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## Museum sets sights on one of last remaining Yukons



Photo: RCAF Memorial Museum archives

by Laurie McVicar  
 Assistant Editor

A major piece of Canadian Air Force history may soon find a permanent home at the RCAF Memorial Museum.

Officials with the museum are currently working closely with the Ecuadorian government to bring home what is believed to be the last remaining CC-106 Yukon. The aircraft was one of 12 primarily used for long-range transport in the 1960's and early 1970's.

"Yukon number 932 flew between 1960-68 for 412 Squadron in Ottawa and then in 1968, it and a sister ship were moved to Trenton to fly with 437 Squadron. And that's where they ended their career," said Chris Colton, Museum Executive Director. "The reason this aircraft is unique, from a Canadian historical perspective, is that while it was in Ottawa with 412 Squadron, it was Canforce One. It flew the Queen, the Prime Minister and the Governor General. It was Canada's state airplane, so therefore it had a very noteworthy career."

After they were retired from military service, the 12 Yukons were sold to a private company which in turn sold them to various countries in South America. Number 932 became a civilian aircraft for Andes Airlines and continued to fly from 1974 to 1986. The aircraft eventually came under ownership of the Ecuadorian Government, which was in the process of selling it for scrap metal when the RCAF Museum stepped in.

"In November of last year I got an e-mail from the president of the North Star Aircraft Association. He had heard there was a Yukon that was in the process of being sold in Ecuador and thought we might be interested in learning about it, and possibly determine if we could get it," said Colton.

While attending the 100th anniversary celebration for powered flight in Ottawa, Colton met a long-time friend who was able to assist him.

"(My friend) works for an aviation company, Lockheed-Martin. I never realized that not only was he the company representative for Canada, but he was also the company representative for South America," stated Colton.

Through his friend, Colton was able to make some contacts in South America to help with his efforts to save the Yukon.

"At about the same time I sent an e-mail to the (Canadian) embassy in Quito, Ecuador, explaining what I had heard and asking them to help me determine the status of the aircraft," said Colton. "Over the next 30 days a number of contacts were made both at the embassy and through the Lockheed-Martin representative, to the point where every other day I was getting e-mails from this friend of a friend who was making contacts for me at the airport and with the Government of Ecuador - specifically in the city of Guayaquil."

Around the 15th of January, the "friend of a friend" called Colton to offer his congratulations.

See Yukon could be coming home, Page 3

A Canadair CC-106 Yukon, similar to the one pictured above, could soon find its way back home to Canada, provided the RCAF Memorial Museum can find a way to transport the aircraft from its current location in Ecuador.

## A 2004 Budget overview from MND

With Budget 2004, the Government is moving forward on its commitment to better equip the Canadian Forces as outlined in the recent Speech from the Throne.

Like all Canadians, the Government recognizes the important role that the Canadian Forces play in enhancing Canada's place in the world and ensuring the safety of Canadians.

Budget 2004 provides approximately \$1.6 billion in new funding over several years for National Defence and introduces plans to address the operational needs of the Canadian Forces, to modernize and acquire key capabilities and to enhance the quality of life of our members and their families. This includes \$1.3 billion investment over several years to accelerate the acquisition of new Fixed Wing Search and Rescue Aircraft and \$300 million over the next two years to support CF operations, including Afghanistan and Haiti.

This new funding is critical because it will address the financial pressures associated with operations and allow us to ensure

funding is available for other priority areas in Defence and the Canadian Forces.

The Government is also providing an income tax exemption for Canadian Forces personnel serving their country on high-risk international missions.

The year ahead is a time of great opportunity for the Department and the Canadian Forces - indeed for the Government as a whole. The Government has set an ambitious agenda for this country which includes restoring Canada's place in the world, strengthening Canada's relationship with the United States and enhancing the safety and security of Canadians. Defence will be an important player in helping the Government achieve its objectives and implement its priorities.

As part of this effort, I am working with my colleagues from Foreign Affairs, International Cooperation and International Trade to develop an integrated international policy framework. The ongoing defence review will identify Canada's defence priorities and the future

capabilities of the Canadian Forces, and will provide a strategic plan to guide future funding decisions. It is important that we look at defence funding, and all our future planning, in the context of the ongoing review.

As Minister of National Defence, my priority is to ensure the Canadian Forces are prepared for the future. We face new threats, new adversaries and new demands and we must be prepared to respond. The Canadian Forces must transform if we want them to meet our country's domestic and international commitments, continue to operate with our allies and ensure that Canada can continue to make a meaningful contribution on the world stage.

Like all Canadians, I am keenly aware of the professionalism and dedication of the men and women of the Department and the Canadian Forces. I look forward to continuing to work with them as we prepare Defence for the future.

The Honourable David Pratt, P.C., M.P.

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# 8 Wing hosts huge Kub Car Rally for Scouts Canada

by Capt T.R. Burke, 8Wing Ops

Saturday, March 27 saw more than 250 Scouts, leaders and their family members at the South side gym for this area's largest ever Kub Car rally for Scouts Canada.

The Kub Car's and Transports are hand-made wooden vehicles that are raced head to head in multiple heats until a winner is crowned.

Also appearing at the show for Scout support were the Legend and Bandero cars that will be fol-

lowing the CASCAR racing series this summer. Parkhurst Racing (drag racing in Shannonville) showed up with a tractor trailer full of vehicles for the Scouts to admire. In addition, pictured at right are some of the Scouts with Wally the Mascot around Capt Tim Burke's Canadian Modified.

Tim races out of Brighton Speedway Park and is proud to extend a welcome to all military members on May 22, which is Military Night at the track, where all personnel with valid military

ID will be given free admission to the races for that evening.

Here follows a list of all the winners from Saturdays 1st Annual Algonquinte Kub-Kar and 18-Wheeler Grand Prix:

--Best Looking Kub-Kar: Nic Durish, 1st Stirling.

--Best Looking Truck (Three way tie): Josh Young, 1st Airforce Trenton; Matt Clare, 2nd Sidney; Kevin Wood, 1st Warkworth.

--Most Unique Design Kub-Kar: Amanda Jones, 1st



Trenton;

--Most Unique Design Truck: Kevin Wood, 1st Warkworth.

--Heat One Kub-Kar Race: 1st. Ryan Row, 1st Trenton; 2nd. John Boyd, 2nd Trenton; 3rd. James Adye, 18th Belleville.

--Heat Two Kub-Kar Race: 1st. Danny Markwick, 1st Warkworth; 2nd. Troy Thompson, 1st Bancroft; 3rd. Brandon Zurasky, 1st Warkworth.

--Grand Champion Kub-Kar Race: 1st. Danny Markwick, 1st Warkworth; 2nd. Troy Thompson,

1st Bancroft; 3rd. James Adye, 18th Belleville.

--Grand Champion 18-Wheeler Race (Scouts): 1st. Katlyn Wynn, 1st Brighton; 2nd. Paul Marlin, 2nd Sidney; 3rd. Corey DeMille, 1st Airforce Trenton.

--Leaders Race Kub-Kar: Chris MacArthur, 18th Belleville;

--Leaders Race 18-Wheeler: Mark Adams, 1st Wooler.

--Most Sportsmanlike Cubs: 18th Belleville Cub Pack.

--Most Sportsmanlike Scouts: 1st Brighton Scout Troop.



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SUN	MON	TUE	WED	THU	FRI	SAT
				1 MTGIT PIZZA 17:30	2 Sandwich Bar 11:30-13:15	3
4	5	6 OFFICER'S LADIES CLUB	7	8 MTGIT MAGGIES FISH & CHIPS 17:30	9 GOOD FRIDAY MESS CLOSED	10 ★
11 EASTER MONDAY MESS CLOSED	12 	13	14	15 MTGIT GOLDEN CHICKEN 17:30	16 Sandwich Bar 11:30-13:15	17 ★
18 	19	20	21	22 MTGIT SUBS 17:30	23 Sandwich Bar 11:30-13:15	24
27	28 TGIT BBQ Steak 1700 hrs - 1800 hrs	29 MTGIT CHINESE FOOD 17:30	30 Sandwich Bar 11:30-13:15	★		



# APRIL 2004

## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



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# Yukon could be coming home, continued from Page 1



“He said to me ‘congratulations, I was just talking to the government officials today and they have agreed to donate the aircraft to the muse-

um for free’. It was marvelous news. We had prevented the aircraft from going to an aluminum smelting company and had secured

the aircraft so that now we could do something about it,” said Colton.

