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• February 28, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 09 •

DISCOVERY CHANNEL VISITS 8 WING

by Capt Andy Coxhead

A production team working on a Discovery Channel program called "Fear Fighters" visited 8 Wing February 21, to learn about Arctic Search and Rescue techniques.

Fear Fighters is a one-hour documentary series for television that captures the everyday battles of search and rescue/emergency teams who put their lives on the line to battle both man-made disasters and nature's fury.

The program takes viewers inside real-life situations, where the right strategies, tactics and technology can mean the difference between life and death. The show profiles the Search and Rescue teams, agencies and organizations on the front line.

During the day-long visit, the production crew observed 424 Transport and Rescue Squadron training on the golf course, with a CC130 Hercules, CH 1132 Labrador Helicopter and, of course, search and rescue technicians jumping into a mock emergency simulating working in the Arctic. The afternoon was spent with the CPC learning about Major Air Disaster Equipment and how it would be employed during an emergency in the far North.

The show will air sometime later this year.



Photo: Capt. Andy Coxhead, 8 Wing PAFFO

Joint CDS/DM Message: Federal Budget - Feb. 2003

by Gen Ray Henault, Chief of the Defence Staff and Margaret Bloodworth, Deputy Minister National Defence

ease pressure on Canada's Army, Navy and Air Force operations at home and abroad.

But money alone will not solve the challenges that we have before us. DND/CF will have to continue to make difficult decisions on our on-going efforts to adapt to the new security environment. Significant changes and improvements have been made over the past few years, but the process of transforming Canada's defence establishment and military must continue. This means that we will continue to have to focus on priorities, make selective investments, and re-allocate resources to address the high priority capabilities that Canada will need in the future.

Budget 2003 is an important step forward for DND and the CF.

For some time it has been clear that the status quo was not sustainable. The Minister, leading Parliamentarians, the Annual Report of the CDS 2001-2002, Canadian defence experts, and many Canadians, have consistently communicated this message. February 18 budget announcement makes it clear that the government agrees and is taking action.

The budget provides \$1.6 billion in new funding over the next two fiscal years. Further, this level of funding increase will be sustained at \$800 million per year thereafter. This money will help to stabilize the CF. And it means that we can begin to overcome some of the operational, sustainment, and modernization challenges that we have been facing for some time now.

More specifically, the new defence resources will enhance our ability to: support ongoing recruiting and training programs; re-stock munitions and spare parts, and ease pressure on our operational support budget; support and enhance Canada's Reserves; purchase new equipment and modernize capabilities in selected areas; address pressing infrastructure maintenance and replacement needs; and

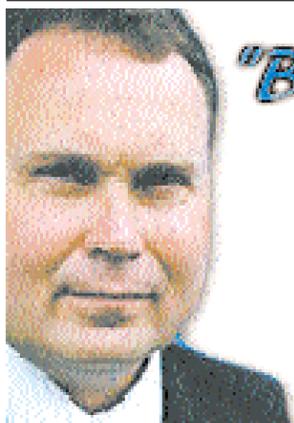
We will also continue to deliver the best military capability and civilian support that we can with the resources allocated to us, and we are confident in your ability to continue to deliver on commitments at home and abroad. We are counting on each one of you to look toward the future, while continuing with the outstanding work that you do.

The CDS's annual report last year was titled At a Crossroads. We are now moving away from the junction and the road chosen is one that will lead us from an unsustainable path to a sustainable one en route to transformation. And that, to paraphrase the great poet Robert Frost, makes all the difference.

Harry Potter fans flock to Youth Centre

The Youth Centre was transformed into the HogWarts School of Witchcraft and Wizardry on Saturday for the second annual Harry Potter Day. Over 25 wee wizards and witches took part in an afternoon of activities that included: wand making, chocolate frogs, face painting, games and tasty treats from an "authentic" Hogwarts menu. Pictured right are Alexandra Siemak, Miriamme Lafrenière and Jessica Godin.

Photo: Laurie McVicar, Contact Staff



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Message conjoint du CEMD et de la sous-ministre : Budget 2003

par Gén Ray Henault, chef d'état-major de la Défense et Margaret Bloodworth, sous-ministre

Le Budget 2003 constitue un grand pas vers l'avant aux yeux du MDN et des FC. Il était évident depuis un certain temps que le statu quo n'est pas viable.

Ce message a systématiquement été communiqué par le ministre, des parlementaires influents, le chef d'état-major de la Défense (dans son Rapport annuel de 2001-2002), des spécialistes canadiens en matière de défense, ainsi que de nombreux Canadiens. Le budget annoncé le 18 février démontre clairement que le gouvernement

partage ce point de vue et qu'il prend des mesures en conséquence. Le budget prévoit l'affectation d'une somme nouvelle de 1,6 milliard de dollars au cours des deux prochains exercices. Par la suite, ce niveau de financement sera maintenu grâce à l'affectation de 800 millions de dollars par année. Ces montants contribueront à la stabilisation des FC. Cela signifie aussi que nous commencerons à surmonter certains des obstacles auxquels nous devons faire face depuis un certain temps dans les domaines des opérations, du maintien en puissance et de la modernisation.

Plus précisément, les nouvelles ressources militaires

augmenteront nos capacités sur les plans suivants : appuyer les programmes de recrutement et d'entraînement en cours; reconstituer les stocks de munitions et de pièces de rechange; réduire les pressions exercées sur le budget du soutien opérationnel; appuyer et renforcer la Réserve du Canada; acheter du nouvel équipement et moderniser les capacités dans certains secteurs; répondre aux besoins urgents en matière d'entretien et de remplacement des infrastructures; diminuer les pressions subies dans le cadre des opérations menées au Canada et à l'étranger par l'Armée de terre, la Marine et la Force aérienne.

Mais l'argent seul ne suffira

pas à résoudre les problèmes auxquels nous faisons face. Le MDN et les FC devront continuer à prendre des décisions difficiles dans un effort permanent pour s'adapter au nouveau contexte de sécurité. Des modifications et améliorations importantes ont été effectuées ces dernières années, mais le processus de transformation de l'établissement de défense et des forces armées du Canada doit se poursuivre. Cela signifie qu'il nous faudra continuer de nous concentrer sur nos priorités, d'investir de manière sélective et de réaffecter nos ressources en fonction des besoins hautement prioritaires du Canada dans l'avenir.

Nous continuerons également d'offrir le meilleur

potentiel militaire et le soutien aux civils le plus adéquat possible avec les ressources qui nous seront allouées, et nous sommes convaincus de pouvoir continuer de respecter nos engagements au pays et à l'étranger. Nous comptons que chacun de vous poursuivra son excellent travail, le regard tourné vers l'avenir.

L'an dernier, le rapport annuel du CEMD s'intitulait À la croisée des chemins. Nous sommes maintenant en train de quitter ce carrefour, et la route choisie nous fera passer d'une piste insoutenable à un chemin viable et en voie de transformation. Et cela, pour paraphraser le grand poète Robert Frost, fait toute la différence.

Navy set to bring home its third submarine

National Defence, Navy

OTTAWA, Feb. 21 - The Canadian Navy announced today that it is set to bring home the third of four submarines acquired from the United Kingdom in 1998.

At a ceremony today in Faslane, Scotland,

Her Majesty's Ship (HMS) URSULA formally of the Royal Navy was accepted and renamed Her Majesty's Canadian Ship (HMCS) CORNER BROOK, after its namesake city in Newfoundland.

"The British Ministry of Defence have done a great deal

of work to reactivate this latest submarine, and we are now ready to bring CORNER BROOK home to join our fleet," said Vice-Admiral Ron Buck, Chief of the Maritime Staff.

Soon, CORNER BROOK will begin the two-week journey home to Halifax, where she

will conduct sea trials and crew training. Unlike the first two submarines, CORNER BROOK will not immediately undergo Canadian modifications allowing crews a chance to get valuable training on this modern submarine.

"We are anxious to receive CORNER BROOK not just for the capabilities she will bring but also for the valuable training we will be able to do before she undergoes her modifi-

cations," said Rear-Admiral Glenn Davidson, Commander Maritime Forces Atlantic, who attended the ceremonies in the UK along with CORNER BROOK's sponsor, Mrs. Patricia Boutcher is also Mayor of the city of Corner Brook.

"The addition of four modern submarines will bring important capabilities to the Canadian Navy, both in defense of our sovereignty and domestic

security, as well as with our allies," Admiral Davidson added.

The two submarines already accepted by Canada, HMCS VICTORIA and HMCS WINDSOR, are in Halifax, N.S., undergoing Canadian modifications, and the fourth boat, to be named HMCS CHICOUTIMI, is undergoing reactivation in the UK.

Details of CORNER BROOK's arrival in Halifax, N.S., will be announced shortly.

JR RANKS MESS

SUN MON TUE WED THU FRI SAT

2	3	4	5	6	7 TGIF 1700 hrs Subs Sports/Pool All Ranks Comedy Night	8
9	10	11	12	13	14 TGIF 1700 hrs Lassagna Sports/Darts	15
16	17 Happy St. Patrick's Day!	18	19	20	21 TGIF 1700 hrs Pizza Sports/Facets All Ranks St. Paddy's Dance	22
23/30	24/31	25	26	27	28 TGIF 1700 hrs Chicken & Taters Sports/Pool	29



MARCH

2003

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Pam Naugler (left) from WCE Orderly Room is being audited by Stephanie Stickler (from WHQ). Notice the smile on Stephanie's face and the sweat on Pam's brow!

"DISCOVERING" THE WORLD OF SEARCH AND RESCUE



Photo: Capt. Andy Coxhead, 8 Wing PAFFO

Personnel from 424 Transport and Rescue Squadron and from the Canadian Parachute Centre recently hosted a production crew from the Discovery Channel. See story on Page 1.

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Search & Rescue UPDATE



The first call of the week involved tasking the Hercules on an ELT mission just north of Sudbury. It turned out to be an aircraft that had a mechanical problem and landed on a lake. Two people were sighted walking around the aircraft and waving. SAR personnel decided to para drop a survival kit and toboggan to them and then circled overhead until fuel levels forced the crew to depart. The Herc proceeded to North Bay for fuel and was stood down as a civilian helicopter was sent out to pick up the stranded people.

The second call involved the Lab, which was tasked to overlook the train wreck 16 km NE of Trenton and transport a firefighter and a CN Rail rep to the site to videotape the scene.

The third call saw the Herc tasked for an ELT near Bromont, QC. Ultimately, the ELT was turned off and the Herc returned home.

The last call tasked the Herc to check out an ELT near St. Catharines. The Herc searched high and low and finally located the signal, but nothing of note was seen and the crew returned home. Crew members later learned that the ELT had been a Japanese helicopter in transit in a transport cargo sea container.

