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• January 17, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 03 •



One of several 27-foot "bridge" banners, designed by the Contact's own Rorrie MacDonald and created by ATESS personnel, promoting the 2003 Quinte International Air Show.

Event is still a go, says Marketing and Promotions Director

by Laurie McVicar
Assistant Editor

With only five months left to go, plans for the Quinte International Air Show (QIAS) are in full flight.

Marketing and Promotions Director Bob Payette promises this year's air show, set to take place June 21-22, will be the best one yet.

"The public can expect a vast array of

military/commercial aerial and static displays, including the SkyHawks and the Snowbirds," said Payette. "This event will cater to the interests of young and old. There will be something for everyone."

Although many of the acts have not yet been confirmed, the following will be making an appearance for sure: Oscar Boesch, Iron Eagles, Walt Linscott, Bill Carter, Essel & Faulkner, Hawaiian

Firetruck, Scott Manning Micro Jet.

Frequent visitors to the QIAS include the CH-113 Labrador, CT-114 Tutor, CC-115 Buffalo, CC-130 Hercules, CC-144 Challenger, CH-146 Griffon, CH-149 Cormorant and CC-150 Polaris.

Confirmed displays from the United States Air Force include the A-10, B1-B, C-5, F-4, HH64, T2, KC-130 and

T1A.

According to Payette, there will be tons of children's activities throughout the weekend, including a Kiddie Commando obstacle course. For the adults, there will be a social event on Saturday night featuring a variety of live entertainment.

Payette has already been flooded with calls from potential spectators and expects the event will draw at least 50,000 peo-

ple from across the Southern Ontario region.

Those who have attended air shows at 8 Wing/CFB Trenton before will notice a slight change in security. Because of ongoing international commitments, the public will be carefully checked at the gate. In addition, coolers and large bags will not be allowed onto the tarmac.

"It is also critical for people to be aware that

once they are through the gates there is no smoking. There is a safety issue with the fuel," said Payette.

When asked what the chances are of a reoccurrence of last year's cancellation, Payette replied, "That would be a decision of the Wing Commander based on operational tempo, security and national and international situations. As we see it now, the air show is a go."

Support services to be provided only when "safe and stable"

by Gloria Kelly

OTTAWA, CFMG - A recent news brief in the Globe and Mail that said provision of all health care services to Canadian Forces members deployed outside Canada had been contracted out to Med-Emerg International Inc. needs to be clarified.

In December the CF awarded a contract to SNC-Lavalin/PAE to provide support services to deployed Canadian

Forces operations. Part of that contract is for as-needed health services, which has been sub-contracted by SNC-Lavalin/PAE to three firms, one of which is Med Emerg International Inc.

That contract for services only applies in areas where the situation is considered relatively safe and stable. It does not and will not apply to areas where the environment would expose the civilian

medical staff to significant risk, such as during the initial stages of a war or peacekeeping scenario. In these instances, once the situation has stabilized, then the use of selected civilian medical staff may be considered.

The services provided by this contract are on an as-needed basis and does not mean CF medical professionals will no longer be deployed into areas of operations. In addition, all medical per-

sonnel deployed under the contract will have to meet strict requirements set out by the CF that guarantees CF members a high level of quality health care wherever they are located - at home or deployed.

Med-Emerg International Inc. already has a working relationship with the CF. It is the company contracted to provide civilian medical staff to CF health care clinics at bases across Canada.

SUPPORT FROM AFAR



Photo: submitted

The men and women of OP APOLLO TAL Det are proud to have been involved in the 2002 United Way Campaign, canvassing 93 per cent of personnel and raising an impressive \$1,795. Pictured here are 435 Squadron's Sgt Dan Millaire, 8 AMS' Cpl Sue Dorval (the TAL Det campaign co-ordinators) and LCol Robin Godwin, TAL Det CO (and CO of 8 Wing's 436 Squadron).



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HEALTH & WELLNESS FAIR

The 8 Wing EAP is sponsoring a Health & Wellness Fair for civilian/military personnel and their dependants.

Date: **12 February 2003**
 Time: **1000 – 1400 Hrs**
 Place: **Astra Lounge – Jr Ranks Mess**
 Dress: **Dress of the day**

The aim of this fair is to introduce employees/family members to various health-related services available in the Quinte Area. This fair will be an open-house format wherein members may attend at their leisure. As such, formal registration is not required. Queries may be directed to Mr. Ed Jarick, local 2497.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Let it snow, let it snow, let it snow

The white stuff has not let up since the X-Mas, New Years period and the personnel at Wing Transportation Heavy Equipment section have maintained a suitable surface for flying operations as well as keeping the roads and parking lots open for your safety and driving pleasure. Here Cpl Dave Hiscock operates Blower 16 on Alpha Taxiway prior to an Airbus departure. Congratulations to the operators of SPV/HE for a job well done, spring is on its way! Honest!



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Monsieur Daniel Pailletier

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«J'ai commencé des études à temps partiel à la Télé-université en 1992, alors que j'étais en Colombie-Britannique, et j'ai terminé un baccalauréat en administration en 2002, alors que j'étais au Québec. Tout au long de mes études, j'ai toujours pu compter sur l'appui et la compréhension d'une équipe professionnelle et dévouée, tant du côté du corps professoral que du côté du cadre administratif à la Télunq. En effet, les contraintes du service nécessitent beaucoup de flexibilité et la Télunq a toujours su prendre en compte mes besoins

«Mon emploi militaire supposait des mutations périodiques. J'ai d'abord fréquenté, sans réel progrès, deux universités à temps partiel. En 1994, j'ai fait une demande d'admission au certificat en administration auprès du PUFC. Depuis, j'ai été transféré à plusieurs reprises, sans que cela ne me pénalise sur le plan de la formation universitaire. Aujourd'hui, je viens terminer un troisième certificat et serai en mesure d'obtenir le grade de bachelier ès arts par cumul de certificats. Sans le soutien et la flexibilité du PUFC, je ne suis pas sûr que j'aurais pu atteindre mes objectifs de formation.»



Monsieur Yvon Boulet

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 L'université à distance

A stranger in the house

by Tracey Patrick
 Special to the Contact

I was watching Oprah and although the topic didn't directly reflect my life, it got me thinking of all those people who may work right beside me and may be experiencing these same struggles in their life.

The topic was about fathers who felt a void between their children and themselves. The part of the program that really caught my attention was one father who was in the army and who had a very distant relationship with his son, even though they lived in the same house.

You see, the father, like many 8 Wing personnel, got deployed many times throughout the year, sometimes with very little notice. Upon his return home, from what was anywhere from a month to six month absence, he would discover his son to be using words he never heard him use before or doing some task he never even knew his son could do.

Not only was he discovering the changes in his child but he also noticed that his child was gravitating toward the mother even if the father wanted to help, play or teach... Naturally the child spent more time with the mother in the father's absence and therefore trusted her more, as the fear of the father leaving again was always in the child's mind. The father felt himself pulling away from the situation as he himself felt like a stranger.

This man wanted to reconnect

with his child but didn't know how; he had feelings of frustration, embarrassment, resentment and failure.

This was the advice he received, regardless of the amount of notice he was given to deploy;

1. To purchase two cameras – one for his son and one for himself. He was to sit with his son and ask him to take pictures while he is gone and to write in a journal and the father would do the same. They were to mail each other, exchanging both the photos and journal.

2. To communicate with his son directly, not through the mom. They discovered even minutes on the phone, speaking directly with the father, brightened the boy's spirit.

3. Upon return, it was extremely important for the mother to "step back" from the role she was in during the father's absence. If the mom would do that, they found the child would, over time, gravitate toward the father, which would ultimately re-build the child's trust.

One key factor in #3's success is that the mother must let the father make his own decisions. Let him parent the way he wants to parent and not the way she wants to see or hear it done. Men and women are different, they think differently and take action differently, so why would it be any different when parenting?

They ended the segment by saying, "don't be the dad you think you should be, be the dad your children want you to be".

Canadians contribute to fighter jet milestone

4 WING COLD LAKE – When Lt. (Navy) Dave Morgan, a US Navy exchange pilot with 410 Squadron, climbed into the cockpit of the CF-18 Hornet on December 12, he took part in a historic event.

The global community of Hornets has accumulated a total of five million flight hours and F-18 pilots around the world acknowledged this milestone in mid-December. At 4 Wing pilots from the US, Australia and Canada shared in the moment.

Lt. (N) Morgan led a three-aircraft formation with Capt Dave Turenne, a student at 410 Squadron and Flt.-Lt. Matt McCormack an Australian exchange officer, flying the other Hornets. They conducted a regularly scheduled training mission during the five millionth hour acknowledgement

flight.

Canada has been flying the Hornets since 1982 and of the five million hours flown world wide, Canada has contributed close to 500,000.

The twin engines of this supersonic tactical fighter jet deliver over 7,000 kilograms of thrust and speeds of up to Mach 1.8, or over 2,000 kilometres per hour. Canada uses the Hornet for air defence of North America, training with our allies, and deploying on operations around the world. CF-18's from 4 Wing played key roles in the Gulf War and supported NATO operations in Kosovo last year.

There are currently more than 1,200 Hornets flying in 58 active duty, reserve and test squadrons around the world. There are 105 active CF-18s located at air force bases in Cold Lake, Alta. and Bagotville, Que.

Participation du Canada à une étape importante de l'histoire du chasseur F-18

4e ESCADRE COLD LAKE – Le 12 décembre dernier, lorsque le Lt. Dave Morgan, pilote stagiaire de la marine américaine affecté au 410e Escadron, est monté dans le poste de pilotage du CF-18 Hornet, il prenait part à un événement historique.

La collectivité internationale des pilotes de Hornet a cumulé un nombre total de cinq millions d'heures de vol, ce jalon historique ayant été attesté par les pilotes de F-18 du monde entier à la mi-décembre. À la 4e Escadre, des pilotes originaires des États-Unis, de l'Australie et du Canada ont participé à cet événement.

Une formation composée de trois aéronefs était dirigée par le Lt. Morgan. Il était accompagné du Capt Dave Turenne, un étudiant du 410e Escadron, et du Capt. Matt McCormack, un officier stagiaire australien. Ensemble, ils devaient effectuer une mission d'entraînement prévue au calendrier régulier. C'est au cours de celle-ci que la cinq millionième heure de vol a été enregistrée.

Le Canada possède des Hornets depuis 1982 et, des cinq millions d'heures de vol effectuées de part le monde, sa participation se chiffre à près de 500 000 heures.

Les deux moteurs de ce chasseur supersonique tactique produisent plus de 7 000 kilogrammes de poussée, et l'appareil peut atteindre une vitesse de près de Mach 1,8, soit plus de 2 000 kilomètres à l'heure. Au Canada, le Hornet sert à la défense aérienne de l'Amérique du Nord, à l'instruction tenue avec nos alliés, ainsi qu'à des déploiements sur les théâtres d'opération partout dans le monde. Les CF-18 de la 4e Escadre ont joué un rôle clé au cours de la guerre du Golfe et, l'an dernier, ils ont appuyé les opérations de l'OTAN au Kosovo.

Actuellement, plus de 1 200 Hornets sont utilisés de par le monde, regroupés dans 58 escadrons tenant différents rôles (service actif, réserve ou essai). Les bases de Cold Lake, en Alberta, et de Bagotville, au Québec, disposent de elles deux de 105 CF-18 en service actif.