“It reminded me, though, of the story of when you walk into a store as a father or mother and the goldfish are free. I dare you to come out of the store with a free goldfish and not have spent any money. We are faced with the same problem. We have found an aircraft with historical importance to Canada, it is 3,000 miles away, and it is in a non-flyable status.”

Arrangements have been made for a rescue team--led by Assistant Chief of the Air Staff, Major General Richard Bastien--to fly down to Ecuador in May to investigate costs associated with transporting the aircraft home to Canada.

Colton is estimating the journey could take up to two months and close to \$750,000 if the plane returns by sea and railway. Colton is also looking into the possibility of bringing the Yukon back, sections at

a time, via other aircraft.

Fundraising efforts are already underway to help offset the costs associated with this lat-

est acquisition. For donation information, log onto [www.rcafmuseum.on.ca](http://www.rcafmuseum.on.ca) or call (613) 965-2140, or (613)965-2208.

**THE CONTACT WILL BE CLOSED FOR GOOD FRIDAY AND EASTER MONDAY .**

## Contact

**THE AD DEADLINE WILL BE TUESDAY NOON OR MONDAY BY 4 P.M. FOR COLOUR. EDITORIAL SUBMISSIONS MUST BE IN BY MONDAY NOON.**

## HOT COFFEE AND WARM THOUGHTS



Once again, our local Tim Horton's has answered the call to participate in an annual good deed. Tim Horton's (by the bridge) has donated coffee, tea, cups and lids to a care package that is enroute to our soldiers at OP Apollo. Cpl Aucoin and Cpl Labrecque have gathered donations from their co-workers of Building 151 (a component of ATESS). These donations were then combined with those of Tim Horton's and sent to the maintenance desk of the Hercules Squadron now serving in OP Apollo. This annual event allows our friends to enjoy a good cup of coffee and hopefully trigger warm thoughts of home. On behalf of Building 151 and all of ATESS, have a safe tour and an enjoyable Easter.

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## Search & Rescue UPDATE



424 Squadron's Search and Rescue personnel had a rare quiet week, and had no call-outs.

Missions for 2004: 24 Missions for Mar.: 7 Persons rescued: 2

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

### The Contact Staff

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**Editor:** Andrea LeBlanc  
**Asst. Editor:** Laurie McVicar  
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**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

### Letters to the Editor:

Internet: [LEBLANC.AL@forces.gc.ca](mailto:LEBLANC.AL@forces.gc.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

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



### A Military Community Newspaper



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



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## LETTER

I would like to respond to a letter from Tara that appeared in "Confessions from the Gym" on 12 March 2004.

I was particularly offended by the tone of the letter. In particular, I disagree with the statement that you are doing a disservice to your readers. Today we live in a society that is lethargic, plagued by television and video games. Obesity has become the new tobacco. It is no longer a question of vanity and shape--people are dying from inactivity.

Many people recognize the need to become more active, but, for one reason or another, fail to take that first step. Some are intimidated by being a newcomer in the gym, perhaps a little out of shape and even worried about what may be said to them. Laurie, your series of articles have gone a long way toward letting these people know that fitness is for everyone, that people have set-backs and days when they are not at their best. The key is to soldier on! The last thing that is needed is someone propagating the myth that someone is going to criticize them and make them feel out of place. That isn't true.

I train regularly, often several times a day. I also compete in several different activities over the course of the year. I also recognize that the hardest part of any program is to walk out the door and start! You provide that encouragement.

I think you are providing an excellent service for your readers. Not only do you encourage people to start a program, but you publicize the fact that we have a top quality facility at 8 Wing, staffed by excellent fitness instructors. Keep it up.

*Murray Black*  
**ATESS**

## Canadiana Crossword

### Ontario Shakers

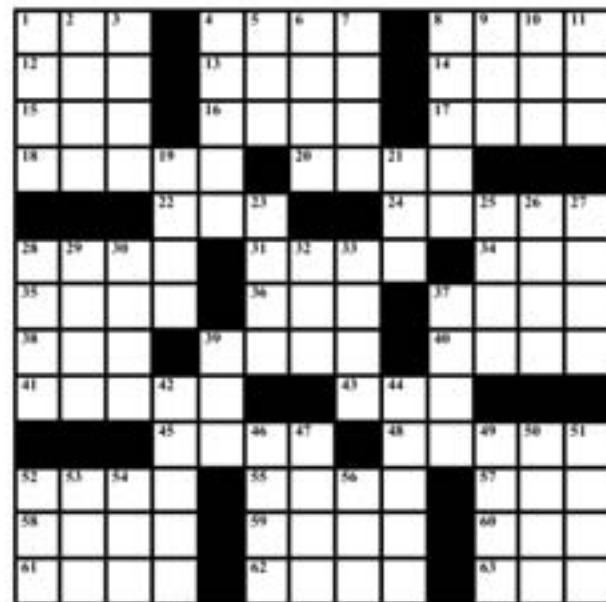
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Media mogul Thomson
- 4 Flunk
- 8 Male deer
- 12 \_\_\_ Dorval
- 13 Gem
- 14 Medicinal herb
- 15 Red, for one
- 16 Similar
- 17 Marsh plant
- 18 Ballerina Kane
- 20 Kids card game
- 22 Ring outcome, for short
- 24 Television guru Znaimer
- 28 Mexican moola
- 31 Convictions, slangily
- 34 Friend, in Francoeur
- 35 The terrible Tsar
- 36 Compass pt
- 37 Parched
- 38 Hockeyist Horton
- 39 Comedian Candy
- 40 Spouse
- 41 Excuse
- 43 Artist Thomson
- 45 Nursemaid
- 48 Hockey legend Orr
- 52 Clothes
- 55 Created
- 57 Rage
- 58 Leave out
- 59 Geologic periods
- 60 Landed
- 61 Appellation
- 62 Hawaiian goose
- 63 Garland

#### DOWN

- 1 Take a chance
- 2 Evergreen shrub
- 3 365 days
- 4 Industrialist Stronach



- 5 Sea bird
- 6 Shore bird
- 7 Cartoonist Johnston
- 8 Marx brother
- 9 Bar supply
- 10 Seafood
- 11 Communications giant Rogers
- 19 Old school
- 21 Mornings, for short
- 23 Cookie
- 25 Mother of Isaac
- 26 Expel
- 27 Flank
- 28 Flatbread
- 29 Malignant
- 30 Lappish
- 32 Shade tree
- 33 Confined
- 37 Ordnance
- 39 Comedian Carrey
- 42 Tack together
- 44 Overweight
- 46 Yea verily
- 47 Large rabbit
- 49 Premier Davis
- 50 Cheese
- 51 Abominable one
- 52 Hockey maven Cherry
- 53 Actress Thurmond, for one
- 54 Faint
- 56 Actor Ackroyd

## This Week in Contact

1974 – A no notice base disaster exercise was held at Mountainview to test the CFB Trenton emergency response to an aircraft crash at night and during winter conditions. Response from Base Trenton put over a hundred personnel into the area within a half hour of the simulated crash report; to undertake casualty evacuation and clean up operations.

1984 – To commemorate the 60th anniversary of the Royal Canadian Air Force, CFB Trenton publishes a 72-page souvenir magazine describing the history of Trenton, the base, and the British Commonwealth Air Training Plan.

1994 – 8 Wing personnel have once again shown their generosity and support to the Canadian Cancer Society with their fantastic support of the annual daffodil sale. Total sales were a whopping \$6,375 selling 1278 bunches of daffodils.

8 Wing's squash team brought home a silver medal after competing in the Ontario Region Squash Championship held at the Royal Military College in Kingston. Also bringing home a silver medal was the 8 Wing Badminton team. They travelled to CFB Petawawa March 19-24 and lost the gold by a mere four points to CFB Kingston.