Missions for 2003: 11 Missions for Feb.: 9 Persons rescued: 6

FINAL RESULTS - 2003 M/W BROOMBALL CHAMPIONSHIPS:

Men: Quebec vs Ontario (8 Wing/CFB Trenton) : 1 - 0
2003 CF NATIONAL MEN'S BROOMBALL CHAMPIONS -
CFB VALCARTIER

Women's: Quebec vs Ontario (CFB Kingston) : 2 - 1 (OT)
2003 CF NATIONAL WOMEN'S BROOMBALL CHAMPIONS -
CFB VALCARTIER

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The Contact Newspaper

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

The Contact Staff

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity and is not funded by public funds. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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Maple Leaf Salad by Jim Graham



1. What was the name of Peter Gzowski's night time television talk show?

- A. Gzowski after Hours
- B. Gzowski in Conversation
- C. 90 Minutes Live
- D. The Peter Principle



2. What Canadian-bred horse is the greatest breeding sire in history producing over 465 winners?

- A. Man of War
- B. Native Dancer
- C. Northern Dancer
- D. Secretariat



3. What Toronto-born comedian did Noel Coward call *the funniest woman in the world*?

- A. Gracie Fields
- B. Gertrude Lawrence
- C. Anna Russell
- D. Beatrice Lillie

1. C. 2. C. 3. D

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We want to hear from you!

message from the Editor

Ever since its humble beginnings in the early 1940's, the Contact newspaper has done its best to report on issues and events that matter to the 8 Wing/CFB Trenton community. This cannot be accomplished without the utmost support from the various squadrons and units.

Although many provide regular submissions to the paper (which are greatly appreciated), there are others who are not getting the coverage they deserve. As Canada's largest and busiest Air Force wing, we think it's about time our personnel toot their own horns for the great work they do.

This wing/base boasts some incredible people, unfortunately if they are not brought to our

attention we can't write about them. As a PSP entity, the Contact newspaper is here to serve you – why not use this valuable resource to its full potential?

The paper has a staff of highly qualified journalists who are eager to cover a good story and are only a phone call away. Both Andrea Leblanc and Laurie McVicar have a solid background in reporting/photography and are ready to put their skills at your disposal.

While it's always nice to run articles about what is happening on other bases across Canada, we would like our pages to be full of local news. We know it's out there!

In addition to being published in print, the Contact can also be found on the web. So, instead of just sharing our achievements with the wing/base, we're sharing them with the world.

In our opinion, you deserve no less.



Andrea LeBlanc, Editor (local 7005)



Laurie McVicar, Asst. Editor (local 3978)

NASCAR racers can stay cool

by Sgt Natalie Oscien
 12 WING SHEARWATER — Two Air Force members from Shearwater have a cool solution to a hot problem.

Corporals Mike D'astous and Daniel Gagne are applying the same technology used in pumping cold water through hot weather flying vests to the NASCAR racing circuit. The two members, who work with military cooling vests everyday, outfitting aircrew who are deployed overseas, headed to Daytona on February 4 to watch their innovation at work.

It was an idea they got while watching NASCAR last July. The temperature was 100 degrees, people were passing out from heat exhaustion and pit crewmembers felt like they were melting.

"I could not believe they had no cooling system," says Cpl Gagne. "They were putting Ziploc bags full of ice inside their shirts."

Reaction to the NASCAR cooling suits is very good, says Cpl Gagne. "You feel like you've jumped into a swimming pool, but you don't get wet. We are one of the few Countries currently using cooling vests."

The vests came about during Desert Storm and have been used ever since.

Gagne thought that

with some small adjustments the military system could be adapted to the racing industry. After watching the race last summer, he began e-mailing different

product. The response was better than they had hoped for.

Gagne and D'astous, business partners in Cooling Edge



Photos: Cpl D'astous
NASCAR pit crew members hook themselves up to a large cooling system, which also serves as a cooler.

racecar teams, telling them about the military cooling system.

"The response was unbelievable," says Gagne. "The drivers themselves were calling me at home asking when and where they could get this equipment."

Gagne and D'astous contacted the manufacturer, MED-ENG, obtained their support, and began researching the product. After making some adjustments, they flew out to the next race and let the drivers and their crews try their

Technologies, love the excitement.

"It's great. We talk to professional racecar drivers and get go to go to the races. It's all very exciting," says Cpl D'astous. "The race car drivers and their crews joke that it took two Canadians to show us how to stay cool in the heat" laughs Gagne.

For more information, you can visit www.coolingedgetechnologies.com.

2Lt Natalie Oscien is with 12 Wing Shearwater Operations.

REMINDER

The first payment for the CANEX deferred credit plans is due March 15, 2003.

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Supervisor of Yacht Club

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6th Annual Home Buyer's/Seller's Seminar

Sponsored by the Trenton Military Family Resource Centre

Tuesday, March 4th, 2003

7:00 to 9:00 pm

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As a service to military members, DND employees, and the general public the MFRC is sponsoring a Home Buyers and Home Sellers Seminar with attendees including:

- A representative from the **Canada Mortgage Housing Corporation** to discuss the nuances of financing a home and breaking a mortgage.
- A local **lawyer**, familiar with military requirements and entitlements, will outline the legal process of selling and buying a home.
- An experienced & certified **Home Inspector** will discuss what to look for when buying a home or shopping for a home inspector.
- A local Realtor, who is a registered government sales rep, will discuss the overall process when buying or selling a home.

There is **NO CHARGE** for the seminar & it is open to the public. Refreshments & door prizes will be available. Spouses are encouraged to attend.

Paws and Claws

Say hello to Zeus

Zeus' story is one the Quinte Humane Society has heard several times. A nice young couple adopted him when he was about six months old. He grew to be a large, strong, energetic and friendly dog. The couple's circumstances changed. Zeus was bounced around between several homes and because of this, developed some behavioural problems. Shortly after Christmas he was surrendered to the Quinte Humane Society. The first month was very hard for Zeus. He was scared, confused and found it difficult to settle into shelter life. Now he is doing well but would rather be in a loving, permanent home. Zeus is very energetic and needs daily exercise. He needs practice walking on a leash (volunteers at the

shelter say he is very smart and is learning quickly) and a fenced-in yard would be an asset. He is neutered, good with other dogs and would be a great buddy. If you are interested in becoming his *Friend for Life*, contact the Quinte Humane Society or send an email to pawsand-claws@canada.com.



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Canada

Spice up supper with these recipes

tastes from The County



Michael Hoy

Paella Valencia

Ingredients:

- 1 - 3 lb chicken, cut into 8 pieces and seasoned with salt, pepper and paprika
- ¼ cup olive oil
- 8 oz chorizo sausage, sliced into thin rounds
- 2 red bell peppers, julienned
- 2 large onions, chopped coarsely
- 2 pinches saffron
- 2 cups long grain rice
- 6 large tomatoes (3 cups whole canned - drained)
- 16 live cultivated mussels
- 16 live cultivated pasta clams
- 16 shrimp, shells in tact
- 5 cups chicken stock
- 1 lb calamari, cut into rings
- 1½ cups fresh peas (frozen if none available)

6 scallions, coarsely chopped

Method:

Preheat oven to 425 degrees F.

Season the chicken pieces with salt, pepper and paprika and sauté in a heavy bottom pan with the ¼ cup of olive oil until the chicken is well browned. Remove from pan and set aside the chicken. Using the same pan and oil, sauté the chorizo, peppers, onions with the saffron until the onions are softened. Add the rice and continue cooking for 2 minutes. Place the browned chicken into the pan and add the tomatoes, mussels, clams, shrimp and chick-

en stock. Cover with a tight fitting lid and bring to the boil and place into the oven for approximately 25-30 minutes. Remove from the oven and add the calamari, peas and scallions. Stir well, cover and place back into the oven for approx. 5 more minutes. Remove from the oven and let stand for 10 minutes waiting until the rice swells. Taste and adjust seasoning if required. Enjoy!!!

Spanish Potato Omelette

Ingredients:

- 6 tbsp olive oil, divided into two (5 tbsp and 1 tbsp)
- 2 large potatoes, peeled and thinly sliced
- 1 medium onion, thinly sliced
- 1 tsp cumin
- salt and pepper to taste
- 3 eggs (reserved 1 tbsp olive oil)

Method:

In a heavy bottom non-stick pan, heat 5 tbsp

olive oil and place potatoes and onions alternately into the pan. Season with salt, pepper and cumin and fry slowly, turning occasionally until the potatoes have softened but not browned. Remove to a bowl and set aside and allow to cool. Beat the eggs in a large bowl until frothy and toss the cooled potatoes, season with a little more salt, pepper and cumin. In the same pan, place back onto the stovetop and heat adding 1 tbsp olive oil. Spread the potato mixture evenly onto the pan and cook until the bottom is brown and partly set. Turn the omelette over (using a plate to invert) and brown the other side. Remove from the pan and cut into small bite sized squares. **Optional:** Serve a side of roasted garlic mayonnaise and chopped fresh herbs and paprika.

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

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TRENTON CHRYSLER

169 Dundas Street East, Trenton, Ontario

The Contact, serving up news that matters every week to the 8 Wing/CFB Trenton community.

BBQ Lamb Chops with Honey-Soy Glaze

(NC)-The honey-soy glaze gives these lamb chops a subtle sweet flavor. You can use any of today's soy sauces - regular, light or salt-reduced - in this recipe. Teriyaki sauce can be used in place of soy sauce.

- 8 Ontario Fresh Premium Lamb loin chops
- ¼ cup ketchup
- 2 tbsp liquid honey
- 1 tbsp Soy sauce
- 1 tsp minced gingerroot
- 1 clove garlic, minced

In a large bowl, combine ketchup, honey, soy sauce, gingerroot and garlic. Add lamb chops and turn to coat. Remove chops from sauce reserving any remaining sauce. Bar-b-que chops for about 4 minutes per side, until well browned and pink inside, brushing with reserved sauce.



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Fear Factor's golden side

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Garth Turner

Some of the most content investors these days are those who plowed money into precious metals mutual funds, and last year saw a 30 per cent return while the stock market sank by 12 per cent. The spot price of gold neared the \$390-an-ounce mark (in U.S. dollars, of course) recently, which was the best performance in six years.

Why is gold on a roll, after being in a bear market for the last 20 years?

It seems to me there is but one reason: because American has been under attack. The run-up in gold started with Nine Eleven, and it has carried through the war on terrorism, the hunt for Osama bin Laden and now the impending conflict in Iraq. The yellow metal has gained strength as the American currency stum-

bled and the U.S. economy struggles to recover after the loss of over one million jobs following September the 11th, 2001.

Because gold is seen as an alternative to folding money and a safe haven in times of trouble, there is normally an inverse relationship between the value of the American dollar and bullion. Right now geopolitical tensions are top of mind for most investors, and those who fear things will get worse before they get better continue to pile into gold.

And there are some smart people included here, by the way, like Donald Coxe of Harris Investments. That guru is now calling for a 10-year-long (at least) bull market for gold, and suggests that all of us should have 10 per cent or so of our RRSP money in the metal.

So, should you buy gold? I don't think there is a simple answer to that question.

Gold is a speculative investment, because the only return you will get is if it rises in value. In other words, there is no interest or dividends to collect - all

you can hope for is a capital gain. At the same time, gold has few industrial uses that amount to much demand for production. Yes, gold continues to be used to manufacture jewelry, but that is not a burgeoning industry. In other words, the demand for bullion is coming from people who think it will rise in value as the world becomes an even more dangerous place. And that could well happen. The next few weeks will give a good indication.

