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SAR Techs now a Special 2 occupation



Photo: Cpl Paul Green, 8 Wing Imaging

Almost two dozen SAR Techs here at 8 Wing/CFB Trenton will take home a well-deserved raise this month after their occupation was reclassified under the Specialist 2 Trade Group.

by Lt. Lena Angell and Laurie McVicar

Twenty-two SAR Techs from 8 Wing/CFB Trenton will take home a well deserved raise this month after their occupation was reclassified under the Specialist 2 Trade Group.

The reclassification was approved with the Chief of Defence and is effective January 1, 2003. For a SAR Tech Corporal/Master Corporal this means an increase ranging from \$231 to \$290 a month in base pay.

Out of more than 70 non-commissioned member trades in the CF, only two others – Marine Engineering Artificer and Flight Engineer – have been allotted the Specialist 2 Trade Group.

"The most positive part of this entire raise is that it will be pensionable. That makes a really big difference for us at the end of our careers," said Sgt. Glenn Gray, a SAR Tech with 424 Squadron. "It's also nice to be recognized for the extra work

and risks that are involved with your job."

According to Sgt. Gray another study is underway to examine all allowances, including those given to SAR Techs.

"Right now we get a rescue allowance to cover a lot of the skills we have such as diving, parachuting and flying. Everyone else that does these jobs in the military receives specialty pays – if they're divers, they get a diving pay; if they're jumpers, they'll get a jump pay; if they're aircrew they'll get flying pay. For us, they have amalgamated all three together. If you add them all separately it would come to roughly another \$900 a month, at least for me," said Sgt. Gray.

There is fierce competition to become a SAR Tech; a minimum of four years is required in a previous occupation before a CF member can even consider applying. The selection process is intense and the 11-month course tests those selected for their physical and mental limits.

8 ACCS welcomes new Honorary Colonel Brock

by Capt Andy Coxhead
8 Wing PAFFO

In an intimate but formal ceremony presided over by Colonel Dave Higgins, Commander 8 Wing/CFB Trenton, this past Monday morning, Colonel Barry L. Brock, CD, was appointed Honorary Colonel of 8 Air Communication and Control Squadron (8 ACCS).

The appointment of Honorary Colonel is granted to persons who have rendered distinguished service

to the CF or who, from an educational or administrative point of view, are capable of representing and promoting the general efficiency of the Canadian Forces.

"Colonel Brock's experience, credentials and extensive military service (23 years), including a past appointment as the Commanding Officer, Air Transp. Communications and Control Unit (now 8 ACCS), render him ideally suited for the role of Honorary Colonel," said Col Higgins.

"We thank you for taking up this appointment, welcome you back into the fold in this new capacity and look forward to working closely with you throughout your tenure."

Colonel Brock replaced outgoing Honorary Colonel Bruce Green, CD, who had served the Squadron well over the past three years.

"I would like to thank Honorary Colonel Green for his commendable support. Through his good graces he has truly advanced unit aims and mission

objectives and we are indebted to him," said Col Higgins.

The men and women of 8 ACCS, also known as the "Gypsies", pride themselves in being at the pointy end of operational support for deployed CF air operations. They possess extensive technical and operational expertise in the areas of deployable communications, ATC operations, and navigational aids; enabling them to provide quality support to a wide variety of CF operations worldwide.



Photo: Cpl Bill Parrott, 8 Wing Imaging

8ACCS welcomes a new Honorary Colonel.

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Preparations underway for Op NIJMEGEN 2003

by MWO G. Smith,
1 CAD CCC

The Nijmegen Marches are a rigorous and prestigious annual event. This year marks the 87th Nijmegen March and the Canadian Forces' 51st Anniversary since our first participation in 1952.

The Marches require that the military entrants complete the four-day, 160 km (4x40) march in combat uniform, carrying a minimum rucksack load

of 10kg. For the military, each day's march starts and ends at the Dutch Army temporary tented barracks, Camp Heumensoord.

Operation NIJMEGEN recognizes the largest annual pilgrimage of Canadian soldiers, sailors and airmen to a war cemetery outside of Canada. During WWII, Canadian soldiers liberated the area around Nijmegen. A large Canadian cemetery in nearby Groesbeek serves as the final rest-

ing place for over 2300 Canadian soldiers and airmen. The cemetery is on the route of the 3rd day of the march, and all military marchers halt there to pay their respects and conduct remembrance ceremonies.

When the Dutch Royal Family was forced to flee the invading German Army in 1940, Canada became a place of refuge for Princess Juliana, heir to the Dutch throne, and her family. The birth of Princess Margriet

Francisca to Princess Juliana and Prince Bernhard was more than a new life. It was a symbol of hope and inspiration for the Dutch people who were fighting for their lives in Europe. Her birth, the only birth of a Royal Princess in North America, heartened the Dutch resistance and created a new and living link between Canada and the Netherlands. A million tulips are the visible symbol of Dutch gratitude for Canadian actions during the Liberation of the Netherlands 1944-1945, in the last days of the Second World War. The legacy of a gift first given in 1945, the tulips bloom every spring in Canada's Capital Region. They commemorate the lasting friendship between Canada and the Netherlands and remember all those who made the supreme sacrifice for liberty and justice for all.

The Nijmegen Marches will be a challenging and emotional experience. This is the ultimate test of a member's physical and mental fitness, and stamina, as well as teamwork, sound leadership, and the highest standards of discipline and conduct.

To prevent injuries, rigorous and proper training is essential for this calibre of event. Participating teams consist of eleven (11) members. Preparatory training runs from mid April to July, with the

sive days.

Each individual who successfully completes the March receives an award; however, the coveted medal award is presented to team members who successfully complete the March with at least 90 per cent of the team intact.

Canadian participation in the Nijmegen Marches will be planned and organized as a Canadian Forces training activity described in CAN-FORGEN 009/03, available at <http://vcds.dwan.dnd.ca/vcds-exec/pubs/can-forgen/2003/009-03.e.asp>, and information pertaining specifically to Nijmegen is available at <http://dcds.mil.ca/other/nijmegen/default.e.asp>.

In anticipation of Chief of Air Staff direction concerning Air Force participation in Operation NIJMEGEN 2003, the 8 Wing Administration and Human Resources Officer has requested a base-wide appreciation of interest and availability of personnel. The Fitness and Sports Director, Manny Raspberry, has produced an application form, 5592-1-1 (Fit & Sports Dir) 27 Jan 03, including tentative supervisor approval, for submission to him by 21 Feb 03, to gain this appreciation. I encourage everyone to seriously contemplate participation, indicate your interest, and muster for team trials. Chimo!

The Nijmegen Marches will be a challenging and emotional experience. This is the ultimate test of a member's physical and mental fitness, and stamina, as well as teamwork, sound leadership, and the highest standards of discipline and conduct.

Nijmegen Marches conducted from 15 to 18 July 2003. The minimum training standards that must be certified for each Op NIJMEGEN 2003 team as part of the Commander of the Command or Group Operational Readiness for their team is:

- a. successful completion of a minimum 500 km training program; and
- b. successful completion of two (2) 40 km marches on succes-

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



8 Wing Trenton welcomes Pte Gabrielle Longpre and Pte Trenton Dicks, recent graduates of QL3 Cook Training in CFB Borden, as they begin rewarding careers at the Yukon Galley.

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LOGISTICS AND ENGINEERING BRANCH TURNS 35!



Photo: Cpl Josée Menard, 8 Wing Imaging

Capt Kim Fawcett, WCWO Jim Boland, LCol Steve Davenport (WAHRO), and LCol Ray Baker (WLEO) took part in birthday celebrations on Monday to honour the 35th birthday of the Wing Logistics and Engineering (WLE) Branch. WLE covers a number of different trades including: transportation, food services, postal services, administration, human resources, financial services and supply. As well as being highly diversified, the branch is also highly deployable and is currently supporting OP PALLADIUM and OP APOLLO. This is in addition to the support they provide to CFS Alert.

Special mention was given to Private Andrew Sharpe for creating the two tier cake as part of his on the job training. Thanks were also extended to Master Seaman Dan Beland and Ordinary Seaman Teena Freshwater for their assistance in organizing the event.