**Created by Lt J. H. MacDonald,**  
**Compiled by Kevin Leahy**

## Increased aircraft noise likely for Quinte area residents

Due to increased operational activity at 8 Wing / CFB Trenton in support of peace-keeping missions around the globe, local Quinte residents may be temporarily subject to increased aircraft noise during normally quiet hours for the next seven to 10 days.

"We are kindly asking for the patience and understanding of our fine neighbours here in the Quinte region, especially those who reside close to our airfield, during this extremely busy period for us," says Acting Wing Commander LCol Bill Lewis. "We are in the midst of supporting the Canadian Forces deployment of personnel, supplies and equipment on Operation HALO to Haiti and we expect the main

thrust of late night flying to subside within the next seven to 10 days."

In addition to support to Haiti, 8 Wing / CFB Trenton is providing ongoing support to missions in Bosnia, Afghanistan, Alert and the Middle East, as well as Search and Rescue support across Canada.

"We know the aircraft noise can be excessive - many of us here at 8 Wing live close by too - but we firmly believe it's a small price to pay for allowing us to support Canadian Forces people who are achieving great things abroad," adds LCol Lewis. "I'd like to thank our local neighbours for their understanding and support."




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Lishman is most famous for teaching migration routes to Canada Geese. His first film *C'mon Geese* received six international awards and documents his experimental flying with the geese. In 1995, Lishman assisted in the making of Columbia Pictures' hit film *Fly Away Home* based on the autobiographical adventures of "Father Goose".

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SUN MON TUE WED THU FRI SAT

				1	2	3
					TGIF 1700 hrs - Fish & Chips Sports - Euchre	
4	5	6	7	8	9	10
Daylight Savings				TGIT 1700 hrs - Lasagna Sports - Pool	Good Friday	
11	12	13	14	15	16	17
Show Tour Astra Lounge Doors Open 1830 hrs	Easter Monday				TGIF 1700 hrs - Wahoo Wings Sports - Euchre All Ranks Comedy Night	
18	19	20	21	22	23	24
					TGIF 1700 hrs - Donairs Sports - Pool	
25	26	27	28	29	30	
					TGIF 1700 hrs - Pizza Sports - Euchre	



# APRIL 2004



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# The age-old question: What is LOVE?

by Lori Weisflock  
B.S.W.  
Wing Social Worker

I am often asked by others.... what does it take to love well and be loved?

To love well I think you need a good teacher--whether it is a loving parent, friend, partner or past lover. Loving well involves risk. Risk to show your true self--the good and not so good. Respect, listening, honesty, giving and tenderness are the words that come to mind when I think of the word love.

There are many different aspects of love. PASSION is the feeling of being physically aroused and attracted to someone. It begins quickly and may strongly influence and bias your judgement.

INTIMACY is feeling close to and connected to someone, it makes you want to share and offer emotional support to each other.

And last, COMMITMENT is pledging yourself to another to strengthen your current

relationship. It's being there for the other person when things get tough.

Passion and intimacy without a commitment is romantic love. If there is no commitment, when the passion fades and intimacy wanes, the relationship may end.

INFATUATION, which is instant desire for someone, is more likely to occur with an acquaintance when one is insecure. Real love is likely to last through joy and heartache. Love is an action word in which the welfare of the other person is usually the goal.

If you find it difficult to open your heart to another completely, try it in little steps. Show compassion first and when you begin to make loving others a regular thing in your life, love might just show up unexpectedly. Another aspect or expression of love is that it is kind and patient.

How might you find real love or strengthen the love in your current relationships:



1. Make a list of what you love about the important people in your life and read it to relish what you have.
2. Make sure you do something special or say something nice to those you love everyday.
3. Take risks, be patient.
4. Love yourself first--believe you are loveable.
5. Never put a timeline on love.
6. Give more than you get.
7. Try to forgive others.
8. Remember love needs constant nurturing and attention.

For help with relationships contact the Wing Social Work Office at 3651.

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# An MSDS Primer--what you need to know for safety



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

Do you know where to find the Material Safety Data Sheet for each chemical you work with? The information contained on an MSDS, as this document is also known, can save your life.

The MSDS tells you the hazards associated with a chemical. It tells you how to protect yourself when you use the chemical. It also says what to do in an emergency involving a chemical used or stored in your work area.

Your company is required to keep an MSDS for every chemical it uses. These data sheets must be kept

where you can reach them when you need them. That means they aren't supposed to be locked in an office you can't get into on the night shift or on a computer CD you don't know how to use.

If you aren't sure how to find a Material Safety Data Sheet, ask your supervisor. In many workplaces these documents are kept in binders at a chemical safety information station.

Now that you have located the MSDS, you need to read and understand the information on it. The contents are organized something like this:

### Basic Identification and Use

This section gives you the essential product information. You'll find the manufacturer's name, address and emergency telephone number. Make sure the product name on the MSDS matches the

product name on the label of the chemical container you are using. To make sure you have the most recent information, you'll also want to check the date the MSDS was prepared. This section also will include other names for the chemical, because many substances are known by a variety of names.

### Hazardous Ingredients

This section tells you about the ingredients in the chemical substance that can be harmful to you, and recommended exposure limits.

### Physical and Chemical Characteristics

This section gets down to the specifics of how a substance acts and reacts. Appearance, odor, boiling point, vapor pressure, vapor density, melting point, evaporation rate and water solubility are listed.

### First Aid, Fire, Spills and Leaks

This is the section you want to find quickly in an emergency. Flashpoint, fire and explosion hazards, preventive measures and firefighting equipment are detailed.

### Reactivity

Some chemicals react violently to movement, water or other chemicals. This section will tell you if the chemical is unstable and under what conditions.

### Health Hazards

Here you will learn how a chemical can enter the body through

inhalation, ingestion, skin contact, skin absorption or eye contact.

Health effects will be listed as acute (immediate), or chronic (long-term). The substance will be identified as an irritant, sensitizer, carcinogen (cancer-causing) or reproductive hazard.

Symptoms of exposure will be included such as eye irritation, rashes and nausea.

### Precautions for Safe Handling and Use

The personal protective equipment (PPE) required will be indicated. So will the need for ventilation, certain safe work and hygienic practices, including the washing and disposal of work clothes.

Locate the MSDS for any chemical you use, and get to know the contents. Highlight important parts so you can find them quickly again.



## Pet Particulars

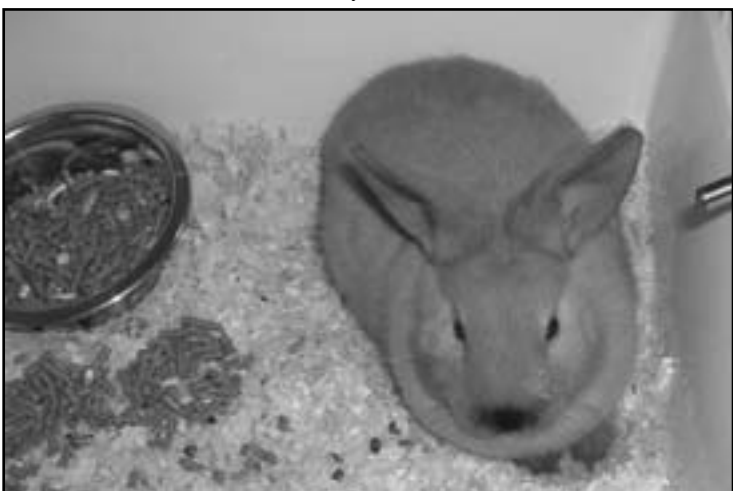
### Rabbits...Not JUST for Easter

Every year the Easter Bunny leaves chocolates and candies for the little girls and boys. Sometimes he leaves a furry relative as well, in hopes that the family will take good care of their new pet.

Rabbits live approximately 4-8 years depending on their breed. While they are fairly low maintenance pets, they still have needs and a permanent, lifetime home is just the beginning.