Concerned about your health? Get your weekly injection of health news from

Contact



Search & Rescue UPDATE



424 Sqn SAR operations have enjoyed another quiet week. Since there were no significant SAR activities to report...cheers!

Missions for 2003: 0 Missions for Jan.: 0 Persons rescued: 0

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



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LETTER TO THE EDITOR

The Hansen's
January 3, 2003

During the past annual "Special Christmas / New Year Flights" program my family and I were fortunate enough to witness the outstanding professionalism and pride demonstrated by the exceptional people involved with this program.

My wife, Cpl K.C. Hansen of 443 (MH) Squadron, and I traveled on the 22nd of Dec. 02 aboard Flt # 3506 from 443 SQN in Sidney, BC all the way to CFB Greenwood, NS for a visit with family and friends (return FLT 3515 02 Jan 03). This adventure included stops in Vancouver, Edmonton, Winnipeg, Trenton & Ottawa.

Two days prior, our oldest son Carl, traveled from Air Reserve Flight in Torbay NF to Halifax NS aboard Flt # 2806 (return FLT 2809 05 Jan 03). Our youngest son, PTE R.A. Hansen, had arrived in Halifax first, on leave from

One Service Battalion S&T Coy, CFB Edmonton.

The staff that helped us through the booking and confirmation process were extremely helpful and pleasant. Their patience and understanding during a very hectic time was simply dazzling.

During stopovers and while in the air, the crew's were always particularly helpful & their extraordinary attitude shone through during some difficult times.

I was especially impressed with the Wing in Trenton. It was a particularly dark and icy night and we had a lengthy walk from the aircraft to the terminal. I was thankful to see portable lights had been set-up and salt spread to ensure our disembarkation was as safe as possible.

At the beginning of our westbound flight we completed a very comprehensive security screening by the personnel in Greenwood, NS. After this, we had no doubt as to the

security of all on board. Again, it was very obvious throughout the trip, that all safety and security issues had been well thought out and skillfully addressed.

During our eastbound flight we enjoyed one of the best in flight meals ever! It was also a pleasure to observe the patience and wisdom of the Commissionaire's while dealing with the numerous tired and very anxious people on the ground.

Our oldest son's round trip in a "Herc" was considered a great success.

Due to the hard work and dedication of many people, our family was reunited for the holiday season. I cannot thank these incredible people enough and I would like to sincerely commend all involved for a wonderful trip.

*Bravo Zulu
PO1 Jeff Hansen
HMCS HURON
Victoria, BC*

LETTER TO THE EDITOR

Dear Minister McCallum:

As Canadian Secretary to The Queen and Coordinator of the 2002 Royal Visit, I wish to express my great appreciation for the invaluable contribution of the Canadian Forces to the success of the Visit of Her Majesty The Queen and His Highness The Duke of Edinburgh.

As you are aware, several months of diligent work were dedicated to planning the Royal Visit to Nunavut, British Columbia, Manitoba, Ontario, New Brunswick and the National Capital. During this period, I received the highest degree of cooperation and support from the Canadian Forces. In particular, I would signal the contribution of Major Dennis Clement, who acted as Canadian

Forces Tasking Coordinator, Major William Foster, who was Her Majesty's Canadian Equerry, Commander Cathy Slaunwhite, who was the Visit Medical Officer, Chief Warrant Officer Jean Boisvert and Warrant Officer Gisele Tanney, who served as Transportation Officers.

The Guards of Honour, Artillery Salutes, Music Bands all acted in a most dignified manner. There is no question that all of the people present on the wonderful occasions when members of the Canadian Forces performed would say thank you very much for a fine job done extremely well done.

I would be most appreciative if my thanks could be transmitted to all members of the Canadian Forces who were

detailed for the Royal Visit. I would be remiss not to mention the Mission Commander and crew of the Airbus, the pilots and crews of the Griffon helicopters assigned for air transportation of the Royal Party during the Visit. The officers and personnel at 12 Wing Victoria and 7 Wing Winnipeg are also to be thanked for the manner in which they handled the arrivals and departures of the Royal Flights.

I value the tremendous cooperation that has long been the essence of our relationships.

Thank you again for the involvement of the Canadian Forces in ensuring the success of the 2002 Royal Visit.

*Yours sincerely,
M.G. Cloutier*

New feature looks back over the years

message from the Editor

Be sure to check out our great new feature on Page 15 in this issue--FLY PAST--the brainchild of WO John H. MacDonald, Deputy Wing Heritage Officer here at 8 Wing.

FLY PAST offers readers a glimpse into the past of 8 Wing / CFB Trenton, a cross section of

important and interesting events about and affecting military and civilian personnel through the years.

Please understand that this is a feature that will evolve over time. It begins with snippets of news and highlights from four of the six decades that the Contact has been in existence--the 1940s, 70s, 80s and 90s. But what about the 50s and 60s, you ask? Well, the storage area that holds the archived issues of The Contact--known affectionately as the Morgue--seems to be lacking copies of the newspaper from those two decades. We're not sure exactly why,

and our search is ongoing.

If, however, any readers out there have in their possession any Contact issues from these two "lost" decades, PLEASE contact either WO MacDonald (local 3387) or myself (local 7005).

We promise to treat these old issues with great care and will return them to their owners promptly and in good condition--we don't want to keep them, just read and/or copy them for our records and for use in FLY PAST.

Any help would be greatly appreciated.

Chain mail may just be the 'worst gift' to give ... or receive

by Andrea Gorny
Communications
Officer
70 Comm Group

"They read like greeting cards and they're often fun to send. But, when the network gets shut down as a result, it's not fun and games anymore."

Late last year, the reappearance of a December 1999 chain mail wreaked havoc on the Defence Wide Area Network (DWAN).

Within about an hour, the chain mail had already reached thousands of DND/CF employees, prompting numerous calls to help desks across the country.

"We were fortunate to capture this incident quickly," said LCol Robert Mazzolin,

Director of Information Security for DND/CF.

"With the holiday season approaching, the possibility of several, more severe, incidents all across the country

"People get caught up in the emotional aspects of the message and don't think about the consequences... They forget that e-mail is not private and can be monitored by others."

for several hours

"It affected the entire department. We simply cannot afford another incident like that one," said Young.

"It destroys our

Harold Young

It tugs at the heart-strings, promises a fortune—and appeals to your sense of humour.

But ask anyone responsible for maintaining DND/CF network security and they'll tell you exactly what they think of chain mail.

"Chain mail is perhaps one of the worst gifts you can give anyone, at Christmas time or any time of the year," said Harold Young, Security Manager for 76 Comm Group (IM GP).

increases greatly."

In fact, the December 1999 incident succeeded in shutting down mail service to thousands of DND/CF employees

capability to provide adequate security and—especially around Christmas when most groups are operating on a skeleton staff—that's very dangerous."

Indeed, reports of spamming incidents are so common around the holiday season that LCol Mazzolin and his team are issuing an awareness advisory to inform users of the dangers of spam messaging.

"Chain mail works insidiously. It's on the network consuming resources within minutes of being sent," he said.

"Users must realize that this type of Spam messaging is not only unauthorized, but also poses a significant threat to a critical element of DND's command and control infrastructure."

According to Young, most users are simply unaware of the impact that chain mail has on the networks.

"People get caught up in the emotional aspects of the message and don't think about the consequences.

"They forget that e-mail is not private and can be monitored by others. Everything they're doing on DND systems is seen by auditors."

Sometimes, well-meaning recipients try

to stop the chain mail by forwarding the message back to the originator with a note requesting to be taken off the chain mail list. Unfortunately, sending the chain mail back is not an effective way of stopping the flow of messages.

"Replying to a chain mail message is just as damaging as forwarding one," explained Young.

"By sending the chain mail back to the originator, you are still contributing to the problem."

In fact, the best way to combat chain mail is to advise an information systems security officer as soon as the mail arrives in your inbox.

"Whatever you do," said LCol Mazzolin, "do not forward it on and do not reply!"

Reprinted with permission from The IM Forum, Volume 3, No. 10.

Paws and Claws

The Adoption Option

There are many benefits to adopting a pet from a shelter rather than going to a pet store or a "backyard breeder" to find your new companion. If you're thinking about getting a pet, please consider the following points.

Animal shelters are full simply because there are too many pets and not enough responsible owners to care for them. Every year, millions of healthy animals are euthanized in North America because there aren't enough homes available for them.

When you adopt an animal from a shelter, you are essentially helping to rescue more animals by freeing up space within the rescue facility. Furthermore, adopting from a shelter helps reduce the demand for the commercial breeding of puppies and kittens.

Recent horror stories reveal the truth about puppy mills where dogs are often crammed into dirty, undersized cages or stalls, forced to lie in their own feces and produce litter after litter. Different breeds are often housed together resulting in the high risk of cross-breeding of dogs claimed to be "purebred" at the time of sale. It is a known FACT that many pet stores acquire their animals from such puppy mills and sell them to the public as purebred pups. If you feel you must have a purebred, contact your local kennel club and don't pay money to a pet store or the guy at work who thought getting his dog pregnant would be an easy way to make money. Not only is this selfish on the part of the seller, but you could end up with a sick dog. (Reputable breeders research the genetic family history of dogs for generations to ensure health)

So if there's room in your life for an animal companion, please visit your local animal shelter first - you may just find a friend for life.

MCpl receives 2nd degree black belt

Black Belt exams are normally demanding but sometimes a candidate will come across an especially gruelling test. MCpl Gary Hollman of Trenton did just that at the Kai Shin Karate

Association exams in Mississauga on Jan 12. He underwent 4 1/2 hours of non-stop Karate before he passed to 2nd Degree Black Belt. Hollman is a member of the Black Belt staff at 8 Wing Trenton MAC.

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Pride is still strong in the Canadian military

by Capt. Jason Proulx,
12 Wing

Although some would argue that the Canadian military is not what it once was, MCpl John Davidson and Capt Jermaine Downey of Shearwater, Nova Scotia, are proving otherwise.

Spurred by a lack of interest in the Canadian military by members of the black community in Nova Scotia, MCpl Davidson and Capt Downey recently took a

home-built flight simulator from the Shearwater aviation museum and set out to talk to people in North Preston about the proud heritage of people of colour in the Canadian military.

"People in North Preston are under the perception that joining the military will take them off to war and get them killed," said Capt Downey. "We wanted to show them that was not necessarily the case, that in fact there are many

opportunities available to people of colour that don't necessarily involve going to war."

To prove their point, the two motivated members chose to expose the youth community to some of the technology available to them. They used a flight simulator devised by MCpl Davidson, which is essentially a computer simulator with a joystick, foot pedals and a cockpit built around it. Eager pilot "wanabees" have the

choice of flying most Canadian aircraft, past and present, including the new Cormorant helicopter.

"What we try and show these kids is that the simulator is not just a computer game. They are actually learning how principles of physics apply to flight," said Davidson.

For this particular event, MCpl Davidson loaded the P-41 Mustang, which was flown by the famous group of black American

aviators during WWII, where they served with distinction.

"It's important for the black community to be aware that black people did fly during WWII, and they did so with distinction", said Davidson. "Many of the guys are shocked to learn that the first licensed black pilot in North America was a woman", he adds.

