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THERE'S NOTHING LIKE A HUG FROM DAD



Photo: Cpl Max Murphy, 8 Wing Imaging

MS Bill Pellerin is welcomed home from his six-month Op Apollo tour by two of his children, Kristen and Justin, on January 15.

LCol Bruce Cooke appointed to Order of Military Merit

by Major Brian M. Quick
D/WAHRO

Lieutenant-Colonel Cooke's career to date.

Lieutenant-Colonel Bruce Cooke, the Commanding Officer of 8 Air Maintenance Squadron, was recently appointed as an Officer of the Order of Military Merit (ORMM), one of the most respected peacetime appointments that can be presented within the Canadian Forces.

The citation submitted in support of then Major Cooke's nomination read as follows:

"An Aerospace Engineering Officer of the highest calibre, Major Bruce Cooke has consistently demonstrated the rare combination of technical expertise, commitment, operational focus and a sincere concern for subordinates. The result is a highly respected and revered leader who has made, and continues to make, phenomenal contributions to the Air Force's CC-130 operational capability that far exceed that expected from a single person. These efforts have ensured that the air mobility fleet, and those who operate and maintain it, are ready to meet today's challenges. A true gentleman and professional, Major Cooke always places others before himself and never rests until the mission is completed."

This citation was supplemented by a narrative that highlighted the many achievements of

Lieutenant-Colonel Cooke's career to date. The Order of Military Merit recognizes conspicuous merit and exceptional service by members of the CF, both Regular and Reserve Force. The Order is the CF's highest and most prestigious means of recognizing distinguished service and those appointed as Commanders, Officers or Members of the Order typically have demonstrated a career of outstanding performance, professionalism and service to the CF, the community and the country.

In any year, the Governor-General may appoint a number of eligible persons which does not exceed one-tenth of one percent of the average number of persons who were members of the CF during the preceding year. As you can appreciate, this is a very small number and only a select few of those CF members who are nominated for the Order will actually be selected for appointment.

Any appointment to the Order is truly an honour and is presented personally by the Governor General. A most sincere congratulations goes out to Lieutenant-Colonel Cooke on his appointment.

For more information on the ORMM, please refer to A-AD-200-000/AG-000-Honours, Flags and Heritage Structure of the Canadian Forces.

426 HCol now Companion of the Order of Canada

by Laurie McVicar
Assistant Editor

The Honourable Peter de C. Cory, Honorary Colonel of 426 Squadron, was inducted as a Companion of the Order of Canada at a ceremony in Winnipeg on November 30, 2002.

Cory was recognized for his long-time professional achievements in the field of law and called "a model of integrity and modesty with an exemplary record of service to his country."

Justice Cory's citation read, "For over 50 years, he has devoted his life to the Canadian legal profession both as a lawyer and a judge. He rose through the ranks of the judiciary to serve on the Ontario Court of Appeal and later on the Supreme Court of Canada.

With a deep concern and compassion for youth, minorities and the disenfranchised, he always ensured the goals and principles of justice were followed. Throughout his career, he penned a great number of reasons for judgement which constitute landmarks in the evolution of law and jurisprudence in Canada."

"The Order is certainly not deserved but it is certainly greatly appreciated," commented Justice Cory via e-mail this week. "Recipients do not know who has nominated them. They are just happy to receive it."

Since retiring from the Supreme Court, Cory has conducted enquiries for: the Federal Government regarding military judges, the Province of Ontario concerning para legals, and

the Province of Manitoba regarding wrongful conviction and imprisonment for murder, the establishment of principles for awarding and the amount of compensation. Justice Cory is currently working with the English and Irish governments in the investigation of six murder cases to determine whether there is evidence of collusion by Government Agencies.

"He has been our HCol since September 1996 and has been a vocal advocate and supporter of not only 426 Sqn. but the entire Canadian Forces whenever he has the opportunity," said Sharon Fortin, secretary for the Commanding Officer of 426 Sqn. "We're extremely proud of him and consider ourselves fortunate to have had him in the HCol position for so long. There isn't a person at the

squadron who doesn't admire him or would miss an opportunity to speak with him."

There are only 15 people appointed annually as The Companion of the Order of Canada. There can only be 165 living Companions at any given time.



Honourable Peter de C. Cory

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Photo: Cpl Max Murphy, 8 Wing Imaging

Royal Canadian Air Force Association Trust Rallies Behind 8 Wing: Trustee WO1 (Ret'd) Ed Walker MMM, CD (Air Force Association of Canada National Ceremonial Director) presents a grant cheque on behalf of the RCAFA Trust to 8 Wing Trenton Pipe Band in support of its 2003 World Pipe Band Championship entry in Glasgow, Scotland. The RCAFA Trust was established in 1975 and supports a wide variety of worthy Air Force causes, many in the Trenton area, including the RCAF Memorial Museum. Past support from the RCAFA Trust led to 8 Wing winning the World Trophy for Marching and Discipline at the 2000 World Pipe Band Championships.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Mr John Sutton doing some fine adjustment to a bracket on the EME Sqn wrecker. The wrecker is used extensively throughout the year but especially during the winter months when "Boost" requests are regularly called in. The bracket is for the Stinger wheel lift attachment used to recover light commercial vehicles.

Looking for a challenge? Joint Task Force Two now recruiting

Are you highly motivated, physically fit, team orientated and looking for a challenge? The Canadian Forces counter-terrorist unit, Joint Task Force Two (JTF2), is looking for service members with these qualities to join their team.

Once again this year JTF 2 recruiters will be visiting bases across the country as part of their annual recruiting campaign.

JTF 2 is the Canadian Forces unit responsible for federal counter-terrorist and hostage rescue operations, and any other task in response to a potential national security threat. The unit's role demands continuous, intensive training, a high level of operational readiness and the ability to deploy anywhere in the world on short notice to accomplish mis-

sions and tasks.

JTF 2 offers a wide variety of employment opportunities for military personnel. The unit is made of two categories; A and B. Category A, special operations assaulters, are directly employable in the tactical aspects of a unit mission. Category B is comprised of Special Operations Coxswains, specialists and support personnel who provide combat support to operations and perform support service functions. Following the Government's decision in 2001 to expand the capability of JTF 2, there is a demand to recruit new personnel for each category.

As a member of JTF 2 you will be part of a world-class Special Operations Force. Training is realistic and demanding. Members of JTF 2 learn and

hone their skills relative to specialized tactics, weapons, explosives and equipment. Missions and tasks are relevant to the current geo-political situation.

JTF 2 needs mature, responsible, dedicated, physically and mentally fit professional people of high integrity who are ready to push themselves to the limit.

Members from the Regular Force with two years of service and members of the Reserve Force with three years of service and are fully MOC-qualified can apply through their chain of command by submitting a memo and completing an application form for JTF 2 service. Applicants for JTF 2 must successfully complete the physical fitness test for their category of employment at the unit.

The application, submitted through the chain of command during phase one of the selection process, is designed to highlight any obvious professional or personal shortcomings that an individual has shown that would indicate they are unsuitable for service with JTF 2. All other selection attributes are measured during phases two and three. Every member of the CF has a right to apply for service with JTF 2 provided they meet the minimum eligibility criteria.

Applicants for category A positions are screened, interviewed and tested for cognitive ability at their base personnel selection office. Suitable candidates for this category are invited to attend a seven-day selection process (10 for officers) at the

unit. A pre-selection training program is available at any base PSP office. Applicants are strongly encouraged to prepare for the process using this package.

Special Operation Coxswains applicants are also invited to undergo a selection process. Specialists and support personnel applicants who apply are selected based on their trade skills, job performance, qualification and personal profile and on their CO and career manager recommendations. Suitable candidates are invited to the unit for an employment interview as well as a psychological evaluation.

A CANFORGEN will be promulgated early in 2003 with more information on this year's annual JTF 2 recruiting campaign.

Unit cohesion, confidence in leadership enhances performance

by Paul Mooney
The Maple Leaf

Solid cohesion in sub-units and confidence in leadership reduce stress, and can thereby enhance unit performance, says an Army psychologist serving with the Land Staff.

Major Kelly Farley based his findings on analysis of Unit Climate Profile (UCP) questionnaires completed by more than 2 000 soldiers serving in Bosnia between 1999 and 2001. UCP questionnaires are completed once before deployment, three times during a rotation and once more three to four months after returning to Canada. They provide a detailed snapshot of soldiers' morale, confidence in leadership, their sense of social

cohesion, as well as their sense of their ability to complete tasks and missions, or "task cohesion."

Maj Farley, who now serves with the Project for Land Personnel Strategy, recommends that commanding officers consider a unit's cohesion as part of evaluating readiness. He also suggested that individuals who tend to cope with stress in a negative way (complaining and blaming others as opposed to positive and constructive strategies) might be screened out before high-risk operations.

Maj Farley said armies have always understood the importance of factors such as unit cohesion and confidence in leadership. But data collected since the Second World War in the

Canadian, US and European armies indicates that officers tend to overestimate the levels of cohesion, morale and confidence in leadership in their units.

"We now have ways of measuring these factors and providing a CO with a true picture of morale and cohesion within his sub-units," Maj Farley said in a recent interview. "This gives them real data to look at—accurate information about confidence in leadership and other factors can become a prescription for fixing problems in a unit."

Maj Farley stressed that UCPs are never used to evaluate the overall performance of units; instead, they enable COs to form a more complete picture of his soldiers by using the

data together with information he gathers through the chain of command and other sources.

The UCP data revealed that soldiers tend to place great emphasis on social cohesion — the sense of unity and solidarity which develops through shared experiences, the major noted. Soldiers who report experiencing greater social cohesion also tended to report less psychological and physical strain compared to others. This has important implications for a small army which often adds soldiers to units heading overseas and which plans to rely more heavily on Army Reservists for future deployments. One solution may be to add already formed sub-units so that individual soldiers

don't have to integrate into a unit just before deployment, Maj Farley said.

In contrast to soldiers, officers tend to focus on "task cohesion" over social cohesion because they're charged with completing tasks and missions, Maj Farley noted. Even when officers are confident their units will perform well, they experience little reduction in stress because they tend to overlook their own need for social cohesion, he said; armies are structured so that officers tend to be more isolated on operations and don't have the same support and solidarity of a peer group that soldiers enjoy.

People who cope with stress with a positive attitude, constructive strategies and are good at problem-

solving tend to become successful soldiers and officers, Maj Farley said. Conversely, those who cope with stress in a negative way can undermine unit cohesiveness and are prime candidates for psychological and reintegration problems arising from operations. Maj Farley said that based on the findings of his study, testing might be considered to screen out the negative copers from high-risk ops and could even be used at the recruiting level as one way to identify those who are unlikely to become successful soldiers.

Maj Farley also suggested that the importance of a unit's cohesion and other psychological factors in readiness should be introduced into training courses for junior officers.

MPs ask for community's help in solving break and enter at MFRC Youth Centre

During the late evening hours of 7 December 2002, the Military Family Resource Centre, located at 50 Rivers Drive, Middleton Park, 8 Wing Trenton became the target of a break and enter.