Search & Rescue UPDATE



424 Sqn had no SAR call outs this week.

Cheers.....From the TIGERS

Missions for 2003: 4 Missions for Jan.: 4 Persons rescued: 4

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The Contact Newspaper

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

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

Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

• Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



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Maple Leaf Salad by Jim Graham



1. Which of the following works was *not* authored by Marshall McLuhan?

- A. The Gutenberg Galaxy
- B. War & Peace in the Global Village
- C. Understanding Media
- D. The Great Code

2. Who won Canada's first Olympic gold medal in diving in 1984?

- A. Carolyn Waldo
- B. Anne Ottenbrite
- C. Lori Fung
- D. Sylvie Bernier



3. What Quebec cabinet minister was assassinated during the 1970 October Crisis?

- A. Maurice Duplessis
- B. Claude Ryan
- C. Pierre Laporte
- D. Claude Wagner



1. d. 2. d. 3. c

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CDS "MESSAGE TO THE TROOPS"

JANUARY 2003

Earlier this month, the Minister of National Defence made an important trip to Washington D.C. to discuss security and defence relations with Secretary of Defence Rumsfeld.

As stated by the Prime Minister and the Minister of National Defence, Canada remains committed to the UN Security Council process and an effective weapons inspection program. Although Canada has not yet decided on a military commitment to the current Iraq situation, we must be prepared to participate should the Government of Canada call upon us to participate.

On the home front, the Minister of National Defence and the Minister of Foreign Affairs recently announced a bi-national agreement between the US and Canada to establish a

military planning group. Its purpose is to enhance Canada's security by planning for possible crisis scenarios, including potential terrorist attacks and natural disasters within North America. The planning group will also focus on new ways to provide bi-national military support to civilian authorities, when requested, in case of a major crisis. We will continue to rely on the civilian first response to disaster and the close relationship between area commanders and provincial authorities. At the end of the day, the planning group will save lives.

It is part of Canada's obligation to continue to contribute to the security of North America — an obligation we must all take seriously. It is also an exercise in Canadian sovereignty and something of which we can all be proud.

Today, perhaps more than ever, our professional working relationship with our colleagues remains an important part of our missions around the world and the safety and security of North America. Many of you have already had the opportunity to work with our colleagues — during the Gulf War over a decade ago, in Kosovo, or more recently in southwest Asia — and I'm sure, like me, you have witnessed our outstanding working relationship with them. In the coming months, this relationship and commitment to international peace and security will continue as our unprecedented defence relationship continues to play an important role on the world stage and at home.

R.R. Henault
General
CDS

Minister appoints committee on administrative efficiency

OTTAWA, Jan. 30 /CNW/ - The Honourable John McCallum, Minister of National Defence, has announced the appointment of four external consultants to examine administrative efficiencies within the Department of National Defence.

"I am committed to ensuring that Canadian

taxpayers get the best possible value for every dollar that Defence spends." Minister McCallum said. "My Department has already made significant progress in modernizing its business structures. Nevertheless, I have found, in my experience, that all large organizations can benefit from an outside perspective."

The Committee's mandate is to study and provide advice in two general areas:

- any issue(s) of administrative efficiency, broadly defined, within the Department of National Defence and the Canadian Forces that the Committee chooses to investigate; and
- the material acquisition and procurement process within the

Department of National Defence.

The Minister of National Defence has appointed Harold Stephen as chair, and John D. McLure, Robert B. Winsor and Frederick R. Sutherland to the Committee. The four experts will work within the Department alongside Departmental officials to

assess administrative practices, and will have regular access to the Minister of National Defence and Canadian Forces officials.

"Today we are appointing four highly qualified individuals with extensive experience in private and public sector administration, management and restructuring", noted Minister McCallum.

On the issues of materiel acquisition and the procurement process within the Department of

National Defence, the Committee will work in partnership with the Department of Public Works and Government Services Canada.

The Committee will report its findings and recommendations to the Minister of National Defence within six months. The Committee may also bring forward recommendations on an interim basis and will be disbanded after six months.

Le ministre de la Défense met sur pied un Comité consultatif sur l'efficacité administrative

OTTAWA, le 30 janv. /CNW/ - L'honorable John McCallum, ministre de la Défense nationale, a annoncé la nomination de quatre experts-conseils externes qui examineront l'efficacité administrative du ministère de la Défense nationale.

"Je m'engage à optimiser l'emploi de toutes les sommes versées par les contribuables canadiens et affectées à la Défense", a affirmé le ministre McCallum. "Mon ministère a déjà réalisé d'importants progrès pour moderniser ses structures administratives. J'ai néanmoins con-

staté que toutes les organisations d'envergure peuvent tirer parti d'un point de vue externe."

Le Comité a pour mandat de mener une étude et de fournir des conseils dans deux secteurs généraux :

- toute question que le Comité choisit d'examiner et qui porte sur l'efficacité administrative, au sens large, au sein du ministère de la Défense nationale et des Forces canadiennes;

- le processus d'acquisition du matériel et d'approvisionnement au ministère de la Défense nationale.

Le ministre de la

Défense nationale a nommé au Comité Harold Stephen en tant que président, John D. McLure, R.B. Winsor et Frederick R. Sutherland.

Les quatre spécialistes travailleront au sein du Ministère et côtoieront les hauts fonctionnaires pour évaluer les pratiques administratives et pourront régulièrement joindre le ministre de la Défense nationale et d'autres représentants de la Défense nationale et des Forces canadiennes.

"C'est aujourd'hui que nous nommons quatre personnes hautement qualifiées possédant une vaste expérience dans les

domaines de l'administration, de la gestion et de la restructuration, tant dans les secteurs privé que public", a affirmé le Ministre.

En ce qui a trait aux questions d'acquisition de matériel et du processus d'approvisionnement au sein du ministère de la Défense nationale, le Comité travaillera en partenariat avec le ministère des Travaux publics et des Services gouvernementaux du Canada.

Le Comité présentera au ministre de la Défense nationale un rapport sur ses conclusions et recommandations dans un délai de six mois. Le Comité peut également formuler des recommandations provisoires, mais il sera dissous après avoir déposé son rapport final.



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A special thanks from an "ABILITY CAMP" graduate

If you go to the base pool you are bound to run into Benoit, he does physio there every other day.

The son of Nathalie Brault and Corporal Dan Pelletier, this adorable little boy was born on April 6, 2000 and has been diagnosed with Hydrocephalus and Cerebral Palsy (spastic diplegia). Due to the cerebral palsy, both of his legs are affected by high tone - tight muscles. This makes movement very difficult for Ben. He needs to wear braces to help stretch his muscles, has poor trunk control and is unable to walk on his own. Since his birth, Ben has required a brain surgery, an eye surgery and just recently he had one to his left hip to prevent the dislocation of the hip joint due to the strong pull of the muscle. Special thanks to Colonel Dave Higgins and his aids for the time allotted to Ben's dad so he can be with him for this long recovery. The family could not have done it

otherwise, thank you sir.

Ben is being followed by a great team of professionals and just one year ago, one of them gave the family a video about Ability Camp. The family was excited to hear about this specialized camp for children with cerebral palsy established right here in our own "backyard" in Milford, Prince Edward County. Like any parents who just want the best for their children, inquiries were made and the family decided to register Ben for a five-week intensive therapy session from January 5 to February 7, 2003.

Ability Camp, established in 1995, is a year round facility that provides Conductive Education as a Cerebral Palsy treatment and for children with other motor disorders such as Hydrocephalus, Brain Injury, Spina Bifida. They offer five-week sessions, which provide 120-145 hours that are designed to help teach and motivate children to become more mobile

and independent. In group settings, they are able to use the friendship that the children form as a tool to motivate them. They can also see that they are not the only one struggling to succeed. These intensive sessions provide time for children to learn new skills, repeat and reinforce these skills on a daily basis.

We invite you to visit their web site at: www.abilitycamp.com to read some of their success stories, which are very moving.

The cost for the sessions was several thousand dollars. Request applications where sent to numerous organizations for support to help offset the high dollar figure. Ben's parents were very glad to hear positive responses from the following groups which generously supported the expenses: The Jennifer Ashleigh Foundation, Inter-service Clubs of Columbus, Knights of Columbus of CFB Trenton, Mr. and Mrs. Guy Pelletier, Kinsmen of Picton &

Bell ICE Team. Several personal contributions were gratefully received.