On the other hand, there are a number of significant factors working against a further run-up in gold prices. The most significant is the fact inflation has largely been defeated, and there are even deflationary tendencies all around us. It was inflation alone that fuelled gold's greatest increase two decades ago when the metal soared to more than \$800 an ounce U.S. If you remember those days, then you will recall that cash was trash. With inflation running at 12 per cent or 14 per cent a year, it made sense to buy physical assets, like gold or real estate, that would not lose value as cash was.

These days core inflation is completely under control. Interest rates have dropped to near a 40-year low, bonds have soared in value and have just one way to go, and the stock markets have been in a three-year struggle to find

bottom. If the world was a normal place, then gold bullion would continue to be in the same slump it endured for years and years.

But, things are not normal. Americans are stocking up on batteries, water, plastic sheeting and duct tape. The western world is bitterly divided over the need to fight Saddam Hussein, with parallels being drawn to the situation that existed in 1939 - again, a time of political division that ended with catastrophic results. All you need to do is visit an airport these days to see how out of whack things have become. I watched in fascination at an airport on the east coast the other day as a man was forced to take off his winter coat, then his gloves, then his boots, then his belt, and feed them all through the scanner before boarding a regional flight.

It is this kind of paranoia that also had officials in Toronto shut down the subway system during the rush hour last week, because there was a strong smell, and because some nutbar in South Korea ignited a fire in a subway there the same morning. It is this fear that is behind the rise in gold bullion. And investing by fear usually ends as badly as investing by greed.

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

Spousal RRSPs - how they work

(NC)-When used correctly, spousal RRSPs can be an effective tool in planning for a couple's retirement. Spousal RRSPs can be a tricky concept, so it is important to understand the basics before making this strategy part of your retirement plan. To help make this concept clearer, we should answer a few basic questions:

1. What is a spousal RRSP? A spousal RRSP is an account into which one spouse makes contributions to the other spouse's RRSP who is in a lower tax bracket and the owner of the account. This means the owner spouse has control over the account in terms of investment decisions and when payments are received from the account.

2. Why use a spousal RRSP? The main advantage of a spousal RRSP is to help divide assets that will produce future income and thereby reducing the family's overall tax burden. Typically, a couple with one wage earner is best suited for a Spousal RRSP.

3. How does a spousal RRSP work? It separates the income between both spouses. Typically, the higher income spouse will contribute to a spousal RRSP and receive a

tax deduction at a high marginal tax rate. Then, in retirement or earlier, when the other spouse withdraws that money to produce income, it will generally result in a smaller income and be taxed at a lower tax rate.

4. What are Attribution Rules? The Income Tax Act uses the attribution rule to prevent spouses from paying less tax than is prescribed. Any withdrawal within two calendar years will be taxed in the hands of the contributor and not the spouse.

5. Can I make contributions to my spouse's existing RRSP? The short answer is yes. However, as soon as you combine or co-mingle your spousal contributions with their regular contributions, the account is considered a spousal account and subject to the Attribution Rules. In this case, if a withdrawal is made from the account, it may be taxed in the hands of the contributing spouse. Depending on your circumstances, it may be more appropriate to have two accounts so, if you need to make a withdrawal before retirement, you can make it from the account that makes most sense for tax purposes.

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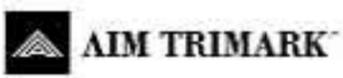
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Home Connections contract award for deployed Canadian Forces personnel

OTTAWA--Feb. 25, 2003 - The Honourable John McCallum, Minister of National Defence, and General Ray Henault, Chief of the Defence Staff today announced that Network Innovations Inc. (of Calgary Alberta) has been awarded a contract valued up to \$20M over 4 years to provide Canadian Forces (CF) personnel, who are deployed overseas, with a Morale & Welfare Calling Home Service.

This service will enable CF personnel to make telephone calls

24/7 back home via satellite-based phone system to family and friends no matter where they may find themselves deployed worldwide.

"This quality of life related initiative will ensure that our deployed personnel, whether on naval vessels or land-based, will have the comfort of knowing they are always never more than a phone call away from their loved ones," said Minister McCallum.

"This contract will continue to provide an essential service for the well-being of our

deployed troops," said General Henault. "This service was conducted as a trial during the first year of Operation APOLLO providing nearly two-million minutes of "air-time" to deployed persons. Owing to its overwhelming success, it is being extended to other CF operations and missions where appropriate."

The Morale & Welfare Calling Home Service is designed to provide deployed CF personnel, who have no direct access to normal telecommunication (terrestrial) infrastruc-

ture, the ability to use satellite-based communication terminals either installed on naval vessels or provided to land forces. The service will allow CF personnel to make use of their telephone call allowance entitlement to call back home from any location worldwide through the use of commercial satellite based systems such as INMARSAT and IRIDIUM.

The funding for this initiative is provided for in the 2002 federal budget and is therefore built into the existing fiscal framework.

Adjudication d'un contrat de service d'appel au foyer aux fins de maintien du moral, à l'intention du personnel des Forces canadiennes déployé

OTTAWA - L'honorable John McCallum, ministre de la Défense nationale, et le Général Ray Henault, Chef d'état-major de la Défense, ont annoncé aujourd'hui qu'un contrat d'une valeur maximale de 20 millions de dollars répartis sur une période de quatre ans, avait été adjugé à Network Innovations Inc, de Calgary (Alberta), pour que cette entreprise fournisse au personnel des Forces canadiennes déployé outre-mer un service d'appel au foyer aux fins de maintien du moral et du bien-être.

Grâce à ce service, les membres des Forces canadiennes pourront appeler leur famille et leurs amis au Canada 24 heures par jour, 7 jours par semaine, en utilisant un réseau téléphonique par satellite, peu importe où ils sont déployés à travers le monde.

« Cette initiative liée à la qualité de vie permettra de faire en sorte que les militaires déployés, à bord de navire ou au sol, puissent du réconfort dans le fait de savoir qu'ils peuvent en tout temps communiquer avec leurs êtres chers », a déclaré le ministre McCallum.

« Grâce à ce contrat, nous continuerons de fournir un service essentiel au bien-être de nos militaires déployés », a indiqué le Général

Henault. « Ce service, qui a fait l'objet d'une période d'essai au cours de la première année de l'opération Apollo, a permis d'accorder près de

« Grâce à ce contrat, nous continuerons de fournir un service essentiel au bien-être de nos militaires déployés »

Général Ray Henault

deux millions de minutes de « temps d'antenne » à des personnes déployées. Étant donné son énorme succès, le service est maintenant offert dans le cadre d'autres opérations et missions des Forces

canadiennes lorsque cela se révèle approprié. »

Le service d'appel au foyer aux fins de maintien du moral et du bien-être vise à donner aux

membres des Forces canadiennes déployés qui n'ont pas directement accès à une infrastructure de télécommunication régulière (terrestre) la possibilité d'utiliser des terminaux de communi-

cation par satellite installés à bord de navires ou fournis à des forces terrestres. Le service permettra aux militaires d'utiliser leur indemnité d'appels téléphoniques pour appeler au Canada à partir de n'importe quel endroit dans le monde en passant par des réseaux commerciaux de communication par satellite, tels qu'INMARSAT et IRIDIUM.

Le financement de cette initiative a été prévu dans le budget fédéral de 2002 et il s'inscrit donc dans le cadre financier en place.

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The Union of National Defence Employees (UNDE) is a proud member of the Defence team and we are committed to supporting our Canadian Forces. Our position as a Union is to encourage and work with our military colleagues and family who are responsible to carry out their duties as assigned to them by the people of Canada.

UNDE is not pro-war. Labour and peace coalitions in this country are actively supporting anti-war demonstrations.

It needs to be stated that UNDE will not be involved in or supporting in any way these demonstrations.

We encourage the men and women in the Canadian Forces to be confident and to take pride in their abilities. We will not undermine our military in the performance of their duties.

It is from the membership of this Union that the loudest and clearest message needs to be expressed:

We are in this together, proud and strong.

Les membres de l'Union des employés de la Défense nationale (UEDN) se sentent fiers de faire partie de l'équipe de la Défense nationale. Ils se sont engagés à soutenir les Forces canadiennes. Comme entité syndicale, l'UEDN a adopté la position d'encourager ses collègues militaires et leur famille, et de travailler avec eux, car ceux-ci assument les tâches que le peuple canadien leur a assignées.

L'UEDN n'est pas en faveur de la guerre. Dans ce pays, les coalitions en faveur des travailleurs et de la paix appuient activement les groupes qui manifestent contre la guerre.

Cependant, l'Union tient à faire savoir qu'elle ne participera à aucune de ces manifestations et qu'elle n'appuiera aucun de ces groupes.

Nous incitons les hommes et les femmes travaillant au sein des Forces canadiennes à rester confiants et à se sentir fiers de leurs compétences. Nous n'avons pas l'intention de nuire à nos militaires en service.

Les membres de l'Union tiennent à exprimer clairement qu'ils se rangent du côté des militaires, pour que,

nous soyons tous unis, fiers et forts dans les circonstances.

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Fitness, Sports & Recreation

VINTAGE FLYERS AND MEN'S HOCKEY TEAM DECLARED ONTARIO REGION CHAMPS



The 8 Wing Vintage Flyers and Men's Hockey Team were declared Ontario Region Champs and will advance to the Canadian Forces Old Timer Hockey Championship, to be held in Borden Mar 25 - 30, and Canadian Forces Men's Hockey Championship, to be held in Borden Mar 14 - 22, as the Ontario Region Representatives. All bases had very competitive teams and the games were all fast paced and tightly played. The men's hockey final was a high scoring game with a score of 8 - 7 in favour of Trenton. The Old Timers game was a close checking game with the Vintage Flyers on top with a score of 2 - 1. Well done Men's & Vintage Flyers!!!! And Good Luck at the CF National Hockey Championships.

(Flyers) Top L-R: Paul Deschamps (WAHRO), MCpl Eric Lafond (424 Sqn), Cpl Kevin Smith (CPC), Capt Byron Johnson (424 Sqn), Cpl Mitch Davenport (8 AMS), Capt Shane Loder (424 Sqn), Cpl Paul Hunt (ATESS), Capt Stephan Aumont (436 Sqn), Cpl Kevin O'Donnell (CPC), MCpl Rob Valenti (424 Sqn), Pte Gabriel Proulx (WTNO), Bob Payette (WAHRO) Bottom L-R: Capt Stephan Bourque (426 Sqn), Sgt Darryl Cattell (424 Sqn), Cpl Leon Camirand (ATESS), Capt R.J. Ellis (424 Sqn), Cpl Bruce Mathews (8 AMS), Sgt Wayne Simpson (424 Sqn), 2Lt Eric Bolduc (WOps).

(Vintage Flyers) Back row: Brice Leedham, Dexter Flynn, Bob Denyes, Serge Francoeur, Sylvain Levesque, Jim McGrath, Marc Blouin, Rod Keyes, Ken Roy, Claude Simard, and Greg King (Coach). Front row: Greg Carr, Pierre Boisvert, Ron Gunning, Brian Frank, Steve Owens, Ross Prophet, Ron Reedy. (Missing - Mike Hamilton and Jorge Larson).



Photos and story submitted

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Me and my big mouth



Laurie McVicar

Confessions from the Gym

Monday, February 24

Wow, I'm amazed by the number of new people I'm seeing at the gym.