The perpetrator(s) gained entry to the complex by smashing through the glass of a door located on the north side of the building. Once inside, the person(s) proceeded to vandalize various areas and offices, efforts that seemed targeted towards cabinets and/or drawers, which may have contained cash.

The greatest damage and loss from this break and enter occurred in the complex's Youth Centre. Specifically, the Centre sustained significant property damage, as thieves made off with cash and various property items.

The following stolen items from the Youth Centre are actively being sought by Military Police:

- A black Sony PlayStation 2, bearing Model #SCPH-30001 and Serial #U2503924;

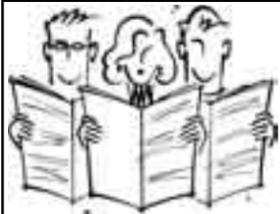
- two black game controllers for the aforementioned PlayStation 2; and



- nine PlayStation 2 games, including: SSX-Snowboarding, Roller Coaster, H2O Surfing, ONI, Grand Turismo, Fantavision, NHL Hockey, NBA Shootout Basketball, and Tony Hawk Pro-Skater.

To aid in the speedy apprehension of the per-

son(s) responsible for the crime and the return of the stolen property to the young persons who utilize the Youth Centre, the Military Police welcome any and all "tips". Should you have any information to offer in this investigation, please contact Corporal Doug Bowers at the Military Police Section, 8 Wing Trenton, 965-3385 or Base Local 3385, or Crime Stoppers at 1-800-267-4357.



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Search & Rescue UPDATE



424 Squadron got busy this week with two call-outs. The first occurred on January 20 when the Herc was called out for a ELT in the vicinity of Val Dor. The Herc tracked a signal to a helicopter parked outside a building eight miles west of the airport. The signal ceased after one flyover and the Herc was told to return to Trenton.

The next SAR tasking came on January 21 for a reported helicopter crash north of Sault Ste. Marie. The Herc was launched to respond to the crash. The downed helicopter was found and SAR-Techs then deployed into the scene. Unfortunately, the SAR-Techs discovered four people at the site who did not survive the crash.

Missions for 2003: 2 Missions for Jan.: 2 Persons rescued: 4

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The Contact Newspaper

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



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Maple Leaf Salad by Jim Graham



1. Toronto's Ruth Lowe penned one of Frank Sinatra's first big hits. What was the song?

- A. All of Me
- B. Come Fly With Me
- C. I'll Never Smile Again
- D. I've Got You Under My Skin

2. Which of the following athletes was not a Crazy Canuck?

- A. Steve Podborsky
- B. Ken Read
- C. Dave Irwin
- D. Cliff Ronning



3. What is the chuckwagon racing event at the Calgary Stampede officially called?

- A. Hell's Half Mile
- B. The Cowboy Cup
- C. The Rangeland Derby
- D. The Stampede Stakes

1. C. D. 3. C

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LETTER TO THE EDITOR

I am not sure who is responsible for the layout of our paper, but whoever it is should hang their head in shame following the publication released on January 17, 2003.

I was surprised, dismayed and shocked to see that the article announcing the passing of Henry Botterell was less important than someone's recount of an Oprah episode, or the latest culinary tips.

You should be ashamed and embarrassed that this article did not appear on the front page of the Contact or at the very least the page following. To bury this article explaining and celebrating the incredible accomplishments of a great Canadian is inexcusable, not to mention the fact that the article is interrupted with some ridiculous advertisement. Your Editorial page states "A Military

Community Newspaper", ...shame on you!

Master Warrant Officer
John R. Lamothe
8 Wing Trenton

Editor's Note:

Thank you for your letter. We definitely value the opinions of our readers, and encourage them to put pen to paper, regardless of whether it is to applaud or take issue.

A deal you just won't be able to resist

message from the Editor

In an effort to boost classified advertising sales here at The Contact, we are launching what we are calling The 99 Cent Classified Ad Campaign. Here's how it works...

All personal ads, selling items

valued at \$1,000 and under, will cost just 99 cents, and, here's the kicker, we will run them until the item sells (or until you change your mind and for whatever reason decide to keep the item or items).

There are, however, a few little catches. First, this new price applies only to personal ad sales--not to For Rent ads etc. and not to businesses.

Second, your ad must be 20 words or less--any longer and you'll have to pay for two (99 cents, times two).

Not a bad deal, don't you think?

The same requirements apply as they do to our regular classified ads-- the deadline is Wednesday at noon each week, and you need to bring us the ad in person and pay prior to publication. (We're working on arranging a second drop-off location somewhere on the north side of the base, but for now, people will have to make their way to the Contact office in the Wing Headquarters Building.

Any questions? Feel free to contact us at local 7005 or 3976.



Cohésion de l'unité et confiance dans le leadership améliorent la performance

Paul Mooney
La Feuille d'érable

La ferme cohésion des sous-unités et leur confiance dans le leadership réduisent le stress et peuvent ainsi favoriser la performance de l'unité, affirme un psychologue militaire, membre de l'état-major de l'Armée de terre.

Le Major Kelly Farley base ses conclusions sur l'analyse de questionnaires portant sur le « Profil du climat dans l'unité » (PCU) auquel ont répondu plus de 2 000 soldats déployés en Bosnie entre 1999 et 2001. Les questionnaires PCU sont remplis une première fois avant le déploiement, à trois reprises durant une rotation et une dernière fois trois ou quatre mois après le retour au Canada. Ils présentent un coup d'œil détaillé sur le moral des soldats, leur confiance dans le leadership, leur sentiment de cohésion sociale de même que leur aptitude à accomplir leurs tâches et leurs missions ou «cohésion propre à la tâche». Le Maj Farley, qui participe maintenant au projet Stratégie sur le personnel de la Force terrestre, recommande que les commandants d'unité prennent en compte la cohésion d'une unité dans le processus d'évaluation de l'état de préparation. Il propose également que les individus qui ont tendance à gérer leur stress de façon négative (en se plaignant et en blâmant les autres plutôt qu'en adoptant des stratégies positives et constructives) ne participent pas aux opérations à risque élevé.

Selon le Maj Farley, les armées ont compris de tout temps l'importance de facteurs tels que la cohésion de l'unité et la confiance dans le leadership. Or il ressort des données recueillies depuis la Deuxième Guerre mondiale au sein des armées canadienne, américaine et européennes, que les officiers sont enclins à surestimer les niveaux de la cohésion, du moral et de la confiance dans leurs unités.

«Nous disposons désormais de façons de mesurer ces facteurs et de fournir aux cmdts un portrait fidèle du moral et de la cohésion au sein de leurs sous-unités», a souligné le Maj Farley dans une récente entrevue. «Cela leur fournit des données réelles à examiner – une information exacte au sujet de la confiance dans le leadership et d'autres facteurs peuvent devenir un moyen tout désigné pour régler les problèmes au sein d'une unité.» Le Maj Farley fait valoir que les PCU ne servent jamais à évaluer l'ensemble de la performance des unités, mais permettent plutôt aux cmdts de se représenter leurs soldats de façon plus globale grâce aux données recueillies auprès de la chaîne de commandement et d'autres sources.

Les données des PCU ont révélé que les soldats tendent à accorder beaucoup d'importance à la cohésion sociale – le sentiment d'unité et de solidarité qui grandit au fil d'expéri-

ences partagées, observe le major. Les soldats qui déclarent avoir connu une plus grande cohésion sociale ont aussi, de façon générale, signalé avoir ressenti moins d'astreinte physique et psychologique que les autres. Cela comporte des répercussions considérables pour une armée de taille modeste qui ajoute souvent des soldats aux unités envoyées outre-mer et qui compte faire appel de façon plus importante aux réservistes de l'Armée pour les futurs déploiements. Une solution envisageable serait d'ajouter des sous-unités déjà formées de manière que les soldats n'aient pas à s'intégrer à une unité tout juste avant le déploiement, ajoute le Maj Farley.

«Nous disposons désormais de façons de mesurer ces facteurs et de fournir aux cmdts un portrait fidèle du moral et de la cohésion au sein de leurs sous-unités»

Maj. Kelly Farley

Contrairement aux soldats, les officiers ont tendance à s'attacher à la «cohésion propre à la tâche» plutôt qu'à la cohésion sociale étant donné qu'ils sont chargés de mener à bien tâches et missions, note le Maj Farley. Même si les officiers ont confiance que leurs unités s'acquitteront bien de leurs tâches, leur stress n'en diminue pas pour autant puisqu'ils ont tendance à faire peu de cas de leur propre besoin de cohésion sociale, dit-il; les armées sont ainsi structurées et les officiers sont généralement plus isolés pendant les opérations et ne bénéficient pas du soutien et de la solidarité d'un groupe de pairs comme les soldats.

Les personnes qui font face au stress avec une attitude positive et des stratégies constructives et qui montrent des aptitudes pour la résolution de problèmes sont plus aptes à devenir des soldats et des officiers accomplis, déclare le Maj Farley. En revanche, ceux qui font face au stress de manière négative peuvent miner la cohésion de l'unité et sont tout désignés pour avoir des problèmes psychologiques et de réintégration qui découlent des opérations. D'après les conclusions de son étude, le Maj Farley affirme que les tests pourraient servir à éliminer les personnes réagissant mal au stress des opérations à haut risque et qu'ils pourraient même être utilisés au niveau du recrutement comme un moyen de filtrer ceux qui n'ont pas l'étoffe pour réussir une carrière militaire. Le Maj Farley a également suggéré, entre autres facteurs psychologiques dans l'état de préparation, d'intégrer la question de l'importance de la cohésion de l'unité au sein des cours d'instruction des officiers subalternes.

Welcome home Dad!



Photo: Cpl Max Murphy, 8 Wing Imaging

Captain Chris Rumpel is welcomed home from Op Apollo by his family Angela, Braden, Brook who receive some nice presents from far away.

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Have a home to sell in this area? Call a #1 Agent who is connected to incoming pre-approved military buyers. See the flyer in this week's paper to get an idea of the size and quality of my network of top producing agents nation-wide or check us out at www.dndirp.com

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Cormorant crew rescues heart victim at sea

January 8, 2003

CFB COMOX – A Cormorant helicopter from 19 Wing Comox rushed a heart attack victim to St. Joseph's hospital recently after plucking him in darkness from a vessel north of Bella Bella.

At the time, the man was working aboard the Independence, a 110-metre fish processor operating off the coast between Bella Bella and Prince Rupert.

Victoria's Joint Rescue Coordination Centre dispatched the Cormorant and a Coast Guard vessel from Prince Rupert after the ship's captain reported the crewman was suffering chest pains.

The Cormorant sped to the area, two and a half hours flight time from Comox, and was on scene for approximately 30 minutes. The pilots used night vision goggles to aid in the rescue. The Cormorant's

two search and rescue technicians performed a routine hoist using the Stokes litter, a metal basket specially designed to transfer a patient in safety.

"Other than darkness and some low cloud, there was nothing unusual about this mission," said pilot and 442 Squadron Commanding Officer Lt.-Col. Colin Goodman.

"The Cormorant allowed us to get there quickly, and

once our SARTechs stabilized the patient we were on our way home. That's a normal mission for 442."

The patient, an American citizen, is listed in serious condition. He will soon be transferred to a U.S. hospital.

