campaign," said Prime Minister Chrétien.

He noted that over the last

few weeks, the Security Council has been unable to agree on a new resolution authorizing military action.

"Canada worked very hard to find a compromise to bridge the gap in the Security Council. Unfortunately we were not successful," said Prime Minister Chrétien. "If military action proceeds without a new resolution of the Security Council, Canada will not participate. We have ships in the area as part of our participation in the struggle against terrorism. Our ships will continue to perform their important mission against terrorism."

A large part of Monday's discussion centred on exchange Canadian soldiers stationed in the Gulf Region with their British and American counter-

parts. Several members of the House of Commons called for their immediate removal.

"It's not a combat situation and I think they should respect the undertaking they have made to the other governments," said the prime minister. "The number (of Canadian personnel) is quite limited. Some are involved in surveillance in planes and so on. They will carry on their duty."

Minister of National Defence John McCallum also commented on the value of keeping some Canadian presence in the gulf region.

"Canada is leading a multinational task force including four other nations apart from the U.S, France/Holland, New Zealand and Greece. I have been in touch with all of my counter-

parts in those countries. We are determined to stay there, to continue our fight against terrorism. We are committed to the war against terrorism," said Minister McCallum. "We have no indication that any of those other countries will leave. The terrorist risk will, if anything, be greater than it was before as a consequence of this war. So, for us to suddenly cut and run at the time when terrorist risk is greatest would not be compatible with Canadian traditions in support of our allies."

Locally, evidence of international unrest was found in an increase of security at 8 Wing/CFB Trenton.

"We take security very seriously here and our posture is capable of changing on very short notice and is not always



the same. Security has been changing regularly and I'd expect it to continue to do so," said Captain Andy Coxhead, Wing Public Affairs Officer.

Those personnel who do not have up-to-date identification are urged to get it as soon as possible.

Cpl Dwayne Capstick first to receive Gaetz-Sinclair award



Major Dave Cochrane, CO 426 Squadron, presents Cpl Dwayne Capstick with the Gaetz Sinclair Award at 427 Squadron, Petawawa.

Cpl Dwayne Capstick of 427 Tactical Helicopter Squadron became the first recipient of the Gaetz-Sinclair award on Feb. 25, 2003.

This award was established in memory of Sgt Dave Gaetz and MCpl Glen Sinclair of 413 Sqn, who were the flight engineers aboard Rescue 305, a CH113 Labrador Aircraft that crashed on 2 October 1998 near Marsoui, Quebec. This unfortunate incident was noteworthy in that it marks the last time Canadian Flight Engineers gave their lives in service to their country during the first century of flight.

The award was instituted at 426 (T) Squadron in Trenton by the instructional staff involved in entry level flight engineer training. The recipient is considered to be the best all around addition to the flight engineer trade for the calendar year awarded, and is chosen by the basic FE instructors. Cpl Capstick, the 2001 winner, stood out amongst the 15 candidates for that year as being the most deserving new flight engineer.

The 427 Squadron Change of Command parade was the setting for this presentation. 1 Wing Commander, Colonel Marcel Duval, and LCol Mike Dabros and Maj Ron McLaughlin, the outgoing and incoming COs, graciously allowed this presentation to occur during their change of command ceremony. The 426

Squadron Acting CO, Major Dave Cochrane, along with MWO Brian Woodford, Chief Flight Engineer Instructor, and Sgt Mike Douglas, of the Flight Engineer Instructional staff, represented 426 Squadron.

"It's an honour coming to an already important ceremony like this, and adding to it by making such a significant presentation. Basic FE training is an important part of our job, and an important part of the candidates' career, as it represents the beginning of their time as aircrew. Being able to recognize students for showing such potential during this time is a pleasure for us, and surely a motivator for them," said Major Cochrane.

MWO Woodford added "Cpl Capstick is the first FE to earn this award, but we look forward to presenting it annually. He has the honour of representing the beginning of a proud tradition"

Cpl Capstick taken completely by surprise. His wife, who was in on the secret, led him to believe that she had been invited the change of command parade to witness her husband receive his CD2.

"I had no idea," was Cpl Capstick's response. His smile indicated that the surprise was indeed a pleasant one.

The 2002 recipient of the Gaetz Sinclair award will be named later this spring.

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Senior promotions and appointments are announced

National Defence

OTTAWA, March 14 - The Minister of National Defence, the Honourable John McCallum, is pleased to announce senior promotions and appointments for the Canadian Forces for the year 2003.

"Dedicated, professional leadership is central to a dedicated, professional Canadian Forces," said Minister McCallum. "I am confident that the officers whose promotions and appointments are being announced today meet the highest standards of the profession of arms."

"Our senior leaders have demonstrated the capabilities, vision and flexibility to lead the Canadian Forces in these challenging times," said General Ray Henault, Chief of the Defence Staff. "The dedicated men and women of the Canadian

Forces deserve nothing less."

The following promotions and appointments of generals and flag officers will take place in 2003.

Major-General Eric Findley will be promoted Lieutenant-General and appointed Deputy Commander-in-Chief NORAD in Colorado Springs, replacing Lieutenant-General Ken Pennie.

Lieutenant-General Rick Hillier will be appointed Chief of the Land Staff at National Defence Headquarters in Ottawa, replacing Lieutenant-General Mike Jeffery, who will be retiring.

Major-General Michel Maisonneuve has been promoted Lieutenant-General and appointed Chief of Staff - Allied Command Transformation (SACLANT) in Norfolk,

Virginia, replacing Vice-Admiral Duncan (Dusty) Miller, who is retiring.

Lieutenant-General Ken Pennie will be appointed Chief of the Air Staff at National Defence Headquarters in Ottawa, replacing Lieutenant-General Lloyd Campbell, who will be retiring.

Major-General Jan Arp will be appointed Chief of Staff, Assistant Deputy Minister (Human Resources-Military) at National Defence Headquarters in Ottawa, replacing Major-General Steve Lucas.

Brigadier-General Marc Caron will be promoted Major-General and appointed Assistant Chief of the Land Staff at National Defence Headquarters in Ottawa, replacing Lieutenant-General Rick Hillier.

Major-General Pierre Daigle, in addition to his current appointment as Special Assistant to the CDS for Homeland Security Issues, will also be appointed to the International Security Assistance Force (ISAF) Strategic Coordination Group at National Defence Headquarters in Ottawa.

Commodore Jean-Yves Forcier will be promoted Rear-Admiral and appointed Commander Maritime Forces Pacific in Esquimalt, B.C., replacing Rear-Admiral James Fraser.

Rear-Admiral James Fraser will be appointed as Liaison Officer to NORTHCOM in Colorado Springs.

Brigadier-General Andrew Leslie will be pro-

moted Major-General and appointed Commander, Land Force Doctrine and Training System at Canadian Land Force Command and Staff College in Kingston, replacing Major-General Jan Arp.