A "fudge bars sale", which was conducted by the parents to raise more funds, was greatly supported by the following individuals: Christine and Shawn Campbell, Nathalie and Steve Godin, Randy McCullough, Debbie, Joan, Jeff and Tammy Mitz, Angela Breault, Anne-Marie Brault, Suzie, Shannon, Donna, Maurina, Amy, Laura and Scott. To all of you who encouraged the family by purchasing some fudge, thank you.

Ben has just graduated from camp and the five-week therapy, which was physically and emotionally involving. Through hard work, Ben's legs have gotten stronger and his trunk control has improved a great deal. He actually looks forward to walking with his walker and has been practicing walking with



Ben has to struggle to do what most of us take for granted. He is shown here with his Mom doing one of the many exercises at Ability Camp.

quad canes to his parents' amazement. The most noticeable change, they believe, is in his attitude. He seems to understand now that he is different and will have to struggle just to do what most of us take for granted, walk.

There is no possible way Dan and Nathalie can put into words the joy that Ben has brought to their lives and to live where people understand the need to help and do their part in

contributing to the welfare of children. They would like to extend a heartfelt thank you to all of their friends and family and to the community for the amazing support they have received.

If you have missed our fundraising campaign but would still like to contribute, you can do so by sending a cheque or money order to: Benoit Pelletier, 17754 Telephone Rd., Trenton, ON K8V 5P4.

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Paws and Claws

We want to hear from you!

For the past couple of months I have enjoyed writing this column and hope you have enjoyed reading it. As a member of the Board of Directors and volunteer at the Quinte Humane Society for the past seven years I have learned a great deal about animal welfare. It has become clear to me that educating the public is the only way to reduce the number of homeless and euthanized animals in our community. I hope this column will educate and entertain those who read it.

At this time I'd like to encourage readers to e-mail me at the address below. Send me your questions, comments and pet pictures. Write a poem about your dog, cat, bird or hamster. If you have a story about an animal that you'd like to share (humorous or heart-warming) send it in. Please include your name and telephone number with your e-mail. (Specify if you do not wish your name printed in the paper). I look forward to hearing from you.

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Food--a reflection of who and what we are

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The County



Michael Hoy

The way we cook and eat is a reflection of the way we are and from where we have come.

For some, entering a kitchen is only to pass from one room to another whereas for others it is one of few rooms that centres our day. At great parties, this wired, piped, well-stocked and cozy spot is the nerve centre, emitting an energy that sus-

tains party-goers, families, guests and labourers alike and is really a world onto itself.

Before the advent of modern heating and electrical systems, the kitchen was the heat source where hearths and stovetops acted as furnaces and families gathered by necessity. I believe this is why to this day, our past conversations at the dinner

table are integrated into our psyche and most of our important decisions are made. I remember many life lessons learned at this juncture where everyone met for the evening's meal.

In these very busy and stressed times, this meeting place is crucial to keep the rhythm of a healthy family in check.

Well before I knew I wanted to become a chef, my grandma Allen instilled in me a certain comfort in the kitchen, her kitchen. My grandpa, knowing everyone in town, I am certain, had a knack of coming home with bushels of whatever was in season and proudly displaying it

before his loving wife. Mary, as great a cook and preserver as was known in town, got to the canning, preserving, jarring, pickling and whatever was necessary to "put it down." Peaches, plums, tomatoes, jellies, crabapples, chutneys, relish, chili sauce, pickles and perhaps two dozen others, neatly labeled, shelved and organized. By October it was a sight to behold and by Christmas, into the New Year and beyond, these tasty treats were enjoyed by all--especially by very grateful grandchildren!

The first time that I stepped into a commer-

cial kitchen was a real eye opener. To the naked eye witnessing a busy well-run kitchen is almost like watching great theatre. Everything that is sensual happens here. The drama of a busy service that runs without a hitch is something to see. Great puffs of steam, sizzling fires, perfectly honed knives gliding on the boards and all the colours in the world juggling, seemingly chaotic. The organized, tailored and perfect dishes whooshing by in the careful hands of polished waiters donning wry smiles. Go to a great restaurant and see it as theatre,

watch the people and be amazed by the process and by the food.

My musings about the kitchen are formed mostly by my career and with each passing day, I continue to learn and enjoy cooking more and more. At the Waring House Cookery School kitchen my ultimate goal is to share with our guests many different styles of cuisine, tricks of the trade and to highlight the love of cooking that has been so very centred throughout my life and career.

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

The sweeter side of science

(NC)--Everybody's heard of aspartame. The list of products using it for sweetness is long, including breakfast cereals, soft drinks, desserts and yogurt. But what exactly is aspartame?

Aspartame is a tabletop sweetener that gives foods a sweet taste, but contains a negligible amount of calories and carbohydrate. Aspartame is not the only sugar substitute to have these properties. Sucralose is another sweetener like aspartame that is used in numerous food products. Based on its name, you might think it's sugar, but it's not! What is

the difference between these two tabletop sweeteners? Basically, the difference is in their sweetening power. Sucralose is 600 times sweeter than white sugar, while aspartame is 180 times sweeter.

Where does aspartame come from? It was actually discovered by coincidence in 1965 as a US scientist was researching a drug to treat ulcers. He was quite surprised to discover that the substance he was using in his work had an extremely sweet taste! The U.S. Food and Drug Administration wasted no time in commissioning a number of studies, which

eventually led to them approving the use of aspartame for commercial purposes. The food industry quickly began using aspartame in manufacturing as a low-calorie sugar substitute to sweeten some food products. Canadians first began seeing aspartame used in foods after Health Canada authorized it over 20 years ago, in 1981, as a tabletop sweetener and food additive.

"Aspartame has probably been studied more than any other food additive," states Dr. Joe Schwarcz, Director of the McGill University Office for Chemistry and Society,

and author of the book *That's the Way the Cookie Crumbles*, which devotes a full chapter to aspartame. "Over 70 million North Americans regularly consume products containing aspartame."

So don't be surprised by the number of food product ingredient panels that list this popular tabletop sweetener on grocery store shelves!

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8 Wing Canadian Forces Base Trenton



Workout tips for moms-to-be

by Jen Lecuyer
Fitness and Sports
Instructor

Just because a woman becomes pregnant doesn't mean she has to stop being active. However, there are certain precautions and guidelines that should be followed.

One thing you should always do is check with your physician to ensure that there is no reason why you would need to stop being active. If however, you decide to become active after finding out you are pregnant it's recommended that you wait until after three months before starting any type of exercise program.

The following is a list of Exercise do's & don'ts for pregnant women.

DO:
• Drink plenty of

water before, during and after exercising;

• Always listen to your body; if it hurts, stop the activity you are doing;

• Talk with your health care provider before starting or continuing an exercise program to decide what is best for you and your baby;

• If you are healthy and have a normal pregnancy – be active;

• Be sure to dress comfortably and accordingly when partaking in any type of physical activity;

• Always warm up, cool down, and stretch every time you work out;

• Be sure to breathe normally during exercise.

DON'T:

• Increase or start a new exercise program before your 14th week or after your 28th week of

pregnancy;

• Don't hold your breath;

• Don't take part in any contact sports and avoid excessive bouncing movements;

• Don't push your limits - do the TALK TEST: you should always be able to talk during exercise, if you can't, take down the intensity level;

• Don't lie on your back after your 4th month of pregnancy as this can put pressure on the large artery and vein in the abdomen. This can cause you to feel dizzy or faint.

Stop exercising immediately if you experience any pains, problems, or concerns and contact your physician or health care provider.

2002/2003 I/S Volleyball League Final

The Intersection Volleyball League has drawn to a close.