Canada purchased 15 Cormorants in 1998 at a cost of \$779 million. 19 Wing's fleet of five Cormorants became operational on July 25. Three aircraft in Gander, Nfld. are also operational, while fleets in Greenwood, N.S. and Trenton, Ont. should become operational later this year.

Petawawa soldier wins Cash for Life Lottery

The Petawawa Post

What started out as a gift from his girlfriend's father has turned into \$1000 a week for life for Cory McEachern of Petawawa.

The 26-year-old Canadian Forces member won the jackpot prize when he scratched three LIFEs on a Cash for Life instant ticket.

"It was emotional for all of us, Leslie's Dad can be a joker, so I wasn't sure if the ticket was the real thing," McEachern told staff at the Ontario Lottery and Gaming Corporation's Prize Office in Toronto when he claimed his prize. "I immediately flipped it over to make sure it didn't say, 'this is not a real ticket'."

His plans for the windfall are to take a vacation, buy a new vehicle and invest.

The winning CASH FOR LIFE ticket was purchased in Hamilton. Cash for Life offers winners the choice of receiving \$1,000 a week for life or a one-time payment of \$675,000, whichever best suits their individual circumstances.

Paws and Claws

QUOTABLE QUOTES

"Until one has loved an animal, a part of one's soul remains unawakened." Anatole France

"If your dog thinks you're the greatest person in the world, don't get a second opinion." Jim Fiebig

"Dog's come when they are called. Cats take a message and get back to you later." Mary Bly

"By loving and understanding animals, perhaps we humans shall come to understand each other." Dr. L.J. Camuti

"I cannot avoid compassion for every living thing that is called life. That is the beginning and foundation of morality." Dr. Albert Schweitzer

.....And a reminder: During this extremely cold weather, please keep your cats and dogs inside. If your dog must be outside, then make sure a proper dog house filled with straw (not blankets) is provided. For more information, please contact the Quinte Humane Society. (968-4673)

PHOTO ARRAY ON DISPLAY



Photo: Cpl Tim Jordan, 8 Wing Imaging

The creative talents of personnel from 8 Wing Imaging were on display recently at the Yukon Galey, and later in the lobby of the Headquarters Building. The photographs represent the 25 entered in the DND Photography Contest 2002, in both the amateur and professional categories.

COLD-WEATHER BUYS

Old Man Winter can't stop these high-performance vehicles.
Be sure to get yours before the snow flies, at season-low prices.

 2002 CHRYSLER NEON <small>1.8L 4-CYL. 150 HP Power Windows, ABS, Traction Control, 3rd Brake Light</small> \$13,999	 2000 DAKOTA CLUB SPORT <small>4.0L 6-CYL. 200 HP Power Windows, ABS, Traction Control</small> \$17,999	 2002 SUNFIRE <small>2.0L 4-CYL. 150 HP Power Windows, ABS, Traction Control</small> \$12,888	 2000 RAM SLT REG. CAB <small>5.0L 8-CYL. 250 HP Power Windows, ABS, Traction Control</small> \$18,999	
 2000 FOCUS WAGON <small>1.8L 4-CYL. 125 HP Power Windows, ABS, Traction Control</small> \$10,999	 2000 GMC SIERRA SLE <small>6.0L 6-CYL. 300 HP Power Windows, ABS, Traction Control</small> \$24,999	 1995 CAVALIER <small>1.8L 4-CYL. 125 HP Power Windows, ABS, Traction Control</small> \$4,444	 1999 DODGE STRATUS <small>2.4L 4-CYL. 150 HP Power Windows, ABS, Traction Control</small> \$10,999	 1997 DODGE STRATUS CS <small>2.4L 4-CYL. 150 HP Power Windows, ABS, Traction Control</small> \$8,998

ALL PRICES ARE PLUS APPLICABLE TAXES AND ADMINISTRATION FEES. SEE STORE FOR DETAILS.

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Cellular phone use

by Capt. Bill Dymond, WTnO

The use of cellular phones, or any two-way communications equipment, while driving vehicles has recently become a high-profile issue, due in large part to a number of horrific vehicle crashes in both Canada and the United States.

DND and the CF have long recognized that certain vehicles require installed two-way communication equipment to carry out operational tasks (e.g. AFV, SMP, SNIC, Emergency vehicles, etc.). Whenever possible this equipment should be operated by an individual other than the driver, i.e. crew commander, co-driver, etc.

Drivers/operators of DND vehicles are not authorized to use cellular phones, or non DND-installed communications equipment, while the vehicle is in motion. They shall safely stop the vehicle prior to using this equipment. This includes usage for emergency situations and applies to both DND-issued and personal two-way communications equipment.

Drivers/operators of DND vehicles are authorized to use DND-installed communications equipment, while the vehicle is in motion, provided that the use pertains solely to the operational requirement of the vehicle. Due care and control of the vehicle must be maintained while using this equipment. Supervisors must ensure that drivers/operators are adequately trained on the use of this equipment prior to being dispatched in the vehicle.

Scrumptious recipes for die-hard barbecuers

tastes from

The County



Michael Hoy

When the temperature gauge reads minus 25, my next door neighbour isn't the kind of person that uses the phrase "It's too cold to barbeque today". I thought it would be charming to advise all those like-minded people to get out in the great outdoors, fire up the barbeque and thumb their noses at

what Mother Nature surely must be giggling about right now.

If you're as "brave" as Bob, you'll quickly find out that barbequing in this weather takes a little more time as the poor contraption, being made of metal, does conduct not only heat, but cold as well.

If you aren't "brave" or

nuts as I like to call it, you can cook the following recipes in the oven with a moderate amount of success. Have fun and remember; if you decide to "impress" your neighbors, layering is the way to go!

Thai Marinade & Dipping Sauce for Barbeque Shrimp

Ingredients:

- 1 tbsp green onion, minced fine
- 2 tbsp ginger, minced fine
- 2 cloves garlic, minced fine
- ½ tsp chile, minced fine

- 1 tsp sugar
- 2 tbsp fish sauce (available at most Chinese grocers)
- 2 tbsp lime juice
- 3 tbsp water
- 2 tbsp chopped fresh coriander

Method:

In a bowl, combine all ingredients and mix thoroughly. Divide the marinade/sauce into two separate bowls. Marinate the shrimp in the first half for 20 minutes, pat dry, lightly brush with oil and grill to perfection (Note: discard the marinade). Use the other half for dipping sauce.

This recipe is great for

salmon, swordfish or shark. Just marinate for 30-45 minutes instead of 20.

Spicy Hungarian Grilled Chicken

Ingredients:

- 10 fresh chicken thighs, trimmed of excess fat
- 3 garlic cloves, crushed
- 2 tsp Hungarian paprika
- 2 tsp ground cumin
- 1 tsp fresh ground black pepper
- ½ tsp Sambal Oelek or hot pepper puree
- 8 ounces beer
- 2 tsp red wine vinegar
- ¼ cup olive oil
- 2 lemons for seasoning and garnishing
- fresh chopped Italian parsley, garnish

Method:

Combine garlic, paprika, cumin, pepper, sambal oelek, beer and vinegar. Marinate overnight. Put the chicken thighs, marinade and ¼ cup olive oil in large skillet and bring to a simmer for approximately ten minutes. Transfer chicken to an ovenproof dish. Reduce remaining liquid until it coats the back of a spoon and pour over the chicken and toss well to coat. Grill on a barbeque with a squeeze of lemon. Present on a platter and garnish with chopped parsley and slices of lemon. Enjoy!

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

Maintain proper nutrition all year

(NC)—It's a New Year and you've made a resolution to eat healthier and improve your overall health and well being. Here are six easy steps to maintaining proper nutrition throughout the year:

Balance your diet – In order to meet your body's daily nutritional needs, you should be consuming a variety of foods from all of the major food groups on a daily basis. According to recent recommendations from the U.S. Food and Nutrition Board of the Institute of Medicine, you should get 45 to 65 per cent of your calories from carbohydrates, 20 to 35 per cent from fat and 10 to 35 per-

cent from protein. These guidelines will help you meet your body's daily energy and nutrient needs while minimizing your risk for chronic disease.

Start your day with breakfast – What better way to kick-start your day than with a hearty breakfast? Eating breakfast like a king can boost your energy levels for the whole day. It also can leave you feeling less hungry during the day and less likely to overeat in the afternoon.

Don't skip meals – Although most of us lead busy lives, it is important to avoid skipping meals. Be sure to eat healthy, well-balanced meals that

provide an adequate amount of vitamins and minerals in order to support your short and long-term health.

Think fresh – Plan to eat a rainbow of fresh produce every day. Green broccoli, yellow bananas, orange carrots, red tomatoes...the list of delicious and nutritious choices goes on and on.

Increase your fiber – By simply increasing your dietary fiber intake, you may be able to reduce your risk of heart disease and colon cancer. The US Food and Nutrition Board recently suggested that males 50 years and younger eat 38 grams of fiber per day and women

eat 25 grams. Men and women over 50 should eat 21 grams of fiber a day. Some good sources of dietary fiber include bran cereal, dried fruit, sweet potatoes and legumes.

Take a daily multivitamin – It can be difficult to eat a well balanced diet all the time. A daily multivitamin, such as Centrum®, can provide nutritional insurance and help you meet your vitamin and mineral requirements.

Best Quality **Best Price**

"The Only Place To Go"

SMITTY'S
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For NEW or GOOD USED Appliances

Smitty's has been keeping customers happy for 20 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price** plus **Same Day** delivery, seven days a week. Smitty plans to be around for another 20 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

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Best Guarantee

Best Service

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Picton, Ontario

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Enjoy a special St. Valentine's Menu
Sunday, February 16th - Bring your sweetheart to our wonderful St. Valentine's Brunch Buffet

St. Valentine's Dinner/Dance

an Evening of Reminiscence with "John & Paul" - the fabulous music of the Beatles. See the show that wowed audiences in the Pub in November.

Now Open

Live Entertainment in The Barley Room Pub

Thursday, January 30th
"John Eccleston"
Friday, January 31st
"Steve Fisher"
Saturday, February 1st
"Lenni Stewart Trio"

Whats Cooking? at the Cookery School

Saturday, January 25th
"Southern European Cuisine"
Chef Michael Hoy
Sunday, January 26th
"Easy Seafood & Fish Dishes"
Chef Michael Hoy



Wednesday night workout

Would you like something to help you get past the mid week? Do you want to start a fitness program at The Gymnasium? Why not try the latest program brought to you by the Fitness & Sports Flight.

W3 is a women's only workout session, every Wednesday night at 4:30 p.m. for the remainder of January. Each session includes a fitness brief, workout, cool-down, and stretching portion. Participants are encouraged to work out in between classes by receiving workout homework to collect points in their own W3 booklets before the next session.

The initial class, which included a step workout and free weight training, drew an amazing and enthusiastic crowd of 23 participants. Last week's session was a weight machine circuit and cardio session in the Strength and Conditioning room and was equally as popular with 14 participants. Future classes are to include circuit training, interval training, fitness balls, spinning, high low and body weight training. Join us at The Gymnasium to be the next W3 participant!! For more info please contact the Fitness Staff at 2933 or 3328.

Upcoming playdowns...