Rabbits should have spacious, suitable housing, proper food and interaction and attention from the humans they live with. If you have more than one rabbit they should be of the same sex or "fixed" to avoid unwanted litters. (Two wild rabbits--a male and a female--and their babies, can produce more than four million offspring in one year! REALLY.)

While rabbits have very strong back leg muscles, their bones are very fragile. Parents and children need to ensure they know how to properly handle a bunny to avoid painful injuries - a struggling bunny can break its own spine. Many rabbits can be trained to use a litter box but there is no way to tell which will learn this trick and which will not. Rabbit droppings accumulate very quickly and it is important to clean their cage regularly. Mom and Dad need to consider this before bringing Thumper home. If you are willing to put the effort in and can make a lifetime commitment, rabbits can be wonderful additions to the family.



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# Fitness, Sports & Recreation

## Stay safe when sea kayaking

(NC)-Sea kayaking is an increasingly popular sport with Canadians. Paddlers should be aware of the additional risks involved when on the ocean.

Larger boats may not see you. Keep on the look out and make yourself as visible as possible. Choose a highly visible colour for your kayak and

lifejacket - red, yellow, or orange. Use navigational lights in low-visibility conditions. Keep your signalling devices within hands reach and bring extra batteries.

Water conditions may become dangerous. Learn the local tide, current, wind, and weather conditions before you go. Bring safety equipment

and a VHF radio.

Kayak in groups of three and consider hiring a qualified guide. Plan your trip based on the least-qualified paddler's skill and fitness level. Make sure someone knows where you are going and when you expect to be back.

Make sure every trip is a return trip.

For more information, visit the Office of Boating Safety website at [www.boatingsafety.gc.ca](http://www.boatingsafety.gc.ca) or phone toll-free at 1-800-267-6687.

Having a lifejacket on board your boat won't necessarily save your life. Wearing it will.

For more information, visit the Office of Boating Safety website at [www.boatingsafety.gc.ca](http://www.boatingsafety.gc.ca) or phone toll-free at 1-800-267-6687.

## Happy trails to you...



Laurie McVicar

Tuesday, March 30

Hooray, Spring has sprung!

Like many of you, I traded in the workout machines for a walk/jog outside on Monday. It's amazing just how rejuvenating the outdoors is...it's a perfect remedy for those afternoon blahs.

Whether you're into walking or running, 8 Wing/CFB Trenton has an excellent fitness trail that is well groomed and easily accessible (not to mention handy). If you're looking to venture outside the gates, check out Belleville's waterfront

## Confessions from the Gym

trail. With the ice just beginning to melt off the Bay of Quinte, this trail provides a serene, picturesque view and has the added bonus of being paved.

If getting back to nature is more your thing, some of the best conservation parks in the area can be found near Trenton, including Quinte Conservation area, situated along Highway 2 going towards Belleville. For more information on what is available locally, log onto [www.quinte.on.ca/sites/recreation](http://www.quinte.on.ca/sites/recreation).

If you're anything like

me, the warmer weather is a blessed relief. Don't get me wrong I love the gym, but as Jen Lecuyer wrote in her article (on this page), sometimes it's nice to change up your routine or perhaps try something completely new.

I wouldn't dream of trying to jog on the treadmill - but on certain isolated, quiet strips of the fitness trail, I feel comfortable enough to throw caution to the wind and go all out. It's liberating, it's exhilarating...and there's no freakin' way I'm doing THAT in front of other people.

That being said, get out of your chair, get into your shoes, and hit some local trails this Spring. The birds are back, the sunshine has returned and the weather's crept back above zero. There's no excuse no to. Happy trails.



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## Move your exercise outside



Jen Lecuyer

by Jen Lecuyer  
F&S Instructor

With the warm weather approaching, why not take your exercise routine outside.

So many of us are stuck inside all day long,

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trapped behind a desk, staring at our computer screens, so why not break free from the florescent lights and get some vitamin D... a.k.a sunshine!

By simply taking your workouts outdoors you gain many added bene-

fits. For starters, it is a simple way to change up your program, break free from the same old routine, and check out some new scenery. In addition, by exercising outdoors many different elements come into play, and if your body is not use to this it will be forced to adapt, thus putting a new "stress" on your body.

Many times people reach plateaus, lack of improvement, due to the body adapting to a program and no longer being challenged, that's why it's important to change it up every once in a while. Simple things such as wind, sand, and hills can put that added resistance that you may be lacking and or looking for.... plus by taking it outdoors you'll get a well deserved breath of fresh air.




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# Canadian Forces personnel patrol streets of Port au Prince

by Capt Dave Devenney  
Task Force Public Affairs

supply support from members of the National Command Element.

Port au Prince, HAITI – Members from the Second Battalion, The Royal Canadian Regiment, patrol the streets of Port au Prince with air support from 430 Tactical Helicopter Squadron from Valcartier, Quebec and

Approximately 500 personnel are part of Operation Halo, Canada's contribution to the Multi-National Interim Force to bring peace and stability in Haiti for a follow-on UN force.

"There have been many improvements

since I was last here on tour," Sergeant Mark Delliveau, from Halifax, Nova Scotia. "Where there were piles of garbage there are now basket ball courts in front of the Royal Haitian Hotel. But there is no doubt a lot of work is still to be done."

The personnel with Task Force Haiti are spread across three

locations. Some 200 personnel are based at the International Airport as part of the National Support element while less than hundred are base at the National Command Elements Camp. Approximately 160 personnel with India Company are housed in the Royal Haitian Hotel in the west end of Port au Prince.

"We are making a difference," said Cpl Bill MacCleod Halifax Nova Scotia. "There are kids going to school and the commercial areas are once again busy."

The risks remain evident for all as the sound of gunfire can be heard throughout the sprawling city. With 2.1 million people crammed into a city the size of Kingston Ontario, the narrow streets and enclaves offer cover to those who wish to cause harm. Canadian patrols have already located four bodies.

Working in cooperation with the Haitian National Police, the Task Force has been able to bring some form of normalcy to the streets. With patrols continuing 24 hours a day, the Canadian presence is providing for a more stable and peaceful atmosphere.



Photo: Pte. Matthew McGregor, Formation Imaging Services Halifax  
A CH-146 Griffon Helicopter from 430 Tactical Helicopter Squadron from Val Cartier, Quebec arrives in Port au Prince, Haiti.




Photo: Pte. Matthew McGregor, Formation Imaging Services Halifax

The final four of six CH-146 Griffon Helicopters from 430 Tactical Helicopter Squadron, from Valcartier, Quebec arrive in Port au Prince, Haiti on Sunday March 28, 2004 to assist with Operation Halo.



Photo: Pte. Matthew McGregor, Formation Imaging Services Halifax

Corporal (Cpl) Adam Walsh from Burton, New Brunswick and Private (Pte) Dave Georgiev from Fonthill, Ontario, both with Two Royal Canadian Regiment (2RCR), fill and stack sand bags at India Company Camp.



## Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Branch 110 from the hour of:

**8:00am - 4pm**

**Tuesday April 6, 2004**

Anyone wishing information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage & get some valuable advice concerning your problems.

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We are adding more events all the time, so please keep checking [www.TheEmpireTheatre.com](http://www.TheEmpireTheatre.com) for updates!

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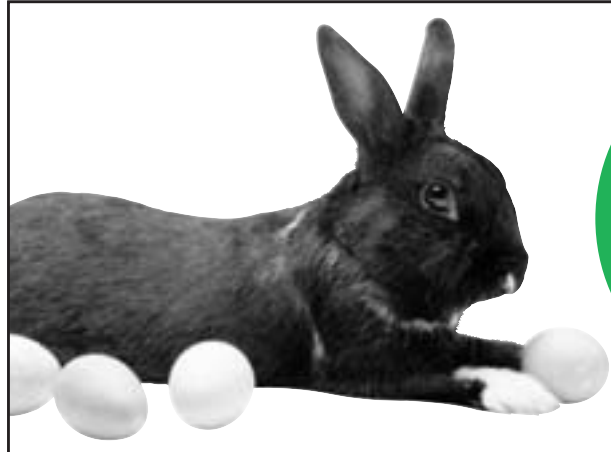
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# One on one interview with the Chief of the Air Staff

Lieutenant-General Ken Pennie, CAS, recently spoke with Air Force Editor Holly Bridges. Here are excerpts of that interview.