The semi final match saw WHQ play against WTISS, with WHQ winning the match two games to one. The final game was a hard smash, good volley game with 426 Sqn winning the match 2-0 over WHQ. The final stats for the first I/S Volleyball League are as follows:

Team Standings

Teams	Win	Loss	Points	Place
CCISF	11	5	22	1st
8 AMS	9	7	18	2nd
426 Sqn	8	8	16	3rd
WTISS	5	11	10	4th
WHQ	3	13	6	5th

FIT FOR HEART

2nd Annual Ball Hockey Tournament

Teams of 4+1 spare
Minimum \$25 donation /
per team

Where: The Gymnasium
When: Friday, Feb. 21
Time: 0800 hrs - NLT 1300 hrs

For more info or to register call Tammy Topping
at local 2822.

All donations collected will be given to the
Heart and Stroke Foundation

Jr Ranks Mess

Valentine's Dance

Friday, 14 February 2003

DJ by:
Greg Bemis

\$2.00 person

Ladies Free

Courtesy Bus Available

The Community
Recreation Association
presents...

Power Skating for kids

Full Hockey Equipment Required
(Including sticks and mouth guards)

RCAC Flyers Arena

Group A
If child meets any of the following:
8 years and under
beginner skater
Novice or lower
5 - 5:50 p.m.

Monday evenings
February 17 and 24
March 3, 10 and 17
5 Week Session

\$25.00 - CRA Member
\$30.00 - Non CRA
Member

Group B
If child meets all of the following:
9 years and over
advanced skater
Atom or higher
6 - 6:50 p.m.

Register at the RecPlex during regular business hours
Call for information - 392-2811 ext. 3361/3348



Stay positive, skip the scales



Laurie McVicar

Confessions from the Gym

Monday, February 2

Scales are highly over rated.

I have been incredibly pumped lately about my ongoing weight loss. I talk about it, I write about it... heck, I even dream about it. That said, like everyone else I still have those "down days".

My down day was today, caused partly by a meeting with my trainer. Don't get me wrong Jen was great as usual; it was the fact I had to get my measurements taken that bummed me out. As Jen jotted down the numbers I cringed. Were my hips really that big? My husband's waist is thinner than my thighs. Just as I neared the brink of tears, Jen pulled

me into another room to weigh me.

I have been keeping pretty good track of my weight on my scales at home. Some days, I admit, I dread opening that bathroom closet door to pull them out, but I've kept with it. When I was weighed at the gym, I was at least three pounds more than when I left the house this morning. What an absolutely cruel device!

I pushed myself through my regular workout with a dark cloud of despair hanging over my head. How could I only have lost 15 pounds in total? I've worked so hard these past two months. IT'S JUST NOT FAIR.

It wasn't until I returned back to my

desk that I really began to mull it over. Fifteen pounds isn't bad, I reasoned. In fact, it's damn near a miracle in my case! (Okay perhaps that's a bit of an exaggeration).

My mistake is one that many people make. We get so focused on the body we are striving for that we forget to celebrate the little achievements along the way. Any amount of weight loss is amazing - it's one more step towards attaining your final goal. For me, I have gone from being a totally inactive person to elated about the elliptical. One year ago, I wouldn't have even known what an elliptical was (which perhaps wasn't a bad thing).

This weekend it really struck home how my fitness level has changed. I made not one snowman, but two as my toddler looked on gleefully. If I can finally find the energy to keep up with him, I must be doing something right.

March Break Kidz Kamp

If you are 6 to 12 years old and looking for loads of FUN, come join us at the RecPlex for our annual March Break Kidz Kamp. An exciting week filled with:



- SKATING • SWIM & GYM
- BOWLING • GAMES, CRAFTS
- MUSIC • FUN AND AN AWESOME ROAD TRIP!

WHERE?: RecPlex, 21 A Namao Drive

WHEN?: March 10 - 14, 2003, 8:00 a.m. - 4:00 p.m.

COST: (Military) \$70 for one child, \$125 for two children, \$170 for three children
(Non-Military) \$75 for one child, \$135 for two children, \$185 for three children.

BEFORE & AFTER CARE AVAILABLE:
7:00 - 8:00 a.m. & 4:00 - 5:00 p.m.

\$2.00/hour/child

REGISTRATION BEGINS:

Military/Community - 15 January 03

Non Military Community - 13 February 03

\$5.00 Trip Fee for Wednesday

For more information or to register call
392-2811 ext 3361/3348



Rent a Family Ski Pass for Batawa Ski Hill

\$15 per family/day

Saturdays and Sundays

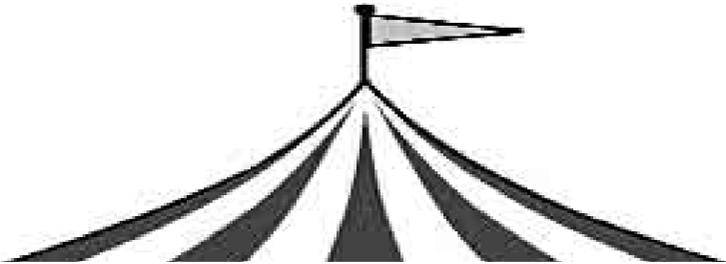
9 a.m. - 4 p.m.

Tuesdays, Wednesday and Thursdays

6:30 - 10 p.m.

(Advanced reservations accepted with pre-payment. No refunds)

Pick up the Corporate Pass from the Community Recreation Association on the day you wish to use it. For more info call 392-2811, ext. 3361/3348.



PSP Community Recreation Association Presents our Annual

Kidz Karnival

Sunday, February, 09 / 03
Join Us At The Gymnasium
12- 4pm

- Live Entertainment
- Jumping Castle
- Bowling, Ring Toss
- Plinko, Bean Bag Toss
- Face Painting, Popcorn, Clowns, Balloons
- And a whole lot more!

Donate a Non-perishable food item and enter your name in a draw for great prizes!
Fun For The Whole Family!

For information contact the RecPlex at 392-2811 ext 3361/3348



STUDENTS: GET IN YOUR VOLUNTEER HOURS BY HELPING OUT WITH THIS EVENT. CALL HOLLY TODAY AT 392-2811, LOCAL 3348

JR RANKS MESS

SUN MON TUE WED THU FRI SAT

9	10	11	12	13	14 Valentine's Dance TGIF 1700 hrs Lasagna Sports/Pool	15
16	17	18	19	20	21 TGIF 1700 hrs Fish & Chips Sports/Darts	22
23	24	25	26	27	28 TGIF 1700 hrs Donairs Sports/Fachre	29



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"Waring" your Heart on Your Sleeve

Your Sweetheart
BALLOT
Clip & Enter to WIN!
Dinner for Two @
The Waring House
Picton, Ontario

Name: _____
Phone: _____
Please Print Clearly

Clip and fill out the ballot, mail or drop it into:
The Contact
8 Wing Trenton
Suite 40, 123 Yukon Street, Trenton, ON
K0K 3W0
or e-mail to: LeBlanc.AL@forces.ca

The contest, open to all military members and DND civilian employees here at 8 Wing/CFB Trenton (except, of course, those employed by The Contact), has been dubbed "Waring Your Heart On Your Sleeve," and has been made possible through the generosity of The Waring House Restaurant, Inn and Cookery School, in Picton.

The Contact. Readers may either clip and fill out the ballot, or submit on a separate piece of paper, their name, address and telephone number (local). Entries must be submitted to The Contact before the deadline of noon on February 11, 2003.

One ballot will be randomly drawn and a winner will be declared--provided they can answer the "special" question (related to the contest sponsor).

Entries may be brought in person to the Contact office, or may be emailed to the following internet address: LeBlanc.AL@forces.ca.

The winner, and guest, will then have a "date" in Picton on Saturday, February 15, 2003.



A fabulous romantic getaway for two to the Waring House, featuring dinner, musical entertainment and overnight accommodations.

The Waring House
Restaurant, Inn & Cookery School
Picton, Ontario
www.waringhouse.com

Romantic St. Valentine's Events
Friday, February 14th & Saturday, February 15th
Enjoy a special St. Valentine's Menu
Sunday, February 16th - Bring your sweetheart to our wonderful St. Valentine's Brunch Buffet

St. Valentine's Dinner/Dance
Saturday, February 15th
an Evening of Reminiscence with "John & Paul" - the fabulous music of the Beatles. See the show that wowed audiences in the Pub in November.