Badminton

8 Wing/CFB Trenton will be hosting an Ontario Region Badminton Clinic / Championship held at 8 Wing/CFB Trenton March 2 - 6. Smash, drop and clear your way to the Clinic / Championship in the following categories:

Open Event	4 Players
Senior 35 and over	2 players
Masters 45 and over	2 players
Women's	2 players

Playdown will be held at The Gymnasium from the Monday Jan. 27 - Feb. 7, there will be a playdown meeting at The Gymnasium conference room at 1400 hrs on Thursday, Jan. 23. Registered players will play a round robin tournament. Players will get a list of all registered players and play competitors on their own time. Competition is open to all CF, Class B & C Reserves Members. For registration or information contact the Wing Sports Coordinator Dan Cormier at local 3373.

Squash

The 8 Wing/CFB Trenton Squash team will represent 8 Wing/CFB Trenton at the Ontario Region Squash Championship held at 8 Wing/CFB Trenton Mar. 2 - 6. Rally your way to the championship in the following categories:

Open Men's	4 players
Open Women's	1 player
Under 30	1 player
Masters 40 and over	1 player

Playdown will be held at The Gymnasium from Jan. 27 - Feb. 14, there will be a playdown meeting at The Gymnasium conference room at 1000 hrs on the Thursday, Jan. 23. Registered players will play a round robin tournament. Players will get a list of all registered players and play competitors on their own time. Competition is open to all CF, Class B & C Reserves Members. For registration or information contact the Sports Coordinator Dan Cormier at local 3373.

Curling

The Wing/CFB Trenton Curling Team will represent 8 Wing/CFB Trenton at the Ontario Regional Curling Championship held at CFB North Bay Feb. 16 - 20. Slide, sweep and curl your way to the championship in one of two categories for competitive curlers - men's & mixed curling teams (minimum two women). Competition is open to all CF, Class B & C Reserves Members. Playdown will be held at the Trenton Curling Club on Tuesday, Jan. 28 & Thursday, Jan. 30 from 1200- 1600 hrs. Curlers must register NLT Jan. 24. For registration or information contact the Sports Coordinator Dan Cormier at local 3373.

Meet the Fitness



Jen Lecuyer
Local 2825



Tammy Topping
Local 2822



Todd Peart
Local 2948



Tracey Martin
Local 2993

Book your appointment today to discuss your weight-loss goals!



PSP Facility Memberships



1 December 2002 - 31 August 2003

The Gymnasium
(includes Arena)

Regular Members		Ordinary Members	
Infant (0-5 yrs)	Free	Infant	Free
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.

WINTER CARNIVAL

February 7th, 2003

Baker Island

Fun and Wacky Games, BBQ

Register team of eight by calling
Tammy Topping at local 2822 or Scott
Burns at local 3328.

Volunteers are also needed for this event!





Mitzvah Technique

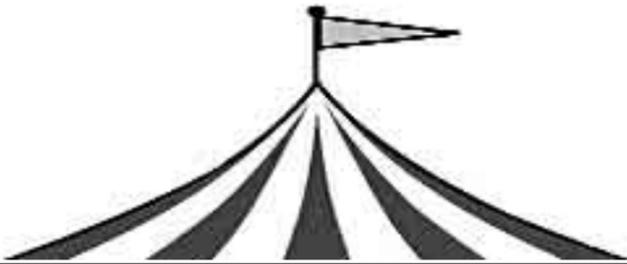
"Bodywork that brings flexibility and balance to everyday movement through postural enhancement."

Do you often feel.....Tension stress? Muscle & joint stiffness? Headaches? Back pain? Do you have difficulties with movement? Neck, hip or shoulder pain? Suffering from Whiplash? Mitzvah will teach you to use your body effectively and with awareness. Join Danella...

**Thursday evenings 8:00 to 9:00 pm at the RecPlex
January 23rd to March 13th (8 week program)**

\$55 – CRA members
\$60 – Non members

Register at RecPlex. Info – 392-2811 ext 3361.



PSP Community Recreation Association
Presents our Annual

Kidz Karnival

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



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



Donate a Non-perishable food item and enter your name in a draw for great prizes!

Lots Of Prizes!

And Much Much More !

Fun For The Whole Family!

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

March Break Kidz Kamp

If you are 5 to 12 years old and looking for loads of FUN, come join us at the RecPlex for our annual March Break Kidz Kamp. An exciting week filled with:

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

WHERE?: RecPlex, 21 A Namao Drive

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

BEFORE & AFTER CARE AVAILABLE: 7:00 - 8:00 am &

4:00 - 5:00 pm \$2.00/hour/child

REGISTRATION BEGINS: Military/Community - 15 January 03

Non Military Community - 13 February 03

\$5.00 Trip Fee for Wednesday

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

Time for a career change?



Laurie McVicar

Confessions from the Gym

Monday, January 20

The heavens are against me!

For the past month I have been struggling with shoulder pain that will not go away. Finally, this week I found the time to pay a visit to my family physician. After I explained the sensation and let him twist my arm behind my back (that's modern science for you) he guessed that I have inflammation around my bursae. What really irked me was the fact my weight training is aggravating it.

Normally I'd be the first one to throw my hands in the air and give in, but I've worked far too hard to get in shape over the past few months to give up now. Even if I

scream in pain with each shoulder press, I will fulfill my dream of being thin. Even if I pass out while on the lateral pull down, I will lose weight. Even if I whimper in agony for every rep I do on the chest press, I WILL FIT INTO THOSE SIZE 10 PANTS! Yep, my trainer's just going to love me. Jen, if you're reading this, might as well call for that ambulance now.

Speaking of Jen, I have learned the hard way how dangerous it can be to make any sudden changes while doing a workout with your trainer. Typically, I listen to what Jen has to say and then follow through with her instructions. Last week, while doing cardio with her on

the elliptical, I stopped mid-way and began going backwards. When I'm on my own, I often do this for about 30 seconds just to give some attention to my quadriceps. Well...never again shall I attempt such a brave show of independence. She made me continue doing it for two minutes as "punishment". Don't get me wrong, it's great that she pushes me - I'd prefer it was off a large cliff next time though, at least it then it would be quick and relatively painless.

Trainers have the ultimate job don't they? They are certified to kick your sorry butt into shape by whatever means necessary. How great is that! If you have a bad day, sometimes you don't have an option of taking it out on someone else. These people have a class of willing victims! (Kidding). The more I think about it; perhaps I made the wrong career choice. I wonder if it's too late to turn in my tape recorder for a bullwhip and running shoes?



Face off

The CFB Trenton men's team battled CFB Kingston on Tuesday during the final game of the Regional Broomball Championship. Trenton rallied for the 2-1 win and claimed first place. See next week's Contact for more details.

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24	25
					TGIF 1700 hrs Subs Sports/Pool	
26	27	28	29	30	31	
					TGIF 1700 hrs Donuts Sports/Darts	

JANUARY 2003

Dear Health Professional

I am quite concerned about this new contest that I have seen advertised, "March First I Quit". Quite frankly, I feel completely cheated. Are we rewarding people for smoking now? What about those of us who have never smoked a day in our lives? Shouldn't there be a reward for that?
Signed,
Smokeless and Prizeless

Dear Smokeless and Prizeless,

When the contest was designed, we tried to take this concern into

consideration. There are opportunities for a non-smoker to participate in the contest. If you know of a smoker who is considering quitting you can be a part of the contest by becoming their sponsor. This is not to say that you should harass a smoker to quit; they will only do so when they are ready. However, if you do know someone, you can help support them through this difficult process, and in turn your name will be entered into a draw for the prizes.

Please consult the rules below for more details. If you have any further concerns please contact us at the Health Promotion Office, local 3767

Official rules & procedures

Eligibility: The candidates in the challenge must meet the following criteria to be eligible for the draw.

The candidate must be:

- A current smoker, or a former smoker who quit smoking after September 1, 2002.
- of Age of majority in the province in which he or she lives.

The candidate must be member of one of the following:

- Regular Canadian Forces (CF) or, class B or C Reserve
- Foreign military on exchange posting or training with CF
- Primary Reserve, Cadet Instructor Cadre, Canadian Ranger or Cadet
- Immediate family of the preceding persons (spouse/partner and children of the age of majority)
- DND civilian employee.
- Supplementary Reserve.
- (DND civilian employees' families and Supplementary Reserve members' families are not eligible.)

Candidates must also meet the above eligibility criteria (other than being smokers) at the end of the challenge (April 1st, 2003), to be eligible to win one of the prizes.

A Supporter must be:

- A non-smoker
- A member of one of the categories mentioned above.

Supporters are eligible for the draw. Thus, as soon as a person agrees to encourage and support a smoker in his or her bid to stop smoking and becomes his or her official supporter (one of the two names appearing on the registration form) he or she automatically

becomes eligible.

The two (2) supporters of the winning candidates will have to certify that, to their knowledge, the candidate kept his commitment not to smoke during the month of March.

Non-smokers can't register as participants in the challenge. The only way they can participate is by being supporters, except if they are former smokers who have quit in the last 6 months.

Participants must:

- Complete and sign the "Participant registration form" and the "Demographic information form".
- Online registration at www.cfpsa.com/health
- Find 2 supporters (see description above) and have them fill and sign the "Supporter registration form".

Former smokers who have quit smoking in the last 6 months also have to find 2 supporters so they can certify the candidates been smoke-free during March.

Deposit their form before midnight, February 28, 2003, in the box located at the Strengthening the Forces (Health Promotion) Office (headquarters building, room 112), the Gym, the Recreation Complex, the CANEX store, or any other designated location on the base.

Health Promotion teams will send a confirmation kit to each participant

This kit will include:

- A confirmation coupon
- The brochure "Find your own way to quit"
- The brochure "Some tips to quit"
- The brochure "How to help a smoker to quit"
- The leaflet "When a smoker stops smoking"
- Stop smoking by March 1st, 2003.
- Remain smoke free at least until April 1st, 2003.
- The former smok-

ers who have quit smoking in the last 6 months just have to remain smoke-free.

The winners, may have to take a carbon monoxide test to prove that they have not been smoking. Or, they will have to sign a written statutory declaration. They will also have to answer a simple skill-testing question.

Participants can use nicotine patches or gum even they have to be tested. The test we may use is to detect carbon monoxide, not nicotine.

Signing the form confirms the participant's status as a smoker or former smoker. They declare that they have read and understood the contest rules. They authorize the Deputy Chief Of Staff Force Health Protection (DCOS FHP) to use personal information to evaluate the Quit & Win Program. All information will remain confidential. They also authorize DCOS FHP to publicize their names, if they are winners.

Only one registration form is allowed per candidate. Registration is free. Candidate can withdraw at any time. If the registration form is incomplete eligibility for the prizes will be determined at the time of the draw.

The draws will be held on April 1st, 2003, in Ottawa. Two (2) draws are planned. The first draw is to determine the winners among participants who quit smoking, or former smokers who quit in the last 6 months.

The second draw is to determine the winners among the supporters.

Prizes

There will be 24 prizes for the candidates who quit smoking and 11 prizes for the supporters.

Prizes for the ex-smokers candidates are: 4 cash prizes of \$1,000, 15 DVD Players, and 5 video cameras.