You can always spot them - grasping that sheet of paper that their routine is written upon as though their life depended on it, walking around in a confused daze trying to find the chest press, their eyes darting back and forth, head hung low hoping no one will notice them.

It wasn't that long ago that I was one of these people. My congratulations to all of you "rookies." Believe me, the hardest part of establishing a workout routine is simply coming to the gym those first few times. It's intimidat-

ing, it's nerve wracking and it can, at times, be embarrassing...but it's worth it. The results you'll achieve far outweigh the initial discomfort you'll endure. Good luck!

I'm continuing to do well in my quest for fitness. I am more motivated than ever to lose weight following a "split-second decision" I had to make last week. I have been asked to be a bridesmaid in a friend's wedding this June. Although all the girls went to get measured in January for the dresses, it wasn't until last week that I put my order in. The salesperson decided to measure me again (despite my protests, of course) and discovered I

had lost an inch around my hips and waist. After a lengthy debate over the accuracy of her measurements (I was all for the idea of being measured smaller,) she pulled out a chart to decide what size I should order. Of course, I was smack dab in the middle of two different sizes. Now, perhaps I'm a bit of an optimist but I quickly spoke up and suggested she order the smallest size of the two. She looked at me doubtfully, making sure I was quite aware that there was very little extra material on the dress if it had to be "let out." I glared slightly at the small, twig of a salesgirl, stuck up my chin and stated, "that's okay, I can lose three more inches."

Me and my big mouth.

I'd kick myself for making such a stupid decision, but I'm fairly sure I'll be unable to lift my legs after exercising enough to get those inches off.

Curlers converge on Trenton

by Lt Gerry Hardy

The annual Snowdon Scopespiel took place in Trenton on Feb 13 to 15, 2003. The event was the first for the newly amalgamated AEC/AC Ops trade/occupation. Indeed it was a great success with more than 80 participants from bases across Canada and the US. In fact, we welcomed teams from as far west as Alaska (US) to Gander (NF).

The bonspiel is the amalgamation of the former AD Tech curling bonspiel (22 Wg Scopespiel) and the Air Traffic Control bonspiel (Snowdon

Hassle). The "SNOWDON HASSLE" was first conceived in 1963 in Borden while the AD Tech Curling Bonspiel had its beginning in 1972 at CFSCEE Detachment at Lac St Denis, QC. Over the years the AD Tech bonspiel has undergone numerous name changes until it has finally become known as the 22 Wg Scopespiel. In 2002 the Snowdon Hassle and the 22 Wg Scopespiel were officially amalgamated. The host unit of the event will rotate annually between Trenton and North Bay.

The Snowdon

Scopespiel was composed of three distinctive events. Of course we all say that this is just for fun but I guarantee that we all tried our best to win an event, however, the strongest prevailed. Cpl Chad Raycrafts' team from Trenton took away the A event, the B event was taken by MCpl Alex Madaires' team from Petawawa, while the C event was won by Capt Don Saunders' team from Alaska.

The next Snowdon Scopespiel will take place in Feb 2004 in North Bay, ON. The bonspiel, regardless of where it's held, is a wonderful way to enable everyone to get together and talk about his or her jobs, experiences, and to renew old friendships and hopefully make new ones.

Needless to say that many hours of hard work were required from a multitude of volunteers from Trenton and North Bay to make this event such a success, many thanks to all of you for your great work.



Curlers were piped onto ice at the Trenton Curling Club during opening ceremonies.

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85 ARFF takes on CFB Borden in annual hockey game

After a four-year winning streak, the 8 Wing Fire Fighters lost to the Canadian Forces Fire Academy during their 6th Annual Hockey Challenge on Saturday, February 22. The Borden team, hungry for a win, pushed the 85 ARFF team to their limits. Unfortunately Trenton was unable to stop the final goal which ended the game with a 7-6 score for the other team. Tough luck fellas, there's always hope for next year!



Photo: Laurie McVicar, Contact Staff

Jackson Heyens, son of Cpl Grant Heyens of 85 ARFF, found the candy machines at the RCAF Flyers Arena far more interesting than the hockey game.



Photo: Laurie McVicar, Contact Staff

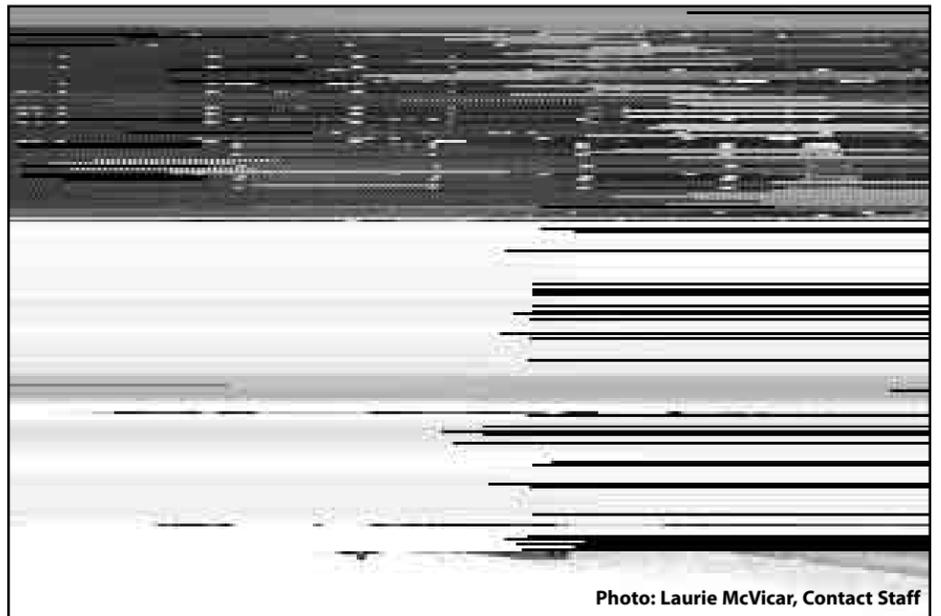


Photo: Laurie McVicar, Contact Staff



Photo: Laurie McVicar, Contact Staff

Sophia Mathieu proudly cheers on dad, Sgt. Bruno Mathieu of 85ARFF, from the warmth of the arena lobby.



Photo: Laurie McVicar, Contact Staff



Money raised for Heart and Stroke

Seven teams took part in a 4 on 4 ball hockey tournament for the Heart and Stroke Foundation last Friday at The Gymnasium.

Taking first place was CCC with four wins followed by 8AMS and JNBCD1, who were tied for second. There was a final shootout between CCC, 8 AMS 1 and JNBCD 1 at the end as all three teams had won an equal amount of games. To determine the winning team, each team picked four players and took turns shooting on net. CCC came up the winner with one point, shot by CWO Simmons.

Congratulations to the following teams for helping raise \$200 for the charity: JNBCD 1, JNBCD 2, 8 AMS 1, 8 AMS 2, CCC, WTISS and PSP. Special thanks to the Heart and Stroke Foundation who provided prizes of t-shirts, gym bags, coffee travel mugs, skipping ropes, bucket hats, water bottles, ball hats, and lots more.

A further \$200 was raised during the Fit for Heart, which took place on the same day. Participants took part in an afternoon of aerobics and informational seminars on topics such as blood pressure, relaxation and stretching, back fitness and healthy eating.

Photos by Cpl Gayle Wilson, 8 Wing Imaging



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Dear Health Professional

I am a busy working mom and I just can't find the time to cook, let alone sit down and enjoy a good meal. Do you have any tips to help me eat healthy on such a hectic schedule?

Signed Hectic Mom

Dear Hectic Mom,
Despite your schedule, you can still eat and stay healthy. Try these time saving tips.

Breakfast:

- Yogurt mixed with your favorite cereal and/or diced fruit, (it looks great served in a clear glass!)
- Scrambled egg sandwich with a glass of milk (beat two eggs in a mug and microwave for 1-1 1/2 minutes on med-hi temp)
- Toasted bagel with

cheese and a glass of milk

• A container of flavoured yogurt mixed with some milk and fruit in a blender.

Lunch:

When you can't get away for food, bring the food to you! Stock your desk drawer or locker full of non-perishable foods like canned fruit, milk puddings, cold cereal, whole grain crackers, peanut butter, canned soup and juice boxes.

If there's a refrigerator, keep it stocked with yogurt, fruit, milk, juice, cheese, raw veggies, interesting spreads or dips, sliced meat and hard cooked eggs. Label your food with your name and the date.

If you don't have time to cook dinner:

Use pre-cut or pre measured ingredients to save on prep time. Look for lower fat, pre-made items such as soups, sandwiches, quiches and pastas. Add a glass of milk, a salad or another side dish to round out the meal. On days when you are in the kitchen, make double batches of your favorite recipes and freeze them in individual servings for a fast meal.

Keep healthy snacks in the car for times when you are enroute with the kid's sports and activities.

Signed,
Your Health Promotion Director

*Reference: Dieticians of Canada

This is a start...look for more tips on nutrition this month in The Ask Your Health Professional column.

If you have a question feel free to contact us at www.cfbtrenton.com, or call local 3767.



Facing off against cancer

by Andrea LeBlanc
Editor

The Quinte West Police hockey team has thrown down the gauntlet--challenging hockey aficionados from Quinte area media outlets to a test of wills and skills March 1 at the Trenton Community Gardens.

The peace officers and the *media types* (including Mix 97's Todd Smith and Matt Goodman, OJ 95.5's Chris Koppin, the Belleville Intelligencer's Henry Bury and our very own Bob Payette, PSP Manager from 8 Wing/CFB Trenton) will be playing for a very worthwhile cause. All money raised from ticket sales will go towards *Cut For Cancer*, a charity that pro-

vides assistance to local children and their families, who are battling cancer.

Tickets are selling for \$5.00 each and can be purchased at Lauraldo Hair Connection, 459 Dundas Street West in Trenton, or at the door on game night.

In addition to the opportunity to watch the game and contribute to the charity, ticket holders will also be eligible to win one of the fabulous door prizes generously donated by a variety of merchants and organizations. Prizes include a hockey stick signed by all of this year's Toronto Maple Leafs, a signed Tomas Kaberle jersey (both courtesy of TML), a voucher courtesy of VIA Rail good for four (4) round trips to Toronto, two platinum tickets to the March 8, 2003 Toronto vs Vancouver game (thanks to Rio Can), four rounds of golf courtesy of Barcovan Golf Course, as well as three tooth-whitening kits valued at \$300 (courtesy of Dr. McDowell). And the Trenton Sting has donated a signed stick and jersey, plus 20 tickets to the team's upcoming playoff game.

The game gets underway this Saturday at 8:00 p.m. and all the Trenton Sting players will be on hand to visit with youngsters in the crowd.

So come on out and show your support, regardless of whether you are cheering for "the boys in blue" or the "boys in the news!"



Canadiana Crossword

See Who?