More than 150 people visited the exhibit throughout the day, of which approximately 55

youths were able to try their hand at flying the various aircraft. While the two Canadian Forces members feel they were successful in generating an awareness of the Canadian Forces, they believe that much work still needs to be done.

"If more people participate, and we continue with these types of endeavours, I believe we will clear up many of the misconceptions that people have about the military," says Capt Downey.

La fierté demeure vive chez les militaires

par le Capt Jason Proulx,
12e Escadre

Bien que certains prétendent que les Forces canadiennes ne sont plus ce qu'elles ont déjà été, le Cplc John Davidson et le Capt Jermaine Downey, de Shearwater, en Nouvelle-Écosse, prouvent le contraire.

Le manque d'intérêt manifesté par les membres de la communauté noire de la Nouvelle-Écosse vis-à-vis les Forces canadiennes a

incité le Cplc Davidson et le Capt Downey à agir. Ils ont emprunté un simulateur de vol de fabrication artisanale du musée de l'aviation de Shearwater et, le samedi 28 septembre dernier, ils ont rencontré les gens de North Preston afin de leur parler du fier héritage des minorités visibles au sein des Forces canadiennes.

"Les gens de North Preston ont l'impression qu'en devenant membre des FC, ils seront envoyés à la guerre et qu'ils s'y feront

tuer", résume le Capt Downey. "Nous voulions leur montrer qu'il pouvait en être autrement, qu'en réalité les Forces canadiennes offrent de nombreuses possibilités aux membres des minorités visibles et qu'elles ne se résument pas nécessairement à aller participer à une guerre."

Pour illustrer leur point de vue, les deux militaires déterminés ont décidé de faire découvrir aux jeunes de la communauté certaines technologies qui leur sont accessibles. Ils ont fait appel à un simulateur de vol conçu par le Cplc Davidson. Il s'agit essentiellement d'un ordinateur sur lequel sont installés un simulateur de vol informatisé, une manette de commande et des pédales, le tout monté à l'intérieur d'un poste de pilotage. Les aspirants pilotes peuvent choisir de piloter la plupart des aéronefs canadiens d'hier et d'aujourd'hui, y compris le nouvel hélicoptère Cormorant.

"Ce que nous tentons de faire, c'est de montrer à ces enfants qu'un simulateur n'est pas qu'un jeu sur ordinateur. Grâce à lui, ils apprennent de quelle façon

les lois de la physique s'appliquent au vol", ajoute le Cplc Davidson.

Pour cette activité particulière, le Cplc Davidson a choisi le P-41 Mustang, un appareil utilisé par un célèbre groupe américain d'aviateurs noirs au cours de la Deuxième Guerre mondiale, où ils ont servi avec distinction.

"Il est important que les membres de la communauté noire soient conscients que des Noirs ont

piloté des appareils durant la Deuxième Guerre, et qu'ils l'ont fait avec distinction", souligne Davidson. "Beaucoup de gars sont surpris d'apprendre que le premier pilote Noir ayant obtenu son brevet en Amérique du Nord était une femme", ajoute-t-il.

L'activité a attiré plus de 150 personnes au cours de la journée et, parmi ces gens, 55 jeunes ont pu tenter de piloter les différents appareils. Bien que les deux

membres des Forces canadiennes aient l'impression qu'ils sont parvenus à susciter un intérêt à l'égard des FC, ils estiment qu'il reste toujours beaucoup de travail à faire dans ce domaine.

"Si nous continuons d'offrir ce genre d'activité et que plus de gens participent, je crois que nous parviendrons à faire disparaître un grand nombre d'idées fausses qui circulent concernant la vie militaire", affirme le Capt Downey.



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Les deux photos représentent des jeunes de North Preston en train d'utiliser le simulateur de vol du musée de l'aviation de Shearwater lors de l'activité d'un jour. La photo no 0239 montre le Cplc John Davidson donnant des leçons de pilotage. Références photographiques : Capt Jermaine Downey, URSC(A).

Put adventure back into cooking by using your senses

tastes from

The County



Michael Hoy

Taking the time to enjoy the foods that we eat every day is important but what is happening inside our mouths chemically, even before we start to eat, is instantaneous. Two of our five senses play a critical role in our survival. Taste and smell.

Smell is inextricably linked to taste; for without it, food would cease to be interesting. A case in point is when we are faced with a cold; food lacks taste. Our sense of smell is exponentially more acute than our sense of taste and helps us to make sub-conscious decisions on what to eat. Smell helps us to determine a greater variety of tastes and acts as an "agent" bartering for the best choices. This characteristic is imbedded into our genetic make-up for survival. In times of the hunter/gatherer having a good nose was more a faculty tantamount to success of survival. Those were the days when the common cold could really kill you.

Taste is a sense that is critical to my livelihood. Much depends on the sense of taste and smell in

almost every minute of the day of a chef. Taste can be broken down into four basic groups including sour (acidic), salty, sweet, bitter. Each of these groups in the right combination makes for great food and drink.

Sweet belongs in the category of satisfaction. We all taste sweet on the front part of the mouth and tongue and this is probably why I often here from my wife Susan that my kisses are sweet?! The flavour of sweet tantalizes the taste buds by creating a luxurious feel in the mouth. Sweet obviously involves some form of sugar, usually in the form of glucose or dextrose and fructose derived from plants. Sweet flavours instinctively tell us that food isn't bitter and possibly poisonous and that it is safe to consume. The sweet from honey, sugar and natural occurring sugars in plants are carbohydrates and are crucial in providing the body with energy and in the production of fats.

Bitter is the sensation of a tangy sharpness felt on the back of the tongue and is acrid and in large

doses can be rather unpleasant. Bitter not only instinctively warns all animals of danger or poison, in the right measure bitter qualities in food can make them shine. An example is in the beer and ale making process. Hops, a naturally bitter plant is added to the brew to create a certain bitter edge that makes the beverage interesting and three-dimensional offsetting sweetness by just so much. Another example is caramel or burnt sugar. In the dessert crême brulee, the complex bitterness of the burnt sugar coating on top lends an interesting contrast to the sweet custard below creating a perfect harmony of taste. Some bitter plants including flowers, herbs and roots are also used to aid in digestion and as appetite stimulants.

Salt or sodium chloride, quite simply enhances the present flavour in food and chemically stimulates the appetite by starting the chain reaction of the production of saliva. When this happens, our taste receptor cells or taste buds are set up and the acceptance of flavour begins. Also, the digestion process begins with the breakdown of nutrients.

Sour (acidity), felt on the sides of the tongue, is one of the most important taste sensations in my opinion. With out acidi-

ty, food and drink would be truly flat and boring. The correct acidity in food brings out flavour that would not normally be exposed. A good example of this is in homemade mayonnaise. Mayonnaise is a simple food using only five ingredients: eggs, oil, salt, mustard and vinegar. Without the vinegar it would be lifeless and uninteresting. Add vinegar and it becomes much more than the sum of its parts.

Acidity, in whatever form be it from vinegar (acetic acid), wine (tartaric acid) or citrus (citric acid) unearths existing flavour, bringing them to the "reach" of the palate's taste buds and highlighting each of the ingredients characteristics. If there is anything that you have learned from this column today it should be that the judicious addition of acid from wine, citrus or vinegar in your cooking will make you a better cook. Reach for one of the above mentioned ingredients instead of salt before making a salty dish just saltier. You'll be amazed.

The research into the molecular mechanisms of the sense of taste has seen

huge leaps since 1992 when mapping human genes began, according to Jennifer Fisher Wilson's October 15th, 2001 article Bitter-Sweet in the magazine Scientist. Scientists are finding out that there are many different types of receptor cells all with a certain job and the ways in which we taste sour, salty, sweet and bitter work in a myriad of ways.

However we taste on a molecular level, this might as well be science fiction to me. What I know is that for great

taste, you have to be a discriminating taster and constantly adjust, experiment and tear apart convention and recipes because everyone is different. Be adventurous in your cooking and surprise yourself and your family. The next time you are in the kitchen ask yourself the sour, salty, sweet, bitter question and use each sensation to answer and develop flavour in your cooking.

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

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Want to lose weight? Get SMART!

by Manny Raspberry
Fitness and Sports
Director

You want to lose a few pounds, increase your fitness level or quit smoking and the New Year seems like a good time to begin. To avoid getting discouraged while starting your new fitness programs it is crucial not to focus too hard on your ultimate goal but to set mini goals (steps).

For instance if your main goal is to lose 15 - 20 lbs, set your first mini goal at losing 3 lbs.

Use the S.M.A.R.T. system for setting both your fitness and personal goals during the new year.

Specific - Be precise. Know exactly what you want to achieve. Set up an interview with a PSP Certified Fitness

Consultant at The Gymnasium for a personal fitness program. The following principles will be discussed and personalized between you and the Fitness Trainer:

It is important to become aware of your improved energy level, reduced stress levels and the inches lost - not just pounds lost.

Measurable- Include times, situations, days and other milestones for gauging health and wellness and your success in reducing weight.

Achievable - Set your sights on an attainable goal, yet one that causes

you to stretch, to go beyond what you're doing today.

Relevant - Although others may be affected by your efforts to lose weight and be healthier, your goal should matter to you, first and foremost.

Trackable - Behavior change doesn't happen overnight - it takes time. Record your progress over days or weeks to see how much you've achieved as well as what works and what doesn't.

NOTE: It is also important to become aware of your improved energy level, reduced stress levels and the inches lost - not just pounds lost.

10 reasons why...you should start exercising this year!

1. Increased psycholog-

ical well-being.

2. Reduced levels of anxiety and stress.

3. Reduced risk of back problems.

4. Reduced risk of osteoporosis.

5. Reduced risk of cardiovascular disease.

6. Reduced number of days off work do to ill health.

7. Socially increased life satisfaction.

8. Possibly reduced risk of colon, breast and lung cancer.

9. People who don't exercise are 2 times more likely to develop heart disease than those who do.

10. It only takes 30 minutes per day!

For information on the PSP 2003 Fitness programs and activities, please see future CONTACT articles or call the Fitness Staff at 7160 or 3328.

Winter Carnival

It's here again. Snow, ice, cold weather, how can we possibly enjoy this time of year? Simple, by taking part in the 8 Wing/CFB Trenton Winter Carnival at Baker Island.

This event features easy games, lots of fun, plenty of hot chocolate and a BBQ afterwards. Sign up today at The Gymnasium for this fun filled day.



Before the fun and games begin on Feb. 7, units and squadrons have the option of decorating any type of float or portable display which will be paraded around the island prior to the event. The best float could also win a prize. Come on get into the spirit, be proud to show off your work, as it will strengthen unit moral.

Events like this are successful with the help of many volunteers. If you don't feel like participating on a team but would like to help in making this year's carnival a success please volunteer or register A.S.A.P. at the Gymnasium.

Register your team of eight by stopping in, e-mailing or calling Tammy Topping at 2822 or Scott Burns at 3328. Keep an eye on the Contact for more details.



New Year, new fitness resolution? Let us help!