Supporters' prizes

are: 1 cash prize of \$1,000, 5 DVD Players, and 5 video cameras.

The Health Promotion teams of each base will send the registration forms to the CFPSA committee in Ottawa, mid-March, after they have received all the registration forms and have sent back confirmation kits to the participants.

The CFPSA committee, in Ottawa, will draw registration forms among all the registration forms received and proceed to the verifications.

Draw procedure to determine winners among the candidates who have quit smoking

The CFPSA committee will draw about 50 registration forms randomly from all the registration forms received, so they could get 24 winners.

The finalists will be called by phone (in order drawn) to find out if they have smoked or not during March.

Those who have smoked between March 1st and April 1st will automatically be disqualified.

The first 24 candidates who confirm that they have not smoked over the month of March will be declared the official winners, after passing a carbon monoxide test, or signing a written statutory declaration and answering a simple skill-testing question.

The supporters of the winners will also be contacted to confirm that they have not seen the candidates smoking during March.

Winners will be sent their prize within a month. The CFPSA committee in Ottawa is responsible for sending the prizes to each participant.

All people involved in the organization of the contest and their family members are not eligible for the prizes.

Final Authority

The CFPSA committee retains final authority as to decisions related to candidate registration and the assessment of their status as a smoker or non-smoker.

FURNITURE SHOW SPECIALS

Largest Selection of the Year

6 Months NO Interest Payments O.A.C.

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NEW!	39" MATTRESS	from \$59 ⁰⁰
NEW!	39" BOX & MATTRESS	from \$89 ⁰⁰
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
NEW!	SOFA SETS	from \$649 ⁰⁰
NEW!	6 PCE. BEDROOM SETS	from \$499 ⁰⁰
NEW!	BUNKBEDS	from \$197 ⁰⁰
NEW!	DAY BEDS	from \$169 ⁰⁰
NEW!	COFFEE TABLE SETS	from \$99 ⁰⁰
NEW!	5 PCE. WOOD DINETTES (42X42)	from \$249 ⁰⁰
NEW!	FUTON BUNKBEDS COMP. WITH MATTRESS	from \$399 ⁰⁰

TRENTON FURNITURE

HWY 2 DOWNTOWN BAYSIDE 613-962-6202

Winter Safety

Don't let injuries put the freeze on your winter fun

Winter can be a wonderful time for activities and sports. Participating in winter play can help keep the whole family healthy, but don't let injuries "frost" your fun! Help keep you and your family injury-free this winter.

Sledding/Tobogganing

Choose a hill that is away from roads, rivers or railroads and ensure that it is free of hazards like trees, rocks, bumps, fences and bare spots. Select snow-packed, not icy slopes.

Look for a hill which is not too steep (less than 30 degrees is recommended for children) and has a long, clear runoff area.

Young children should always be supervised by an adult. They should never toboggan alone.

Dress children warmly in layers. They should wear a hat and neck warmer. Take cords and drawstrings off their clothes. Watch for frostbite!

Teach your children to move quickly to the side and walk up and away from the sliding path after finishing a run.

The safest position to be in while tobogganing is kneeling. Sliding on

your stomach, headfirst or laying flat on the back increases the risk of head and spinal cord injury.

Head injuries while sledding can be serious. Children should wear a helmet with a thin, warm cap underneath to protect ears from frostbite. A ski or hockey helmet is recommended, because they are designed for use in cold weather and for similar falls and speeds.

Check your children's equipment to make sure it is in good condition. Inner tubes and plastic discs are not recommended because they are difficult to control.

Snowboarding

Snowboarding is one of the fastest growing winter sports. However, it's increasing popularity is leading to more injuries.

The most common injuries that occur while snowboarding are to the arms, ankles, and wrists, followed by the head and knees. The potential for more serious injuries, such as long-term physical disability, is high. The majority of snowboarders are males between the ages of 10 and 20.

Snowboarding injuries occur as a result

of:

- Speed and loss of control
- Colliding with others or objects
- Inexperience
- Lack on instruction
- Fatigue
- Poor fitting equipment.

Snowboarders can ensure their safety with the following tips:

- Get proper training.
- Always wear protective equipment (helmet specifically designed for snowboarding, wrist supports and kneepads).
- Choose equipment to suit your skill level and size.
- Keep fit during pre-season and warm up before going on the slopes.
- Dress appropriately...close-fitting (to reduce risk of becoming entangled), waterproof layers. Don't forget sun protection (sunscreen, sun glasses).
- Never go on the slopes alone.
- Don't try manoeuvres or runs beyond your ability.
- Don't over exert yourself.
- Learn how to fall properly to avoid wrist injury.
- Never drink alcohol and snowboard.

Preventing eye injuries

(NC)—Trading snow shovels for hockey sticks, over four million Canadians, will lace up their skates this winter to take part in our beloved national sport — hockey.

As children and adults hit the rinks and frozen ponds for another fun-filled season, The Canadian National Institute for the Blind (CNIB) and the Canadian Council of the Blind (CCB) wish to remind Canadians to practice eye safety and avoid unnecessary injury.

Together, the CNIB and the CCB are launching an "Eye on Safety" campaign as part of White Cane Week, February 2—8, 2003.

Mark Deyell will be the first to tell you to wear a visor.

The 26-year-old lost partial vision in one eye after being hit with a wayward hockey stick during an American Hockey League (AHL) game in 1999.

"I have a scar on my retina that makes a lot of things blurry and causes a lot of problems," Deyell, a fifth-round pick by the Toronto Maple Leafs in 1994, recently told a national publication. "I have a lot of blind spots on my eye when I am playing."

Ironically, before his own injury, Deyell's skate punctured the eye of fellow AHL player, Jeff Libby.

Libby lost his eye and the incident prematurely ended his career. Still, Deyell continued to play without a visor.

A few months later, the errant stick hit Deyell in the eye, causing him to miss an entire season. It also ruined his chances of fulfilling his dream to play in the NHL.

Though ninety per cent of all eye injuries can be avoided, most are irreversible as both Deyell and Libby can attest.

For more information about White Cane Week events in your community or to learn more about eye safety, please visit www.cnib.ca or contact your local CNIB or CCB office.

Top ten tips to keep safe

10. Skiing and snowboarding mixed with alcohol — it's all downhill. Alcohol slows down reflexes and coordination.
9. Take care on trails. Alcohol use, high speed, icy conditions and poor visibility together lead to collisions. Remember, stay on marked trails, especially on frozen lakes and rivers.
8. Before setting out, check road conditions.
7. Seatbelts: it's the law! Be sure that everyone in the car is properly belted in.
6. Be prepared. Winter weather is unpredictable. Have a winter driving emergency kit in your car. Also, make sure you can see and be seen.
5. If it feels cold, it is cold. Cover

exposed skin and dress in layers.

4. Alcohol is not anti-freeze. It does not warm you up. Choose non-alcoholic beverages like hot chocolate or apple cider.

3. Alcohol and ice don't mix. Alcohol impairs your balance and judgement. You could be injured by falling or you could make a poor decision about ice thickness.

2. Plan ahead! Choose your ride home before you leave. Call a taxi...designate a driver...call a friend...stay overnight.

1. Never drink and drive.

Information provided from the Hastings and Prince Edward Counties Health Unit.

Snowmobile safety

Stay alert and stay sober.

Note that young children should ride in front and should never be left alone with a running machine.

Observe ice conditions before heading out on lakes and rivers. Safe ice should be at least five inches thick.

Wear a fitted helmet and appropriate clothing so that all skin is covered up. Move to the right. Always travel on the right side of the trail. Take extra caution at corners and hills.

On the trail! Stay on groomed trails and obey the trail laws.

Beware of darkness! Make sure you can see and be seen.

Intersect roads carefully! Come to a complete stop. Proceed only when no traffic is coming from any direction.

Limit your speed.

Elect a friend to go with you. Never travel alone and tell someone where you are going and when you should be returning.

Blizzard survival guide



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Extremely cold air from the Arctic, strong winds and heavy snowfall — these weather conditions combine to produce blizzards. Each year these winter storms take a number of lives through exposure to cold, vehicle wrecks due to poor driving conditions and other hazards.

Nearly three-quarters of the deaths related to winter conditions occur in automobiles. If a blizzard is forecast in your area, check the emergency provisions in your home and vehicle — food, water, alternative heat sources, warm clothing and blankets and a battery powered radio. Fill up vehicle fuel tanks, but plan to stay off the road until driving conditions are good again.

Bring pets indoors. If you have livestock, get the animals into a barn and give them plenty of food and water. String a rope between the house and barn so you can find your way if you have to tend to the animals.

If you are trapped in a vehicle in a winter storm, stay calm and concentrate on survival:

Stay in your vehicle for shelter. You risk getting lost and overcome by the cold if you strike out on foot.

Avoid over-exerting yourself. Shovelling snow, pushing a car or walking in deep snow in extremely cold weather can cause a heart attack. Sweating can lead to chills and hypothermia.

Run your vehicle motor about 10 minutes an hour, just enough to stay warm. Better yet, light a candle in a metal coffee can for warmth. Wrap up in an emergency blanket or extra clothing. Cover your head to reduce heat loss.

Keep fresh air in your vehicle by cracking a window. Do not allow exhaust to build up in the vehicle because it includes deadly carbon monoxide. Make

sure the tailpipe is not blocked with snow.

To remain visible to rescuers, put out flares or turn on the dome light. Using the headlights will run the battery down faster. Tie a red cloth to the antenna or door. After the snow stops falling, raise the vehicle hood as a distress signal.

Stay awake and keep moving, especially your hands and feet.

Eat high-energy snacks from your vehicle's emergency kit. Drink water, but do not eat snow, which will chill you further.

About a quarter of deaths related to ice and snow are people who are caught outside. If you find yourself outdoors in a blizzard, try to stay dry. Cover all exposed parts of your body, including your face. Find shelter or make one in the form of a windbreak or a snow cave. Build a fire to keep you warm and to alert rescuers.

Be ready to help other people in a blizzard. Watch for stranded vehicles. Many of those killed by cold weather are elderly and alone, so check on your neighbours.



TRENTON Military Family Resource Centre



MASS SCHEDULE HORAIRE DES MESSES

Senior Chaplain - Aumônier Supérieur: Major Lloyd Clifton Local 3665

OUR LADY OF PEACE CHAPEL (RC)
NOTRE-DAME DE LA PAIX (CR)
Padre Bastien Leclerc (RC)
Recteur de Chapelle Local 3487
(Chapel Life Coordinator / Responsable de la communauté chrétienne)

Padre Allan Murphy (RC) Local 3312
MASSES - MESSSES

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

CONFESSION

At all times. *En tout temps.*
BAPTISMS / BAPTÊMES
Please allow at least 30 days notice for preparation.
Communiquez avec l'aumônier au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

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

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

ST CLEMENT ASTRA CHAPEL
(Protestant) Services

Padre Catherine Morrison (ACC) Local 2314
Padre Matthew Lucas (Baptist) Local 3286
(Chapel Life Coordinator)
Sunday: Divine Worship 1015 hrs
Holy Communion: First Sunday of the month
Wed. - Anglican Eucharist at 1230 hrs

CHAPEL ORGANIZATIONS

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

BAPTISMS

Allow at least one month's notice for preparation.
MARRIAGES
You must contact the chaplain's office prior to selecting a date. Please allow at least six months.