Major-General Steve Lucas will be appointed Assistant Deputy Chief of the Defence Staff at National Defence Headquarters in Ottawa, replacing Major-General Michel Maisonneuve.

Commodore Drew Robertson will be promoted Rear-Admiral and appointed Director General International Security Policy at National Defence HQ in Ottawa, replacing Major-General Cameron Ross, who is retiring.

Brigadier-General Angus Watt will be promoted Major-General and appointed Director Combat Operations at NORAD Headquarters in Colorado Springs, replacing Major-General Eric Findley.

Colonel Stuart Beare will be promoted Brigadier-General and appointed Commander of the Multi-National Brigade (NW) NATO Stabilization Force (SFOR), Bosnia.

Colonel Gaston Côté will be promoted Brigadier-General and appointed Commander of the Land Force Quebec Area Headquarters in Montreal, replacing Brigadier-General Marc Caron.

Colonel Dwight Davies will be promoted Brigadier-General and appointed A3 Operations at 1 Canadian Air Division Headquarters in Winnipeg, replacing

Brigadier-General Angus Watt.

Colonel Gregory Gillespie will be promoted Brigadier-General and appointed Deputy Commander, Land Forces Western Area in Edmonton, replacing Brigadier-General Dennis Tabernor.

Commodore Roger Girouard will be appointed Commander, Canadian Fleet Pacific in Esquimalt, B.C., replacing Commodore Eric Lerhe, who will be retiring.

Brigadier-General Marc Lessard will be appointed Commander of the Land Force Central Area Headquarters in North York, Ont., replacing Brigadier-General Andrew Leslie.

Brigadier-General Greg Mitchell will be appointed Commander of the UN Standby Forces High Readiness Brigade (SHIRBRIG) in Denmark.

Colonel Bill Neumann will be promoted Brigadier-General; his appointment will be announced at a later date.

Captain(N) Tyrone Pile will be promoted Commodore and appointed Commander Canadian Fleet Atlantic in Halifax, replacing Commodore Drew Robertson.

Colonel Raymond Romses will be promoted Brigadier-General and appointed Commander of the Land Force Atlantic Area Headquarters in Halifax, replacing Brigadier-General Greg Mitchell.

Commodore James Sylvester will be appointed Director General Maritime

Personnel and Readiness at National Defence Headquarters in Ottawa, replacing Commodore Jean-Yves Forcier.

Brigadier-General Dennis Tabernor will be appointed Director General Land Reserves at National Defence Headquarters in Ottawa, replacing Brigadier-General Herb Petras.

Captain(N) Roger Westwood will be promoted Commodore and appointed Director General Maritime Equipment Program Management at National Defence Headquarters in Ottawa, replacing Commodore James Sylvester.

In addition to the retirements mentioned above, Major-General Keith Penney, Chief Review Services, and Brigadier-General Charles Lemieux, Special Advisor to the Chief of the Defence Staff (Officer Professional Development), will retire in 2003.

The number of general or flag officers in the Canadian Forces - Regular Force - has dropped since 1991, when it stood at 125. The current number stands at 70, which includes 64 core and six non-core positions. The core positions are required to command and control the Canadian Forces. The non-core positions are training or temporary leadership and command positions that the Canadian Forces have been asked to fill by the Government of Canada, the United Nations or NATO. In other words, these officers have been taken away from their regular work of commanding the Canadian Forces.

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WING LOGISTICS AND ENGINEERING
PICTURE OF THE WEEK



Pictured above are Mr. Gary Schwartz and Mr. Mac Smith, of EME Sqn Heavy Equipment Maintenance. "Hope the snow stops flying soon, I want to get back to fixing lawn mowers. I'm tired of seeing these great big green snow blowers."

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WANTED: SAR TECHS

by Holly Bridges
Canadian Forces School
of Search and Rescue

"People know this is a tough course, so that might scare some of them off," he says. "A lot of young soldiers may have thought their chances of getting picked up were so small they didn't even bother to apply. We're here to tell them that this may be the very challenge they're looking for," says Chief Warrant Officer Arnie Macauley of the CFSSR.

Applications are being accepted across the CF from Army, Navy and Air Force members. Read The Maple Leaf 19 March special section for all you need to know to cross-train to SAR Tech in 2003!



RECHERCHÉS : Tech SAR

by Holly Bridges

"Les gens savent c'est un cours difficile et cela peut les effrayer," dit-il. "Beaucoup de jeunes soldats pensent que leurs chances d'être sélectionnés sont si

minces, qu'ils ne prennent même pas la peine de postuler. Nous sommes ici pour leur faire réaliser que c'est peut-être le défi qu'ils attendaient" a dit l'adjudant-chef Arnie Macauley du CFSSR.

Les applications sont acceptées pour tous les membres de l'Armée, de la Marine et de la Force aérienne. Lisez notre section spéciale dans la Feuille d'Érable afin d'apprendre tout ce que vous devez savoir afin de

transférer comme technicien de recherche et sauvetage en 2003!

Lisez notre section spéciale de l'édition du 19 mars de La Feuille d'Érable sur comment devenir un technicien de recherche et sauvetage.

Search & Rescue UPDATE



424 Squadron responded to three taskings in the past week. Two responses were for ELTs and one for assistance to USA Search authorities. In the case of the ELTs, one tasking was to search in the CARP area where after an extensive search no ELT signal was found and the search aircraft returned to base. The second ELT tasking was north of Montreal at the L'Assomption airport, where an aircraft on the ground was found to have radiated a signal. SERABEC personnel were contacted and the offending ELT equipment was turned off. In the third case, the Labrador aircraft was dispatched to a trailer park along the south shores of Lake Erie near Dunkirk, New York. The trailer park was in danger of flooding and occupants required airlift assistance to safety. Just a few miles from their destination, due to dense fog and low visibility, the crew had to divert to St. Catharines, Ontario to refuel and wait out the weather. While at St. Catharines, Buffalo Search Centre released the crew from the mission and aircraft returned to base.

Missions for 2003: 17 Missions for Mar.: 3 Persons rescued: 6

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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.

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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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Helping kids cope with war

by Laurie McVicar
Assistant Editor

With conflict well underway in Iraq, parents should take special care in addressing questions and concerns about war with their children.

One of the most important things you can do for your child is to reassure them that they are not in harm's way, said Joanne Belanger, a counsellor with the Trenton Military Family Resource Centre.

"It's really important not to make promises one can't keep," she added. "It's certainly acceptable to say to kids that the adults in their life will try to do everything they can to keep them safe."

She reminds parents that children have a different way of processing information compared to adults.

"As adults we need to be mindful of the context, such as having the conversation in a quiet setting," said Belanger. "Be mindful of the time as well; dividing (your conversation) into little chunks".

Belanger also suggests that children's exposure to the media be limited.

"Kids are going to know there's something going on in the world. But, to have them sit in front of the six o'clock news is probably not a good idea," she said. "One child may be able to handle that while another may become very traumatized."