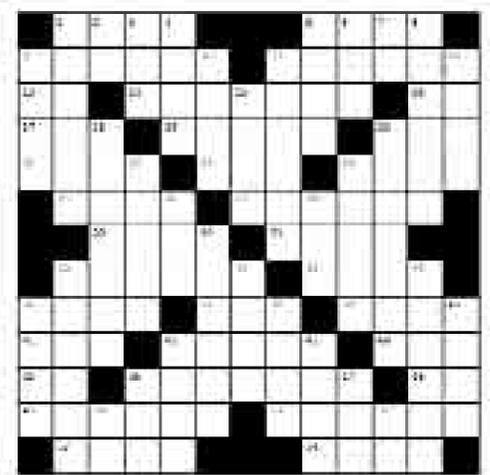
By Denise Rodda and Janet Kolar

ACROSS

- 1 "What's a muffin?", he said
- 2 System
- 3 Translator name
- 11 "An honest boy makes his own friends", he said
- 13 Bennett initials
- 14 "Double double", he said
- 16 _____ and behind
- 17 Penny sound
- 18 "Sunshine is brighter (Four windows are clean)", she said
- 20 Alvin's Daisy _____
- 21 Sumatra, in S.L.
- 22 Consideration (synonym)
- 24 Roman god
- 25 Mentally well
- 27 Whip
- 28 Helix
- 31 New Zealand timber tree
- 32 Long snail
- 34 Sight
- 36 Author's name
- 37 Bachelor's book
- 39 Chemical name
- 41 Motivation, 1991
- 42 Libel master
- 44 A breed of pheasant
- 45 Private eye, for short
- 46 "The Olympics cannot move here's debate that a man can have a baby", he said
- 48 Thailand (symbol)
- 49 "He above he comes!", he announced
- 51 Critique synonym
- 53 Say it loud
- 54 Neighbour of Ontario

DOWN

- 1 When by 2 Acres



2. Afloat, for short

- 3. Soused
- 4. Cicadas
- 5. Boldly skipper
- 6. A. A. Milne's woman's name
- 7. Nova Scotia provincial symbol
- 8. Condit
- 9. He coined the phrase "The Canadian justice for you promise"
- 10. PI
- 11. Long suit
- 12. Christmas
- 13 "I never look a gift horse in the eye", he said
- 14 (pin being) abstract, he said "The country let us down"
- 15 "Canadians are middle class with values", he said

22. Po's producer

- 24. Search engine, Alexander
- 26. Kipper
- 28. Ocean fish
- 30. Say again
- 37. Harrowed
- 38. Woodworker's tool
- 39. "If you can't beat 'em, join 'em" (the ally you can't beat 'em on the way", he said
- 40. Metric speed measurement, abbr.
- 42. Female deer
- 43. British soccer team
- 44. Precipitation
- 45. Slog
- 46. Bucket
- 47. Archery
- 48. You and I
- 52. Titanium symbol

This Week in Contact

1942--RCAF Station Trenton boasts organized boxing, fencing, squash, gymnastics, bordenball, badminton, ice hockey, floor hockey, basketball, and volleyball 4+ times per week. Advertisements feature 5-cent candy bar, and a night at the Lord Elgin Hotel (Ottawa) for \$2.50.

1953/1963--Unavailable

1973--Aircraft and personnel from CFB Trenton deployed to CFB Wainwright on Exercise QUEEN'S RANSOM, moving over 5M lbs of equipment and thousands of troops around the clock for five days on a makeshift frozen runway.

1983--Sweeping top-level changes in the CF with the overlapping appointments of a new CDS; VCDS; Comd AIRCOM; Comd MARCOM; Comd CFE; and Depy C-In-C NORAD.

1993--In just days BAME and BCE scrambled to design, build, and install a special protective screen on 10 hangar main doors to accommodate the newly arrived CC-150 Polaris in time for the official public Acceptance Ceremony! Middleton Park Community Council and CFB Trenton Military Police launch the "Block Parent" program in the MQs.

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

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TRENTON Military Family Resource Centre



Information: 965-3575

"Partner Away-Deployment Support/ "Partenaire au loin"-Soutien au déploiement

"Wednesday activities"

Wednesday evenings, 6 - 8 p.m.
Variety of events will be planned for each week. Please call ahead.

March 5 - Craft-Rubber Stamping with Liz Whitty

March 12 - March Break - Pot Luck

"Activités du mercredi"

Mercredi de 18h à 20h. Une variété d'événements est planifiée pour chaque semaine.

Téléphonez à l'avance. s.v.p.
5 mars - Bricolage, Étampes en caoutchouc avec Liz Whitty.

12 mars - Congé du mois de mars - Repas à la fortune du pot



Home Buyer / Seller Seminar

Tuesday, March 4th - 7:00 to 9:00 p.m.

- A representative from the **Canada Mortgage Housing Corporation** will discuss the nuances of financing a home.

- A local **Lawyer**, familiar with military requirements and entitlements, will outline the legal process of selling and buying a home.

- An experienced and certified **Home Inspector** will discuss what to look for when buying a home or shopping for a Home Inspector.

- A local **Realtor**, certified and Registered government Relocation Specialist, will discuss the overall process when buying or selling a home.

No charge - Refreshments & door prizes

Séminaire pour acheter ou vendre une maison

Mardi le 4 mars - 19h à 21h

- Un représentant de la **Société canadienne d'hypothèques et de logement** discutera des nuances de financement.

- Un **avocat** de la région, familier avec les exigences et les droits des militaires, expliquera les grandes lignes du procès légal de vendre et d'acheter une maison.

- Un **inspecteur immobilier** licencié et expérimenté décrira les choses à regarder lors de l'achat d'une maison ou pour chercher un inspecteur.

- Un **agent immobilier**, spécialiste certifié et enregistré en relogement pour le gouvernement, discutera du processus général lors de l'achat ou la vente d'une maison.

Gratuit - Rafrâichissement et prix de présence

Education Programs / Programmes d'éducation

Computer courses

Excel Level 1
March 13 & 14, 9 a.m. - 4 p.m.
Cost: \$75

Cours d'informatique

Excel, niveau 1
13 & 14 mars, 9h à 16h
Coût: 75\$.

Registration will only be accepted with payment. No refund after the Monday March 3 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.

Le paiement doit accompagner l'inscription. Aucun remboursement ne sera donné après le 3 mars à midi. **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.

Prenatal Class/Cours prénataux

12-hour Prenatal Class
When: March 15 & 22
Where: Siskin Centre
by Certified Childbirth Instructors
Cost: \$20 per person

12 heures de cours
Quand: 15 & 22 mars
Où: Centre Siskin
par des instructeurs qualifiées
Coût: 20\$ par personne

MASS SCHEDULE HORAIRE DES MESSSES

Senior Chaplain - Aumônier Supérieur: Major Lloyd Clifton Local 3665

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

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

Padre Allan Murphy (RC) Local 3312
MASSES -MESSSES

Messe Dominicale: 0900 hrs (français)
Sunday Mass: 1130 hrs (English)

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

CONFESSION

At all times. En tout temps.

BAPTISMS / BAPTÊMES

Please allow at least 30 days notice for preparation.
Communiquez avec l'aumônier au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

You must contact the chaplain's office prior to selecting a date.
You must obtain a recent copy (less than six months old) of your baptismal certificate prior to booking appointment with chaplain.

Vous devez prendre rendez-vous avec l'aumônier avant de choisir la date. Vous devez apporter avec vous une copie récente (datée de moins de six mois) de votre certificat de baptême.

ST CLEMENT ASTRA CHAPEL (Protestant) Services

Padre Catherine Morrison (ACC) Local 2314
Padre Matthew Lucas (Baptist) Local 3286
(Chapel Life Coordinator)

Sunday: Divine Worship 1015 hrs
Holy Communion: First Sunday of the month
Wed. - Anglican Eucharist at 1230 hrs

CHAPEL ORGANIZATIONS

Men's Club 1st Tues of the month 1800 hrs
Ladies Guild: Last Tues of the month 1930 hrs

BAPTISMS

Allow at least one month's notice for preparation.

MARRIAGES

You must contact the chaplain's office prior to selecting a date. Please allow at least six months.

PARISH ORGANIZATIONS

Parish Council 3rd Thurs 1900 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL: 2nd Tues 1900 hrs
Chorale: Mercredi 1900 hrs
Choir: Tues at 1900 hrs
Silhouettes of Mary: 2nd and 4th Thurs at 1830 hrs

After working hours please call the base operator at 392-2811 and ask for the duty chaplain.
Après les heures de travail, appelez la téléphoniste de la base au 392-2811 et demandez à parler à l'aumônier en devoir.

WOMEN'S CONFERENCE 2003 LA CONFÉRENCE DES FEMMES 2003 "CHOICES"/"LES CHOIX"

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

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Our Keynote Speaker is :

Georgina Thompson, President of All. Care Health Service Ltd.

Venez participer à cette conférence d'une journée qui vise toutes les femmes de la communauté avec les sujets suivants;

**La famille, le mode de vie, la santé & le bien-être,
la carrière et l'éducation, la famille, les finances**

Notre conférencière invitée est;

Georgina Thompson, présidente de All. Care Health Service Ltd

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New CO for National Support Unit on OP APOLLO

Joint Task Force South West Asia Public Affairs

TAMPA, FLA. – On February 22, 2003, Colonel Jacques LeBlanc assumed command of the National Support Unit (NSU) in southwest Asia, replacing Colonel Mike Boomer of National Defence Headquarters in Ottawa.

Col. LeBlanc arrived from 1 Canadian Air Division Headquarters in Winnipeg, Manitoba.

The NSU was formed on April 17, 2002, to deliver centralized administrative and logistics support services to Canadian Forces (CF) units deployed on Operation APOLLO, Canada's military contribution to the international campaign against terrorism. The strength of the NSU currently stands at about 250 CF members.

“Over the last six months, the NSU has

proven the value of the ‘joint’ concept, and has pioneered into many new areas,” commented Brigadier-General Angus Watt, the commander of the Joint Task Force South West Asia, the formation created to conduct Operation APOLLO. “Canada remains committed to the campaign against terrorism, and the men and women of the NSU are helping to sustain our valued contribution.”

Under Col. Boomer, its second commanding officer, the NSU enhanced its capacity to keep CF members in the theatre of operations fed, clothed, housed and provided with the required logistical and administrative support. This support includes building and maintaining camps for some units, and co-ordinating all movement of Canadian personnel, mail and cargo throughout the theatre of operations.

L'unité de soutien national de l'opération Apollo a un nouveau commandant

Affaires publiques, Force opérationnelle interarmées du Canada en Asie du Sud-Ouest

TAMPA (Floride) – Le 22 février 2003, le Colonel Jacques LeBlanc a pris le commandement de l'Unité de soutien national (USN) en Asie du Sud-Ouest. Il remplacera le Colonel Mike Boomer, du Quartier général de la Défense nationale à Ottawa.

Le Col LeBlanc est récemment arrivé du Quartier général de la 1ère Division aérienne du Canada, à Winnipeg (Manitoba).

L'USN a été formée le 17 avril 2002, et elle avait pour fonction de fournir des services centralisés de

soutien administratif et logistique aux unités des Forces canadiennes (FC) déployées dans le cadre de l'opération Apollo, la participation militaire du Canada à la campagne internationale contre le terrorisme. L'effectif de l'USN compte actuellement environ 250 membres des FC.