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Youth (6-17 yrs)	\$32	Youth	\$44
Single (18 yrs+)	\$44	Single	\$60
Family	\$92	Family	\$144

RecPlex
(includes Arena & Outdoor Pool)

Regular Members		Ordinary Members	
Infant (0-5 yrs)	\$12	Infant	\$20
Youth (6-17 yrs)	\$36	Youth	\$56
Single (18 yrs+)	\$48	Single	\$72
Family	\$106	Family	\$176

Combination
(includes Gym, RecPlex, Arena, Outdoor Pool)

Regular Members		Ordinary Members	
Infant (0-5 yrs)	\$12	Infant	\$20
Youth (6-17 yrs)	\$48	Youth	\$92
Single (18 yrs+)	\$60	Single	\$106
Family	\$132	Family	\$244

Purchase your membership at the RecPlex Monday to Friday 9 a.m. until noon and from 1 to 9 p.m. Saturday noon until 9 p.m. Sunday noon until 6 p.m. Remember to bring along a PHOTO at the time of purchase.

Taking the mystery out of Pilates

(NC)-Pilates (pronounced Pi-laa-teez) is an integrated body mind form of conditioning that enhances overall physical fitness, strength and flexibility.

Developed by Joseph Pilates in the 1920s, the exercise program's foundation is that the route to physical health and well-being lies in exercising the mind as well as the body.

Susan Greskevitch and Margot McKinnon, directors of the Toronto-

based Body Harmonics Pilates studio, offer these additional insights into what Pilates is and what it can do for you:

- Pilates teaches you to listen to and feel your body during exercise. For instance, during a back strengthening exercise, you learn to pay attention to each section of your spine and use surrounding muscles to derive maximum benefit.
- Pilates exercises are done on a mat or on specialized equipment.

Regardless of how Pilates is done, all exercises will build strength and mobility throughout the body.

• Pilates focuses on muscles that support the spine and pelvis. Strengthening and toning this "internal corset" is key.

• Pilates is abdominal toning par excellence. Probably the main reason for its success, Pilates will tone the mid-section in addition to improving balance and posture.

• Pilates is effective for everyone. Anyone can enjoy the benefits of Pilates regardless of age or fitness level. Modified Pilates exercises are safe even for the injured or ill.

• Pilates is understanding what you can do, not what someone else can do. By tuning the mind and the body, you work with - not against yourself - becoming aware of what you can do comfortably.

For more information about Pilates or to find out about the new Body Harmonics Matwork CD- Series, call 416-537-0714 or visit www.bodyharmonics.com.



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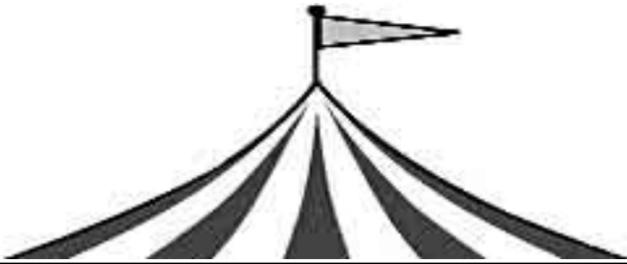
WHERE?: RecPlex, 21 A Namao Drive

WHEN?: March 10 - 14, 2003, 8:00 am - 4:00 pm

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Food Guide revelations



Laurie McVicar

Confessions from the Gym

Monday, January 13

I met with Jen on Friday to discuss nutrition.

As she explained the Canadian Food Guide I sat in stunned silence. Boy, have I been living with a few false assumptions. Perhaps some of you can benefit by my revelations...

- Strawberry/blueberry Pop Tarts do not count as one serving of fruit (sorry Andrea).

- Chocolate cannot be considered a vegetable (even if it is made from cocoa beans).

- Gummi Bears are not considered meat (likewise with Turtles).

- Just because they are called Milk Duds, it doesn't mean they are considered dairy.

- A handful of potato chips do not count as one serving of vegetables (still debatable if you ask me!).

I was even more distressed to discover desserts did not have their own sec-

tion in the Food Guide. I mean, what's the point of living? To be quite honest, I haven't felt overly deprived by the changes Jen has made to my diet. Perhaps that can be traced back to the mini chocolate-covered peppermint patties that keep mysteriously disappearing from my freezer.

As far as the physical fitness aspect of my life goes, I am doing extremely well. When it comes to my diet, however, Jen has surely got her work cut out for her. As some of you might also know, it is extremely difficult to change eating habits after you've had them for over 20 years. To suddenly cut junk food completely out of your life is like parting with a dear friend who's helped you cope through some tough life situations. But, alas there is help out there!

There is actually no better place to get help with weight management

than here at 8 Wing/CFB Trenton. We have tons of health professionals to help you on your way to a healthier lifestyle. Anyone who has ever visited the Health Promotions Office looking for information can attest to this. I dropped by to find a topic for this column and came away with an armful of brochures. And, I can't forget about those fantastic folks at the Gym. As a fitness flunk-out I cannot stress enough what a difference it has made having a personal trainer. Without one, I likely would have given up my weight loss goals (and this column) months ago.

While working out today, I mentioned to Jen that I noticed quite a few new faces in the Strength and Conditioning Room.

"That's because it's January. Everyone has made their New Year's resolution," she replied. "Wait about a month, you see a lot fewer of them."

Sadly, she's right.

Believe me, it's a lot harder to give up when you have your own cheering squad. Jen has become a friend and a mentor. How can you turn down something like that?

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17 TGIF 1700 hrs Fish & Chips Sports/Tachrs	18
19	20	21	22	23	24 TGIF 1700 hrs Subs Sports/Pool	25
26	27	28	29	30	31 TGIF 1700 hrs Desserts Sports/Tachrs	

JANUARY

2003

Agnes Ward, a pioneer in the Canadian Military

by Jean Templeman
Special to the Contact

At eighteen years of age and the sister of three military men, Agnes Ward was eager to do her part to serve her country. So, when Canada opened up the service to women in the early 1940's, she was among the first in line to join.

With World War II raging on in Europe, more men were being called to the front lines leaving a void in the day to day operations on military bases across Canada. Women were suddenly needed to perform the lighter duties traditionally done by their male counterparts.

Ward was part of the second flight of women ever go to Rockcliff for training. After spending six weeks there, Ward was then sent to Brampford.

"(Joining the military) was the smartest thing I ever did," said Ward. "I just loved it."

Though women were allowed to serve, they were still well segregated from the men.

"When I first joined, there were not that many jobs for

women. There were nurses and finance clerks, that's about it. By the end of the war, women were in radar, transport and parachute packing. Everything was open to women and it really was marvellous. It was almost like recognition that women could do more than stay home and be the little wife," she said.

Ward feels it's different for women today.

"There isn't the comradery that we had.

"(Joining the military) was the smartest thing I ever did. I just loved it."

Agnes Ward

We lived in barracks, there was none of this living outside. Your whole life was the base," said Ward. "If you were getting married then you had to take your release. If a married woman was pregnant than she had to leave. We couldn't wear jewellery; we couldn't even wear earrings. You could wear an engagement ring and a watch. You couldn't wear makeup. You had to wear your hair up."

today," said Ward. "We did not meet one person that was anything towards us but respectful."

They may have been treated like ladies, but Ward and her friends could sometime stray to the wild side.

"When I was in Brampford there was a little place called the 'Outside Inn' and they had a room in the back that you could dance in and it had a jukebox. We were allowed to go down there but we had



Photo: Jean Templeman, Contact

Today, Ward is an active volunteer at the RCAF Memorial Museum.

By the end of 1943, Ward found herself in London, England at the Canadian headquarters where she worked with the press section.

"We were treated like goddesses there. The guys were wonderful. Everybody wants to be (treated) the same today. If you (women) want to take a gun and plow through the bushes with the guys, then that's fine. It's a whole different ballgame



Photo: Submitted

Agnes Ward worked with the press section in England during the war.

to be back in (barracks) by 10 p.m. This gal Daisy and I went down to the Inn to dance. While we were down there my flight commander was there in civvies and this Chief Warrant Officer, who I had a terrible crush on, was there," recalled Ward. "Of course you couldn't fraternize, that was just a no no. We had a great time, I was dancing with Bill and in seventh heaven. I looked at my watch and it was 11:30 p.m. I looked at Daisy and said 'we have got to get out of here'."

Ward's dance partner urged her to stay, stating she shouldn't worry since her boss was also there. Ward declined and left with Daisy. To avoid the SPs, the two women scaled the barbed-wire fence that surrounded the base.

"There we are, giggling like a couple of idiots as we crawl up the fence. We get over and we get down and think let's get out of here. All of the sudden the flashlights come on and the SPs say 'good

going girls'. I was so scared. The next morning I was paraded in front of everyone," she said laughing.

Although Ward wasn't involved in any hands-on combat while in the military, she did see many air raids while in England.

"We tagged them the 'doodle bugs' because that's what they looked like, big doodle bugs. They were launched from Germany and you could hear them coming over. They had a funny 'putt-putt' sound and then they would stop and you would have to wait as they would come straight down. If you heard them then you were fine, but if you didn't you were in trouble."

Ward learned firsthand what these bombs were capable of.

"When Gladys and I first arrived in London we lived on the top floor (of a house). A doodle bug came over and landed two streets over from us. It blew out all of our windows. We woke up in the morning and there was

glass all over. We weren't hurt but a lot of people were hurt very badly," she said.

By 1946 the war was over and Ward was on her way back home. She was one of the last ones to return because men and women were sent home alphabetically. When she arrived back in Canada she was released from the military.

"I would have gladly stayed on. I loved the service. The men could stay in but they didn't want us anymore. Then, in 1952, they decided to recruit women again," she said.

Ward has fond memories of her time in the military and relives them often as a volunteer at the RCAF Museum.

"The veterans come in here and once they find out that you were in the service there is a tremendous bond that isn't there today. It's a job. It was different, there was a reason why we were there. There was a war on and you were there for a reason - to get this war over with," she said.

Dear Health Professionals

I read your column last week on helping a smoker quit. I would like some advice myself on how to quit. Do you have any suggestions for me?

*Signed
All Smoked Out*

Dear all Smoked Out,

I am glad that you asked. There are many resources in the community to help you stop smoking; your physician and pharmacist are great resources. They can help guide you through the process. They will be able to help you decide what options are best for you.

The Health Promotion Department on the Wing has numerous brochures and pamphlets and advice to help with the process as well; they are located in the Headquarters building, Room 112, no appointment necessary, local 3767 or visit the website www.cfbtrenton.com.

Here are some pointers to get you started.

Five days before your quit date:

Think about your reasons for quitting. Tell your

friends and family you are planning to quit. Stop buying cigarettes.

Four days before your quit date:

Pay attention to when and why you smoke. Think of other things to hold in your hand instead of a cigarette. Think of habits or routines to change.

Three days before your quit date:

Decide what to do with the extra money when you stop buying cigarettes. Think of who to reach out to when you need help.

Two days before your quit date:

Buy the nicotine patch or gum (whatever you have discussed with your health professional).

One day before your quit date:

Put away lighters and ashtrays. Throw away all cigarettes and matches. Clean your clothes to get rid of the smell of cigarette smoke.

Quit day:

Keep very busy. Remind your family and friends that this is your quit day. Stay away from alcohol. Give yourself a treat, or do something special.

Congratulations!

If you "slip" and smoke, don't give up. Set a new date to get back on track. Call a friend or "quit smoking" support group, 1-877-513-5333. Eat healthy food and get exercise.

*NEHC Health Promotion
Home page*

Many people believe that willpower is all that it takes to quit. But, it takes planning, support, coping skills, and a few changes in your daily habits.