During stressful events, children need their family to be near them. Belanger stresses that parents should make themselves available.

"If your child is indicating that they really need to talk and you're in the middle of making supper or rushing out the door, set a time aside later to speak with them," she stated.

Adults can use these

discussions to express how they are feeling too. This lets children know that it's okay to feel frightened, sad or angry. In addition, they may feel less isolated and be willing to talk more freely.

To reinforce a sense of security, Belanger urges families to maintain a balance in their lives.

"Yes the state of the world is pretty scary right now, but there is still room in our lives for play. There is still room in our lives to for our normal routine. Kids thrive on

things as terrorist attacks and acts of war.

"Teens are generally more aware of and interested in world events than younger children. They are also able to imagine frightening events in more detail and may become very interested in or upset by images or war and destruction," reports Health Canada. "Events such as (war) can undermine their belief that the world is a safe place, their sense that adults and institutions can be relied



Make sure the information you give your children is informative and non-graphic.

consistency," said Belanger.

Empowering your children is another way to help them cope with a situation such as war.

"Maybe they can make a donation to an agency that supports a peaceful approach or get involved by writing a letter," said Belanger. "Especially in the military context, there are several options they can explore."

This is a particularly good approach for parents with adolescents, who are more likely to be strongly affected by such

upon, and even their confidence that life is meaningful and that there is hope for a better society."

If your teen is particularly distressed, some other helpful activities may include:

- journal writing;
- relaxation activities such as reading listening to music, leisurely walk, etc.;
- exercise;
- volunteering;
- and socializing with peers.

If your child is in need of further counselling, contact Joanne Belanger at the MFRC by calling 965-3575.

Signs your child may need help

(Ages 7 -11 yrs)

Here are some common reactions they may have:

- Afraid of being injured or separated from parents;
- Fear that similar events may occur;
- Fear of noises or of the dark;
- Rivalries and quarrels among brothers and sisters;
- Headaches;
- Sleeping problems such as nightmares;
- Eating problems and stomach aches;
- Anger and irritability;
- Nervousness;
- A return to earlier behaviours such as bed wetting, thumb sucking, and clinging.

(Adolescents)

- Unusual and inappropriate behaviour at home or at school;
- Increased learning problems and difficulty paying attention at school;
- Frequent angry outbursts;
- Not taking part in usual social activities or play with other children;
- Frequent nightmares or other sleep problems;
- Physical problems such as nausea, headaches;
- Changes in appetite, weight gain or loss;
- Feeling anxious or afraid;
- Feeling sad or depressed;
- Increased risk-taking behaviour;
- Recurring talk about death.

Resources:

- Health Canada www.hc-sc.gc.ca
- MFRC
- Children's Mental Health Services (Trenton & Belleville)

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A fast ride on Saddam's bullion bandwagon

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It's been a heady time to be on the bullion bandwagon these past few months.

The price of gold has been rocking and rolling in a way not seen for decades, climbing from the low \$300 U.S. an ounce level to almost \$400, before scaling back to the \$350 range. Just last week gold was moving by more than \$10 a day as the world heard the latest in this on-again, off-again war with Iraq.

The news changes daily, and the level of uncertainty is intense. While the odds are very high that a conflict will take place, the United Nations is deeply divided and the anti-war movement has proven to be a lot more powerful and broadly-based than anyone suspected a few months ago. In

short, the Iraq war could be the start of something monumental, not the end.

Gold is a wonderful barometer of turmoil, because it is seen as a safe haven for wealth when national currencies, like the American dollar, are wobbling for political reasons. According to Spratt Asset president John Embry, the greenback could fall by 15 per cent, "and gold could go ballistic." The yellow metal is hot stuff, as well, because many investors believe that the resource sector (always incredibly cyclical) bottomed in 1998, and has been in ascent just as powerfully as the dot-coms and tech darlings have been diving in flames.

You could sure sense that last week on the floor of the annual PDAC convention in downtown Toronto, which brings the entire mining industry together. The place was packed, noisy, congested and quite exciting. There was a sense that commodities are into a long-term cyclical upswing and the smart money should get in now. Of course, if this is true, it's great news for Canada, which is now a major player in both gold and diamonds.

And, back to Saddam Hussein - should war happen, should the oil fields start burning, should

the American presence in the region ignite new passions, should a new wave of terrorism occur, should the U.S. be condemned by the French, Germans and Russians, and should Saddam put up any kind of resistance at all, then the PDAC gang argues oil could be \$50 a barrel and gold \$500 an ounce.

One company enjoying all of this, and one I have mentioned before, is MineralFields. It's interesting because it invests in publicly-traded mining exploration companies that are involved in a variety of projects, giving investors some diversification. The company is marketing a limited partnership, aimed at high net worth, sophisticated individuals. Apart from selling exposure to a hot commodity, gold, the MineralFields deal takes good advantage of some recent largesse from Ottawa.

Back in 2000 the feds brought in a 15 per cent tax credit, in addition to the existing 100 per cent deduction you get for investing in mining companies engaged in exploration. This super flow-through deal is also enriched with provincial tax credits, from 5 per cent in Ontario to a smashing 20 per cent in BC. So, if you are in the 46 per cent tax bracket and buy the minimum \$30,000 stake in MineralFields, you get a tax savings of almost \$18,000. When the partnership is wound up in a year or so, you get your \$30,000 back (which actually only cost you \$12,000, thanks to Paul Martin. Remember him?).

And for those with the stomach for leverage, there is 100 per cent financing available. You can even pay the money back in quarterly installments - instead of remitting it to Ottawa.

In fact the tax treatment of this kind of investment is so good that for wealthier investors, it makes sense to take money out of an RRSP to service debt on a loan to invest in a deal like this. You get a honking big tax break on the front end, and then capital gains income in future years - taxed at a maximum rate of just 25 per cent. That compares to the 50 per cent tax hit you take when cashing in RRSP funds.

It's hard to ignore the way Ottawa has skewed the tax system to encourage investing in the resource sector, especially now when mining is cool again and the tech guys are bums. Besides, the events of the next few days may have us all wishing we had exposure to something eternal. Like crude oil, gold could be hitting very different levels once the Daisy Cutters start to fall.

Remember: This is a play for high net worth investors, who are looking for diversification as well as tax savings, and you should check out www.MineralFields.com for details. Make sure it's right for you by having your financial advisor check it out.

Garth Turner's Investment Television airs Sundays on the Global network. MineralFields has been an advertiser on this program, and provided expert comment.

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Pet Particulars

Calling all cat lovers

Due to a very large surplus of cats at the Quinte Humane Society the adoption fee has been reduced. For a very limited time all cats are \$15 which includes its first set of vaccinations. (Some cats are already spayed or neutered.) Ideally, there would be 60 cats at the shelter but over the winter the number swelled to 130. Staff are desperate to find good homes for these cats to avoid euthanizing any in order to make room for the many cats and kittens that always come into the shelter during spring. The shelter would like to emphasize that they are looking for GOOD homes, where the cats will be part of the family and not just something people bought on impulse because they wanted a BARGAIN. People should understand that spaying and neutering is required to avoid the overpopulation problem continuing. Food, litter and vet visits all require a financial commitment. If you love cats and have the time, money and room in your life for one (or two!) visit the Quinte Humane Society and take home a new friend. They are open Monday to Saturday 12-4 and Sunday 1-4.