« Au cours des six derniers mois, l'USN a démontré la valeur du concept des opérations combinées et a innové dans plusieurs nouveaux domaines », a affirmé le Brigadier-général Angus Watt, commandant de la Force opérationnelle interarmées du Canada en Asie du Sud-Ouest, la formation créée afin de diriger l'opération Apollo. « Le

Canada demeure engagé dans le cadre de la campagne contre le terrorisme, et les hommes et les femmes de l'USN aident à maintenir notre contribution significative. »

Sous l'autorité du Colonel Boomer, son deuxième commandant, l'USN a renforcé sa capacité de fournir aux membres des FC dans le théâtre d'opérations la nourriture, le logement et les vêtements requis, ainsi que l'accès au soutien logistique et administratif dont ils ont besoin pour accomplir leur travail. Cet appui comprend la construction et l'entretien de camps pour certaines de ces unités, ainsi que la coordination de tous les déplacements de militaires,

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Gouv du Ca

When the standard lift won't work



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

We've all been trained to lift safely by squatting down and picking up the object with both hands. That's fine when you can manoeuvre yourself into this position next to the item you are lifting. Squatting down instead of bending at the waist can help prevent back injuries by putting the load on your legs rather than your back.

But it is not always possible to use this lifting method. For example, many of us working in manufacturing industries spend a good part of the workday picking components out of deep bins. Because the sides of the bin prevent you from bending your knees, you may try to lean over the

side and pick up the material with both hands. This method puts a strain on your easily injured lower back.

If the item you are picking out of the bin isn't too heavy or too awkward to handle with one hand, there's a better way to do it. Use a one-handed lift, also known as the golfer's lift. Here's how it is done:

Stand close to the bin.

Put your non-lifting hand on the side of the bin.

Bend over the container. You can also put one foot out behind you for balance.

Pick up the object with one hand.

Use your non-lifting hand to push your body back up out of the bin. Make sure your arms and shoulders take the load, not your back.

Look for ways to eliminate heavy or awkward lifts from your work routine. Perhaps the parts bin can be tilted so you can reach items more easily or talk to your supervisor about the possibility of installing an automatic spring device

so the bottom of the bin will rise slowly as material is taken out. You may be able to reposition the components so you can reach them at waist level. You may be able to use mechanical picking devices. Get help with heavy or difficult loads.

Here are some more reminders about safe lifting:

Clear your route before you attempt to move an object. Make sure you have a clear pathway and a place to set the load down easily.

Check the weight of the object to see if you can handle it. Look at the weight on the label, or lift a corner of the object.

Keep the load close to your body as you carry it and set it down.

Lift the object straight up smoothly and do not twist your body once you have made the lift.

A modified one-handed lifting technique may be useful in some situations, such as picking items out of a large container. No matter how you lift, protect your back from injury.

First aid for a knocked out tooth

(NC)—If you play hard, you can get hurt. If you want to take your sports to the extreme, it's best to play with mouth protection to prevent damage to teeth. Did you know that in many cases, a knocked out tooth can be re-implanted if the casualty receives prompt medical/dental help?

Here's what to do if someone knocks out a tooth.

1. Make the scene safe.
2. Carefully assess the casualty, looking for injury to the head, spine or other area. Provide first aid to the most serious, life-threatening injuries first.
3. Assess the casualty's airway. Is there blood or swelling that could prevent airflow?
4. Place a clean (sterile if possible) pad in the tooth socket and

apply pressure to stop bleeding. The casualty can bite down on the pad for constant pressure.

5. Tilt the casualty's head forward to allow blood to drain out of the mouth.

6. If you retrieve the tooth, handle it with care! Never touch the root or try to clean it. If possible, place the tooth directly in a cup of milk or saline solution. If not available, wrap the tooth gently in plastic.

7. Seek medical/dental attention immediately.

St. John Ambulance is Canada's first aid authority. Training in first aid and CPR can help you play it safe everywhere you go. See your local office or check out www.sja.ca online for details.

It's your head – don't knock it

(NC)—Only cartoon characters don't get hurt from a bump on the head. For the rest of us, concussions can result when we sustain a blow to the head or neck. A concussion is a temporary disturbance of brain function that can result in serious brain injury.

Don't mess with your brain. If someone suffers a head injury, watch for the warning

signs of concussion.

- Partial or complete loss of consciousness
- Shallow breathing
- Nausea or vomiting
- Casualty 'sees stars'
- Loss of memory of immediate past event

Concussions can have hidden risks. A casualty may appear to have recovered quickly,

but could be suffering from a more serious injury, such as compression. It is always important to seek immediate medical help.

St. John Ambulance first aid and CPR training can give you the confidence and skills to help in an emergency. For details, see the office nearest you or check us out at www.sja.ca.

Heart healthy guide

(NC)—Eat a diet that is low in cholesterol, saturated fat, made with non-hydrogenated oil and rich in Omega 3. Confused? This is heart healthy advice but when we are bombarded by so many nutritional messages, how do we figure out what all these terms mean?

Here are some definitions to help you understand some of the common nutritional vocabulary:

Hydrogenated oil: Hydrogen is added to unsaturated fat, such as oil to harden the fat. This produces trans fatty acids, which raise bad cholesterol in the body. This, in turn increases the risk of heart disease.

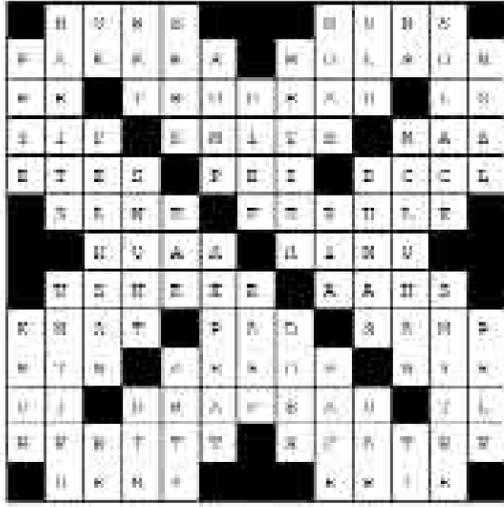
Saturated Fat: This is the least healthy of all fats. Saturates raise cholesterol levels and increase the risk for heart disease. Higher quantities may be found in animal products such as butter and lard, and tropical oils (coconut oil for example).

Cholesterol: Cholesterol is a fatty substance mainly present in animal fats and is also manufactured in the human body. High cholesterol is bad because it tends to get stuck to the walls of your arteries, restricting blood flow.

Omega 3: Not all fats cause health risks and some fats are essential to a healthy diet. Omega-3 fats are a type of polyunsaturated fat found in fish oils and some vegetable oils. These fatty acids tend to lower blood triglycerides, a type of blood fat also involved in the development of heart disease.

**News we can use?
"Contact" our editorial staff
at local 7005 or 3078.**

Crossword answers



HOROSCOPES

ASTRO ADVICE WEEKLY - By Eugenia Last
March 2 - March 8
FROM UNIVERSAL PRESS SYNDICATE

ARIES (March 21-April 19): Memories from your early childhood may rise to the surface on the 2nd, 3rd and 4th. Trust in yourself and follow what you know in your heart is the right thing to do. Once you make your move you will be relieved. You will be high-strung on the 5th and 6th. Listen to an older experienced individual who offers you advice. Let everyone know what you want. Start new a venture on the 7th and 8th. Consider an educational course that will help you increase your income.

TAURUS (April 20-May 20): Don't get involved or meddle in other people's affairs on the 2nd, 3rd and 4th. You will only end up getting blamed for something you probably didn't do intentionally. You should consider starting new friendships with people who have common interests. Do not make financial promises on the 5th and 6th, especially to an organization that you know little about. Dealing with loved ones may be touchy on the 7th and 8th but if you are giving positive results will unfold.

GEMINI (May 21-June 20): You may be in the mood to party with friends on the 2nd, 3rd and 4th but if you over-indulge your fun may turn into a fiasco. You are best to keep your opinions to yourself. Be charming and fun not opinionated and difficult. Pick yourself up and get involved in helping others on the 5th and 6th and you will regain your confidence. You may end up in a do or die situation on the 7th and 8th if you are trying to hide your whereabouts.

CANCER (June 21-July 22): The 2nd, 3rd and 4th may not be the best time to confront others but if you are understanding, empathetic and kind you will be able to clear up any mishap that comes your way. Your stubbornness will hold you back on the 5th and 6th. You may find yourself in a tight spot especially if you've been trying to hide something. Your warmth and compassion will be hard to resist on the 7th and 8th and should lead to a good friendship.

LEO (July 23-Aug. 22): You can make some serious choices on the 2nd, 3rd and 4th regarding your personal papers and what you want to do with your life. Do some research and you'll discover more about the subjects and vocations that interest you. You will dazzle your peers with your big ideas and colourful way of presenting your ideas on the 5th and 6th. You will be totally unpredictable on the 7th and 8th. Your change of attitude will puzzle those close to you.

VIRGO (Aug. 23-Sept. 22): Don't take on too much on the 2nd, 3rd and 4th. You will be in an emotional mess if you have allowed someone you are involved with to handle your cash. Joint accounts and ventures should not be considered. You will be concerned with legal matters on the 5th and 6th. Take your time but don't miss an opportunity. Tell people about your attributes not your downfalls on the 7th and 8th and you will get the support you need.

LIBRA (Sept. 23-Oct. 22): Don't hesitate to phone someone on the 2nd, 3rd and 4th who is equally as excited about a new project that you happen to be involved in. Together a little brainstorming can go a long way. A partnership may be a problem on the 5th and 6th. You may need to backtrack. Prepare to be questioned. Check out your options on the 7th and 8th. You can make financial gains through your career choices. Use your intuition and you'll stay on the right track.

SCORPIO (Oct. 23-Nov. 21): Someone may be jealous of your good fortune on the 2nd, 3rd and 4th. You have plenty of great things happening and if you surround yourself with positive people new partnerships will form that could lead to something fabulous. Talking with people in high positions will bring results on the 5th and 6th so schedule meetings. Look out for your own interests on the 7th and 8th. Someone you least expect is likely to disappoint you.

SAGITTARIUS (Nov. 22-Dec. 21): You should try to keep busy on the 2nd, 3rd and 4th. Social events will take your mind off your worries but remember that doesn't mean that you won't have to face the music some time in the near future. You will be spontaneous, imaginative and ready to take on whatever comes your way on the 5th and 6th. Your fast retorts and action will give you the edge on the 7th and 8th. You will be convincing.

CAPRICORN (Dec. 22-Jan. 19): You'll feel important on the 2nd, 3rd and 4th as many of your friends or family will turn to you for advice. Your sincere gestures will lead to popularity and added respect. Although you may not like the changes going on around you on the 5th and 6th they will be beneficial. You will be in an entrepreneurial mood on the 7th and 8th. Everything you touch will turn in your favor.

AQUARIUS (Jan. 20-Feb. 18): You should be looking at all your options on the 2nd, 3rd and 4th. It won't be hard to come up with some good ideas regarding your future if you let your mind wander or you discuss the possibilities with people who are just as creative as you are. You can learn new facts on the 5th and 6th. Run your ideas by someone who has experience and wisdom. Use your insight to avoid problems with unreliable people on the 7th and 8th. You must protect yourself.