**HOLLY BRIDGES:** What are your first impressions of the organization now that you have visited most of the wings and deployed units?

CAS: Certainly I have seen the professionalism of our people out there and they're doing a tremendous job, but there's no doubt that we're fragile. Our financial situation has obviously put a lot of pressure on a lot of people and they're coping remarkably well. We have a good organization with a lot of excellent people committed to serving their country and committed to doing what they can with what they've got and that's one of the stories that needs to be reinforced. We're doing the best we can with what we

have.

**HB:** Is there anything that has surprised you?

CAS: The biggest thing I've probably noticed since coming back into the Air Force is the inability of the organization to have dealt with the consequences of the budget reductions in a more significant way. And that's something we're trying to resolve right now by following through on initiatives already in place, by establishing our doctrine, our vision, our future, where we're trying to go, what we're trying to be. We've put a lot of work into that transformation since I've been here.

**HB:** Yes, certainly we're in this period of tremendous change and transformation and you hear that almost on a daily basis at the headquarters level. When you get out to the wings, though, I think you would agree that the average member might not

describe the Air Force in a way that points to the future.

CAS: I understand the frustration that's out there. I go to wings and I see it, I hear it. But I think one has to look at the positive side. We have delivered. We've delivered Sea King dets, TAL dets, Op APOLLO, a whole list of things. Every capability the Air Force has, has been utilized somewhere in the world over the past few years. And we've done an excellent job. Notwithstanding all the pressures and how tough it is, we are delivering what the Government of Canada asks us to do. And we're not just doing it, we're doing it exceptionally well, perhaps too well, that's our biggest problem.

**HB:** I've heard you say that we're a victim of our own success.

CAS: Yes. We do things so well it's hard to explain, on the other hand, why we need so

many more resources. We know what we could do with more resources, we know how much easier it would be. In a larger context, when you cut an organization in half and double its operational tempo you have to anticipate some consequences. And we're now dealing with those consequences and doing what we can to aggressively try to fix them. And so now, and the CDS supports this, we are trying to aggressively address the quality of our operational life of our people and that's what Air Force transformation is all about. We are trying to find a way to address overall the quality of operational life of our people by making internal reallocations and that means making some tough choices. Nobody wants to have less of something, but we've only got a fixed budget. So as an Air Force we have to determine how we want to address that. Basically we have to deal with the Department, get the Department to accept or reject the list of what we come up with, and then go into the Defence Review. It's no easy challenge when you have to make significant adjustments that could potentially effect local communities. But I would say in a general sense we probably have more infrastructure than we need. This ultimately will involve some infrastructure cuts.

**HB:** Base closures, maybe?

CAS: The Defence Minister has said that no Canadian Forces bases will be closed. This is something that would require a government decision. But, we will look at anything that makes sense, anything that allows us to move to an operational posture where we can deliver similar capabilities albeit somewhat less, but to use the resources we have, to allocate so that we can achieve a better operational life. But it is more than just money. We are also looking at more efficient ways of doing things such as how we train. How many aircrafts do we need and what types? Where should they be based? How should they be equipped and manned? How do we deploy? Everything we do is being examined. The entire process we are going through is about redistribution of assets, not cuts. It's about reallocation, not curtailment.

**HB:** Does that point to the expe-



Chief of the Air Staff Lt General Kenneth Pennie and Chief of the Air Staff Chief Warrent Officer Daniel Gilbert shake hands with Cpl Harley Simpson 8 AMS ACS shop.

ditionary concept?

CAS: Yes, it's part of our concept, part of our vision. It's not actually delivering more than we've delivered. It means delivering what we're doing, but having a more systemic way of doing it. So any individual will know when they're in the window to deploy and when they're not in the window to deploy, so they'll know when to start their French language training, their professional development training and when they're going to be expected to deploy. The way I see organizing this is that people will spend a certain amount of time vulnerable to deploy if it's required and then will come off that posture and someone else will stand up. So we have a series of organized numbers of people who rotate through this deployability window in a systemic way so we're not doing it on an ad hoc way.

**HB:** What are your thoughts about strategic airlift? Can we, should we be the kind of Air Force down the road that can deploy if we're still only using the Hercules?

CAS: We can deploy effectively now using our Airbus and our Hercules and contracted aircraft. I think strategic airlift in Canada is something that needs to be better understood. I can't think of anywhere else in the world that is harder to support an operation in than Afghanistan and we're doing it all by air—Airbus and Hercules—and we're doing it effectively. The first step toward moving forward is to replace those Hercules that are doing fixed wing search and rescue. That will allow us to replace those aircraft with presumably a twin-engine aircraft that has similar capabilities. Then we could retire

the oldest of the Hercs and take some pressure off the fleet. The second part is to replace the rest of the Hercules. We're going to use the same office and we're going to manage the two projects simultaneously. Actually there are three with the strategic air-to-air-refueling for the Airbus which is already out of the block. In terms of the Hercs, we haven't even defined the requirement yet, once we do that departmentally, get that approved and once that's nailed down, we can go fill that requirement.

**HB:** Given the challenges you've mentioned, given the transformation that's coming, how do you hope or intend to position the Air Force here at home and internationally?

CAS: My emphasis is on quality. It always has been. Our comparative advantage has always been our quality and so one of our biggest concerns is maintaining our quality. We are spending too much of our energy running the Air Force day to day and not enough focusing on the kind of Air Force we want to be. We're fixing that.

**HB:** In the meantime, what message would you like to pass along to members on where we are now and where we are going?

CAS: Stay the course. When I go out to any part of our operation and any time our senior leaders go out and visit our deployed operations and come back to Canada they are impressed with what we do. I think we're very highly respected. It's recognized we have some significant challenges to deal with and I think it's our job to work through those challenges to make the Air Force a better place.

## WO & SGT'S MESS

SUN MON TUE WED THU FRI SAT

				TGIF 1 1200 hrs - Pizza RCAF Mess Dinner	TGIF 2 Hot Hamburger 1700 hrs	
Daylight Savings Sunday Mixed Darts 1300 hrs				TGIF 1700 hrs - Fish & Chips	Good Friday	
Happy Easter Show Tour Astra Lounge Doors Open 1830 hrs	Easter Monday				TGIF 16 1200 hrs - Chicken Fingers 1700 hrs - Lasagna	
Sunday Mixed Darts 1300 hrs				TGIF 23 1200 hrs - Lasagna 1700 hrs - Chicken Brochette		
Sunday Mixed Darts 1300 hrs				TGIF 30 1200 hrs - Donairs 1700 hrs - Shepherd's Pie		

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Matinees  
Saturday & Sunday

**MOVIES  
MOVIES  
MOVIES**

**MOVIE LINE-UP**

- The Passion of The Christ (18A)      1:00    7:00    9:20
- Scooby Doo 2 (PG)                      1:10    7:10    9:15
- Home on the Range (G)                1:05    7:05    9:05

Coming Soon: The Girl Next Door, Dawn Of The Dead

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Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

The Belleville Choral Society  
directed by Susan Richardson  
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Saturday, April 25 at 2:30 p.m.  
Bridge Street United Church,  
60 Bridge Street East, Belleville

**TICKETS \$10**, available at Quinte Arts  
Council, 36 Bridge Street East,  
Belleville, and at the door.

**Don't miss it!**

The Canadian Mental Health Association  
Hastings and Prince Edward Branch

CMHA is a non-profit agency that strives to enhance the mental wellness and quality of life of people in our diverse community. The agency is currently recruiting volunteers for the following:

- Warm Line Telephone Support Program
- Homelessness Initiative
- Assertive Telephone Outreach Program

If you have a strong interest in helping others and making a difference in your community, call Ann @ (613) 969-8874.  
CMHA is a United Way Agency

### Quinte West Lion's Easter Egg Hunt

Saturday, April 10th  
Batawa Ski Club  
8:00 a.m. Pancake breakfast  
10:00 a.m. - 1:00 p.m.