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Michael Hoy

Penne with Sautéed Artichokes, Tomatoes and Curry

Ingredients:

- 1 can artichokes, well drained
- 1 tbsp. olive oil
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 2 tsp. curry powder
- 1 small tin tomatoes with juice
- 1 cup chicken stock
- ¼ cup fresh or frozen peas
- 1/3 cup whipping cream
- ¼ cup fresh basil, chopped
- 1/3 cup grated fresh

parmesan salt and pepper to taste
½ pound penne pasta, cooked

Method:

Squeeze the artichokes to remove excess liquid and cut into quarters. In a large pan heat the olive oil over medium heat and add the artichokes. Cook stirring occasionally until they begin to brown. Add the onion, garlic and curry powder. Cook for another minute. Add the tomatoes breaking them into large pieces with the stirring spoon. Add the stock and bring

to a boil. Reduce the heat and simmer for ten minutes. Add the peas and cream to the sauce and simmer for 1 minute. Stir in the basil and parmesan cheese. Season to taste with salt and pepper and toss with the cooked penne pasta.
Serves 4.

Chicken Liver Pate with Mushrooms and Curry

Ingredients:

- 2 lbs. unsalted butter
- 2 tbsp. curry paste (Patak's Madras)
- 1 ½ lbs. button mushrooms, sliced
- 1 lb. portabello mushrooms, sliced
- 1 lb. chicken livers
- 1 tsp cracked black pepper

Method:

In a heavy bottom pot, gently melt half the butter and add half of the

curry paste, combining the two well.

Add the mushrooms and sauté gently for approx. 10 minutes or until they begin to dry out. Remove from the pot and place into a food processor.

In the same pot, place the remaining butter, curry paste and pepper and combine well. Sauté the chicken livers gently until fully cooked and place into the same food processor.

Process the mixture until smooth and place into ramekins or foil containers for freezing.

Enjoy!

Note: Inspect the chicken livers very carefully and remove any bile ducts (bright green in colour) without breaking them. This makes the pate extremely bitter

The facts on heart healthy foods

(NC)—Ever wonder why some foods are better for the heart than others? WeightWatchers.ca asked Dr. Joe Schwarcz, Director, McGill University for Science and Society for the answers. Here are just some of the findings from this interview:

Wine: Red wine contains "polyphenols" which can prevent hardening of the arteries. The alcohol itself also raises the level of HDL, the so-called "good cholesterol," and lowers the level of a protein involved in the formation of blood clots which can trigger a heart attack. This means that all alcoholic beverages, not only wine, can be beneficial. So a nice glass

of red wine with dinner is pleasant and healthy, but don't overdose! Weight Watchers says stick to the recommended one a day for women, two for men.

Fish: While many animal fats are linked with increasing the risk of heart disease and stroke, the "omega-3" fish oils appear to do the opposite. A couple of servings of salmon or tuna a week may not only reduce the risk of heart disease, but prostate cancer as well.

Chocolate: The number of polyphenols, compounds contained in chocolate have been linked with a reduced risk of heart disease. So a moderate intake of

chocolate is fine and may even boost the mood!

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

loss software. The site delivers a rich array of free features and information along with two ground breaking, personalised Web-based subscription products: Weight Watchers etools for Meetings Members and Weight Watchers Online for self-helpers.

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Apple facts

(NC)—Finnish researchers report that components found in apples may keep the doctor away by reducing the risk of many chronic diseases, including heart disease, cancer, stroke, type 2 diabetes and asthma. Conclusions drawn by researchers at the National Public Health Institute in Helsinki, Finland, were based on ongoing research of 10,054 Finnish men and women that began in 1966. They sought to study the potential association between intake of flavonoids and reduced risk of several chronic diseases.

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This Week's Entertainment
 Mar. 21- KTI Folk & Popular Music
 Sat. Mar. 22 Fade Kings Popular Music

What's Cooking at the Cookery School?
 Sat. Mar. 22 Middle Eastern Cuisine
 Sun. Mar. 23 French Bistro Cooking
 Mar. 29/30 Game Weekend

Feature

Amateur Radio Club makes connection

by Capt Mark Weidenborner

The Trenton Amateur Radio Club, based at 8 Wing Trenton, has recently renewed its link with the Canadian Forces Affiliate Radio System, known as CFARS. What is CFARS you ask?

It is a program sponsored by NDHQ in which amateur radio operators, either at their military units or at their homes, provide communications services as a backup to existing military communications facilities.

In situations of reduced communications capability (enemy attack, ice storm, etc) the CFARS network can prove extremely valuable by passing messages to and from military installations.

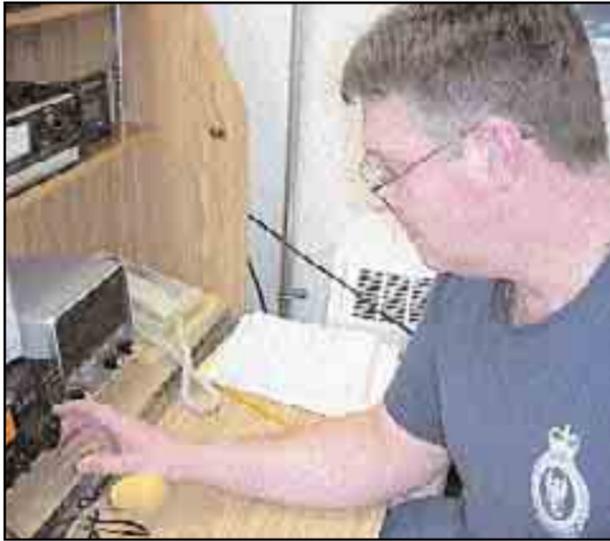
Amateur radio played an important role after the ice storm of 1998 by setting up local radio communications at police stations, hospitals and community centres from Smiths Falls to Ottawa and Montreal. The CFARS network was also used during Op Abacus (Y2K).

In earlier days, CFARS used amateur radio stations to connect Canadian Forces personnel stationed overseas with their families via telephone patch. This morale boosting service was first used in 1956 during Canada's peacekeeping deployment to the Middle East. The Club has many members who have since performed this service for hundreds of military fami-

lies. However, this service has been replaced by satellite and internet links, so CFARS has now adapted its role to include emergency measures assistance.

Canadian ships at sea, military bases and private individuals can all establish amateur radio stations and link up with the CFARS

radios in order to give greater radio coverage. This repeater also includes a telephone connection to allow Club members to make local telephone calls via amateur radio. No cellphone fees! The club is located at the west end of the parade square, just look for the antenna tower.



network. The network 'meets' on the air twice weekly. This is done to test the reliability of individual stations and to establish a presence on specific frequencies.