PISCES (Feb. 19-March 20): Things are better than you think on the 2nd, 3rd and 4th. Don't be blind to what life has to offer you. You will be nervous and a little uptight. Forget about your fears. Stand up and be heard. Strive for recognition on the 5th and 6th. Use your imagination and you can make a unique contribution. Don't leave anything to chance on the 7th and 8th, make your plans early and dazzle everyone around you.

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<p>Autobody Repair</p> <p>Auto Trend AUTOPRO COLLISION</p> <ul style="list-style-type: none"> Free Estimates Complete Collision Centre Frame Straightening Insurance Claims Paint Matching <p>"Service Always First"</p> <p>Hwy 33 South (17 Frankford Cres. Unit 33), Trenton</p> <p>392-2868 394-1042</p>	<p>Auto Detailing</p> <p>Bonnie's Auto Spa</p> <p>Complete Auto Cleaning Reasonable Rates Fast Service Pick-Up & Delivery</p> <p>"Let Me Pamper Your Vehicle"</p> <p>25 Frankford Cres. Unit 43 Building 1, Trenton</p> <p>921-0734</p>	<p>Auto General Repairs</p> <p>Cannifton Garage 2000 Ltd.</p> <ul style="list-style-type: none"> Tune-ups - Springs Suspension Service Safety Inspections General Repairs <p>Cars - Trucks - Vans - Buses Trailers & Heavy Trucks</p> <p>Parts & Service - Call Kevin 613-962-1132</p> <p>at Hwy.37 & Casey Rd., Belleville</p>	<p>Auto/New/Used/Lease</p> <p>AWARDING \$15,000 CASH</p> <p>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.</p> <p>The draw takes place Saturday June 7th, 2003, 11:00a.m. Live at the dealership!</p> <p>TRENTON CHRYSLER</p>
<p>Carpet/Upholstery Cleaning</p> <p>ECONO CARPET CLEANING</p> <p>Carpet & Upholstery Cleaning WE JUST DON'T SAY ITS CLEAN; WE GET IT CLEAN!</p> <p>100% customer satisfaction guaranteed</p> <p>Residential & Commercial</p> <p>We use environmentally friendly products.</p> <ul style="list-style-type: none"> Fringe Cleaning Car Interiors Area Rug Pick-Up Odor Control Stain Guard Treatment <p>397-1211</p>	<p>Cleaning Service</p> <p>Let another one fight the dust!</p> <p>Residential & Commercial Fully Insured & Bonded</p> <p>Seniors Discount Free Estimates</p> <p>Maid Easy Call Cleaning Service 394-2852</p>	<p>Computer/Sales/Service</p> <p>THE GEEK SHACK</p> <p>Complete Computer Solution Provider</p> <p>Sales - Repairs - Upgrades Networking</p> <p>FINANCING AVAILABLE 968-6602</p> <p>199 Front Belleville</p>	<p>Computer Specialist</p> <p>www.computersystemspecialist.com</p> <p>Home & Small Business</p> <p>PC Repair, Networking & Web Design</p> <p>Always the lowest rates GUARANTEED!!</p> <p>967-9603</p>
<p>Dehumidifiers</p> <p>Welcome to Dehumidifier Family</p> <p>Hercules Industrial Agricultural</p> <p>Mother's Helper Household</p> <p>Teacher's Aid Portable Classrooms</p> <p>For More Information Call DEHUMID INC. 613-967-0390 www.dehumid.com</p>	<p>Electrician</p> <p>Barink Electric Residential & Commercial</p> <ul style="list-style-type: none"> Free Estimates Upgrades, New Installations Central Vac Installed Renovations Phone Lines Installed <p>RR4 Trenton 392-9404</p>	<p>General Contractors</p> <p>LUYMES Construction Ltd. General Contractors</p> <p>Kitchen & bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts & stairways, textured ceilings & fireplaces.</p> <p>962-7039 848-9996 E-mail: luymes@reach.net Free Estimates In business since 1967 www.luymesconstruction.com</p>	<p>Hardwood Flooring</p> <p>GAYLORD Forest Products Ltd.</p> <p>QUALITY PREFINISHED HARDWOOD FLOORING & TRIM</p> <p>Oak, Maple, Ash, Cherry, Birch, Hickory & Walnut</p> <p>SOLID OAK FLOORS Starting at \$1.99 sq.ft.</p> <p>Ask about our Free Delivery or Free Nailer We make house calls at your convenience. Contact: Robert Thurston - 613-478-5301 Visit our website: www.gaylordforestproducts.com email: lewis@gaylordforestproducts.com</p>
<p>Home Improvement</p> <p>LITTLE LAKE HOME IMPROVEMENTS Hugh Salmon</p> <ul style="list-style-type: none"> Carpentry Drywall/Taping Bathroom Renovations Home Repairs of All Kinds <p>Tel: 613-475-9611 Toll Free: 1-866-475-9611</p>	<p>Roofing</p> <p>STEVE PHILLIPS ROOFING</p> <ul style="list-style-type: none"> Asphalt Roofing Specialist 5 Year Workmanship Guarantee Free Estimates Fully Insured <p>"When Quality Counts" Call Steve 394-1411</p>	<p>Storage</p> <p>BIGFORD STORAGE</p> <p>Household & Commercial - You store it - You lock it & keep key 24 hours - 7 days a week - 468 Bigford Rd., Brighton</p> <p>475-6500</p> <p>5x5 - \$25/mo 10x10 - \$60/mo 10x20 - \$100/mo 5x10 - \$48/mo 10x15 - \$80/mo 10x30 - \$160/mo</p>	<p>Tree Service</p> <p>TRENTON TREE SERVICE</p> <p>Tree Trimming & Removal, Chipping & Stumping Call Geo and Ray anytime</p> <ul style="list-style-type: none"> Free Estimates Fully Insured <p>A fair price for everyone 392-7415</p>

Showcase

Congratulations! Félicitations!
KEEP UP THE GREAT WORK!

There are many promotions and awards presented each month at 8 Wing Trenton. The 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 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**



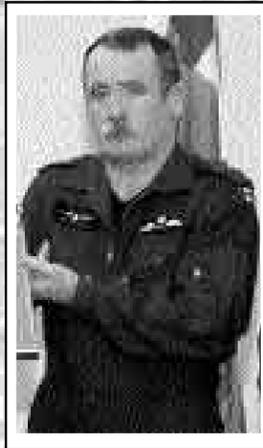
Sgt M. Kastner

received his CD1 & CC-130 1000 Flying Hours Certificate and Pin presented by LCol G. Smith, CO 429 Sqn.



Capt J. Cameron

received his CC-130 2000 Flying Hours Certificate and Pin presented by LCol G. Smith, CO 429 Sqn.



Sgt B. Clarke

received his CC-130 5000 Flying Hours Certificate and Pin presented by LCol G. Smith, CO 429 Sqn.



Capt S. Macleish

received his CC-130 1000 Flying Hours Certificate and Pin presented by LCol G. Smith, CO 429 Sqn.



MWO R. Mercer

received his 403 Sqn. Service Certificate presented by LCol G. Smith, CO 429 Sqn.



Capt R. Harper

received his CD1 presented by LCol G. Smith, CO 429 Sqn.



Capt J. Dickinson

received his Peacekeeping Service Medal presented by LCol G. Smith, CO 429 Sqn.



Capt D. Ziprick

received a Special Service Medal with Humanitas Bar presented by LCol G. Smith, CO 429 Sqn.



MCpl D. Vautier

received his South West Asia Service Medal presented by LCol G. Smith, CO 429 Sqn.



LCol W.M. Roberts, SSO/RDNS at CCC

received his CD1 & OSCE-HLPG Service Medal (Organization for Security & Co-operation in Europe) presented by Col T. Carr, CO CCC.



Cpl E. Newman

received a memorandum of Appreciation & a Thank You Certificate for her dedication and support during the 8 Wing/CFB Trenton United Way/Health Partners Campaign 2002 presented by Col T. Carr, CO CCC.



MWO K. Halliburton, CD

received a Queens Golden Jubilee Medal presented by LCol P. van Haastrecht, the Regional Cadet Air Operations Officer (C).

Showcase

Congratulations! Félicitations!
KEEP UP THE GREAT WORK!



Capt M. Hue
received a United Way Appreciation Certificate for 2001
& East Timor Medal presented by
Maj. J. McGrath, CO 2 Air Mov Sqn.



Cpl C. Neilson
received his Canadian
Peacekeeping Medal
presented by
Maj. J. McGrath,
CO 2 Air Mov Sqn.



Cpl D. Bickford
received his CD
presented by
Maj. J. McGrath,
CO 2 Air Mov Sqn.



Cpl K. Riley
received his Canadian
Peacekeeping Medal
presented by
Maj. J. McGrath,
CO 2 Air Mov Sqn.



Cpl M. Meyer
received his Op Apollo Medal
presented by
Maj. J. McGrath,
CO 2 Air Mov Sqn.



MCpl G. Henry
received his Op Apollo Medal
presented by
Maj. J. McGrath,
CO 2 Air Mov Sqn.



Sgt T. Baker
received 2nd Scroll Red Seal to
his Physical Fitness Award for
Aerobic Excellence
presented by
Maj. J. McGrath,
CO 2 Air Mov Sqn.



WO M. Damaren
received his Op Apollo Medal
presented by
Maj. J. McGrath,
CO 2 Air Mov Sqn.



MCpl N. Kossey
received his Op Apollo Medal
presented by
Maj. J. McGrath,
CO 2 Air Mov Sqn.



Attention Advertisers!

The Contact is looking for sponsors for the Showcase section. This is a fantastic opportunity to support the local military community and spread the word about your service. This highly popular feature can be found in our paper weekly.

For more information and advertising rates, call 392-2811:

Sandi Ramsay (Trenton, Brighton) - Ext. 7008

Judy Leavere (Belleville, Prince Edward County) - 2748

Classified

For Classified Information Call
392-2811 ext 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

CLASSIFIED AD RATES
Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

ORDERING AN AD
All advertising must be dropped off at CONTACT 142 Yukon Street, South Side Room 26 before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

ERRORS & OMISSIONS
Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad where in the error occurred.

USERS & AD READERS
CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, CONTACT reserves the right to make necessary changes in ad copy.

ANNOUNCEMENTS

LOOKING FOR ADVENTUROUS LADIES!

Feel up to a challenge?? If you are, you're invited to submit your name to participate in the FIRST all female Nijmegen team to come from Canada. The idea for an all female team is to promote women's visibility, diversity and their increasing role in the CF and to dispel any lingering myths that barriers for women in the CF exist. It is the ultimate opportunity to demonstrate leadership, stamina and teamwork, which has always been the heart of our Forces. If you are seriously interested and are willing to commit full effort to this endeavour please submit your name via e-mail to Lt Debbie Scott, A3 Admin O, 8 Wg Ops NLT 28 Feb 03.

Business Services

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Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins from 401 Brighton. Call
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613-475-4405 2-2-RB

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Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up
NEW APPLIANCES
at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from
PAYS CASH
for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
969-0287

KEITH STEIN Appliance Service Ltd.
PARTS & REPAIRS to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.
We certify appliances
For service call 962-4048
For parts call: 966-6966

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton

392-2111

ANNOUNCEMENTS

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.