Live Entertainment The Barley Room Pub
Friday, February 7th
"Matt Smith"
Saturday, February 8th
"Tilley Buggers"
Friday, February 14th
"Andy Forgie"
Saturday, February 15th
"Stir with Debbie Hoskin"
Friday, February 21st
"Glen Reid"
Saturday, February 22nd
"Stephanie Bird Band"

Whats Cooking? at the Cookery School
Saturday, February 8th
"Thai Comfort Foods"
Chef Wayne Jordison
Sunday February 9th
"Healthy Cooking with Ease"
with Kristina Sisu author of "Food & the Emotional Connection"
Call (613) 476-7492



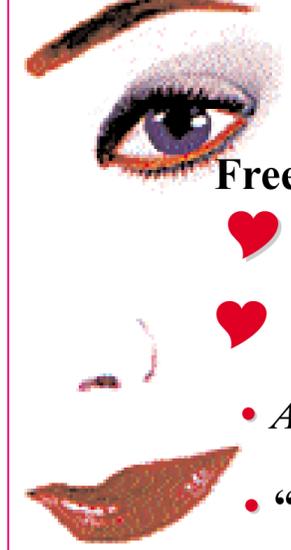
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TRENTON Military Family Resource Centre



MASS SCHEDULE HORAIRE DES MESSES

Senior Chaplain - Aumônier Supérieur: Major Lloyd Clifton Local 3665

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

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

Padre Allan Murphy (RC) Local 3312
MASSES - 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.

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.

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

Youth Centre/Le Centre des jeunes !

For 8 - 18 years old/Pour les 8 à 18 ans
Call Julia for more information
Pour plus d'information, téléphonez à Julia
392-2811 ext. 3265.

Sunday	Closed
Monday	Closed
Tuesday	Closed
Wednesday	6:30 - 10 p.m. (6-8 p.m. Deployment Support Group for kids)
Thursday	6:30-9 p.m. - Movie
Friday	6 - 11 Teen Night
Saturday	1 - 4 p.m. Ice skating 6 - 11 pm 13 - 18 year olds

Dimanche-	Fermé
Lundi-	Fermé
Mardi-	Fermé
Mercredi-	18h30 à 22h (18h à 20h Groupe de soutien au déploiement pour les jeunes)
Jeudi	18h30 à 21h - Film
Vendredi	18h à 23h Ados
Samedi	13h à 16h Patinage 18h à 23h 13 à 18 ans

We are going to the RCAF Flyers Arena from 1 p.m. - 4 p.m. during Family Skate. Skaters require their CRA Rec card or \$2.00. Meet at the Youth Centre with your skates and warm clothing at 1p.m.

Nous allons à l'aréna ARC Flyers de la base de 13h à 16h durant le patinage familial. Les patineurs ont besoin de leur carte "CRA" du gymnase. On se rencontre au Centre à 13h avec nos patins et des vêtements chauds.

February 13th - Pizza night & Visit from Kingston Youth Group (no charge)

February 20th - Skin Care Clinic for young females

February 27th - Skin Care Clinic for young males

13 février - Soirée de pizza & visite du groupe de jeunes de Kingston gratuit

20 février - Clinique pour soins de la peau pour les jeunes filles

27 février - Clinique pour soins de la peau pour les jeunes hommes

HALTE-JEUX FRANCOPHONE

Bricolage - Lecture - Activités - Jeux - Ressources Francophones
(Faciliter par Josée Martell du C.R.F.M. de Trenton)



Tous les jeudis de 09h00 à 11h30

Ecole Cité-Jeunesse - 30 Fullerton, Trenton, Local # 16

Pour raisons de sécurité, s.v.p., veuillez apporter des souliers d'intérieurs.
Merci et à bientôt!

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Trenton MFRC
CRFM de Trenton
presents/présente

Spaghetti Dinner
Souper au spaghetti
Saturday, February 22nd, 2003
Samedi le 22 février 2003

4 p.m. - 7 p.m.

At the Base Chapel
à la Chapelle de la base

Adult/Adulte:	\$6.00
Child/Enfant (5 - 11):	\$3.00
4 Yrs old & under/ 4 ans et moins:	Free/gratuit

Spaghetti, Salad, Rolls, Ice cream sundae & beverage	Spaghetti, salade, petits pains, crème glacée & breuvage
--	--

Advance tickets available at the MFRC.
Vous pouvez acheter vos billets à l'avance au CRFM.

Information: 965-3575



TRENTON Military Family Resource Centre



Volunteer Opportunities/Opportunités de bénévolat

Here is a partial list of the volunteer opportunities available at the MFRC. If you need more information or would like to volunteer, please call Wendy at local 3557 or just drop in.

Tutors - Occasionally we have a request for a tutor to assist a child with school-work, particularly with French studies. I would like to compile a list of volunteer names to have on hand for such requests. The MFRC will serve as a resource only; the acceptance of the volunteer is the responsibility of the parent of the student. This volunteer opportunity is suitable for teens or adults.

Welcome Team - Volunteers are needed to assist with Welcome Visits for military families new to the area. Requirements include a Police Background Check, references and a positive and friendly attitude. A meeting of the Welcome Team volunteers will be held in March to establish and explain procedures.

Voici une liste partielle d'occasions de faire du bénévolat au CRFM. Si vous désirez de plus amples renseignements ou si vous aimeriez devenir bénévole, veuillez s'il vous plaît me téléphoner au 392-2811 poste 3557 ou bien passez nous voir.

Personnes pour donner des leçons particulières - De temps à autre, nous recevons une demande une personne qui aider un enfant avec ses devoirs, tout particulièrement en français. J'aimerais dresser une liste de bénévoles si le cas se présente. Le CRFM servira seulement de ressource : Il revient au parent de l'étudiant d'accepter ou non la personne bénévole. Cette occasion de bénévolat convient aux ados ou aux adultes.

Équipe de bienvenue - Nous avons besoin de personnes bénévoles pour faire des visites de bienvenue auprès des familles de militaires nouvellement emménager dans notre région. Il est nécessaire d'obtenir une vérification de casier judiciaire, de fournir des références et d'avoir une attitude positive et amicale. Une réunion de l'équipe de bienvenue de tiendra au mois de mars afin d'établir et d'expliquer les procédures.

"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.

February 12 - Managing transition - Joanne Bélanger, PIC Coord, will talk about positive ways of dealing with change. Discussion will be lively.

February 19 - Cindy Viau - is back again with Belly Dancing

"Activités du mercredi"
Mercredi de 18h à 20h. Une variété d'événements est planifiée pour chaque semaine.
Téléphonez à l'avance. s.v.p.

12 février - Gérer la transition - Joanne Bélanger - Coord. PIC, parlera de façons positives d'affronter le changement.

19 février - Cindy Viau est de retour avec la Danse du ventre

Education Programs / Programmes d'éducation

Computer courses
Access Level 1
February 17 & 19, 9 a.m. - 4 p.m. and February 21, 9 a.m. - 12 p.m.
Cost \$75

Introduction to Windows
February 26, 9 a.m. - 4 p.m. and February 27, 9 a.m. - 12 p.m. Cost \$50

Registration will only be accepted with payment. No refund after the Monday of the week preceding the course at 12 noon. **NO EXCEPTIONS.** We will refund money if the courses have been cancelled due to lack of registration. Minimum of 6 people required per course.

Cours d'informatique
Access, niveau 1
17, 19 février, 9h à 16h et le 21 février, 9h à 12h. Coût 75\$.

Introduction à Windows
26 février, 9h à 16h et le 27 février, 9h à 12h. Coût 50\$.

Le paiement doit accompagner l'inscription. Aucun remboursement ne sera donné après le lundi à midi, de la semaine précédant le cours. **AUCUNE EXCEPTION.** Le paiement sera remboursé si le cours est annulé à cause d'un manque d'inscription. Minimum de 6 personnes par cours est requis.

WOMEN'S CONFERENCE 2003 LA CONFÉRENCE DES FEMMES

"CHOICES"/"LES CHOIX"

Saturday, March 8, 2003/Samedi le 8 mars 2003
Siskin Centre

Join us for this one day conference designed for all women in our community, focusing on;

*Family, Lifestyle, Health & Wellness,
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It was definitely the year of the house

it's your Money



Garth Turner

Last year 421,227 houses changed hands in Canada. That was a record, and a whopping 10 per cent jump over the previous year.