Free: Kids 12 & under

Fire  
Truck  
Demo &  
Sparky the  
Dog!



Lots of games,  
prizes &  
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Organized by the Quinte West Lions with the support of other Lions Clubs  
For more information call 392-7994

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April 11th  
7:30pm start time  
doors open at 6:30pm  
food donation for admission.

Jr. Ranks Astra lounge  
food donation for admission.





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**Wednesday Night Out! Everyone Welcome!**  
Coordinator, Eve Lawrence, 965-3595

Activities... Workshops every Wednesday night. Childcare is available--if your partner is deployed childcare is FREE. You need to call ahead to reserve your spot for both childcare and the workshop. We need to have some idea of the number of participants.

April 7 - Iridology - An analysis of the eye can reveal a wealth of information about the state of your health it is a whole body approach to better health learn more about this technique from Carolyn Thompson RN, CD.

April 14- Stress Reduction - This workshop will give you some very practical exercises and tools to enable you to reduce the stress in your life. Jean Dunnett.

**ATTENTION - ATTENTION!!!**

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Nous serons à l'école secondaire Marc-Garneau située au 30 avenue Fullerton, (accès via la rue Rivers Annex dans les PMQ) ce samedi et Dimanche 3 et 4 avril 2004 de 11 heures à 15 heures (francophones et francophiles sont les bienvenues).

Pour plus d'informations, veuillez communiquer avec Jacques Dufort au 392-1747.

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# Are you, like me, a Real Estate junkie? No wonder

## it's your Money



Garth Turner

The prime rate, now at 4 per cent, will be 3.5 per cent within a few months. Variable rate, below-prime mortgages will be available for just a little over 2 per cent by mid-summer. It will be that moment in Canadian history when the cost of money will be the lowest ever.

Unbelievably, unexpectedly and historically cheap money will keep the real estate market in high gear for the rest of 2004, leading to even higher prices, bidding wars in demand neighbourhoods, record amounts of mortgage debt and an almost panicked attempt by many people to borrow sums that a decade ago would have terrified them. The times will be anything but normal.

This is part of the longer-term legacy of Nine Eleven, and also the spinoff of a war now raging between inflation and deflation. My money's on the latter.

That's one reason for my views on the Greater Fool theory of real estate articulated here last week - namely, these days will not last. Some people

construed my comments as being negative on real estate in general, and a warning in specific not to be a buyer right now. No way.

In fact, I am a real estate junkie and have been such most of my life. I own my home, of course, along with a few commercial properties,

*So long as there are inflationary pressures, so long as the economy is growing, jobs are being created and immigrants attracted, then real estate prices can be expected to rise. Over the decades, houses have performed admirably as investment assets - a pattern that seems destined to continue.*

and I am actively on the hunt for more. Real estate forms an important part of my own net worth and represents a significant chunk of my financial plan. I love the fact money is so cheap, and I have made my banker a happy person.

There are major reasons to be a real estate investor. When it comes to your principal resi-

dence, of course, you can keep all of the capital gains generated when you sell, and pay not a cent in tax. This is the most significant tax break that most Canadians will ever receive.

And real estate is great because, unlike with stocks, bonds or mutual funds, you can leverage the heck out of it. All financial institutions will lend you gobs of money to buy properties with an absolute minimum of fuss. In fact, these days you can buy a house with 100 per cent financing, and even a cottage with 90 per cent

financing. You can also borrow against your home with as much ease as going to the nearest ATM, since all the banks love to make home equity loans.

And intense competition among the big mortgage lenders means borrowers have never been presented with such choice, flexibility, cooperation or insanely good

deals as today. If you can still breathe, you can get a mortgage. The smart folks are staying with variable-rate mortgages which offer rock-bottom monthly payments, and the ability to lock in with just a phone call once rates start to rise.

Finally, what of real estate as an asset that will hold its value and reward those buying now? Well, long-term, there is no question that houses are worthy investments. And, yes, Canada is extremely cheap when compared to the rest of the world. A house in Toronto or even Vancouver, when set against its mate in Washington, Chicago or Miami is hugely affordable. When compared with similar digs in London or Paris, it's laughingly cheap. And lately we are not even keeping pace with property gains in place like southern New Zealand.

So long as there are inflationary pressures, so long as the economy is growing, jobs are being created and immigrants attracted, then real estate prices can be expected to rise. Over the decades, houses have performed admirably as investment assets - a pattern that seems destined to continue.

But that does not mean no danger exists for real estate purchasers. History is also strewn with the carcasses of investors who bought at the wrong time, for the wrong price and in the wrong place. I reflected on that in 1993 when I visited some apartments I owned and could not sell, since they cost more in taxes and monthly condo fees than they could command in rent. In that instance, even with no mortgage, I was in a negative cash flow situation.

So, just imagine if the market turns - if only for a few years - after mort-

gage rates inevitably rise and escalating prices have resulted in dwindling legions of buyers. All those who looked so clever taking on big mortgages at 3 per cent when houses are in demand could look like fools when mortgage payments double and real estate values head south.

If I'm wrong, house prices will go up forever and mortgages will stay at 2 per cent. And I'd love to be wrong. But just in case...

Garth Turner's Investment Television airs Sundays on the Global network.

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
April 4 - April 10

**ARIES** (March 21-April 19): Don't let someone limit your way of thinking on the 4th and 5th, especially if it has to do with your personal life and future. Rumors will surface if you aren't discreet. Don't let added responsibilities hold you back on the 6th and 7th. Use the experience you are getting to forge ahead. Take money matters into your own hands, invest in yourself and stick to your budget. Physical activities or competitive games will enable you to show everyone how incredibly in tune you are on the 8th, 9th and 10th. Love will be high on your list and easy for you to obtain.

**TAURUS** (April 20-May 20): Taking good care of yourself and getting the rest you need will contribute to doing a better job on the 4th and 5th. Organization will help you achieve your set goal. Make your to-do list and don't stop until it is finished. You may have to compromise on the 6th and 7th, but most of all you must stabilize your personal life. Put your differences aside and be sharing, caring and attentive. Do not overspend or take on too many responsibilities on the 8th, 9th and 10th. The goal is to eliminate stress, not add to it. Don't spend what you don't have.

**GEMINI** (May 21-June 20): Plan activities that will include friends or youngsters on the 4th and 5th and you will find your popularity escalating. A romantic encounter may be highlighted if you take part in an event that deals with intellectual or creative concerns. You may be feeling bored on the 6th and 7th, as if you are going nowhere fast. Put in a little extra effort and advancement can be yours. Don't let your emotions take over on the 8th, 9th and 10th. Consider if you may have been the one in the wrong and, if so, revisit your motives. Being tactful will be what counts in the situations you currently face.

**CANCER** (June 21-July 22): Catch up on household chores on the 4th and 5th. Don't put things off because you are feeling a little moody. Nagging someone else won't lead to a healthy relationship. Control your temper even if someone gets your dander up. The sky's the limit on the 6th and 7th if you follow your heart and your dreams. This isn't the time to let someone else stand in your way. Think about the big picture and go after what you want. Much can be completed if you work as a team player on the 8th, 9th and 10th. Sharing ideas and concepts will lead to a much faster outcome. Sudden changes can be expected.

**LEO** (July 23-Aug. 22): Your generosity will be appreciated. Sports activities or events will lead to a chance meeting with someone very special on the 4th and 5th. Travel should be considered and could lead to a social encounter that has the potential to become quite romantic. Not everyone will be as thrilled as you are about your plans on the 6th and 7th. It will take time and patience to come to a common denominator that will work for you as well as your loved ones. You will be charming and quick to respond to everyone around you on the 8th, 9th and 10th. Pay special attention to the one who has always stood by your side.