PARISH ORGANIZATIONS

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

Youth Centre/Le Centre des jeunes !

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

Sunday	Closed	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 childcare is available during this one hour for older siblings.



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 vieux durant cette heure, en s'inscrivant à l'avance.

January 27 - Common illness
February 3 - Group's choice

27 janvier - Maladies infantiles
3 février - Choix du groupe

Gardiennage au Gymnase

Mardi - Mercredi - Jeudi / 9h - 11h
2\$ de l'heure/par enfant
Salle Polyvalente Service Bilingue

Réservez une place pour votre enfant en téléphonant 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

Make cleaning up a fun and easy activity for your children

(NC)-Busy moms and dads often find it challenging to keep the kids' rooms neat and tidy, while still keeping toys, books and clothes accessible. Getting kids involved may be the best way to keep the room organized. The storage and organization team at Canadian Tire has some easy, affordable and fun solutions for keeping children's rooms organized and tidy.

Make it a game ... make it fun

- See who can pick up the most strewn clothes
- Have a 'best folder' contest

- Buy a laundry basket that fits nicely in the cupboard and see who can get the most baskets in a 'toss the dirty clothes in the basket' contest
- Play fun music and make the task enjoyable

Designing storage solutions within reach of little hands

- Kid-size coat racks make it easy for kids to hang up sweaters and coats, rather than throwing them on the floor
- Children's shoe organizers can be hung on the back

- of the door or inside the cupboard to help encourage kids to put their shoes away
- Stuffed animals are often a tricky thing to keep tidy, so try using a headboard pocket designed to hold soft toys or display them on a old-fashioned rocking chair
- Use bookends to help keep books stacked neatly on shelves
- A kid's bin box will enable children to put their toys away themselves - easily and neatly
- To create more space in the cupboard, store clothes that are not in season in storage containers that are made to fit neatly under the bed



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Ext. 2748, 7008 (advertising)



TRENTON Military Family Resource Centre



Volunteer Opportunities/Oppportunit 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

Urgently required

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.

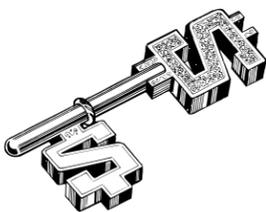
Voici une liste partielle d'occasions de faire du b n volat au CRFM. Si vous d sirez de plus amples renseignements ou si vous aimeriez devenir b n vole, veuillez s'il vous plait me t l phoner au 392-2811 poste 3557 ou bien passez nous voir.

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.



Overcoming night terrors

(NC)-Many of us can still remember, from childhood, the "monsters" that lived in our closet or haunted our dreams. Comforted by a parent and often calmed by the presence of a nightlight or a favourite stuffed animal, the horrible images simply faded away into distant memory.

For some children, though, severe nightmares or "night terrors" persistently disrupt both sleep and peace of mind and, in extreme cases, can affect schoolwork and social life.

M lanie St-Onge, a

doctoral student in clinical psychology at the University of Ottawa, decided to turn her professional attention to help children who suffered from night terrors. The children, from the age of 9 to 11 years, were asked to note the number of nightmares and dreams they had as well as the emotions and reactions pertaining to each.

After one month, St-Onge taught the children certain "tricks" to help "modify" the contents of their dreams - for example, envisioning a cat in place of a snake. This ver-

sion of imagery rehearsal, that has already proven effective with adults, proved equally effective in reducing the level of anxiety in the children suffering from chronic nightmares.

M lanie St-Onge's research, funded by the Social Sciences and Humanities Research Council of Canada (SSHRC), continues to help children ease their anxieties and fears.

You'll find additional information about projects supported by SSHRC on the Council's Web site at www.sshrc.ca.

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 offered to the civilian community for \$100, non-refundable.

Anglais & Fran ais pour les partenaires des militaires

Les cours se poursuivent pour 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.

"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 29 - Pizza/Movie night, \$5 each, please register in advance

February 3 - Facilitated discussion; Departure/reunion, cycles of deployment

"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.

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

3 f vrier - Discussion avec animateur; S parations/Retrouvailles, les cycles du d ploiement.

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What are you waiting for!

Call the MFRC today to see what they can do for you
Contactez le CRFM pour plus d'information 965-3575

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613 966-3333

Kathleen Kompass

Where: 10:00 & 10:45 am Family Space
1:30 & 2:15 Trenton Family Resource Centre.

When: Thursday, January 30, 2003

Kathleen has been a story teller for 15 years in libraries, schools and various community programs. She presently lives in Ottawa but resides in the Inver area during the summer. She is a member of the Storytellers School of Toronto and Ottawa.

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For information call:

 Robert Grandmaison, CFP, CFP
 Financial Planners (Quinte) Inc.
 CMG-Worldsource Financial Services Inc.
 55 Glenburnie Drive
 Trenton, Ontario
 K8V 5P4

Tel: 613.392.0044
 Fax: 613.392.7110
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Make mortgage payments to yourself?

it's your Money



Garth Turner

Confused about what to do with your RRSP? Here's an option - put your mortgage inside your RRSP, which means you'll end up making monthly mortgage payments to yourself. It's a cool idea, but not a simple process, as I explain in my latest book.

Many people will need an income stream in their retirement, and yet they are reluctant to put their retirement funds in the stock market, or mutual funds. By setting up an RRSP mortgage, they can enjoy a good rate of interest on their invested capital, and have the security that their own home is the asset underlying the whole deal - not some wild-eyed executive at a fibre optics company.

Working with a self-

directed RRSP and the equity you've already built up in your home, you can transfer that equity into the tax-sheltered retirement plan. In fact, an RRSP mortgage will actually allow you to exceed the normal RRSP contribution limits. Now, this strategy will only work if you have an amount of cash (or cashable investments) inside your RRSP equal to a mortgage currently in place on your home, or equal to one you will be placing upon it. It will cost a few thousand dollars to set up, and a few hundred a year in fees, but for many people it is a perfect homeowner's retirement solution.

Your RRSP is allowed to hold a mortgage on any Canadian real estate - either residential or commercial - that you own, or that is owned by an immediate relative. That means you can remove money from your RRSP and use it to lend as a mortgage - following which you must make regular payments back into your RRSP, just as you would with a bank mortgage.

For example, if you have a \$100,000 mortgage in place on your home today, and \$100,000 available inside your RRSP, then the retirement money can be used to pay off the bank loan. At that point, you have created a \$100,000 RRSP mortgage, and will make regular payments to your retirement plan, rather than the bank.

Or, if your home is paid for now, you could simply borrow \$100,000 against it on a home equity line of credit, and use the money to invest in, say, corporate bonds yielding a nice, conservative and stable rate of return in a non-registered portfolio. At the same time, take \$100,000 from your RRSP, and pay off the line of credit. At that point you would have

accomplished several things:

(1) Established a \$100,000 investment portfolio outside of your RRSP.

(2) Set up a \$100,000 RRSP mortgage on your home, giving you the privilege of making monthly payments to your retirement plan. If the mortgage were established at 7 per cent, then your monthly payment would be just over \$700 - a tax-free transfer of equity from your house into your RRSP.

(3) And you have, in

The goal of an RRSP mortgage is to make it last as long as possible, and to be as costly as possible, so you can maximize the transfer of wealth into your tax-deferred retirement plan.

effect, taken that \$100,000 in cash that was inside your RRSP, and invested it outside your plan, without paying any tax.

(Remember, you started with \$100,000 and a paid-off house, and ended up owning a \$100,000 mortgage in your RRSP and \$100,000 worth of those corporate bonds outside your RRSP. In the course of this, you have created \$100,000 in personal debt, payable to yourself over 25 years - the amortization of the mortgage. At \$700 a month, you will actually contribute \$210,000 to your RRSP over that period of time.)

So, given the peculiar nature of a mortgage, you end up paying yourself more than twice what you actually removed from your RRSP. Additionally, you can pay more into your RRSP on an annual basis than the contribution rules allow. That's because once you set up an RRSP mortgage, you must make regular monthly payments, regardless of what your annual income (usually the basis for determining contribution levels)

might be.

And, of course, the money that accumulates inside your RRSP as you make mortgage payments into it, can be used to invest in anything you want, such as more bonds, or growth mutual funds. The idea here, however, is not to set this up in order to get a cheap mortgage on your house. Quite the opposite.

The goal of an RRSP mortgage is to make it last as long as possible, and to be as costly as possible, so you can maximize the transfer of wealth into your tax-deferred retirement plan.

There are several ways of accomplishing this, like going with the longest amortization period possible, such as 25 years (but you can go longer). The more years it takes you to pay it off, the greater amount of interest money goes into the RRSP. Or, make your RRSP mortgage an open one, giving you the privilege of paying it off at any time without penalty (which you will never do). Open mortgages come at a premium rate, which means the interest is greater. Or, if you already have a mortgage in place on your home, you can create an RRSP mortgage as a second one, which will boost the interest rate even further. (But this will cost you more in mortgage insurance - since all RRSP mortgages have to be insured either by GE Capital or CMHC.)

Be aware that setting up an RRSP mortgage costs money and must be operated through a self-directed plan. You'll have to pay for a real estate appraisal and legal fees, and work with a financial institution, which will administer the mortgage. Also, as mentioned above, all RRSP mortgages must be insured, and the cost for that is an upfront fee equal to about 1.5 per cent of the mortgage principal. Add that fee onto the mortgage amount, and have it amortized higher for payback.

Simple? No. But it's still a cool idea.

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

PROBLEM SOLVED



Photo: Cpl Max Murphy, 8 Wing Imaging

Sgt Mark "Goffy" Gough thaws out a frozen jack upon completion of an undercarriage repair to a UKVC-10. The A/C remained here at 8 Wing for over a week with undercarriage problems.

REPAIRS REQUIRED

Photo: Cpl Max Murphy, 8 Wing Imaging



Technicians from 10 and 101 Sqn Brize Norton put the finishing touches on the repair of their VC 10. The A/C remained here for over a week with undercarriage problems.



This Week in Contact

1942--In the wake of an Air Force HQ decision prohibiting the sale of advertising for RCAF Station publications after Dec 1st, the Contact sings its swan song and will be replaced with the official RCAF publication, a 16 page Sunday supplement type of paper.

1953--unavailable

1963--unavailable

1973--The Government announces that while CF members have always paid taxes, they will now be required to file income tax returns. A free "zenith" telephone hotline is established to assist members with the process.

1983--Heavy winds in Trenton wreak havoc on the flight line when a fire escape flies off 4 hangar onto a truck, incapacitating the driver and causing it to careen onto the main runway where it was stopped by a quick-thinking Maj Al Suba in his 707.

1993--Red Cross Blood Donor Clinic at CFB Trenton collects record 215 units of blood. CFB Trenton personnel urged to quit smoking, drive safely, and use recycling bins.