This means that 441,227 households moved out and 441,227 other households moved in. In addition, there were 204,857 new houses built, the highest number in 13 years and a mind-boggling increase of 26 per cent over 2001.

This means somewhere close to a million households bought or sold a house last year alone - an amazing number, since there are only 11.5 million households in the entire country. Clearly, when one in eleven families is packing boxes and wrapping furniture, moving has replaced hockey as the national sport.

And, as it turns out,

those people who own real estate have been financially rewarded. The average house price in Canada soared 9.5 per cent last year, to \$188,000. Did your mutual funds return 9.5 per cent; or those moldy GICs?

But the spectacular housing market performance of last year cannot be

And, as it turns out, those people who own real estate have been financially rewarded. The average house price in Canada soared 9.5 per cent last year, to \$188,000. Did your mutual funds return 9.5 per cent; or those moldy GICs?

duplicated, the experts say. There is only so much demand; the economy and job creation will probably slow; and interest rates will rise. In fact, last week market-leading CIBC jumped the cost of its home loans by up to a third of a point, taking the five-year product to 6.75 per cent, while a one-year mortgage rose to just over 5 per cent. This was due to pressure from the bond market, and there could be more to come in light of Bank of Canada Governor David Dodge's comments that higher rates are inevitable.

So, has the best year in

the current housing cycle already passed? As in 1989, were all those people changing homes last year buying and selling at the top? That is truly a scary thought, since it took 13 years for house prices to recover after the late-Eighties boom market.

Well, it may be scary, but it's not valid.

There are several fundamental reasons why the market this time out is showing a lot more reserve strength. Take inflation, for example. Back in the evil Eighties, we suffered through double-digit annual price increases, which pushed the value of

would close more than six times in a single day, each at a higher selling price. Today it appears only the condo market is seeing the speculators descend upon it.

Thirdly, the housing market today is being fuelled by three legitimate factors: Cheap money, job growth and investor demand. Mortgage rates remain very low, despite the recent rise, and you can get oodles of 4 per cent money from any major lender. Last year Canada created more than 500,000 new jobs, which exceeded every other western nation and helped a lot of people become homeowners. Finally, the exodus from stocks and mutual funds created by post-Nine Eleven reality directly benefited residential real estate. Billions in new money found its way into bricks and mortar.

All of this leads to one inescapable conclusion: The real estate market has legs. No, I do not believe housing starts will jump a further 25 per cent this year or prices will rise another 9.5 per cent. But neither do I believe they will fall.

This has turned out to be a solid market with sound fundamentals supporting it. The bubble that appeared to be forming after Nine Eleven has turned into a bulge. Not until rates, and the stock market, start rising significantly is there any reason to stop packing.

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

real estate higher. Today inflation is tepid and we even have economists worried deflation could take hold. That means when housing prices rise by 9.5 per cent and the cost of living increase is 2 per cent, it is a phenomenal performance.

Secondly, there is far less speculative buying today than back when Ronald Reagan ruled America. Flipping houses became an art form and people made money buying and selling homes they never actually ever moved into. There were instances in which a single home

Invest today for a better tomorrow

(NC)—Whether you are a young couple planning on purchasing a new home, a parent looking to send your child to college or in your prime hoping for a financially secure retirement, investment planning is a critical part of life planning. Investment planning is a strategy that combines the benefits of savings with the magic of compound growth. It helps you plan for short and long-term goals, ensure a regular savings routine and allow investments to grow. At the end of the day, not having an investment plan could translate into unrealized dreams.

Smart investors focus on a strategic investment vehicle designed to help them save for their retirement - Registered Retirement Savings Plans (RRSP).

"It's never too early or too late to start saving for your retirement," says Ed Legzdins, President and CEO, BMO Mutual Funds. "But, by starting early your savings get the dual benefit of both compounding returns and tax-sheltered growth."

An RRSP is an investment vehicle that can help ensure a comfortable retirement. The two major benefits of the plan stem from the tax

breaks it offers, namely that financial contributions to the plan are deductible from taxable income and your RRSP grows tax free until withdrawn. Since you can continue to invest in an RRSP until you turn 69, your savings have a long time to benefit from compounding growth.

Real money growth is based on sensible, well managed and regular investments. Always ensure you review your financial plans and holdings at least once a year. When you keep on top of your portfolio, it is a simple process to reach your financial goals.

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given to the Heart and Stroke
Foundation

Win Wine Festival tickets at Carnival

Bridging the Gap for Children, sponsor of the Belleville Wine Festival, has generously donated tickets to 8 Wing to be used as prizes during the annual Winter Carnival on February 7.

The 6th Annual Belleville Wine Festival takes place Saturday, February 8 from 3:00 - 8:00 p.m., at Loyalist College. The festival features 13 different wineries and over 70 Canadian and international wines. Eight restaurants and catering firms will complement the event. An even larger Silent Auction this year includes such items as beauty packages, paintings, antiques, and symphony tickets. The admission ticket also includes four free samples of wine and food.

New this year to the festival are individual seminars. Seminar #1, from 4 - 5 p.m., is Wine 101 which includes wines of the County with sommelier Andrew Laliberte. Seminar #2, from 6 - 7p.m., includes

Premium Wines with presenters Rob Nellis and Marc Chalmers. Tickets for the seminars are available for \$15.00 each at both the Trenton and Belleville Wine Rack locations.

Funded partially by the United Way, Bridging the Gap targets children who come from families that may

not be able to afford other programs, who are doing poorly in school, are at risk of falling into delinquent behaviour patterns, or are no longer welcome to attend other programs due to their behaviour.

Bridging the Gap helps children ages 6 - 12 develop self-esteem,

confidence, values, social and academic skills through arts, crafts, co-operative sports, and fun academics. The children are provided with positive role models who encourage them to become excited about learning and to develop a good sense of morals and ethics.

WOW!

- The temperature may have been cold in January but the local Real Estate Market was **RED HOT**.

Real Estate sales are usually slow in January however, I sold 6 homes in January (some in less than 2 weeks) and still have local buyers looking & others planning HHTs in March.

You may think it is too early to list but some of these January sales will not see the home change hands til July.

If you want to know what, & what not, to do prior to listing - call me for a **NO OBLIGATION** consultation.

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This Week in Contact

1943--Not available

1953--Not available

1963--Not available

1973--Col DG Struthers appointed as the first Canadian Military Attaché to The People's Republic of China in Peking. 19 serving CF Warrant Officers and Sergeants with wartime service as pilots, engineers, bomb aimers, wireless air gunners, and air gunners are hosted at CFB Trenton SS Sergeant's Mess.

1983--CFB Trenton begins evaluation of the new Search and Rescue Satellite Aided Tracking System (SARSAT) in cooperation with the US, France, and The USSR.

1993--CFB Trenton personnel heavily engaged in air re-supply to Croatia. Marcel Masse bids farewell as MND. CFB Trenton Catholic Women's League celebrates 35th Anniversary.