**VIRGO** (Aug. 23-Sept. 22): Don't take on a project that is likely to cost you money or burden you on the 4th and 5th. Rid yourself of the dead weight that you've been carting around. It's time to start anew. You can make headway on the 6th and 7th if you communicate with people in the know. Friends and relatives will have far more to offer than you give them credit for. You may be flustered on the 8th, 9th and 10th if you feel that you are overworked and other people are slacking. Don't make a scene — just do your job and refuse to let anyone upset you. As long as you keep everything in perspective, you should be fine.

**LIBRA** (Sept. 23-Oct. 22): If you want to make changes to your life on the 4th and 5th, do so. Everyone else is going to have to fit into your world for a change. It's time to follow your heart. If someone tries to put pressure on you, back away. Prepare to focus on hard work and high returns on the 6th and 7th. Step into the limelight if it will help you advance. You should be thinking about travel, having fun and interacting with friends on the 8th, 9th and 10th. Short jaunts to visit old stomping grounds will lead to some exciting encounters with your past. Mix business with pleasure and prosper.

**SCORPIO** (Oct. 23-Nov. 21): There is plenty going on behind closed doors on the 4th and 5th. Pick your friends and acquaintances carefully, and don't let your secrets out of the bag. It may be a little hard for you to control your emotions on the 6th and 7th, so be sure to engage in physical activity that will take your mind off your worries. Love should be on your mind. You may be confused about what you are doing and what you should be doing on the 8th, 9th and 10th. Don't give up something that doesn't satisfy you until you have a game plan. Put your creative hat on and you will come up with a moneymaking plan that is valid.

**SAGITTARIUS** (Nov. 22-Dec. 21): Get involved in something that you feel is a worthy cause on the 4th and 5th. Donate your time and your expertise but keep your money in a safe place. You are likely to meet someone who interests you personally. As long as you are concerning yourself with money and how to save it, not spend it, your will be successful on the 6th and 7th. Help seniors in your family or neighborhood. They will have some interesting thoughts that could lead to cash. It may be hard for you to face the facts on the 8th, 9th and 10th, but if something isn't working you either have to fix it or move on.

**CAPRICORN** (Dec. 22-Jan. 19): Don't leave any business responsibilities to someone else on the 4th and 5th. You have to cover your own back. Stick to the rules and you will remain ahead of the competition. Your contribution to something you believe in will lead to meeting some very influential people on the 6th and 7th. Volunteering your time and effort will benefit you in more ways than one. Don't worry about the things you can't change on the 8th, 9th and 10th. Focus on what you can do and what will make a difference to the people you are most concerned about.

**AQUARIUS** (Jan. 20-Feb. 18): Your inventive mind will grasp new concepts and take them to new levels on the 4th and 5th. Travel, knowledge and expanding your horizons should be your intent. A love relationship will develop if you let it. Don't let anyone push you around on the 6th and 7th, especially if it's someone you work with. Take care of your own responsibilities and take credit where credit is due. Not everything will be as it appears. The time to be secretive is now. Get involved in a good cause on the 8th, 9th and 10th and lend a helping hand to people who have lost their way. Your past experiences will be valuable.

**PISCES** (Feb. 19-March 20): Go over your personal papers on the 4th and 5th and do a little spring cleaning. Take care of any problems that an older relative may be experiencing. Money concerns may arise if you have allowed someone to take advantage of your generosity. You'll be drawn in an unusual direction that will lead to possibilities beyond your wildest dreams on the 6th and 7th. You will gravitate toward people who are intellectual, artsy and unique. You may feel threatened by someone who professes to know more than you on the 8th, 9th and 10th. Look at the big picture. Walk the walk and you'll make gains.

# Budget 2004 - Defence Highlights

Budget 2004 reflects the Government of Canada's commitment to National Defence and the Canadian Forces and ensures defence spending is aligned with the evolving priorities of Canadians.

The budget introduces plans to address the operational needs of the Canadian Forces, to modernize and acquire key capabilities and to enhance the quality of life of our members and their families. This includes:

--accelerating the

delivery of modern Fixed Wing Search and Rescue (SAR) to replace older Hercules aircraft and Canada's fleet of Buffalo aircraft by providing Defence new funds of \$300 million per year until this procurement is completed;

--\$300 million over the next two years to support CF operations;

--plans to move forward with the Joint Support Ship project;

--an income tax exemption for Canadian Forces personnel while serving on high-risk



international operational missions; and -- a d d i t i o n a l resources required to cover the incremental costs of any future out-of-country new deployments of Canada's military.

This new funding is critical because it will address the financial pressures associated with operations and

allow us to ensure funding is available for other priority areas in Defence and the Canadian Forces.

Although funds have been set aside, no final decision has been taken on CF's contribution to Afghanistan beyond August 2004.

In addition to these announcements, the Government has already made some investments in major capital acquisitions to refurbish the Canadian Forces including: 66 Mobile Gun Systems to replace the aging Leopard tank fleet; the Maritime Helicopter Project, which will deliver 28 maritime helicopters; and Unmanned Aerial Vehicles and Counter Bombardment Radars, already in use by Canadian troops in Afghanistan and 800 Mercedes G-Wagons, 60 of which will replace Iltis vehicles already in combat.

The Government is not standing still and is addressing the urgent needs of the Canadian Forces until the review of Canada's international and defence policies is complete. The ongoing defence review will identify Canada's defence priorities and the future capabilities of the Canadian Forces, and will provide a strategic plan to guide future funding decisions. Final decisions await the results of the International Policy Review.

Our goal is to deliver an affordable and sustainable defence program consistent with the Government's priorities while ensuring the Canadian Forces remain relevant to Canada's current and future defence and security obligations and objectives. Our efforts to effectively manage our resources will help us move towards operational sustainability in the short term and continue to move forward with the transformation of the Canadian Forces.

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**Sgt P. Legere**

received his CD1 & Southwest Asia Medal Op Apollo, presented by LCol K. Shaw, CO ATESS.



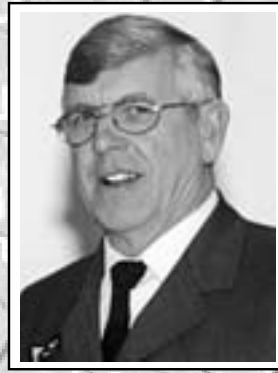
**MWO M. Pennell**

received the Queen's Golden Jubilee Medal, presented by LCol K. Shaw, CO ATESS



**Cpl D. Shears**

received the Queen's Jubilee Medal and his CD, presented by LCol K. Shaw, CO ATESS.



**CWOT T. Martin**

received the Queen's Golden Jubilee Medal, presented by LCol K. Shaw, CO ATESS



**WO M. Payne**

received her CD1, presented by LCol K. Shaw, CO ATESS.



**Sgt S. Gentes**

received his CD1, presented by LCol K. Shaw, CO ATESS.



**Capt C. Young**

received his CD1, presented by LCol K. Shaw, CO ATESS.



**Sgt J. Bezanger**

received his CD1, presented by LCol K. Shaw, CO ATESS.



**Capt W. Norquay**

received his CD1, presented by LCol K. Shaw, CO ATESS.



**Cpl B. Barfett**

received the Queen's Golden Jubilee Medal, presented by LCol K. Shaw, CO ATESS.



**WO W. Henderson**

received the Queen's Golden Jubilee Medal, presented by LCol K. Shaw, CO ATESS.



**Cpl J.A. Doane**

received the Queen's Golden Jubilee Medal, presented by LCol K. Shaw, CO ATESS.



**Pte S. Lamarche**

received the Commanding Officer's Achievement Award, presented by LCol K. Shaw, CO ATESS.



**Cpl D. Morin**

received the Queen's Golden Jubilee Medal, presented by LCol K. Shaw, CO ATESS.



**Cpl L. Nadeau**

received the Queen's Golden Jubilee Medal, presented by LCol K. Shaw, CO ATESS



**Cpl D. Bright**

received his CD, presented by LCol K. Shaw, CO ATESS.



**Sgt G. Lewis**

received his CD1, presented by LCol K. Shaw, CO ATESS.



**Mr. B. Kodatsky**

received his 15-Year Long Term Service Award, presented by LCol K. Shaw, CO ATESS.