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

Canadiana Crossword

Pre-eminent Partners

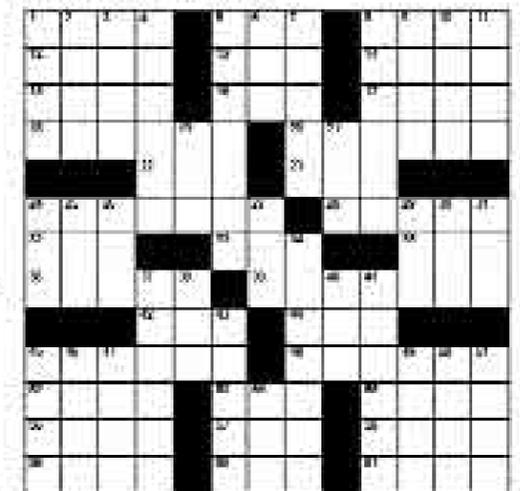
By Dennis Kovale and Jason Kilmer

ACROSS

- 1. Washed doves
- 3. Accounting acronym
- 4. Right name, for short
- 11 Brian Martin's Mtn.
- 13 Alberta gold
- 14 American
- 15 Nam _____
- 16 Honolulu resident
- 17 TV talker _____ Pety
- 18 Newspaper
- 19 Ordinary
- 22 Summer, in Sic. Thome
- 23 Female Strophium of _____
- 24 Charles Joseph's Mrs.
- 28 Female deity
- 32 Baseball homerun!
- 33 Fish
- 35 Macevo
- 36 Gadget
- 39 Garden house structure
- 42 Tubular
- 44 Ocean lake
- 45 Cook
- 46 Connection
- 52 Oil of _____
- 53 Irish organization
- 55 A kind of car
- 56 In the case of
- 57 Variable, abbr.
- 58 Precipitation
- 59 I needed
- 60 Hierarchy notation
- 61 Motor vehicle

DOWN

- 1. Electrical units
- 2. Stack
- 7. Inexpensive wood
- 4. Inefficiency



- 5. Quiver's gal
- 6. Bakery offering
- 7. Joseph Jacques Jean's name (British)
- 8. Euterpe's lady
- 9. Slovakia
- 10. _____ Scientist
- 11. Container
- 13. Deceased
- 14. Potato
- 24. Roll, in a tray
- 25. Friend, in Italian
- 26. Women's apparel
- 27. Synodic
- 29. Stripper, in French
- 30. Hospital or business product
- 31. Fiddle
- 34. General Motors' Mtn.
- 37. Easter Revlon's bride
- 38. Fruitful potato
- 41. Argentine capital, colloquially
- 43. Ernest Poindexter's program
- 45. Mr. Piggot
- 46. As well
- 47. One
- 49. Bay, French
- 50. Leave out
- 51. Dish
- 54. Tail on

JUNE 21 & 22 JUN 2003

Air Show

QUINTE INTERNATIONALE
SPECTACLE AERIEN
INTERNATIONAL
DE QUINTE

www.cfbtrenton.com

8 Wing Canadian Forces Base Trenton

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

January 26 - February 1

ARIES (March 21-April 19): Prepare to make your mark and do your own thing on the 26th. Your luck will be superb. Social entertainment and travel should be scheduled in. You can win the support of others. Don't hesitate to voice your opinion on the 27th, 28th and 29th, however, be sure that you aren't being too pushy. Deception is apparent on the 30th, 31st and 1st when trying to deal with both your personal and professional life.

TAURUS (April 20-May 20): Make plans to take a trip with loved ones on the 26th. It will bring you closer together. The purchases you make will be of lasting value. Someone may lean on you on the 27th, 28th and 29th. Give this person advice, but don't pay for his or her mistakes. Your mind is working overtime on the 30th, 31st and 1st. You need to provide a mental challenge to offset boredom.

GEMINI (May 21-June 20): Productivity will speak for itself on the 26th. Spend time making your home a place of comfort and beauty. You will feel a sense of accomplishment once you are finished. Your involvement in social activities on the 27th, 28th and 29th will lead to interesting propositions. Get into creative endeavours or a physical fitness program on the 30th, 31st and 1st that will help you shape up.

CANCER (June 21-July 22): You will have the energy and fortitude to finish what you start on the 26th. You will be admired for your organizational ability so don't hesitate to take the helm at any group meeting that you attend. Be honest and direct in your dealings on the 27th, 28th and 29th. Remember that thoughts are followed by actions. Partnerships will be tense on the 30th, 31st and 1st. Don't push your luck. You are best to agree for the time being.

LEO (July 23-Aug. 22): Someone is likely to withhold information from you on the 26th. You will have to do your own research if you want to get to the bottom of things. Invest in yourself on the 27th, 28th and 29th. Make the physical and mental alterations that will raise your self-esteem. Catch up on your correspondence and reading on the 30th, 31st and 1st. Check out an unusual form of entertainment.

VIRGO (Aug. 23-Sept. 22): You must get out and enjoy yourself on the 26th. Don't turn down any invitation that comes your way. Social functions will lead to romance. Don't spread yourself too thin on the 27th, 28th and 29th, or discord will result. Take a little time for yourself. You will see good results if you make some of the changes that you've been thinking about on the 30th, 31st and 1st.

LIBRA (Sept. 23-Oct. 22): Focus on yourself and your goals on the 26th. Let everyone know what your intentions are so that you can weed out anyone who might pose a problem. If you are fast to act you will have the greatest impact on yourself as well as others. Your ability to see both sides of any issue will help you find solutions for others on the 27th, 28th and 29th. Don't try to convince others to do things your way on the 30th, 31st and 1st. Rely on yourself for best results.

SCORPIO (Oct. 23-Nov. 21): Someone will not want to bend to your whims on the 26th. Don't be disappointed; if you take a different approach you may get a better response. Regardless if you use your head you will get around any barrier you face. Your creative way of explaining any situation you face on the 27th, 28th and 29th will help you avoid trouble. Don't take on too much on the 30th, 31st and 1st. Getting involved in someone's personal problems will be a mistake.

SAGITTARIUS (Nov. 22-Dec. 21): You can impress someone with your intellectual outlook on the 26th. Get out and meet individuals who can provide you with the mental challenge you require in order to feel alive and with it. Don't let anyone put unrealistic demands on you on the 27th, 28th and 29th. You must look out for yourself. Look out for those less fortunate 30th, 31st and 1st. Be careful, however, how you help them.

CAPRICORN (Dec. 22-Jan. 19): Get involved in a community service on the 26th that will benefit all those in your neighbourhood. Your versatility and knowledge will lead to a leadership position. Focus on what means the most to you on the 27th, 28th and 29th. Don't let work interfere with your personal life. Concentrate on getting ahead on the 30th, 31st and 1st. An investment opportunity will bring you extra cash.

AQUARIUS (Jan. 20-Feb. 18): Don't take drastic measures on the 26th. Bide your time and talk to someone you respect regarding the situation you face. You may want to reconsider your own motives before you make a decision. Your contribution to a worthy cause on the 27th, 28th and 29th will introduce you to a prominent individual. Review your past on the 30th, 31st and 1st. Understanding your circumstances will help you make the right decision.

PISCES (Feb. 19-March 20): You will be tempted to give someone a false impression on the 26th. This will only lead to worry and the possibility that you will have to show your true colors. Be aware of other people's feelings on the 27th, 28th and 29th. A little effort on your part will go a long way. Your ability to see both sides of the coin on the 30th, 31st and 1st will put you into a position of leadership.

Showcase

Congratulations! Félicitations!



MCpl S. Dempsey
received his Retirement Certificate,
presented by LCol B. Cooke, CO 8 AMS



MCpl S. Dempsey
received his CPSM,
presented by
LCol B. Cooke, CO 8 AMS



MCpl S. Vienneau
received a promotion to that rank presented by
Maj J. McGrath, CO 2 Air Mov Sqn



Sgt D. Carey
received a promotion to that rank
presented by
Maj J. McGrath, CO 2 Air Mov Sqn



CWO B.W. Hatfield (SCWO)
received his Certificate of Service, presented by
LCol K.J. Shaw, CO ATESS



WO J.H. MacDonald
received a promotion to that rank, presented by
Col D. Higgins, WComd, and WCWO J. Boland



Quinte SailAbility goes "live"

Quinte SailAbility, a sailing training program for people with disabilities based at the CFB Trenton Yacht Club, is now live on the Internet.

The website, www.SailAbility.ca, offers program descriptions, photographs and up-to-date information on this unique program—the only such program between Toronto and Ottawa offering a full slate of activities from training to recreational sailing.

The website was designed and created by Lamplightdesign.com, a Brighton-based web design company. Since its founding in 1998, Lamplightdesign.com's owner Irene Fulton has been offering web solutions to small and medium size businesses.

Additionally, the work she did for the Loyalist College website resulted in a College Committee on Advancement's Provincial Trillium Award of Excellence in 2002.

"We are pleased to be on the web and especially pleased to have such an attractive and useful site design," said Quinte SailAbility

President Dennis Fletcher. "Lamplight has done a wonderful job and we appreciate the skill and effort that went into the project."

Quinte SailAbility will start its second full season on June 7, 2003. Information about the program is available, of course, on www.SailAbility.ca or at (613) 475-4427.



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

ELEMENTARY LEVEL COURSE at the LAB

T.S.B. Training, available with registration fee of \$100/week (100 hrs)

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	23 days	(150 hrs)
Semi-intensive:	08:00 - 12:00	Mon to Fri	37.5 days	(150 hrs)

Prerequisites: 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 - 9 May 03	14 Feb 03
PL3	7 Apr - 15 May 03	7 Mar 03	PL3	20 May - 11 Jul 03	17 Apr 03
PL4	21 May - 24 Jun 03	17 Apr 03			
PL5	25 Jun - 30 Jul 03	21 May 03			

INTERMEDIATE LEVEL COURSE (Classroom with teacher)

Intensive Courses:	08:00 - 13:00	Mon to Fri	23 days	(150 hrs)
Semi-intensive Courses:	08:00 - 12:00	Mon to Fri	37.5 days	(150 hrs)

Prerequisites: 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 - 15 May 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 16 days (60 hrs)

Prerequisites: a valid AAA	Prerequisites: a valid HBB	Registration deadlines
Maintenance	Maintenance	
17 Feb - 28 Feb 03	17 Feb - 28 Feb 03	17 Jan 03
17 Mar - 28 Mar 03	17 Mar - 28 Mar 03	14 Feb 03
31 Mar - 11 Apr 03	31 Mar - 11 Apr 03	28 Feb 03
28 Apr - 9 May 03	28 Apr - 9 May 03	28 Mar 03
26 May - 6 Jun 03	26 May - 6 Jun 03	25 Apr 03
18 Jun - 27 Jul 03	18 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)

Prerequisites: B in one or more areas and the student wishes to obtain a B in another area, or other areas	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

GO/COE PROGRAM (T.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 7 weeks)
- Program C: A full-time advanced-level course program at the St-Jean Language School.
Prerequisite: valid HBB profile (15 to 21 weeks)

Contact Capt Héroux WCOL for more info on these programs.

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



STOP storing your unwanted personal items in the closet! Place a 99 cent ad (20 words or less) in the Contact classifieds and get rid of them for good!