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

Canadiana Crossword

Tour d'Amour

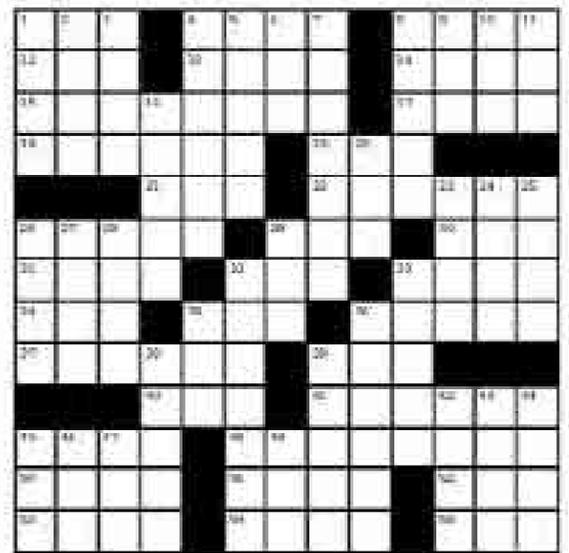
By Barbara Rossiter and James Kilian

ACROSS

- 1 Bachelor's quarters
- 4 Forester's org.
- 8 Help a crook
- 12 Here, in Hutterite
- 13 Plant of the mallow family
- 14 Partner of Mindy
- 15 Chocolate, in Chambly
- 17 A kind of stick
- 18 Any living entity
- 19 Lamprey or eel, e.g.
- 21 Receptor
- 22 Arrow, in Argenteuil
- 26 Love, in Lacate
- 29 Bar supply
- 30 Extingue
- 31 Decant
- 32 Mountain pass
- 33 Wrap
- 34 International distress sig.
- 35 Prompt
- 36 Primp
- 37 Spare
- 39 Mincemeat
- 40 Japanese ash
- 41 Candy, in Cap-Chai
- 45 Beige
- 46 Lace, in Lachine
- 50 Boss
- 51 Double curve
- 52 Golf course feature
- 53 A number of bits
- 54 Bathos, to his friends
- 55 Tuff

DOWN

- 1 Printing measure
- 2 Hunt
- 3 Designee, Christian
- 4 Line on a barometric map



- 5 Edmonton NHL'er
- 6 Chamber
- 7 Freshwater
- 8 Plenty
- 9 A blast from a bleacher
- 10 Work unit
- 11 A kind of knockout, abbr.
- 16 Heart, in Hull
- 20 Shade tree
- 23 Algonquian
- 24 Engage
- 25 Early garden
- 26 Church part
- 27 Quarterback Wilson, for
- 28 Overthrow
- 29 Cavia
- 32 Cupid, in (Chicoutimi)
- 33 Endangered water bird
- 35 Taxi
- 36 For now (legless)
- 38 Red, in Richelieu
- 39 Al Capp cartoon character
- 42 Certain sandwiches, abbr.
- 43 Vegetable oil product
- 44 Require
- 45 Recede
- 46 Weep
- 47 Switch
- 49 Sense of self

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

February 9 - February 15

ARIES (March 21-April 19): Any financial deals that are offered on the 9th and 10th must be looked at with extreme caution. You should speak to a financial advisor before you decide to proceed. Get involved in a brainstorming session on the 11th, 12th and 13th. Follow through and you will get positive results. Don't be confused by what people say on the 14th and 15th. Bide your time and let things unfold as they may.

TAURUS (April 20-May 20): Organization will be of utmost importance on the 9th and 10th. Be sure to include the people you care about. You will be able to obtain a greater understanding of those closest to you. You are best not to talk about controversial topics and to avoid fanatical individuals on the 11th, 12th and 13th. Prepare to make cutbacks on the 14th and 15th. Take stock of your life, both emotionally and financially.

GEMINI (May 21-June 20): Opportunities to make changes are evident on the 9th and 10th. Your ability to take advantage of opportunities will prove to be lucrative. Follow your instincts. Money and emotional matters may be intertwined on the 11th, 12th and 13th. You have to learn to say no. Temptation may set in on the 14th and 15th. Don't fall for a financial scheme that sounds too good to be true.

CANCER (June 21-July 22): You must get involved in social events on the 9th and 10th. Your compassionate nature will attract attention not to mention someone who has a greater interest in you. Self-control will pay off on the 11th, 12th and 13th. By being observant you will obtain the edge you are looking for. You will be unpredictable on the 14th and 15th and this may cause some confusion when dealing with others.

LEO (July 23-Aug. 22): Concentrate on your career objectives on the 9th and 10th and try to avoid conflicts with people who are jealous of your accomplishments. You must respond rather than react. Don't hide your talent on the 11th, 12th and 13th. Step up to the podium and let everyone see what you can do first hand. You will feel ready to take on whatever comes your way on the 14th and 15th so plan something challenging.

VIRGO (Aug. 23-Sept. 22): Show what you are capable of on the 9th and 10th and you will impress everyone around you. It's important to do some self-promotion. Experience will play a big role in your life on the 11th, 12th and 13th. Positive thought will lead to positive action. Get involved in something that you feel is tangible on the 14th and 15th. Your services will be valued and you can raise your visibility and gain popularity.

LIBRA (Sept. 23-Oct. 22): You can make an investment on the 9th and 10th but make sure that it is your choice. Joint ventures will fall short of your expectations so you are best to go it alone. Spruce up your home on the 11th, 12th and 13th. Make these changes yourself and you will save money and feel content. Don't be a sheep and follow the crowd on the 14th and 15th. If something doesn't appeal to you don't do it.

SCORPIO (Oct. 23-Nov. 21): A fast-talking individual can lead you down a dark pathway on the 9th and 10th. You must take your time and get to know this person better before you take the next step. Beware of empty promises on the 11th, 12th and 13th. Don't believe everything you hear. Ask pertinent questions. Your awareness is growing and your motives are clear on the 14th and 15th. It's time to take a new direction.

SAGITTARIUS (Nov. 22-Dec. 21): Think about what you want to do with the rest of your life on the 9th and 10th. You will accomplish the most if you are willing to present your ideas and follow through on your promises. You are likely to lack moderation on the 11th, 12th and 13th. You have to start taking better care of yourself. Don't be daunted by a few setbacks on the 14th and 15th. Pick yourself up and continue to make your moves.

CAPRICORN (Dec. 22-Jan. 19): Update your appearance on the 9th and 10th. By keeping with the times you will present yourself better in the workforce and probably stand a better chance to advance. Get back to basics and family values on the 11th, 12th and 13th. Plan to do something special with loved ones. You may feel left out on the 14th and 15th if someone isn't forthcoming about his or her intentions.

AQUARIUS (Jan. 20-Feb. 18): Begin a personal overhaul on the 9th and 10th. It's time to set your priorities and check out your options. Try expanding your outlook in such a way that it will help you attract people who will be beneficial to you in the future. You will find out interesting facts on the 11th, 12th and 13th that will help you to make better choices. Check out your options on the 14th and 15th. Put your ideas into play and believe in your abilities.

PISCES (Feb. 19-March 20): Someone may try to threaten your beliefs on the 9th and 10th. Don't get angry--it is not up to you to defend your beliefs but rather to follow them. By helping others you will be far more effective. Keep your thoughts to yourself on the 11th, 12th and 13th and you will be able to control what is going on around you. You will be sentimental when it comes to love on the 14th and 15th. Don't overspend to prove your true feelings.

Showcase

Congratulations! Félicitations!



Cpl D. Gilbert

received an Accelerated promotion to that rank presented by LCol B. Cooke, CO 8 AMS & CWO T. Good



MWO J. Fowler

received her CD2, presented by Maj K.D. Keogh, Flt Comd 8 AR Flt



MCpl L. Paradis

received her CD1, presented by LCol D. Murphy, CO 437 Sqn



Cpl T. Desgrosielliers

received his Peacekeeping Medal presented by LCol D. Murphy, CO 437 Sqn



Sgt J. Kolontouros

received his Southeast Asia Medal presented by LCol D. Murphy, CO 437 Sqn

There are many promotions and awards presented each month at 8 Wing Trenton. Contact is pleased to showcase the accomplishments of our people.

To ensure excellent quality photos on this page, please read page four, "Submissions to Contact" to find out the best way to provide quality electronic photos to Contact staff or submit your photos to be scanned. You may also enclose a paragraph explaining the presentations ceremony to be displayed in the "Congratulations" box. Presentations will be published as soon as possible by the Contact. Please label the back of the photo with full name of presenter and person receiving award.

Also include local and name of contact for further questions.