To learn more about CFARS or amateur radio in general, contact Club members Capt Mark Weidenborner at local 3731, or Cpl Don Shears at local 3145.

The Trenton Amateur Radio Club is a recreation club under PSP at 8 Wing. The Club operates a local VHF repeater which serves to boost low power signals from mobile or handheld

JR RANKS MESS
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16	17 Happy St. Patrick's Day!	18	19	20	21 TGIF 1700 hrs Pizza Sports/Entire All Ranks St. Patrick's Dance	22
23/30	24/31	25	26	27	28 TGIF 1700 hrs Chicken & Taters Sports/Pool	29

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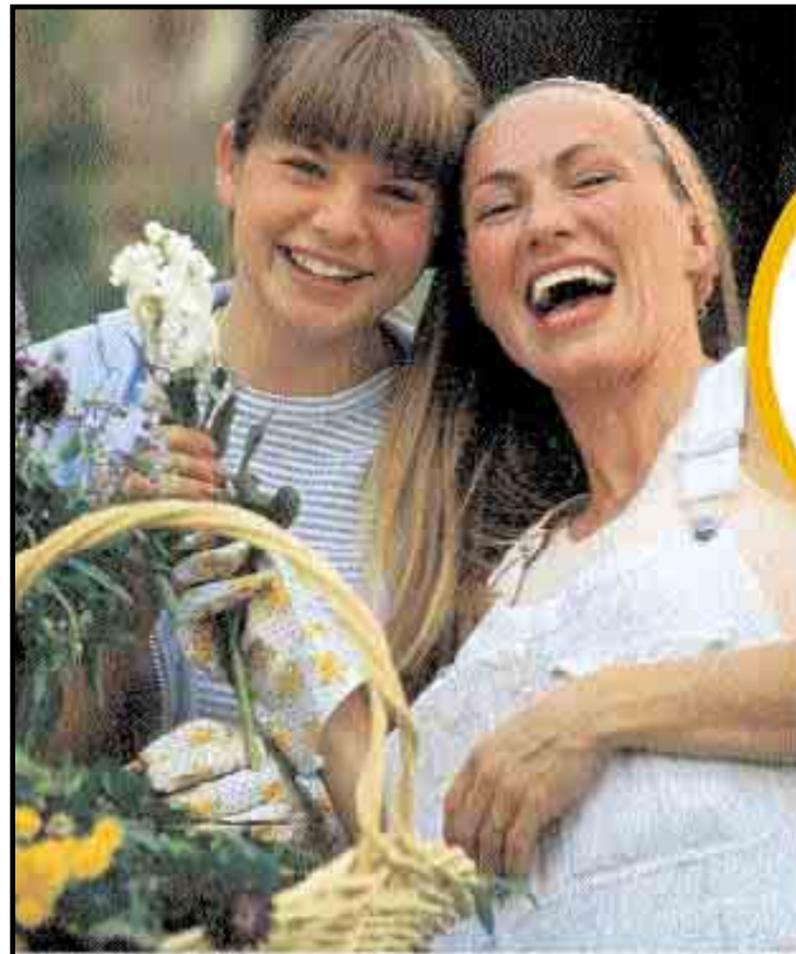
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Website helps reunite former Air Force "brats"

by Laurie McVicar
Assistant Editor

Current and former children of military personnel have a permanent place to call home thanks to a website designed by the Canadian Air Force Brat Association.

The CAFBA website first hit the internet in January 1996, thanks to the assistance of webmaster Alan McLeod.

"I volunteered to put on a static, informational, one page resource for the organization that was then known as the Canadian Air Force Brats Network," said McLeod. "The first page merely redirected on line inquiries to a snail mail address for the network."

In 1997, a reunion was held in Vancouver, British Columbia and, by word of mouth, over 300 former brats attended.

"A database was developed using the names of the attendees from this first reunion. In January 1997 I took over the network, changed the name to

CAFBA, and dropped the previously requested membership fee," said McLeod.

The site has expanded to its current size with over 10,000 names in the database. Brats now have their own newsgroup, chat room, and list of coming events. A bulletin board and links to various other sites also provides them with a chance to track down old friends.

"I think this site is great for reconnecting with old friends. I had quite a few over the years as a brat, and this helps a lot, since I have lost contact with so many of them, as time has gone by. I do hope more of the 'brats' sign up, because as the database gets larger, it will be easier to locate people," said Heidi Somerville, a user of the site.

Ray Ricketts has also had plenty of success finding past acquaintances by using the site.

"We actually lived in Trenton twice - 1953-1955 at 55 Rivers Drive and 1960-1965 at 8 Godfrey St. I attended Breadner Public School

and Trenton High School and had many friends that I have often wondered what ever became of them," said Ricketts. "My brother, Bruce, told me about the site and has actually found more friends than I have. Through the site I found a number of my school friends and, with their addresses, have found that a number of them did not even leave the Trenton/Belleville area. My best friend, Derek Longworth, for example, is a retired police officer living in Belleville. Even though I found him before I found this site, it has prompted me to want to know more about childhood friends and their eventual career path. I have exchanged numerous e-mails with many of the CAFBA members and hope to hear from more."

"Our goal is to eventually find all the missing brats," said McLeod.

For more information on the association or to register your name, go to www.cafba.ca.

Remember: Metals can burn too



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

In your fire extinguisher training, you probably concentrated on the A, B and C types of extinguishers used on the three most common classes of fires. Your instructor may have mentioned a fourth class of fire, which calls for a D extinguisher. But unless your workplace uses certain metals, you may not have heard much more about Class D fire.

Many metals can burn, including magnesium, sodium, potassium, zirconium, titanium, lithium, aluminium, uranium and certain alloys. If you work with metals you should be aware of the fire hazards and you should also know conventional firefighting methods may not be effective or may make the fire much worse.

These fires are fought with a Class D fire extinguisher. This is a dry powder extinguisher, not to be confused with a common

dry chemical extinguisher.

Magnesium is a good example of a common flammable metal. Large pieces of magnesium such as bars, rods and sheets are not likely to burn. But magnesium chips, dust or other fine pieces, such as those created by metal-working machines are highly flammable. Ignition sources are commonly from open flames, electric arcs and sparks from tools. Magnesium also provides a good example of why you should not use an extinguisher other than Class D. When magnesium gets wet, it gives off hydrogen, a flammable gas. So fighting a magnesium fire with water can cause it to burn violently and possibly explode. Pressurized fire extinguishers may not put the fire out but will just blow burning particles around and spread the fire.

The class D extinguisher is a dry powder, which smothers the fire. It is often applied with a scoop or shovel.

Dealing with flammable metals and metal fires requires special training. If these metals are part of your work, make sure you know how to prevent a fire and deal with an emergency.