Lastly see the ad on this page for information on a challenge the Health Promotion Department is holding, titled "March 1st I Quit". You should be able to find posters and brochures throughout the Wing/Base. Or contact the Health Promotion office at 3767 for more details. This is a great initiative; prizes include \$ 1000 cash, DVD players and digital cameras.

**Signed,
Your Health Professional**

If you have a question for our local Health Professionals visit www.cfbtrenton.com, click on Health Promotion and then, contact us! Or call local 3767.

Heartburn or heart problem? Know how to spot the difference

(NC)—Heartburn can be alarming. In fact many people mistake heartburn pain for heart trouble. You should be able to tell the difference as follows:

- Heartburn is a burning sensation behind the breastbone that sometimes spreads up and down the thorax, which is the area between the neck and the abdomen.

- Pain related to heart trouble often spreads across the chest, down the left arm, into the back or to the jaw, and is often brought on by exercise.

If you notice these symptoms, or if you are still unsure, see your physician immediately.

Heartburn can be a symptom of several stomach disorders, some less serious, like reflux (gastroesophageal reflux disease) or indigestion, which is medically termed, dyspepsia. Infrequent heartburn disorders can be treated with over-the-counter antacids. Persistent, chronic heartburn however could be the result of stomach ulcers and while antacids may provide initial relief, ulcers are best healed with prescribed medication. Always report heartburn and indigestion to your physician.

Voluntary communication with health care providers is vital, yet people often suffer in silence waiting for a condition to become more severe. Even indigestion and reflux, if left untreated can lead to a more serious

problem, so consider a process of relief as follows:

- Keep a diary of your symptoms. You will need to communicate symptoms accurately for your physician or pharmacist to recommend appropriate lifestyle modifications, or effective over-the-counter treatments. For example: what symptoms do you get; when are they most severe; what, if anything stopped or reduced the symptoms?

- Discuss over-the-counter medications for stomach upset with your pharmacist. Antacids, such as Maalox, neutralize acid in the stomach. They can be used on their own or together with prescription acid suppressants, if approved by your doctor. Maalox is an antacid with an anti-gas formula, offered as a flavoured liquid, or in a quick dissolve, chewable tablet form. Opt for Regular or Extra Strength, use the dosage recommended on the label and if symptoms remain after two weeks of use, report it to your physician.

Consider lifestyle changes. Once you know what you are dealing with a few changes can help. They range from more obvious improvements like quit smoking, lose unwanted pounds, decrease alcohol, to more personalized recommendations like when, what, and how you eat, how you sleep, and even how you dress.

National Defence / Défense nationale

March 1st
I QUIT!

Take the Challenge!
Quit smoking for at least one month and

you could WIN!

Non-smokers can also participate

Myths about smoking and tobacco

(NC)—For many people, quitting smoking can be extremely difficult. This process can be more challenging when the person trying to quit doesn't have accurate or up-to-date information about the process.

"Quitting smoking isn't easy but the Canadian Cancer Society's Smokers' Helpline can help," says Kevin McDonald, Communications Officer with the Canadian Cancer Society. "We recognize that smokers are faced with a powerful addiction and need support, not criticism."

Smokers' Helpline is a free, confidential telephone service that provides personalized support, advice and information about quitting smoking and tobacco use. A trained specialist can help callers develop a structured 'Quit Plan', answer questions and provide support.

McDonald says that one way to make the quit process easier is to be aware of some of the myths about smoking and quitting.

"I can quit any time I want."

- Nicotine is one of the most addictive substances on earth. Eventually your body needs more and more of it to feel energetic.

- Successful quitters use support groups, nicotine replacement therapy (gum or patches), or a combination of approaches to help them.

"I've been smoking for most of my life, quitting now will not really make a big difference."

- Studies indicate that a 35-year-old man or woman will live an average of five years longer by quitting.

- If you quit smoking for a decade or more, your risk of cancer is almost the same as someone who's never smoked.

"I've cut down to a couple of cigarettes a day."

- Smoking fewer or lower-tar cigarettes is not necessarily better.

- Smokers who do this have a tendency to

take more drags and inhale more deeply to fill the nicotine craving.

- It also makes it harder for the smoker to change his or her daily routine of smoking.

"Smoking doesn't hurt anybody but me."

- Each time you light up, you expose everyone around you to chemicals that can cause lung cancer, heart disease, asthma, and other diseases.

- By quitting, you are not only protecting your

own health, but the well being of those around you.

"With support and a plan to quit, people almost double their chances at remaining smoke-free," explains McDonald. "Understanding the obstacles that you'll face and learning the truth about smoking and quitting will help you along the way."

The Canadian Cancer Society's Smokers' Helpline can be reached at 1-877-513-5333.





TRENTON Military Family Resource Centre



MASS SCHEDULE HORAIRE DES MESSES

Senior Chaplain - Aumônier Supérieur: Major Lloyd Clifton Local 3665

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

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

Padre Allan Murphy (RC) Local 3312

MASSES -MESSES
Messe Dominicale: 0900 hrs (français)
Sunday Mass: 1130 hrs (English)
Weekdays (M-F): 1200 hrs (Bilingual)

CONFESSION
At all times.
En tout temps.

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

MARRIAGES / MARIAGES
You must contact the chaplain's office prior to selecting a date.
You must obtain a recent copy (less than six months old) of your baptismal certificate prior to booking appointment with chaplain.
Veuillez prendre rendez-vous avec l'aumônier avant de choisir la date. Vous devez apporter avec vous une copie récente (datée de moins de six mois) de votre certificat de baptême.

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

**ST CLEMENT ASTRA CHAPEL
(Protestant) Services**

Padre Blair Ross (ACC) Local 2314
Padre Catherine Morrison (ACC) Local 2314
Padre Matthew Lucas (Baptist) Local 3286
Sunday: Divine Worship 1015 hrs
Holy Communion: First Sunday of the month

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

BAPTISMS
Please allow at least one month's notice for preparation.

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

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

Youth Centre/Le Centre des jeunes !

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

Sunday	Closed	Dimanche-	Fermé
Monday	4 - 8 p.m. Youth Courses	Lundi-	16h à 20h Cours seulement
Tuesday	4 - 6 pm Homework Club	Mardi-	16h à 18h Club des devoirs
Wednesday	7 - 10 pm Teen Night Schedules of Events will be available at Centre	Mercredi-	19h à 22h Soirée des ados (l'horaire est disponible au centre)
Thursday	4 - 6 pm Homework Club	Jeudi	16h à 18h Club des devoirs
Friday	7 - 11 Teen Night	Vendredi	19h à 23h Ados
Saturday	1 - 4 pm 8 - 12 year olds 6 - 11 pm 13 - 18 year olds	Samedi	13h à 16h 8 à 12 ans 18h à 23h 13 à 18 ans

We are going to the RCAF Flyers Arena from 1 p.m. - 3 p.m. during Family Skate. Skaters require their CRA Rec card or \$2.00. Meet at the Youth Centre with your skates and warm clothing at 1p.m.

Nous allons à l'aréna ARC Flyers de la base de 13h à 15h durant le patinage familial. Les patineurs ont besoin de leur carte "CRA" du gymnase. On se rencontre au Centre à 13h avec nos patins et des vêtements chauds.

Children's Services/Services pour les enfants

Stork Club

Monday mornings for Expectant moms or moms with babies
9 - 11:30 a.m./
10:30 - 11:30 a.m (Facilitated). Pre-registered on-site child-care is available during this one hour for older siblings.

January 20 - Child development
January 27 - Common illness

Club de la cigogne

Le lundi matin pour les femmes enceintes et pour les nouvelles mamans avec leurs bébés.
De 9h à 11h30/
10h30 à 11h30 (avec animatrice). Gardiennage disponible pour les plus vieux durant cette heure, en s'inscrivant à l'avance.

20 janvier - Développement de l'enfant
27 janvier - Maladies infantiles



Halte-Jeux Francophone
Pour parents et enfants de 0 à 6 ans

Un avant-midi de plaisir entre amis, grands et petits...
Restez et jouez dans la Francophonie
à l'école Cité-Jeunesse (30 avenue Fullerton, local # 16)
Tous les jeudis de 09h00 à 11h30
pour plus d'information, téléphonez au 965-3575.

Beware of small children when travelling on local roads

by Cpl Brian Percival
MP Sqn

As the community is no doubt aware, the school-aged children have returned to school in January. The Military Police have noticed an increase in pedestrian traffic in the PMQ area as the little ones make their way to and from their homes during the school day. This is an exciting time for the children as they run and walk home to Mom and Dad to tell them of the great day they have had.

As licensed drivers we travel the road aware of the rules and the consequences we incur if the law and common sense are not followed. Our children however may not have come to terms with their responsibilities as pedestrians. We are asking parents in the community to help us make the children aware of the rules of the road, in order to keep them safe, as they journey through their day. We also ask the drivers out there to be aware of their surroundings especially during school hours. Here at the MP Squadron, we do our best to get the message across by speaking with the children during our patrols and visits to the schools, however our words will bring greater results if supported and reinforced at home.

Cell phones, crying children, self-grooming and loud radios are just some of the distractions we concern ourselves with as we travel in our vehicles. Studies have shown that a person's ability to operate a motor vehicle safely decreases severely when they drive while utilizing a cell phone. Many people have equated it to being impaired such as a person that consumes alcohol and drives. I think you will agree that we have all been stuck behind someone on the highway, on the phone, having no regard for others around them as they have a chat. This fact combined with the other distractions we face on a daily basis such as changing tapes or radio stations

can make driving more dangerous than it should be. We are responsible for our actions as we drive and may pay stiff penalties for inattention, please limit the distractions in your vehicle and ask yourself if you are paying enough attention to drive safely.

The Military Police cannot be everywhere at once, and as I mentioned previously, an operator of a vehicle can become frustrated while driving. If you see a driver that you believe has acted improperly or poses a serious threat to the persons who live in our community by not following the rules of the road, feel free to contact us at the MP Squadron and report the information to us.

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TRENTON Military Family Resource Centre



Volunteer Opportunities/Opportunit s de b n volat

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

Board of Director Needs

Secretary - A volunteer is needed to assist with secretarial duties, especially taking and preparing minutes from meetings. Meetings are the first and third Tuesday evening every month.

Treasurer - Our treasurer will be leaving this spring so we are looking for a volunteer to learn the treasurer's duties with the expectation of taking over in the late spring or early summer. A financial background is required.

Committee Members - Volunteers are required for various Board committees such as financial, evaluations, fund raising, and human resources. You would work with a team and the time commitment and responsibilities would depend upon the committee.

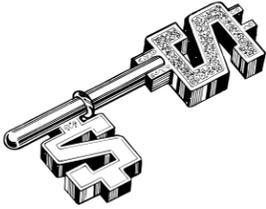
Voici une liste partielle d'occasions de faire du b n volat au CRFM. Si vous d sirez de plus amples renseignements ou si vous aimeriez devenir b n vole, veuillez s'il vous plait me t l phoner au 392-2811 poste 3557 ou bien passez nous voir.

Conseil d'administration

Secr taire - Un b n vole est recherch  pour aider aux t ches de secr taire, sp cialement r diger le proc s verbal des r unions. Les r unions se tiennent le 1er et le 3i me mardi soir du mois.