**MCpl T. Sansom**

received his CD1, presented by LCol K. Shaw, CO ATESS.



**Sgt B. Peirson**

received his CD1, presented by LCol K. Shaw, CO ATESS.



**MCpl K. Roloson**

received his CD1, presented by LCol K. Shaw, CO ATESS.



**Cpl P. Lockhart**

received her CD1, presented by LCol K. Shaw, CO ATESS.

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	<b>\$129</b> BI-WEEKLY	<b>2002 FOCUS WAGON</b> Auto, 4 cyl., air, am/fm stereo, CD, power windows, power locks. 59,286 kms. Stk#420P		<b>\$149</b> BI-WEEKLY	<b>2001 DODGE CARAVAN</b> Auto, V/6, CD, pw, pdl, bucket seats, cruise, tilt, anti-theft, 86,500 kms. Stk#3490A
	<b>\$199</b> BI-WEEKLY	<b>2003 DODGE DAKOTA</b> Auto, V/6, extended cab, short bed, tonneau cover, bucket seats, pw, pdl, cruise, tilt, 7,971 kms. Stk#391P		<b>\$159</b> BI-WEEKLY	<b>2003 CHRYSLER PT CRUISER</b> Auto, 4 cyl., CD, pw, pdl, cruise, tilt, keyless entry, 19,161 kms. Stk#396P
	<b>\$159</b> BI-WEEKLY	<b>2003 CHRYSLER SEBRING LX</b> Auto, V/6, pw, pdl, CD, power seats, air conditioning, tilt, cruise, 17,284 kms. Stk#412PA		<b>\$149</b> BI-WEEKLY	<b>2000 DODGE CARAVAN</b> Auto, V/6, pw, pdl, tinted windows, bucket seats, air, cassette, cruise, tilt, 45,327 kms. Stk#3528A
	<b>\$159</b> BI-WEEKLY	<b>2001 TOYOTA CAMRY</b> Auto, 4 cylinder, air, am/fm/cd stereo, pw, pdl, cruise, tilt, keyless entry, 59,222 kms. Stk#4224A		<b>\$190</b> BI-WEEKLY	<b>1999 SEBRING CONVERTIBLE</b> Auto, V/6, pw, pdl, bucket seats, power seats, air, cassette, cruise, tilt, keyless entry, 95,233 kms. Stk#371PA
	<b>\$209</b> BI-WEEKLY	<b>2003 DODGE GRAND CARAVAN</b> Auto, V/6, tinted windows, 4th door, CD, pdl, pw, air, cruise, tilt, keyless entry, 10,704 kms. Stk#416P		<b>\$190</b> BI-WEEKLY	<b>2000 FORD WINDSTAR</b> Auto, V/6, CD, pw, pdl, air, cassette, cruise, tilt, keyless entry, 55,242 kms. Stk#4392A
	<b>\$149</b> BI-WEEKLY	<b>2001 DODGE CARAVAN</b> Auto, V/6, CD, pw, pdl, air, cruise, tilt, anti-theft, 52,972 kms. Stk#379P		<b>\$159</b> BI-WEEKLY	<b>2003 FORD RANGER</b> Auto, V/6, alloy wheels, tinted windows, CD, box litter, bucket seats, air, 37,212 kms. Stk#418P
	<b>\$139</b> BI-WEEKLY	<b>2003 DODGE SX 2.0 SPORT</b> Auto, 4 cyl., sunroof, spoiler, air conditioning, CD, power windows, pdl, cruise, tilt, 12,693 kms. Stk#407P		<b>\$149</b> BI-WEEKLY	<b>2003 FOCUS WAGON</b> Auto, 4 cyl., CD, fog lights, pw, pdl, tinted windows, bucket seats, air, keyless entry, 8,743 kms. Stk#419P
	<b>\$235</b> BI-WEEKLY	<b>2003 GMC SIERRA 4X4</b> Auto, V/8, long bed, tow package, bucket seats, air, CD, 13,000 kms. Stk#4341A		<b>\$224</b> BI-WEEKLY	<b>2000 CHEVROLET SILVERADO</b> Auto, V/8, short bed, tonneau cover, tow package, sliding window, pdl, air, cass., cruise, tilt, 38,000 kms. Stk#4022A
<p>Just in time for April Showers  <b>COMPLIMENTARY gas \$500.00</b> IN GAS!                  Valid Fri., Sat. &amp; Sun. April 2, 3 &amp; 4                  PURCHASE ANY ONE OF THESE FINE PRE-OWNED VEHICLES AND YOU GET</p>			<p>Limit 1 coupon per customer. No cash value. Not to be combined with any other offer.</p>		
			<p><b>2002 MAZDA PROTEGE</b>                  Auto, 4 cyl., bucket seats, CD, power locks, tilt, 57,612 kms. Stk#421P</p>		

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Cash or cheque to be paid at time of insertion.

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Sunday April 4th '04  
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8 Wing/CFB Trenton  
South Side Gym  
Admission \$2.00  
Children under 12 Free!  
\* Demonstrations  
\* Displays  
\* Professional Advice  
\* Great Door Prizes!  
Don't Miss out!

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Trenton  
**392-2111**

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**We certify appliances**  
For service call 962-4048  
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2003 Beetle GLS TDI Yellow, 5 spd., 6 CD changer, alloys, local trade & serviced. 49,000 kms. **\$19,995**

All prices + Admin., GST & PST & licensing

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local 3071

**Crossword Answers**

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

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**Contact**



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clean & quiet  
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# Easy and affordable home makeover

(NC)- For many Canadians, Spring is a popular time to begin thinking about starting weekend projects and giving the rooms in the house a fresh new look. The home décor team at Canadian Tire has put together some tips to help people create a whole new look easily and affordably.

• The first step is to determine the budget and start with the room that is most important to your family.

\* Doing something simple like changing or

adding framed art, mirrors, toss cushions or candleholders is a quick project that helps add personality to the room.

\* Applying a coat of paint can transform any room in the house. Don't forget that colour is sensitive to changing light so before making a final decision on the colour, rotate paint swatches around the room throughout the day.

• Whether it's the kitchen, bathroom, living room or bedroom, changing window coverings is



an inexpensive way to give the room a fresh look.

• With the trend

towards hardwood floors continuing, floor coverings and area rugs are a perfect way to add a touch of warmth and accent any room.

\* Lighting isn't just for reading anymore. Decorative table lamps, floor lamps and fixtures play an important role in creating ambience in a room. Select a style that complements the room. For example, if the furniture in your room is more contemporary, you may want to choose a lamp with a brushed nickel finish or for a more traditional look choose something with an antique brass or an aged iron finish.

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Tiffany Spearing at 967-2100.  
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E-Mail: rushtiffany@hotmail.com  
www.c21lanthorn.com



Open House  
Sun. April 4 1-3pm  
Hwy #2 to 422 Montrose Rd. N.



Lanthorn Real Estate Ltd.



**Joanne & Frank**  
Broker Sales Representative



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Realtor  
Trenton Town Centre  
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www3.sympatico.ca/home.search

## Open House Sun, April 4th 1-2:30pm



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Roar into 2004 with a \$750 rider support credit on parts and accessories with the purchase of a 2004 KX125, All- New KX250F, KX250, and KX500. Offer on now until April 30, 2004. Offer also available on selected 2004 models\*



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...with a**

**\$750**  
Rider Support Credit

**Kawasaki**  
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**2 YEAR WARRANTY PLUS...**

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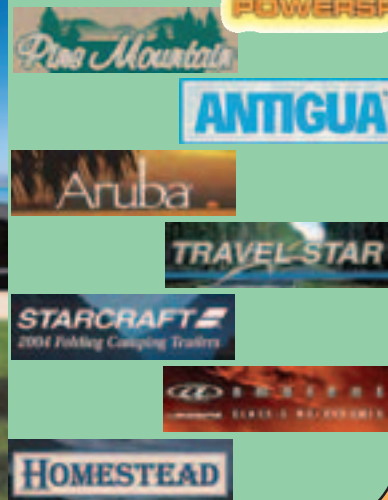
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