Meanwhile, here is a review of the more commonly used fire extin-

guishers:

Class A is for ordinary combustible materials such as wood, paper and fabric.

Class B is for flammable or combustible liquids such as petroleum fuels, paint, solvents or grease.

Class C is for energized electrical equipment.

Use this mental checklist before you use a fire extinguisher on a fire:

The alarm has been raised and the building is being evacuated.

The fire department is being called.

The fire is small and not spreading.

You have a clear path to safety and you can fight the fire with your back to the exit.

You can stay low and avoid smoke.

The proper extinguisher is immediately available.

You have read the instructions and you know how to use the extinguisher.

Whether you are faced with a kitchen fire and an ABC combination fire extinguisher, or a flammable metal fire and a Class D extinguisher, make sure you know what you are doing before taking action. Know the exact location and types of extinguishers in your work areas.



This Week in Contact

1943--A controversy rose between Aircraftmen and NCOs regarding what ranks should be permitted to attend Station dances. According to a survey conducted by Contact, Aircraftmen almost unanimously favoured barring the dances to NCOs, while the majority of NCOs claimed they had every right to attend the functions.

1953/1963--Unavailable

1973--Parliament increases defence spending to \$2.126B, and the CF overhauls annual leave policy to render it an entitlement, also allowing members to take "single" days off for short vacations.

1983--Boeing 707s from CFB Trenton conduct the first air-to-air refueling trials with the new CF-18 fighter aircraft. MND announces the \$25M New Employment Expansion and Development (NEED) program to create 3,000 temporary civilian jobs in DND, of which Trenton will meet a quota of 713 person-months.

1993--The Government announced creation of a new Canadian Military Honours System by the Sovereign: The Victoria Cross (VC); The Star of Military Valour (SMV); and The Medal of Military Valour (MMV).



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

Canadiana Crossword

Words of Fun

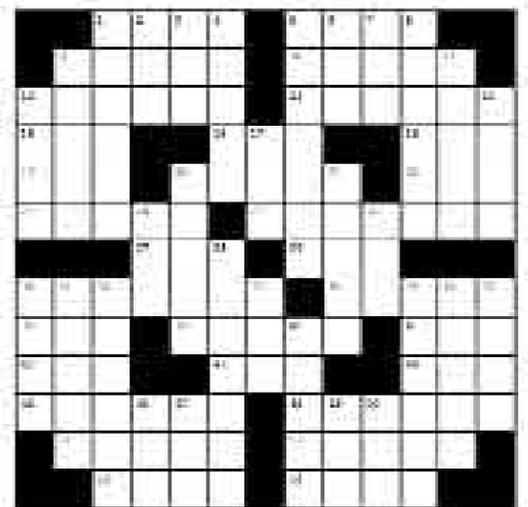
By Dominic Rosella and Jason Kibler

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Fitness, Sports & Recreation

Support is critical when changing your lifestyle



Laurie McVicar

Confessions from the Gym

Monday, March 17

While I am trying hard to adopt the saying "good nutrition starts at home," an experience involving my son last weekend proved I have a lot of work ahead of me.

As I reflected over my "beloved" food diary on Saturday, my toddler offered a noisy reminder that lunchtime had arrived. As I scrambled through my fridge, Aidan silently manoeuvred around me. By the time I looked down to see what it was he wanted, a handful of Smarties were already well past those

tiny lips. Sadly I couldn't discipline him without feeling hypocritical.

How many times have I done the same thing – snacked before a meal to quell the hunger? Choosing those handy, but unhealthy snacks instead of grabbing a few veggies or simply waiting. It's amazing how quickly our children pick up our eating habits.

On a more positive note, Aidan has picked up my love of fresh fruit and eats it often. My husband, on the other hand, is a tougher nut to crack. With a bottomless pit for a stomach and an

insatiable sweet tooth, he is definitely a great source of frustration at times. It's incredibly difficult to watch someone indulge in a chocolate bar as you sit nibbling on an apple.

Brice is very supportive of my weight loss, but (like many people) oblivious as to how they can help. Unless most families are made up entirely of psychics, I'm betting some of you have gone through this scenario as well – you've done extremely well all week until company drops by with those donuts or that pie. Even though they know how hard you have been working on losing weight, they still urge you to have some.

My mother is notoriously bad at this. She'll buy baked goods, take enough for herself and my father and then drop the rest off at my house.

I've pleaded with her several times to stop only to hear her say, "just put them aside for Brice".

As my trainer once noted, this is like putting a cigarette in front of a smoker who's trying to quit – and then telling them to ignore it. Obese people don't choose to be overweight, it's often an

addiction to food. Eating becomes much more than a way to sustain our bodies, it becomes a crutch. It comforts us when we are down or fills the void when we are bored.

So, if you are not getting the support you need from your family, friends, coworkers, per-

haps its time for a little talk. After all, your health is just as important to your loved ones as it is you.

On another note, a huge thank you to my child care provider who found my engagement ring this week. Now, if only I could find that bracelet...

Intersection Floor Hockey League

The regular season is over and 426 Sqn was the dominant team this year only losing one and tying one game all season.

Team Standings (as of March 11, 2003)

Team	Wins	Losses	Ties	Points	Place
426 Sqn	14	1	1	30	1st
CPC	10	6	0	20	2nd
CFPU	6	7	3	15	3rd
BBT	5	10	1	11	4th
WTISS	2	13	1	5	5th

YOUTH STRENGTH AND CONDITIONING SEMINAR

For persons age 13 -15 who wish to gain access to the Strength & Conditioning Room. Also open to those 16 – 18 who wish to learn safe and effective training techniques.

March 26th - 1600-1800 hrs

NOTE: a one on one personal training session will also be scheduled at a later date to finalize the training before the youth can gain access.

Cost: \$20.00 per participant

(Before access can be gained to the Strength and Conditioning room, participant must have a current gym pass)

Note: Documentation needs to be filled out by the participant and signed by a parent or guardian prior to the start of the course.

To register, or for more information contact PSP Fitness Coordinator Scott Burns, 392-2811 loc. 3328



Judi Christopherson

news from the

Community Recreation Director

Step Classes (8 WEEK SESSION)

3361/3348.

Kickin' Cardio

With Elizabeth Harrison in the studio @ South Side Gymnasium. Monday evenings, 6:00 - 6:50 p.m. March 24 - May 26, 2003. (No Class on Monday April 21st and May 19th). Cost: \$20.00 - Military or CRA member, \$25.00 - Non CRA member, drop-in Fee - \$5.00. Register at the RecPlex during regular business hours. Call for information - 392-2811 ext. 3361/3348

Saturday mornings, 9 - 9:50 a.m., March 22 - May 24, 8-week session. Classes are held at the main Gym (on the south side of the base) upstairs in the Aerobic Studio. Cost: \$ 20. - military personnel & CRA members, \$25. - non CRA members, \$5/class - drop-in fee or purchase a "Punch Card". Register at the RecPlex. For info call ext. 3361/3348.