Tr sorier - Notre tr sorier nous quittera au printemps, nous recherchons actuellement un b n vole pour apprendre les t ches de cette position et qui sera pr t   assumer le r le de tr sorier vers la fin du printemps. Une formation en finance est n cessaire.

Membres de comit s - Nous avons besoin de b n voles pour participer   diff rents comit s tels que; finance,  valuations, collecte de fonds et ressources humaines. Vous travaillez en  quipe, le temps et les responsabilit s varient.



Second Language Training/Formation en langue seconde

English & French for military spouses

Classes runs for 12 weeks for a total of 60 hours. A deposit of \$50 is required upon registration. The deposit is refundable if no more than five classes are missed.

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

* Courses are also offer to the civilian community for \$100, non-refundable.

Spanish Language

Classes started on January 14th from 6:30 - 9 pm

Cost: \$75, 10 sessions

Anglais & Fran ais pour les partenaires des militaires

Les cours sont d'une dur e de 12 semaines et un total de 60 heures. Un d p t de 50\$ est d  lors de l'inscription. Ce d p t est rembours  si moins de 5 cours sont manqu s.

* Les cours sont offerts aux militaires pour le m me co t.

* Les cours sont disponibles pour la communaut  civile au co t de 100\$, non-remboursable.

Cours d'espagnol

Les classes ont d but  le 14 janvier, de 18h30   21h.

Co t: 75\$, 10 sessions

"Partner Away-Deployment Support/ "Partenaire au loin"-Soutien au d ploiement

"Wednesday activities"

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

January 22 - Massage Therapist - Nadine Leblanc, will talk & demonstrate the benefits of massage

January 29 - Pizza & Movie Night, \$5 each, please register in advance

"Activit s du mercredi"

Mercredi de 18h   20h. Une vari t  d' v nements est planifi e pour chaque semaine.

T l phonnez   l'avance. s.v.p.

22 janvier - Th rapie avec le massage - Nadine Leblanc parlera des b n fices du massage et fera une d monstration.

29 janvier - Soir e de Pizza & Film, 5\$ chacun, s.v.p. inscription   l'avance

Education Programs / Programmes d' ducation

Nervous Around Computers? The MFRC can fix that!
Call today to inquire about our software courses

Introduction to Windows , Excel, Access and Word
Morning, Afternoon, and Evening
Classes available!

Les ordinateurs vous rendent nerveux?

Le CRFM peut r gler cela!
Appelez aujourd'hui pour vous renseigner sur nos cours de logiciels
Introduction   Windows Excel, Access et Word

Les cours sont disponibles l'avant-midi, l'apr s-midi et en soir e!

Gardiennage au Gymnase

Mardi - Mercredi - Jeudi / 9h - 11h

2\$ de l'heure/par enfant

Salle Polyvalente / Service Bilingue

R servez une place pour votre enfant en t l phonant au Centre de ressources pour les familles des militaires 965-3575

On-site childcare at The Gymnasium

Tuesday - Wednesday - Thursday / 9 - 11 a.m.

\$2 per hour/per child

Multi-Purpose Room/Bilingual Service

Pre-register your child's spot by calling the MFRC at 965-3575

Drop-off Babysitting

Every Friday, 9:00-4:00 pm

0-5 years

Registration is Mondays for the following Friday.

\$3.00 per hour. \$1.50 for additional siblings

Halte-garderie

Le vendredi, de 9h   16h

De la naissance   5 ans

Inscription se fait le lundi pr c dant 3\$ de l'heure par enfant. \$1.50 pour chaque enfant additionnel de la m me famille.

8 Wing/CFB Trenton and CONTACT

(The Military Community Newspaper)

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With the herd--One more time over the cliff

it's your Money



Garth Turner

"I'm surprised," he said, "that the bank even let this one out."

The speaker was a senior executive with TD Canada Trust, making a comment to me the other day about the bank's blockbuster RRSP survey that ended up making front page news across the country. The survey found that this year Canadians intend on slashing the amount of money destined for their RRSPs - to less than \$4,000 - while a massive three-quarters of us will be shunning mutual funds this year.

That, of course, is consistent with the pattern of fund redemptions that has

been taking place since last Spring. Investors cashed in their fund units to the tune of \$1 billion or more a month for most of last summer, and even last month another \$500 million disappeared from fund accounts.

You can tell just how uncomfortable things are in the fund biz these days by taking a look at RRSP advertising. Normally it is wall-to-wall coverage on television by this time in January, but this year you have to go looking hard to find a single spot. Meanwhile the annual Financial Forum shows are now popping up in just Toronto and

Vancouver, shunning the previous additional appearances in Halifax, Ottawa and Calgary. Truly, the world is a changed place after the twin disasters of the technology bubble-burst and Nine Eleven.

Another bombshell in the bank survey was this: Almost seven in ten RRSP investors this year will be looking for an investment that is guaran-

teed not to go down in value. Now, we all know what that means, and it's spelled G-I-C. Yes, this year will see the explosive rebirth of the once-popular guaranteed investment certificate. That prior popularity, of course, was based on the fact interest rates were a lot higher in the old days, when your money could earn 8 per cent or even 10 per cent just by lying around in some bank vault.

The big change now is that your GIC is coming in at 3 per cent or 4 per cent. In a world where

mutual funds.

The problem with all this, of course, is that these Canadian investors are reacting to the wrong risk - the risk of losing money, rather than the risk of running out of it. Those who do not recognize this could be facing retirements from hell.

The reality of today's economy seems rather obvious. Canada is growing at about 3 per cent per year, and has just enjoyed the best job growth of any country in the western world. Interest rates and inflation are low, technology is growing rapidly which brings big productivity gains. Corporate profits are beginning to reappear and taxes are plunging in the United States, which will spur global growth. Despite the threats of more terrorism and the spectre of a war with Iraq, all of these factors are incredibly positive for the stock market and the equity mutual funds which are based upon them. So, how much risk is there in putting your RRSP money into equity funds this year? Less than last year? You

bet.

Meanwhile, let's all remember that RRSP money is long-term money, likely to sit there in that tax shelter for ten, 15, 20 or more years. Over that period of time, are stock markets likely to rise substantially, even though they may fall temporarily? What reason, exactly, is there to believe that it makes sense to lock up your money for no return, while not investing in growth assets which every expert in the land argues will be worth more a decade from now?

The TD survey proves again that most people do the wrong thing at the wrong time, because they are ruled by their emotions. Greed led them into buying Nortel, 360 networks and other tech darlings at the top of the market, just as fear is driving them into dead investments at the bottom. I shudder to think what the poll will show about investor sentiment in 2015.

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

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inflation is close to 3%, that means the real return - even in the tax-free environment of an RRSP - is next to nothing. This is basically dead money, so the only possible appeal a GIC would have is that it comes with a guarantee never to go down in value, unlike all those dangerous

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8 Wing Canadian Forces Base Trenton

86 ASU Aircraft Arrestor Systems Section

by MCpl Slaunwhite

It has been a challenging and fulfilling year at 86 ASU as Captain Carol Sawatzky, the new OC of 86 ASU, would attest to. She has recently taken over from recently promoted and posted Major Don Henley.

With numerous taskings from TDs to Alert, Golan Heights and OP Apollo, personnel stepped up to ensure a smooth transition. Members of the unit sent Christmas care packages to remind those serving abroad that they are not forgotten at home. Filling in for MWO Gunter, who is currently serving abroad in Syria, are WO Gord Aitken and WO Boyce Parrill.

The Aircraft Arresting Systems (AAS) section completed nine Air show/Mobile Arrestor Gear (MAG) deployments between mid-May to mid-September 2002. This was fewer than normal due to the cancellation of five addi-

tional air shows. This year the MAG teams had to be split up because of simultaneous air shows taking place. This posed no problem, with personnel from other bases stepping in to help out. Fire Fighters, EGS (Electrical Generating Systems) and RM (Refrigeration Mechanical) Technicians were sent on TD to assist with the air show deployments. MAG teams normally consists of a MAG Team Leader and five additional persons who are responsible for prepping the MAG site and deploying the MAGs. Timings for each set up varied between six to 36 hours depending on the ground conditions and support available. Once the equipment is set up, the main focus is cable engagements, setting up and retrievals. The possibility of the cable being set up and taken down 10-25 times each air show is not unreasonable.

A new and welcome addition to the section



Air Show at Rocky Mountain House, Alberta

and recently qualified MAG Team Leader was Sgt Mark Gorman, arriving from North Bay. The veteran MAG Team Leaders are WO Gord Aitken and Sgt Craig Tucker who have conducted countless air shows during the last five years and are able to

share their vast experience and knowledge with the junior team members. One thing in common with all air shows was the high degree of professionalism and hard work put forth by each MAG team member.

When not deployed

on air shows, the AAS section is conducting rebuilds on a number of arrestor systems including Bliss 500, BAK-12 and MAG systems. At year's end there will have been approximately 10 rebuilds conducted. Work will be completed not only by section per-

sonnel but also by RM Techs on TD from other bases/wings for weeks at a time either as part of OJT4 packages or AAS familiarization.

As a new year begins so does the anticipation of new and exciting challenges for the AAS section at 86 ASU in 2003.



This Week in Contact

1942--Trenton Airmen and Airwomen urged to support salvaging (recycling). Trenton is RCAF leader in salvaging rubber, scrap metal etc. for the war effort, and No. 1 Airmen's Mess saves a bundle by cleaning their 8,000 square feet of floors with homemade soap--at a cost of just \$1 per month--thanks to F/Sgt Bedard.

1953--Unavailable

1963--Unavailable

1973--NDHQ announces the launch of project SAMSON (Strategic Automatic Message Switching Operational Network), the first major communications upgrade since the 1940's. SAMSON boasts state-of-the-art computer technology at over 150 sites nationwide at a cost of \$52M.

1983--The CF Postal Unit inaugurates the new DND Courier Service with the first dispatch from CFB Trenton to CFB Ottawa.

1993--Trenton Rotary Club, along with other area clubs, collects 20 tons of warm clothing, sleeping bags, and blankets for refugees facing a bitter winter in war-torn Yugoslavia.