"Your Gateway to the CFB Trenton Community"

www.cfbtrenton.com

"Your online source for community info-just a click away"

Business Services

Lost & Found
Metal Detector Sales
Whites & Fisher Brands
View products at
(www.fisherlab.com)
(www.whiteselectronics.com)
Call: 613-394-1801
Email:
clayg@sympatico.ca

KEITH'S REFRIGERATION
Parts & repairs of all makes of refrigerators, freezers, air conditioners, dehumidifiers and heat pumps. Call Keith Stein 392-6218

Wanted to Buy
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 968-4183

For Sale

FOR SALE
Exquisite Antiques!
Dresser with swivel mirror \$325, Bread box \$135, 2 Pressed back chairs \$120, Torchiere floorlamp \$120, Radio 1939 \$80, Chair (green seat) \$35, Typhany-style glass shade pendant light (modern & new) \$150, Area rug (modern) \$90.
Call: 392-8610

FOR SALE
4 All-Season Tires, 185/70 R13's in great shape!
\$80.00 O.B.O.
Call: 967-8197 or 849-1749.
Please leave voicemail message.

FOR SALE
Slate Pool Table
4'x8', 2 sets of balls, 10 cues, rack, scoreboard, light & accessories. A steal at \$995.00 O.B.O.
967-8197 or 849-1749

PRICED TO SELL
94 Dodge Larime
Pick-up. Emaculate condition, low KMs.
Call: 847-6531

For Sale

REBECCA'S PORTRAITS
9x12 Charcoal from a photo. \$30



Invest in a family Heirloom
Call 965-6345

FOR SALE
1992 Ford Tempo
Good condition & excellent gas mileage!
Navy blue.
Selling as is \$1,500 or best offer.
Call 965-6222

FOR SALE
14 KT Italian Gold Puzzle Ring size 6.
Appraisal at \$400 asking \$295
613 394-3120 Trenton

FOR SALE
Sony CD walkman plus two headsets & one adaptor.
New Condition \$95.00.
394-7151

ATTENTION FOR SALE
To all DJ's & Music lovers-Hundreds of CD's, Tapes & Records to sacrifice.
Great variety of music for anyone
967-8197 or 849-1749

Help Wanted

VIVEZ L'AVENTURE EN BOSNIE
DÉCOUVREZ UN MONDE DE POSSIBILITÉS

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- Changement de routine
- Aventure peu commune
- Défi personnel
- Connaissance d'autres cultures
- Expérience inoubliable
- Travail à l'étranger

Poussez le défi à l'extrême. Ouvrez la porte sur le monde des opérations de déploiement de l'ASPFC.
Pour un emploi capotant qui sort de l'ordinaire, visitez notre site Web : www.aspfc.com/fr/deployed
Postulez en ligne
Date de clôture de ces concours : le 17 mars 2003

Postes vacants : postes de vente au détail, de services de déplacement, de comptabilité, de conditionnement physique et de loisirs, et de gestion de l'équipement et des ressources

For Rent

KLEMENCIC PROPERTIES 1&2 BEDROOM APARTMENTS

OWNER-MANAGED
MODERN & WELL-MAINTAINED
ALL UTILITIES INCLUDED
CABLE T.V. INCLUDED (most units)
ON-SITE SUPERINTENDENTS
CONVENIENT LOCATIONS

392-7839 392-5915

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Westwinds
Condominium Trenton
1 large immaculate 2 bedroom, 2 bathrooms condo, with balcony overlooking front garden, air conditioning, security, storage room, indoor parking for 1 car, no-smoking, no children, no pets, 5 appliances.
\$900.00/month plus utilities
Available immediately.
Phone: 392-4979

FOR RENT

Two bedroom apartment, 2nd level, stove & fridge supplied, separate entrance & parking. In Frankford, close amenities & schools. \$475.00/month + utilities
Call 398-7431

FOR RENT

Quiet Adult 6 Plex. Block from hospital, 2 bdrm (1000sq. ft), hardwood floors, laundry facilities. Includes appliances, cable, heat & garbage. In house Super. \$570/month. Available April 1st
Call: 394-3622



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.



SCOUTS CANADA
Your community needs your help!

The Scouting Groups have active, Co-ed and Bilingual activities sponsored by Community Councils. The Groups have Committee Members, plus Leaders, Beavers, Cubs, Rovers, Scouts, and Venturers.

New registrations are welcome.

But currently, we need motivated and responsible Scouting Leaders and Group Committee members. This is a small, but valuable service to your local community to help develop our youth, who in turn perform services for us.

Real Estate

This advertising space could be yours! Call the Contact!

“Advertise your business on the Gateway to the CFB Trenton Community” Contact our sales staff. 392-2811 ext 7008 or 2748.

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POSTED THIS YEAR? CALL ANDRÉ (Andy) MARTIN, CD1 COMMITTED TO CLIENT SATISFACTION. Licensed since 1990 OFFICE TOP AGENT For 10 out of 12 years. 1-800-263-2177 394-4837 amartin@royallepage.ca RCAF/CFRETD “Service Bilingue” Sales Representative

Contact www.cfbtrenton.com Click on Contact (613) 392-2811 Ext. 7005 (editorial) Ext. 2748, 7008 (ads) Visit us today and find out what’s happening at Canada’s largest Air Force base. Planning to transfer? New to the area? Why not call the following agents to see what they can do for you!

Century 21 Lanthorn Real Estate Ltd. 257 Dundas St. E., Trenton, Ontario K8V 1M1 613 392-2511 / 613 475-5677 e-mail: trenton@c21lanthorn.com website: c21lanthorn.com 1-888-792-5499 **OPEN HOUSE-526 Lester Road** WHEN: Sunday, March 2nd, 2003, 1-3 p.m. Great location, lrg fenced yard near CFB. 3 + Bdrm bungalow, hwd floors, C/A, rec room w/woodstove, family neighbourhood w/park close by. Take Hamilton Rd. to Lester Rd. Call Shelley Simpson* #2030722. \$121,900.00 **MOVE-IN CONDITION** -Great location, large yard, walk-out basement, 2 gas fireplaces heat the home, 3 bedrooms, den, eat-in kitchen, room for garage too! Call Shelly Gregory* 969-2416. #2030702. \$118,500.00 **GREAT MOBILE-** Well upgraded, newer windows, tub enclosure, re-levelled and insulated 2001, 2 bedrooms, central-air, large deck, fridge & stove. Call Bill Wallace* #2026586. *Sales ** Associate Broker **CUSTOM BUILT QUALITY-** Soon under construction on Trenton’s east side near school, this spacious raised bungalow with dble garage has extra large city lot 53x 266 Feet. Call Earl* #2021695. \$173,900.00

1-800-350-9473 **Wise Move Realty Inc.** 3468 E Petawawa Blvd. Petawawa, Ontario K8H 1X3 (613) 687-1234 Pat Cleator Sales Representative cleator@nrtco.net Hazel Ladouceur Broker/Owner Wisemove@magma.ca

Moving, Call Me! 392-2511 **Shelley Simpson your Sales Representative Architectural Technician** “Buying or Selling” **ASK me!** Attitude Skill Knowledge * earn 100 extra bonus Air miles - expires April 30/03 Visit me on the web! email: shelleysimpson2003@yahoo.ca 392-2511 www.c21lanthorn.com tollfree 1-888-792-5499 **Century 21** Lanthorn Real Estate Ltd.

Posted to Kingston in 2003? **Don Wyld, CD Military Authorized Realtor** Automatic Buyer Representation If a posting to our beautiful “Limestone City” of Kingston is where you are headed, please give me a call at the “TOLL FREE” number below and I will send you a “Worry-Endor Kit of Kingston” (with video) containing maps, home prices, school information, shopping facilities, transportation and more. Please call or write: Don Wyld, CD, Sales Rep. #1 Barriefield Centre, Kingston, Ontario, Canada K7L 5H6 NEW HOMES BY “CARACO” For a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston. See the whole package at www.c21wyld.com Fax 1-613-545-1101 or Toll Free 1-800-438-9953 Visit the Canadian Military Relocation Network Website at www.interbaserealestate.com OR Email: donwyld@kos.net **Century 21** TOWN & COUNTRY REALTY INC.

TRENTON 2001 MARKET SHARE **RE/MAX** Trent Valley Realty Ltd., Realtor Independently Owned and Operated Trenton 266 Dundas East Trenton Town Centre 392-6594 Brighton 41 Main Street Brighton 475-6594 **Year End 2001 (Listings sold, MLS)** stats compiled by independant researcher 44.6% ReMax 31.6% Royal Century 3.8% LePage 21 **Toll Free: 1-800-567-0776** Check us out at... **www.remuxtrent.com**



The Canadian Cancer Society
Relay for Life -- June 27-28, 2003

**Team Registration and Open House at 7 p.m. March 4th
 at The Quinte Reception Centre 38 Everett St.**

Let's make cancer history!

For information or to register, contact Heather Jones at 962-0686 or at www.cancer.ca



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10,000,000

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Appelez nous pour
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**The CANEX Club Xtra
 10 Million Points
 Shopping Spree Contest**

Meet our newest winner!
 Congratulations to Captain Jim Bekkema (en titre),
 Grand Prize winner of 10,000,000 Club Xtra
 Points in the 2002 CANEX / The Personal Club
 Xtra Contest. Presenting the Base Captain of
 CFB Shilo, Manitoba with his cheque valued at
 \$10,000 are Pierre-Yves Dumouchel, National
 Manager, CANEX and James Malcolm, Senior
 Manager, The Personal Insurance Company.



**10 millions de points au
 concours « Frénésie d'achats »
 du Club Xtra de CANEX.**

Voici le gagnant!
 Félicitations au capitaine Jim Bekkema (au titre),
 le tout dernier gagnant du grand prix de 10 000 000
 de points du Club Xtra dans le cadre du concours
 Club Xtra CANEX / La Personnelle 2002.
 Pierre-Yves Dumouchel, directeur national chez
 CANEX et James Malcolm, directeur principal à
 La Personnelle, compagnie d'assurance, remettent à
 l'aumônier catholique de la BFC Shilo (Manitoba)
 son chèque d'une valeur de 10 000 \$.



* Auto insurance is not available in Manitoba, Saskatchewan or British Columbia due to government regulations.

* L'assurance automobile n'est pas offerte en Saskatchewan, au Manitoba ou en Colombie-Britannique, en raison des règlements gouvernementaux.

**St. John
 Ambulance
 Saint-Jean**

**Community Service
 Volunteers Needed!!**

- Do you enjoy concerts & fairs?
- Do you enjoy drag racing, motorcycles and demolition derbies?
- Do you enjoy helping others?
- Do you want to learn skills that will last a lifetime?

If you answered YES to any of the above then St. John Ambulance is the place for you.

Join us and make a difference in your community.

WE DID, during: Ice Storm '98, Lanark County Flood '98, Papal Visit, Toronto '02

Meetings: Every Tuesday from 7-9 p.m. at 417 Montrose Road, Belleville (St. John Ambulance Headquarters)
613-962-7933 or 967-2098 E-mail: sjabell@reach.net

We provide ongoing Advanced First Aid Training!



JUNE 21 & 22 JUIN 2003

Air Show

QUINTE INTERNATIONAL

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www.cfbtrenton.com



8 Wing Canadian Forces Base Trenton