Spinning

(Instructor led studio cycling)

Body Sculpting

Monday & Thursday evening, 7 - 7:50 p.m., March 17 - May 12.

Classes are held at the main GYM (on the south side of the base) upstairs in the Aerobic Studio. Cost: \$40. - military personnel & CRA members, \$50. - non CRA members, \$5/class - drop-in fee or purchase a "Punch Card".

Register at the RecPlex. For details, call ext.

Thursday evening, 6-6:50 p.m., March 20 - May 8. Classes are held at the main Gym (on the south side of the base) upstairs in the Aerobic Studio. Cost: \$20 - military personnel & CRA members, \$25. - non CRA members, \$5/class - drop-in fee or purchase a "Punch Card". Register at the RecPlex. For detail, call ext. 3361/3348.

Pre-school Gym-cercise

March 18th - May 6th

Tuesday mornings, 9:30 - 10:30 am at the RecPlex. Moms & Dads. Join Cindy for this introduction to basic gymnastics for pre-schoolers with the emphasis on FUN ! An action packed program for children with plenty of energy. Children will take part in various activities to improve balance, coordination, flexibility & strength. Parents will learn spotting techniques as their child learns to climb & play. Cost: \$10 for CRA members, \$15 for non-members.

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

Not sure which class you want more? Want to do more than two classes per week? Purchase a punch card and try them all! 16 class card - \$ 45.00 CRA Member, \$ 55.00 Non CRA Member. Once the card is used you must pay the drop-in fee or purchase a short course card. Cost: 10 classes - \$25.00/\$30.00 (Short course cards only available to punch card holders). You can purchase your punch card at the RecPlex. Call for information - 392-2811 ext. 3361/3348.

JUNE 21 & 22 JUN 2003

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Recteur de Chapelle Local 3487
(Chapel Life Coordinator / Responsable de la communauté chrétienne)

Padre Allan Murphy (RC) Local 3312

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Sunday Mass: 1130 hrs (English)
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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.

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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.

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 .

Gardiennage au Gymnase

Mardi - Mercredi - Jeudi / 9h - 11h

4\$ de l'heure/par enfant

Frère et soeur additionel/1,50\$ chacun

Salle Polyvalente Service Bilingue

Réservez une place pour votre enfant

en téléphonant au CRFM, 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.

March 26 - Cheryl Rothenberg - health promotions, weight wellness & some fun exercises.

April 2 - Body Shop - Enjoy a foot soak, learn about scrubs and other spa pleasures

"Activités du mercredi"

Mercredi de 18h à 20h. Une variété d'activités est planifiée.

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

2 avril - Body Shop - Profitez d'un bain de pieds, apprenez à propos du nettoyage de la peau et d'autres merveilles du spa.

Spanish Classes./ Cours d'espagnol

25 hours of instruction

Beginner: Mondays, 6:30 - 9pm

Starts Monday, April 14th.

Intermediate:

Wednesdays, 6:30 - 9pm

Starts Wednesday April 16th

Cost: \$75/military family member

\$85/non-military affiliated

Minimum of 8 participants.

Register by April 4th.

Call at 965-3575 or call Manon at 392-2811 - 3852

25 heures d'instruction

Débutant: Lundi de 18h30 à 21h

Débute lundi le 14 avril.

Intermédiaire:

Mercredi de 18h30 à 21h

Débute mercredi le 16 avril

Coût:

75\$/ membre de familles militaires

85\$/ non-affilié à la vie militaire

Minimum de 8 participants

Inscription pour le 4 avril

Téléphonez le 965-3575 ou Manon au 392-2811 - 3852

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 will learn .

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

"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 1/2 -5 ans

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

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

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

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

March 23 - March 29

ARIES (March 21-April 19): Travel, social gatherings and any other form of entertainment should be on your agenda on the 23rd and 24th. Your attitude will be energetic and you will want to try anything that looks exciting. Do whatever job is given to you and do it well. Don't rely on others to help you out on the 25th and 26th. You'll have lots of opportunity to get ahead on the 27th, 28th and 29th. Let everyone know what you want.

TAURUS (April 20-May 20): You should do something special on the 23rd and 24th for someone who can't do for him or herself. Take care of this person's personal papers or advise him or her of what they should be doing. Money matters can be resolved. Follow your own path on the 25th and 26th. Don't let others disillusion you about what you can and can't do. Someone won't tell the truth on the 27th, 28th and 29th. It will be up to you to decipher between fact and fiction.

GEMINI (May 21-June 20): Don't let your fickle side lead you astray on the 23rd and 24th. Love is mounting. Choose wisely and enjoy your good fortune. Organize your finances and check your personal papers on the 25th and 26th before you make a binding promise. Travel for business or pleasure will turn out to be extremely auspicious for you on the 27th, 28th and 29th. Greater self-awareness will follow the experiences you have. Let go and have fun.

CANCER (June 21-July 22): Accept the inevitable on the 23rd and 24th and success will be yours. Your suggestions will be well received and if you are fun to be with you'll be surprised how much networking can be accomplished. You may have to deal with personal issues on the 25th and 26th if you have been moody and hard to get along. You will be the collector on the 27th, 28th and 29th. Get out and scour the countryside for treasures.

LEO (July 23-Aug. 22): Opportunities for love will present themselves on the 23rd and 24th. You can spend money on items that will enhance your appearance and should make plans to get out and do something special. Don't let anyone take you for granted on the 25th and 26th, overtime without sufficient pay isn't worth it. Someone may try to take advantage of your generous nature on the 27th, 28th and 29th. Don't spend to impress.

VIRGO (Aug. 23-Sept. 22): Be careful what you say and do at home on the 23rd and 24th. Not everyone will see things your way. Don't let anyone confuse issues by giving you false impressions. Get into a fitness program on the 25th and 26th. A little socializing at the gym could lead to a good connection. Nothing will be as it appears on the 27th, 28th and 29th so ask questions regardless of how much you think you know.

LIBRA (Sept. 23-Oct. 22): Take part in activities on the 23rd and 24th that will bring you romantic results. Travel, lectures and social gatherings will make people you care about see you in a different light. You shouldn't overspend on the 25th and 26th in order to impress someone. It won't be worth it. You will be in a very creative and productive mood on the 27th, 28th and 29th so get moving and make changes.

SCORPIO (Oct. 23-Nov. 21): Do something that will ease your mind, body and soul on the 23rd and 24th. You can make some minor changes in your life that will ensure better health and a better quality of life. You can learn a lot on the 25th and 26th if you listen and observe instead of dominating the conversation. Your actions will be monitored on the 27th, 28th and 29th and you could end up having to explain yourself.

SAGITTARIUS (Nov. 22-Dec. 21): Someone may play with your emotions on the 23rd and 24th if you let them. Excitement is evident, but make sure that it isn't due to someone meddling in your affairs. Don't take a financial risk on the 25th and 26th. Focus on bringing cash in, not throwing it away. Don't reveal your thoughts on the 27th, 28th and 29th until you know what you want to do with your personal life.