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

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Sandi Ramsay -- Local 7008

Canadiana Crossword

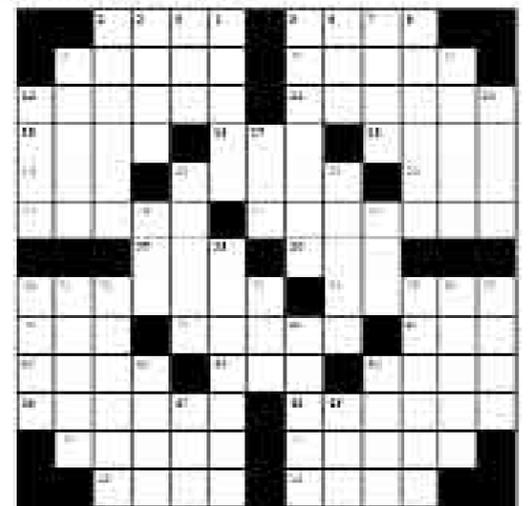
By David Rees and Jason Slinn

ACROSS

- 1. American's explanation
- 3. Lock part
- 4. John's cry (two words)
- 10. Uptown staircase
- 12. Winter theme
- 13. Month part
- 15. Unpleasant remark
- 16. Clause
- 18. ...ant (from words)
- 19. Wrestling ring
- 20. Normal an acronym
- 22. Partner of Job
- 23. Ancient river marking
- 25. NHL star Pierre
- 27. Lowell
- 29. Argentinian city
- 31. (From) Minister Pierre
- 34. South China sea part
- 38. Speed on foot
- 39. NASA workshop
- 41. Spring month, abbr.
- 42. Cruise vehicle
- 43. Of the poem
- 45. Army
- 46. Buller
- 48. Jewish festival
- 50. Sight
- 51. UK's ... Martin
- 52. Dwellings
- 53. Lock

DOWN

- 1. Call
- 2. NHL ... (from) part
- 3. Talk in Toulouse
- 4. Ship
- 5. Amiga



- 6. OT road rule
- 7. Nesting
- 8. Blackbank, great Pierre
- 9. Defense
- 11. Egyptian capital
- 12. Cheesecake
- 14. Kibbutz: for one
- 17. Occupation
- 28. Heavy metal
- 29. Item
- 34. Cap
- 36. Tibetan people
- 38. October 2002 country

- 30. January
- 31. Sleepyhead
- 32. UN social development
- 33. ...ants
- 35. Fresh veg
- 36. Some products
- 39. Bee like
- 37. Sausage
- 40. Of white, black and other
- 41. ...s
- 43. Solo
- 44. Hummingbird insect
- 47. Compass pt
- 49. Employ

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
January 19 - January 25

ARIES (March 21-April 19): You'll be up for some fun with family, friends or your lover on the 19th and 20th. You will be in a do-it-yourself mood, so lots can be accomplished. Ask for help. A new job opportunity is present on the 21st and 22nd. You will pick up the necessary skills while on the job. You will meet an interesting individual on the 23rd, 24th and 25th if you get involved in a new project.

TAURUS (April 20-May 20): Emotional upset will get you down on the 19th and 20th if you aren't willing to compromise. Explain your reasons, but be willing to see the other side, too. Love interests are present on the 21st and 22nd. Get involved in a competitive event. You need a challenge. Be careful not to divulge personal information on the 23rd, 24th and 25th. The more secretive you are the better.

GEMINI (May 21-June 20): If you go out with friends on the 19th and 20th, don't spend too much. Unexpected expenses will be difficult to pay if you haven't put some money away for an emergency. You will have to watch what you tell others on the 21st and 22nd. If you exaggerate someone will correct you. Don't get involved in other people's personal dilemmas on the 23rd, 24th and 25th. Concentrate on artistic pursuits.

CANCER (June 21-July 22): You may be on the rampage on the 19th and 20th if things don't get done around the house. Relax. Don't cause stress, grief and discord over a little dirt. Friends will be happy to help you on the 21st and 22nd. You can ask an established individual for a favour. Let others come to you on the 23rd, 24th and 25th. Don't force issues. You probably don't have all the details.

LEO (July 23-Aug. 22): Try to be as precise as possible on the 19th and 20th if you don't want to find yourself being questioned. A good friend will be able to help you see your present situation clearly. Don't hesitate to ask for help. Your outgoing personality on the 21st and 22nd will help you convince others to invest in your most recent idea. Unexpected changes may upset you on the 23rd, 24th and 25th. Getting into the swing of things will be your saving grace.

VIRGO (Aug. 23-Sept. 22): Making a decision on the 19th and 20th will only lead to changes that you can't deal with later. Spend time doing things that will make you feel better about yourself. Moneymaking opportunities will be presented on the 21st, 22nd. Begin new friendships and end old ones. Get fit, healthy and take better care of yourself on the 23rd, 24th and 25th. Sign up for activities that interest you.

LIBRA (Sept. 23-Oct. 22): Don't sit idle on the 19th and 20th. Get out and join in whatever activities are going on in your community. You will meet interesting new people who will spark some good ideas. Be ready to take on any challenge that comes your way on the 21st and 22nd. You will charm those you talk to. Private matters may be brought out into the open on the 23rd, 24th and 25th. Be prepared to explain your actions.

SCORPIO (Oct. 23-Nov. 21): A trip may be in order on the 19th and 20th to straighten out a situation that someone can't handle. Helping others will bring you great pleasure. You will be proud of yourself and your ability to serve. A calculated move on the 21st and 22nd will put you in a key position. Make purchases that will grow in value. Tempers will escalate on the 23rd, 24th and 25th. Try to be honest in order to avoid irreversible results.

SAGITTARIUS (Nov. 22-Dec. 21): Talk about your plans on the 19th and 20th. Not everyone will agree, but the feedback you get will be valuable when you make your final decision. Meddling in other people's affairs on the 21st and 22nd will backfire, leaving you in a precarious position. Be careful how you deal with loved ones on the 23rd, 24th and 25th. Limitations due to a relative's needs should be expected.

CAPRICORN (Dec. 22-Jan. 19): Things may appear to be up in the air on the 19th and 20th, but patience will pay off. Bide your time and let others make the mistakes. Sort out what it is you want in the future. You will pick up knowledge on the 21st and 22nd. Say what's on your mind and you will be well received. Business related events held on the 23rd, 24th and 25th will be successful. Concentrate on clearing up overdue projects.

AQUARIUS (Jan. 20-Feb. 18): Depression will set in on the 19th and 20th if you haven't done what you know is best for you. If you have let someone else influence you, resentment is likely to follow. Talk about what you want for a change. Present your ideas on the 21st and 22nd. Someone will approach you with a partnership proposal. Go after your goals on the 23rd, 24th and 25th. Don't let others get you down. A moneymaking deal will surface.

PISCES (Feb. 19-March 20): If you have led someone to believe something that isn't entirely true on the 19th and 20th, you'll feel stressed. Set the record straight before things go any further. Take care of any ongoing health problems on the 21st and 22nd. You are best to take it easy and enjoy yourself. A past partner may come back into your life on the 23rd, 24th and 25th. Remember why this connection didn't last.

World War I fighter pilot dies at 106

by Holly Bridges
The Maple Leaf

Henry Botterell, believed to be the last surviving fighter pilot from World War I, died on January 3 in Toronto at the age of 106. Tributes to the Canadian flying ace have been pouring in from across the country and around the world, including the London Daily Telegraph, which published a lengthy obituary on January 7 (www.telegraph.co.uk).

Born in Ottawa in 1896, Botterell left his banking job to travel to Britain where he joined the Royal Naval Air Service in 1917. After only seven hours flying with an instructor, Botterell began flying reinforcement in France, once cheating death by taking a bullet through his goggles to his ear. He regained consciousness only in time to save his plane from plummeting to the ground. Another time, on just his second flight with No. 8 Squadron, engine failure caused a serious crash, sending him back to Britain for months of convalescence.

Eventually, he returned to France in 1918 and



began flying combat with 208 Squadron, cheating death time after time. "On our patrols, we couldn't fly much more than two hours," Botterell told The Maple Leaf in 1998. "I think our maximum fuel was two-and-a-half hours - that was of course if you didn't get your pressure tank or fuel line punctured by bullets. That happened to me several times and I just made it back to a friendly field, using gravity to keep my engine going."

Despite being uncomfortable with the term "flying ace" Botterell finessed his Sopwith Camel to attack many German opposing airmen, even saluting one after firing 400 rounds into a German observation balloon over Brayelle. Commander (Ret'd) Ralph Fisher, member of the Canadian Naval Air Group and member of the Naval Officers Association of British Columbia, says Botterell's passing offers Canadians the chance to learn more about our own air operations during the First World War.

"Over 22,000 served in British squadrons with the Royal Flying Corps, Royal Naval Air Service and their amalgamation to form the Royal Air Force in 1918. All volunteers, Canadians took to the air like eagles in the new frontier of aerial warfare, with a force and performance un-matched elsewhere in the British Empire.

Man for man they produced more aces than any nation - the legendary Bishop, Barker and especially Collishaw who preceded young Henry in their joining of the Royal Naval Air Service.

"Henry's death in his 107th year marks not only the passing of a great Canadian and pioneer naval aviator, but that of a truly historic era. His life spans a century of remarkable events and revolutionary developments. He is one of the few who survived the terrible losses in air combat at the dawning of aerial warfare and has lived to see the landing of men on the moon and phenomenal advances in technology, science and medicine. He represented the brotherhood of the air, regardless of service, having served in both the RNAS and RAF. Henry Botterell and his era are now truly history. But the spirit and dedication of his times shall never die."

Henry Botterell is survived by a son and a daughter.

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NEW!	54" BOX & MATTRESS SET	from \$139 ⁰⁰
NEW!	60" BOX & MATTRESS SET	from \$169 ⁰⁰
NEW!	54" PILLOW TOP BOX & MATT. SET	from \$299 ⁰⁰
NEW!	60" PILLOW TOP BOX & MATT. SET	from \$329 ⁰⁰
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NEW!	5 PC. WOOD DINETTES (42x42)	from \$249 ⁰⁰
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Sexual Assault Centre For Quinte & District

We currently need responsible, caring women to be "Volunteers" on our 24 hour Crisis Line to provide support & information to survivors of Sexual Violence.

If you are interested in Survivor's issues & would like to volunteer, Please call Vicki-Lynn at (613) 967-6300

Member of the United Way

Some tips on performing self-safety audits



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

Companies today are more motivated to reduce injury and illness rates; to do what they feel is "the right thing", and comply with safety standards.

That's why self-safety inspections are becoming more common in the workplace. Your company's safety program includes various kinds of inspections. For instance, if you work in a chemical process industry, there are regular shutdowns for inspection and maintenance of the system.

The manufacturer of the equipment you use recommends you regularly inspect problems, which could lead to a malfunction. You are instructed to inspect your Personal Protective Equipment before each use to spot any wear or defects, which could cause it to fail. And there is likely to be a schedule of general inspections for your work area.

There are three types of self-inspections: periodic, pre-operation, and ongoing.

Periodic inspections are planned inspections of equipment or systems that have a high potential for causing serious injury or illness. These are required by law and are conducted by safety staff.

Pre-operational inspections are usually of new equipment before it is integrated into production and operated by regular staff.

Ongoing self-inspection is where you come in; it's something you can do on a daily basis. Checking your

safety equipment, machinery, and tools on a daily basis should be as routine as tying your shoes.

It is useful for you to inspect your work area yourself because you know it best; however, a new pair of eyes may see things you overlook because you are so accustomed to the way things are. It is useful to trade inspections with other workers or other departments.

When you do a safety inspection of your home, the same methods apply. You could ask a friend, relative or neighbour to help you spot hazards. Fire department and other community safety agencies can also help.

There are a number of important questions you can ask yourself when performing your own self-inspection. Remember, safety is your number one concern. Use the checklists below to start inspections of your work area and your home.

Regular inspections are an

important part of your safety program. Continual inspection is a good habit for you to cultivate. Check at all times for problems in your equipment, tools, PPE and work environment.

WORK CHECKLIST

- Is the work area tidy and free of clutter, scrap and trash?
- Are walkways free of tripping and slipping hazards such as stored materials, cords or cables, ice or grease?
- Is the area adequately lighted for working and walking?
- Are stairs and railings in good condition?
- Are there adequate fire extinguishers, regularly serviced and easy to access?
- Is all emergency equipment free of obstruction, including fire hoses, break-glass alarms, sprinkler heads, first aid kits and at least two emergency exits?
- Are emergency numbers and the address of the workplace posted at each phone?
- Are flammables used and

stored safely, in a ventilated area well away from sources of ignition?