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CANADIAN BLOOD SERVICES BLOOD DONOR CLINIC

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75 Yukon Road, Astra

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10:00 am to 4:00 pm**

Cadet's Mess



CANADIAN BLOOD SERVICES
Blood. It's in you to give.

www.bloodservices.ca

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

COURS DE NIVEAU ÉLÉMENTAIRE au LAB

Cours au LAB, les candidats s'inscrivent pour 10 leçons (100 h)

Niveau	Semi-intensif 10 leçons	Date d'échéance d'inscription
NP1/NP2	7 avr - 18 jun 03 0800 - 10400 / 10600 - 13100	7 mars 03

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

Cours intensif: 0800 à 1200 lun au ven 23 jours (150 h)
Cours semi-intensif: 0800 à 1200 lun au ven 37.5 jours (150 h)

Cours de niveau élémentaire, 2500 pour atteindre un (AAA)

Préalable: A2/20

Doit être terminé pendant une période de 24 mois consécutifs

Niveau	Intensif	Date d'échéance d'inscription	Niveau	Semi-intensif 20 leçons	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 - 15 mai 03	7 mars 03	NP3	20 mai - 11 jul 03	17 avr 03
NP4	21 mai - 24 jun 03	17 avr 03			
NP5	25 jun - 30 jul 03	23 mai 03			

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

Cours intensif: 0800 à 1200 lun au ven 23 jours (150 h)
Cours semi-intensif: 0800 à 1200 lun au ven 37.5 jours (150 h)

Cours de niveau intermédiaire, 3000 pour atteindre un (HBB)

Préalable: AAA

Doit être terminé pendant une période de 12 mois consécutifs

Niveau	Intensif	Date d'échéance d'inscription	Niveau	Semi-intensif 20 leçons	Date d'échéance d'inscription
NP6	17 fév - 28 mars 03	17 jan 03	NP6	22 avr - 13 jun 03	21 mars 03
NP6	7 avr - 15 mai 03	7 mars 03			
NP7	21 mai - 24 jun 03	17 avr 03			

MAINTIEN DE L'ACQUIS NIVEAU A & B

Cours intensif: 0800 à 1200 lun au ven 16 jours (60 h)

Préalable: profil de AAA valide	Préalable: profil de HBB valide	Date d'échéance d'inscription
Maintien de l'acquis	Maintien de l'acquis	
17 fév - 28 fév 03	17 fév - 28 fév 03	17 jan 03
17 mars - 28 mars 03	17 mars - 28 mars 03	14 fév 03
31 mars - 11 avr 03	31 mars - 11 avr 03	28 fév 03
28 avr - 9 mai 03	28 avr - 9 mai 03	28 mars 03
26 mai - 6 jun 03	26 mai - 6 jun 03	25 avr 03
18 jun - 27 jul 03	18 jun - 27 jul 03	18 mai 03

HABILITÉS SPÉCIFIQUES: préparation au test ELS

Cours intensif: 0800 à 1200 lun au ven 13 jours (90 h)

Préalable: si dans une ou plusieurs unités et le stagiaire veut obtenir un B dans l'une (ou) autres (s) habilités	Date d'échéance d'inscription
Habilités spécifiques	
17 fév - 7 mars 03	17 jan 03
17 mars - 4 avr 03	14 fév 03
7 avr - 29 avr 03	7 mars 03
28 avr - 10 mai 03	28 mars 03
14 mai - 4 jun 03	11 avr 03

PROGRAMME OG/COE (T.Col, Col et Général)

- Programme A: Programme individualisé de maintien de l'acquis à temps partiel.
Préalable: profil valide AAA (1 à 4 heures/semaine)
- Programme B: Cours de re-familiarisation ou immersion à l'École des langues de St-Jean.
Préalable: profil valide AAA (1 à 7 semaines)
- Programme C: Cours de niveau supérieur à temps plein à l'École des langues de St-Jean.
Préalable: profil valide HBB (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'adjointe CLO Erc, Mmc Carol Harvey, poste 2496.

Classified

For Classified Information Call
392-2811 ext 3976

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

Information

CLASSIFIED AD RATES

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

ORDERING AN AD

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

ERRORS & OMISSIONS

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

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

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GET A 3RD ONE FREE
FOR 3 DAYS
Toys - Videos - Magazines
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for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

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969-0287

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

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton
392-2111

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

ANNOUNCEMENTS

MONTHLY BOOK SALE
THE FRIENDS OF TRENTON PUBLIC LIBRARY
BOOK BAR-GAINS
SATURDAY, JANUARY 25TH BETWEEN 9A.M. AND 1P.M.
BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT NORTH) IN FRANKFORD.
Volunteers are needed to shelve books, if you wish to donate your time (two hours a week) please contact Kathy for further information at 392-2244.
Proceeds go to all Quinte West libraries.



LADIES NIGHT! & GUEST DJ!
JAN 25TH - SINGLES DANCE
GUEST DJ WAYNE K!
FEB 1ST
LADIES NIGHT!
LADIES 1/2 PRICE COVER!
BELLEVILLE LEGION 9PM
1-613-392-9850
WWW.ROMEOANDJULIET.CA

ANNOUNCEMENTS

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OWNER-MANAGED
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TRENTON 2 BEDROOM DUPLEX, MAIN FLOOR AVAILABLE MARCH 1ST, \$625 HEAT AND APPLIANCES INCLUDED, CALL JOHN @ 613-392-6594

For Rent

FOR RENT
3 bedroom apt, New Bath & Kitchen Close to Base - Quinte View Rd
\$750.00 month, Heat & Hydro Incl.
Call 1-613-965-1871, Avail Immediately

FOR RENT
3 bedroom house in Trenton, 1 1/2 Baths
\$700.00 + utilities
1st & last + References Required
Call after 5:30
394-3782, Avail Feb 1st

FOR RENT
Belleville large basement bedroom for rent. Shared kitchen, bathroom, female preferred \$450 monthly
771-9460, Avail Immediately

For Sale
FOR SALE Hot Tub
Cedar sided, 6-8 person, used 1 season
\$3300.00
392-2811 ext 3768

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.

BOWL FOR KIDS' SAKE

In support of Big Brothers and Sisters of Trenton and District, providing service to children in Quinte West, and to the boys in Brighton District.

Club Medd - Trenton
March 23, 2003
Brighton
March 30, 2003



Prizes and Fun
Plenty of prizes are going to be awarded as well as raffle draws, etc. It's going to be lots of fun for the participants. Also, for every \$20 collected in pledges, your name is entered into a draw for two tickets to a Blue Jays Game and overnight accomodation in Toronto and \$200.00 in spending money!!!
Pledge sheets may be picked up at the Big Brothers Big Sisters office at Dufferin Centre in Trenton or call Event Coordinator Patsy Roy to have them delivered.

For Information on how to enter
Contact: Patsy Roy, Coordinator
Big Brothers & Sisters at 394-4973

New year = new budget



Why not promote your business to a market that has the income to support it?
The Contact Newspaper!
Call Roberta Witherall today at 392-2811, ext. 2748 to discuss your advertising needs.

Home and Garden

Turn your dream into reality

(NC)—Having a home of one's own is becoming a top priority for many Canadians. For too many prospective homebuyers, saving for a down payment is a process where getting there definitely isn't half the fun. Myths abound regarding everything from minimum payments to the types of mortgages available. The good news is that purchasing a home is a dream that can easily be turned into a reality — as long as you have the right information.

Once you've determined your housing requirements and gained a basic understanding of the local housing market, it's time for the all-important task of setting your price range and determining if your goals are in keeping with your means. Are you destined for a towering mansion or comfortable condominium?

"Potential homeowners should remember that there are closing costs associated with buying a home such as appraisal fees, legal fees and the land transfer

tax," says Terry Fitzpatrick, Vice-President, Consumer Lending, BMO Bank of Montreal. "When determining the price of your dream home, be sure to consider such factors as current interest rates and the percentage of your household income that could be allocated to monthly housing costs."

When saving for a down payment and arranging for financing, the key is to plan, plan and then plan some more. Develop a monthly savings plan to accumulate principal for a down payment. First-time home buyers should be aware of Revenue Canada's Home Buyers' Plan, a program that allows a withdrawal of up to \$20,000 from your RRSPs tax-free to be used to purchase a qualifying home. Under the plan, joint purchasers can each withdraw \$20,000 so up to \$40,000 may be available as a downpayment.

And, of course, there are mortgage factors to consider. In most regions, home-

buyers must pay at least five per cent of the total home purchase price as a down payment. Homebuyers who pay the minimum price most often qualify for a "high-ratio mortgage," which requires an insurance premium to protect the lender from default. A down payment of at least 25 per cent of the price of a home qualifies for a conventional mortgage, which does not require insurance.

There are numerous tools available to help prospective homebuyers navigate the financing maze. For example, BMO Bank of Montreal offers a no-fee Pre-Arranged Mortgage plan that provides a quick and easy route to determine how much can be borrowed and provides a fixed interest rate and payments guaranteed for up to 90 days of confirmation.

Information provided by BMO Bank of Montreal. For more information visit your nearest Bank of Montreal branch or log on to www.bmo.com.

Contact

www.cfbtrenton.com

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Click on Contact

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Ext. 2748, 7008 (ads)

Visit us today and find out what's happening at Canada's largest Air Force base.

The average price of a home inspection in Ontario is \$275.00.

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

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We want to hear from you!

If you are a woman, a member of a visible minority group, a person with a disability or an Aboriginal person, the Department would like to hear about your experiences as a civilian employee working for DND and your views on how to improve the workplace.

During the weeks of January 13, 20 and 27, 2003, (depending on your location), you are invited to participate in a focus group or an interview that will be facilitated by an external consultant. Please be assured that the information collected will be kept strictly confidential.

To register for a focus group or in an interview, please contact:

Lisa Weitz at (416) 686-1616
or e-mail: second@interlog.com for service in English;
Lindsay Janota at (613) 945-0865
or e-mail: janota.li@forces.gc.ca for bilingual service.

Scheduled site visit:

*Week of January 27-31, 2003:
Kingston, Trenton*

Directorate Diversity and Well-Being
ADM (HR-Civ)

Ministère de la Défense nationale
Équité en matière d'emploi
Étude des systèmes d'emploi

Si vous souhaitez être entendus (es)!!

Si vous êtes une femme, un membre d'une minorité visible, une personne ayant un handicap ou une personne Autochtone, le Ministère de la Défense nationale aimerait connaître vos expériences comme employé(e) civil (e) du MDN ainsi que vos opinions sur la façon d'améliorer le milieu de travail.

Entre le 13 et le 31 janvier 2003, (selon l'endroit où vous travaillez), vous êtes invités à participer à un groupe de discussion ou à une entrevue qui sera menée par un consultant externe. Veuillez être assurés (es) que les renseignements recueillis seront traités de façon strictement confidentielle.

Pour vous inscrire à une entrevue ou à un groupe de discussion, veuillez communiquer avec une des personnes suivantes :

Lisa Weitz au (416) 686-1616
ou au second@interlog.com pour un service en anglais;
Lindsay Janota au (613) 945-0865
ou au janota.li@forces.gc.ca pour un service bilingue.

*Semaine du 27 au 31 janvier, 2003 :
Kingston, Trenton*

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