CAPRICORN (Dec. 22-Jan. 19): Look over your financial situation on the 23rd and 24th and decide what you should be doing to build greater security for the future. Clear up the trivial duties that have built up, creating added stress. Plan to put your feet up and relax a bit on the 25th and 26th. You will feel better if you take time out. What you see and what you get may not be the same on the 27th, 28th and 29th. Do your homework and avoid trouble.

AQUARIUS (Jan. 20-Feb. 18): Get involved in an organization that is out to help others on the 23rd and 24th. Your volunteer work will be admired and bring you in contact with some prestigious people who can and will help you in the future. Keep your wits about you on the 25th and 26th and prepare for a challenge. Your insight should pay off. Don't fool yourself on the 27th, 28th and 29th. Your intuition is not leading you astray. Prepare to make changes.

PISCES (Feb. 19-March 20): Don't let anyone talk you into doing something that you don't want to do on the 23rd and 24th. Put your efforts into yourself and your own work not helping someone else get ahead. You will want to do everything for everyone on the 25th and 26th. Don't make promises you can't keep. If you share your personal dilemmas with others on the 27th, 28th and 29th you can expect gossip to result.

WTN SQUADRON PROTECTING YOUR WATER



- It's 1400 hrs, 12 March and even though you can't see him, that's WTN's Cpl Dan Jette blowing glycol-contaminated snow into the 8 Wg Bioremediation Pond. Using heavy equipment dump trucks and front-end loaders, this snow had previously been removed from the flightline ramp area, to the eastern edge of the Bioremediation Pond. It was necessary to blow the snow into the pond to ensure that the impermeable pond liner was not punctured. *Why was this snow removed*

from the flightline ramp area? A portion of the glycol used to deice aircraft becomes embedded in the very large snowpiles that build up along the edges of the ramp area. As spring approaches and snow melts, the glycol embedded in the snow escapes into the melt waters. In order to ensure that the amount of glycol contained in the melt water and the amount of glycol released into creeks is minimized, the most glycol-contaminated snow is removed prior to melting. WTN Sqn's actions provide an excellent example of the contribution that every 8 Wg unit can make to ensuring that the environmental impact of all 8 Wg operations is minimized.

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AWARDING \$15,000 CASH
Trenton Chrysler Dodge Jeep is giving away \$15,000 dollars! If you are considering buying a new or used vehicle you've got to go & see Trenton Chrysler, they are giving away \$15,000 to one of their customers who purchases or leases any new or used vehicle. To win, be one of the first 250 buyers & you'll automatically entered in the draw. One winner will take home \$15,000 cash.
The draw takes place Saturday June 7th, 2003, 11:00a.m. Live at the dealership!

TRENTON CHRYSLER DODGE JEEP

*See dealer for details. Vehicle must be delivered within the contest period. Wholesale vehicles do not apply.

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Call Geo and Ray anytime

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Showcase

Showcase



Congratulations! Félicitations!

WLEO's Commendations

WO G. Aitken, Sgt C. Tucker, Sgt M. Gorman, MCpl R. DePape
presented by LCol R. Baker, WLEO



CWO R. Goulet
received his CD2
presented by
LCol R. Baker, WLEO



Cpl L.S. Charest
received his CD
presented by
LCol R. Baker, WLEO



Cpl D.J. Cooke
received his CD1
presented by
LCol R. Baker, WLEO



Cpl V. Fisher
received her CF Physical
Fitness Award
presented by
LCol R. Baker, WLEO



Cpl J. Zagler
received a
WLEO's Commendation
presented by
LCol R. Baker, WLEO



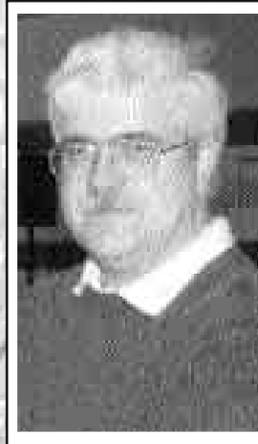
MCpl T. Ferguson
received a
WLEO's Commendation
presented by
LCol R. Baker, WLEO



MCpl M. Hutchinson
received a
WLEO's Commendation
presented by
LCol R. Baker, WLEO



Mr F. Balsdon
received a
WLEO's Commendation
presented by
LCol R. Baker, WLEO



Mr D. Milton
received a
WLEO's Commendation
presented by
LCol R. Baker, WLEO



Mr J. Miles
received a
WLEO's Commendation
presented by
LCol R. Baker, WLEO



Mr M. Alyea
received a
WLEO's Commendation
presented by
LCol R. Baker, WLEO



Ms D. Haines
received a
WLEO's Commendation
presented by
LCol R. Baker, WLEO



Ms K. Douglas
received a
WLEO's Commendation
presented by
LCol R. Baker, WLEO



MWO H. Erickson
received a
Certificate of Appreciation
presented by
LCol R. Baker, WLEO



PO1 K.J. Stewart
received his WASM
presented by
LCol R. Baker, WLEO



Sgt J.G. Cayouette
received his WASM
presented by
LCol R. Baker, WLEO



Sgt J. Couture
received her CD1
presented by
LCol R. Baker, WLEO



WO C. Beaupre
received her NATO
presented by
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Information

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THANK YOU

Thank you to the following businesses for helping to make this year's Women's Conference a huge success:
Merci aux entreprises suivantes qui par leur aide ont accru le succès de la Conférence annuelle des femmes:

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Correction

Trenton Furniture Ad
on pg 8 this issue should read
BOX & Mattress Sets
from prices as listed
Hwy 2 Bayside
962-6202
We apologize for any inconvenience this may have caused.

For Sale

FOR SALE
Sony CD walkman plus two headsets & one adaptor.
New Condition
\$95.00.
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ATTENTION FOR SALE
To all DJ's & Music lovers- Hundreds of CD's, Tapes & Records to sacrifice.
Great variety of music for anyone
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FOR SALE
4 All-Season Tires, 185/70 R13's in great shape!
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Call: 967-8197 or 849-1749.
Please leave voicemail message.

FOR SALE
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Help Wanted

Summer Employment Opportunity
Central Region Gliding School requires: Retired Senior NCO to fill position of Camp Chief Warrant Officer (CWO rank, 2 Jun-28 Aug); and Retired Officer (any trade) to fill position of Camp Administration Officer (Capt rank, 25 May-30 Aug). Contact Ms Shannon Prindiville (local 2706)

Full Time Employment Opportunity
Region Air Cadet Air Operations (Central)
Qualified Supply Technician to fill position of Air Ops Supply Officer (Sgt rank). Primary work location Mountain View. Forward resume to LCol P. van Haastrecht, 105 Yukon Dr. (Bldg 56, Rm 219).

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Roommate wanted to share house in Frankford, all utilities included non-smoker. \$400/month call Mark at 398-1552 after 4pm

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