- Do qualified persons maintain electrical equipment in good condition?
- Are machine guards in place and working properly?
- Are hand tools in good condition, free from defects such as loose or missing handles or mushroomed striking heads?
- Are chemicals stored and used correctly, and are they properly labelled?
- Are company vehicles well maintained to prevent crashes caused by mechanical failure?
- Is the workplace secure to keep out intruders?

HOME CHECKLIST

- Are chimneys and fireplaces checked and cleaned at least annually to prevent fires?
- Are furnaces serviced on a regular basis to prevent carbon monoxide from entering the living area of the home?
- Are the carbon monoxide detectors functioning?
- Are there enough smoke

alarms, including one outside each bedroom area and at least one on each floor of the house? Are they checked regularly?

- Does each bedroom have an escape to the outdoors, free of obstructions such as power lines?
- Is lint regularly removed from the clothes dryer to prevent fires?
- Is there a Ground Fault Circuit Interrupter (also known as GFI or GFCI) wherever electrical equipment might be used in a damp environment? This would include an electric mower, razors in the bathroom and woodworking tools in the basement.
- Is the wiring in the house adequate to handle the load?
- Are all medicines, cleaners, cosmetics, pesticides and other toxic substances in a locked place out of reach of children?
- Are sidewalks and porches kept clean and clear to prevent falls or trips?

MILITARY SECOND LANGUAGE TRAINING PROGRAM WINTER/SPRING 03 SESSION FRENCH COURSES

ELEMENTARY LEVEL COURSE at the LAB

Level	Semi-intensive 10 hrs/week	Registration deadlines	
PL1/PL3	7 Apr - 18 Jun 03	08:00 - 10:00 / 10:00 - 12:00	7 Mar 03

ELEMENTARY LEVEL COURSE (Classroom with teacher)

Intensive Courses:	08:00 - 15:00	Mon to Fri	25 days	(150 hrs)
Semi-intensive:	08:00 - 12:00	Mon to Fri	37.5 days	(150 hrs)

Prerequisite: None

Must be completed within a maximum period of 24 consecutive months

Level	Intensive 30 hrs/week	Registration deadlines	Level	Semi-intensive 20 hrs/week	Registration deadlines
PL2	17 Feb - 28 Mar 03	17 Jan 03	PL2	17 Mar - 8 May 03	14 Feb 03
PL3	7 Apr - 18 Jun 03	7 Mar 03	PL3	28 May - 11 Jul 03	17 Apr 03
PL4	21 May - 24 Jun 03	17 Apr 03			
PL5	25 Jun - 30 Jul 03	24 May 03			

INTERMEDIATE LEVEL COURSE (Classroom with teacher)

Intensive Courses:	08:00 - 15:00	Mon to Fri	25 days	(150 hrs)
Semi-intensive Courses:	08:00 - 12:00	Mon to Fri	37.5 days	(150 hrs)

Prerequisite: AAA

Must be completed within a maximum period of 12 consecutive months

Level	Intensive 30 hrs/week	Registration deadlines	Level	Semi-intensive 20 hrs/week	Registration deadlines
PL6	17 Feb - 28 Mar 03	17 Jan 03	PL6	22 Apr - 11 Jun 03	21 Mar 03
PL6	7 Apr - 18 Jun 03	7 Mar 03			
PL7	21 May - 24 Jun 03	17 Apr 03			

MAINTENANCE LEVEL A & B

Intensive Courses: 08:00 - 15:00 Mon to Fri 10 days (60 hrs)

Level	Intensive 30 hrs/week	Registration deadlines	Level	Semi-intensive 20 hrs/week	Registration deadlines
Maintenance	17 Feb - 28 Feb 03	17 Jan 03	Maintenance	17 Feb - 28 Feb 03	17 Jan 03
	17 Mar - 28 Mar 03	14 Feb 03		17 Mar - 28 Mar 03	14 Feb 03
	31 Mar - 11 Apr 03	28 Feb 03		31 Mar - 11 Apr 03	28 Feb 03
	28 Apr - 9 May 03	28 Mar 03		28 Apr - 9 May 03	28 Mar 03
	26 May - 6 Jun 03	25 Apr 03		26 May - 6 Jun 03	25 Apr 03
	19 Jun - 27 Jul 03	18 May 03		19 Jun - 27 Jul 03	18 May 03

SPECIFIC SKILLS COURSES: BLE test preparative

Intensive Courses: 08:00 - 15:00 Mon to Fri 13 days (90 hrs)

Level	Intensive 30 hrs/week	Registration deadlines	Level	Semi-intensive 20 hrs/week	Registration deadlines
Spec Skills	17 Feb - 7 Mar 03	17 Jan 03			
	17 Mar - 4 Apr 03	14 Feb 03			
	7 Apr - 29 Apr 03	7 Mar 03			
	28 Apr - 10 May 03	28 Mar 03			
	14 May - 4 Jun 03	11 Apr 03			

OGCOL PROGRAM (1 Col, Col & General Officers)

- Program A: Individualized refresher course at the Wing.
Prerequisite: valid AAA (1 to 4 hrs/week)
- Program B: Refresher course through immersion at the St Jean Language School.
Prerequisite: valid AAA profile (1 to 3 weeks)
- Program C: A full-time advanced-level course program at the St-Jean Language School.
Prerequisite: valid BRR profile (15 to 21 weeks)

Contact Capt Héroux WC0L for more info on these programs.

The registration forms are available at your Unit OR or by contacting WC0L 3652 or WC0L Asst 2496.

ENSEIGNEMENT MILITAIRE DE LANGUE SECONDE SESSION D'HIVER ET PRINTEMPS 2003 CLASSES D'ANGLAIS

COURS DE NIVEAU ÉLÉMENTAIRE au LAB

Niveau	Semi-intensif 10 hebdomaires	Date d'échéance d'inscription	
NP1/NP2	7 avr - 18 juin 03	8:00 - 10:00 / 10:00 - 12:00	7 mars 03

COURS DE NIVEAU ÉLÉMENTAIRE NIVEAU A (en classe avec un professeur)

Cours intensif:	8:00 à 12:00	du au ven	25 jours	(150 h)
Cours semi-intensif:	8:00 à 12:00	du au ven	37.5 jours	(150 h)

Pré-requis: AAAAA

Doit être terminé pendant une période de 24 mois consécutifs

Niveau	Intensif	Date d'échéance d'inscription	Niveau	Semi-intensif 20 hebdomaires	Date d'échéance d'inscription
NP2	17 fév - 28 mars 03	17 jan 03	NP2	17 mars - 9 mai 03	14 fév 03
NP3	7 avr - 11 mai 03	7 mars 03	NP3	20 mai - 11 juin 03	17 avr 03
NP4	21 mai - 24 juin 03	17 avr 03			
NP5	25 juin - 30 juillet 03	23 mai 03			

COURS DE NIVEAU INTERMÉDIAIRE NIVEAU B (en classe avec un professeur)

Cours intensif:	8:00 à 12:00	du au ven	25 jours	(150 h)
Cours semi-intensif:	8:00 à 12:00	du au ven	37.5 jours	(150 h)

Pré-requis: AAA

Doit être terminé pendant une période de 12 mois consécutifs

Niveau	Intensif	Date d'échéance d'inscription	Niveau	Semi-intensif 20 hebdomaires	Date d'échéance d'inscription
NP6	17 fév - 28 mars 03	17 jan 03	NP6	22 avr - 11 juin 03	21 mars 03
NP6	7 avr - 11 mai 03	7 mars 03			
NP7	21 mai - 24 juin 03	17 avr 03			

MAINTIEN DE L'ACQUIS NIVEAU A & B

Cours intensif: 8:00 à 12:00 du au ven 10 jours (60 h)

Pré-requis: profil de AAA valide	Date d'échéance d'inscription	Pré-requis: profil de BRR valide	Date d'échéance d'inscription
Maintien de l'Acquis	17 fév - 28 fév 03	Maintien de l'Acquis	17 fév - 28 fév 03
	17 mars - 28 mars 03		17 mars - 28 mars 03
	31 mars - 11 avr 03		31 mars - 11 avr 03
	28 avr - 9 mai 03		28 avr - 9 mai 03
	26 mai - 6 juin 03		26 mai - 6 juin 03
	19 juin - 27 juillet 03		19 juin - 27 juillet 03

HABILITÉS SPÉCIFIQUES: préparation au test ELS

Cours intensif: 8:00 à 12:00 du au ven 13 jours (90 h)

Pré-requis: si dans une ou plusieurs habilités et le stagiaire veut obtenir un B dans l'une (les) habilité(s) habilitées.	Date d'échéance d'inscription
Habilités spécifiques	17 fév - 7 mars 03
	17 mars - 4 avr 03
	7 avr - 29 avr 03
	28 avr - 10 mai 03
	14 mai - 4 juin 03

PROGRAMME OGCOL: (1 Col, Col et Général)

- Programme A: Programme individualisé de maintien de l'acquis à temps partiel.
Pré-requis: profil valide AAA (1 à 4 heures/semaine)
- Programme B: Cours de re-familiarisation ou immersion à l'École des langues de St-Jean.
Pré-requis: profil valide AAA (1 à 3 semaines)
- Programme C: Cours de niveau supérieur à temps plein à l'École des langues de St-Jean.
Pré-requis: profil valide BRR (15 à 21 semaines)

Contactez la sous-officière pour plus d'information sur ces programmes.

Les formulaires d'inscription sont disponibles à la salle des rapports de votre unité ou en contactant la CLO Erc, capt Héroux, poste 3652 ou l'adjoindé CLO Erc, Mmc Carol Harvay, poste 2496.

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ANNOUNCEMENTS

ATTENTION ALL ACTIVE AND RETIRED AIR TRAFFIC CONTROLLERS, AIR WEAPONS & AIR DEFENCE PERSONNEL

The 8 Wing Trenton Air Traffic Control Squadron is hosting the first annual national Combined AEC/ACOP "Snowdon Scopespiel" on February 13-16, 2003 and you are invited to attend.

The curling bonspiel is a fun event intended to promote camaraderie within our new classification/trade.

Reasonably priced good quality accommodation is available with many social events planned.

This event is an ideal opportunity for you to get reacquainted with old friends and to meet other personnel within our organization.

More information contact us via:
Trenton Tower: 613-965-3788
Email: grryhardy@aol.com
David Weir:
1-800-263-2177



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.

Always needed, 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.

SCOUT, GUIDE WEEK IS COMING TO YOUR COMMUNITY BE PREPARED & HAVE FUN! BP'S BIRTHDAY CELEBRATION IS FEBRUARY 22

ANNOUNCEMENTS

Country & Western SINGLES *All request* C&W DANCE!
Shania ..Dixie Chicks
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& your favourite county hits!
Saturday Jan. 18th
Belleville Legion 9pm
\$5.cover with cowboyhat!
romeoandjuliet.ca
392-9850

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.

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Editorial: Tuesday noon
Advertising: Wednesday noon



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Business English Gr 12	T/TH	4-6:30
English Gr 12	M/W	7-9:30
Computer & Info Science	M/W	7-9:30
Microsoft Office	M/W	7-9:30
Microsoft Office Advanced	M/W	7-9:30
Info. Tech. In Business	T/TH	7-9:30

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