Questions may be directed to **Rorrie MacDonald**

at local 3976 or 8 Wing E-mail: MacDonald.3@forces.ca

Dear Health Professional

I have recently started a new job and I am finding that I am stretched to my limits, between work and home. My husband says I am going to have a heart attack before I am forty. He keeps begging me to deal with my stress. I told him that men are the ones that have to worry about heart attacks, not a thirty-something woman. Can you give some advice on how to handle my stress so I can get my husband off my back!
Signed,
Mrs. Stretch Armstrong

Heart health is a concern for men and women of all ages. It is never too early to start thinking about taking care of yourself to help prevent future health concerns. In Canada, heart disease and stroke remain the #1 killers of both men and women. Each year, 79,000 Canadians die from heart disease and stroke. Put another way; imagine a city the size of Kingston, Ontario - with 79,000 peo-

ple - wiped out each year. So here are some tips to help you deal with your stress:

- Tips for stress busting your way to better health
1. Identify the source of your stress. Sounds easy, but sometimes it's hard to figure out what is really bothering you. Is it the kids fighting over the TV remote - or something that happened at work today? Is it the traffic - or the fight you had last night with your significant other? The first step in managing your stress is figuring out the cause.
 2. Be physically active. Being active may relieve that "uptight" feeling, help you to relax and even energize you. When the going gets tough, get going out the door for a brisk walk or run. Just be sure to talk to your physician before beginning any activity program.
 3. Share your feelings. Just talking to a friend, family member or coworker can

help you feel better. Insider Scoop: Research has shown that social support among coworkers or from supervisors can help to relieve the stress of a demanding job.

4. Take time for yourself. In trying to meet the needs of everyone around you, don't short-change yourself. Make time for your favourite activities or friends.
5. Don't skip vacations. The chance to get away from workplace stress and to spend time with those you love is important to your mental - and heart - health.
6. Laughter is the best medicine. Build a stockpile of your favourite funny books, movies and TV shows. When stress starts to build, pull out your favourites - and laugh your cares away. Insider Scoop: According to Dr. Lee Berk of the Loma Linda School of Medicine, laughter strengthens the immune system and reduces levels of

stress hormones. Laughing stimulates the brain, ventilates the lungs and raises heart rate, blood pressure, respiration and circulation. In fact, 100 laughs a day (the average for adults) is equivalent to the physical benefits of riding a stationary bike for 15 minutes!

7. Spend time with your pet. Insider Scoop: A research study published in the American Journal of Cardiology found that pet ownership increases the odds of survival for people who have had a heart attack. In another study of 48 male and female stockbrokers, those who had a pet nearby had half the increase in blood pressure under stress than those who didn't.
8. Take care of yourself. Eat heart-healthy. Don't let stress turn you into a junk food junky. Insider Scope: Foods that contain B vitamins may help to boost levels of the mood-relaxing brain chemical serotonin.

Dietary sources of niacin include fish such as salmon or mackerel, pork, chicken, dried peas and beans, whole grains, seeds and dried fortified cereals. Such foods should be part of a healthy, balanced, low-fat diet.

9. Do relaxation exercises, such as meditation, deep breathing or visualization. Insider Scoop: In a systematic review of the medical literature, Canadian physicians and scientists found that stress management programs could reduce blood pressure as much as losing weight or blood pressure lowering drugs.

10. Don't be afraid to ask for help. If you experience several of the following symptoms for more than two weeks, talk to a health professional. You may be clinically depressed. Clinical depression is a medical illness that can be cured if promptly recognized, diagnosed and treated. Warning signs of clinical depression:

- Feeling sad, anxious, irritable, nervous, guilty worthless or hopeless.
 - Changes in your sleep pattern (insomnia or sleeping more than normal).
 - Changes in appetite; gaining or losing weight without trying.
 - Loss of interest in activities you used to enjoy.
 - Restless or slowed behaviour.
 - Persistent or recurring headaches, digestive disorders (e.g. stomach aches, nausea, constipation or diarrhea), or chronic pain.
 - Difficulty concentrating, remembering things or making decisions.
 - Fatigue or loss of energy.
 - Change in work style or productivity.
 - Thoughts of suicide or death - if these occur, seek immediate professional help.
- Reference: Heart and Stroke Foundation

Repetitive motion injuries can cause permanent damage



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Some on-the-job injuries occur quickly, in an unmistakable and dramatic way. Others build up gradually over a period of time. They are known as repetitive motion injuries or cumulative trauma dis-

orders. One of the most common of these is Carpal Tunnel Syndrome. It affects the hands and wrists, and can result in permanent disability. Carpal Tunnel Syndrome generally occurs in people whose occupations involve repeated motion or vibration to the hands. Some of the typical occupations where Carpal Tunnel Syndrome tends to occur include keyboarding, cashiering and assembly line work, but it can occur in many other kinds of work. The carpal tunnel is

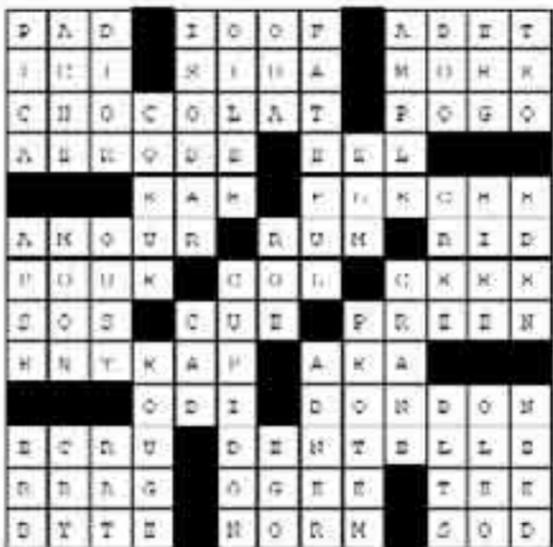
the name of a little channel which runs through the middle of the wrist. Passing through this channel are tendons and a major nerve. When the hand or wrist is subjected to repetitive work, impact or vibration the tissues swell. This squeezes the nerve and the tendons. Problems with the hands and the fingers are the result. Here are some of the symptoms: A tingling feeling, numbness and clumsiness in the hands. After a while, the tingling becomes a continual burning pain. Eventually, the pain becomes so bad and the

hand becomes so weak that it cannot grasp objects. Carpal Tunnel Syndrome is much easier to prevent than to cure. Here are some tips: Make it a habit to work with your wrist straight, not turned at an angle. Make adjustments to your work station and to your tools so that you can work with your wrists and hands in a comfortable and neutral position. Grip tools and materials with your whole hand where possible. Tools which extend only part of the way across

the palm can contribute to Carpal Tunnel Syndrome. Take advantage of tools which are designed to allow you to keep your wrists in the correct position. Use other devices, which help keep wrists in the correct position, such as wrist rests for keyboards and wrist braces. Do not subject the hands to impact. Remember never to pound with your hands. Also make an effort to avoid continuous vibration to your hands. Special padding on tools and equipment can help reduce vibration.

Switch tasks to give your hands a break. Do not repeat the same motion hour after hour. Do flexibility and strength exercises for your hands, wrists and arms. Seek medical help if you think you might be developing Carpal Tunnel Syndrome. Methods of treatment can include rest, therapy, splints, medicine and surgery. Don't wait for the problem to go away on its own. If it becomes worse, it will be more difficult to treat. It is possible to end up with permanent disability from Carpal Tunnel Syndrome.

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ANNOUNCEMENTS

Volunteer Opportunity

The Canadian Mental Health Association is looking for mature people interested in providing telephone support for two hours a week at the Crisis Intervention Centre in Belleville. If you are one of these individuals, please call CMHA at 969-8874.

Lost!

A lady's gold chain bracelet and engagement ring. May have been found either inside the headquarters building or in the parking lot behind it. If you find them, please call local 3978. Owner would dearly like to have them back.

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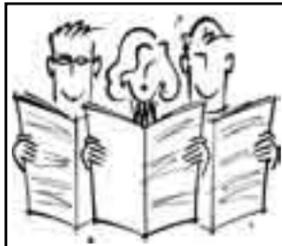
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Club Medd - Trenton
March 23, 2003

Brighton
March 30, 2003



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Pledge sheets may be picked up at the Big Brothers Big Sisters office at Dufferin Centre in Trenton or call Event Coordinator Patsy Roy to have them delivered.

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Big Brothers & Sisters at 394-4973

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Photo: Cpl Henry Wall

Yousef F. Al-Meragg, Head of the Relief Committee for the Kuwait Red Crescent Society, shakes hands with CC-130 Hercules aircraft captain, Capt Howard Tetzlaff. His crew is about to take various products (white flour, books, blankets) from Kuwait to Kabul, Afghanistan. It is a gift from the people of Kuwait to those of Afghanistan. The mission of the TAL Det 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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