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• March 26, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 13 •

8AMS improves serviceability rates for Hercules aircraft

by Laurie McVicar
Assistant Editor

Much like their motto says, 8 Air Maintenance Squadron has proven that with "Combined Powers" great things can be achieved.

Despite a hectic operational tempo since Op Apollo began, Canada's largest Air Force squadron has managed to continually improve their first-line serviceability rate for Hercules aircraft since September

2003.

"The first-line serviceability rate over the past year has hovered between 50-60 per cent. The previous recent high over a month period was 68 per cent in May 02. Prior to OP APOLLO, 8 AMS saw short-term serviceability rates of around 70 per cent in Nov/Dec 01," said Major Andy Fitzgerald, AMO Flight Commander.

"From 11-29 Feb 2004, the serviceability rate was 75 per cent. On 18 Feb, it

was 100 per cent with eight of eight aircraft serviceable."

Maj Fitzgerald credited the improvements to dedicated technicians and good fortune.

"High aircraft serviceability is always a challenge, particularly in the winter months when lack of hangar space has a significant impact. We overcame that shortfall in February, however, we are not doing anything significantly different," he stated. "I would

attribute the improvement to the following, in order of importance: 1. Most importantly, continued focus and dedication to operations by 8 AMS technicians and supervisors. 2. We are beginning to see some returns on our investment in technician training. 3. Clearing the backlog of labour-intensive aircraft Special Inspections. and 4. An element of good luck with the aircraft behaving well."

According to Maj Fitzgerald, the number of first-line aircraft has varied significantly over the past year, from as low as 4-5 to as high as 10.

"The fluctuation is due to a backlog in second and third-line maintenance and varying aircraft requirements for OP ATHENA. Over the past several weeks, we've had 9-10 aircraft operating from 8 Wing. During steady-state operations, with OP ATHENA not deployed and a normal third-line program, 8 Wing should have up to 16 aircraft on the line," he said.

"Maintaining this rate is very important to ensure that our aircrew get the training and proficiency that they require to support national and international operations. It also improves our operational readiness to respond to short-notice operations, such as the recent OP PRINCIPAL in Haiti. Thanks to the high aircraft availability, 8 Wing



Photo: 8 Wing Imaging

was able to send four aircraft to Haiti on extremely short notice to fulfill Canada's interests."

"I would like to sincerely congratulate all the members of 8 AMS for their continued dedication and professionalism, especially during this period of unprecedented operational tempo," stated Lieutenant-Colonel Bill Lewis, Acting Commander of 8 Wing/CFB Trenton. "To achieve the increased availability and serviceability rates during this past month, culminating in a 100 per cent serviceability on Feb 18, is truly commendable. Through your efforts, the Wing has been able to meet the demands of OP ATHENA, OP PRINCIPAL/HALO, and the remaining training and operational demands. Congratulations to all the men and women of the

Squadron."

"I have witnessed first hand the dedication and professionalism of our aircraft technicians and managers. Though we face significant hardship at times, be it the lack of aircraft parts or a large influx of new personnel, we always rise to the challenge and produce excellent results. The numerous kudos received for Op Apollo, Op Athena and Op Halo clearly attest to this fact," stated Major Michel Pichette, Acting CO of 8AMS.

8AMS manages and maintains all Hercules aircraft flown by 424, 426, 429, and 436 Squadrons. The squadron is also responsible for the completion of second-line maintenance for Greenwood's 413 Squadron and Winnipeg's 435 Squadron CC130 aircraft.

ALONG CAME A SPIDER

Photo: Laurie McVicar, Contact staff



Staff from Jungle Cat World paid a visit to the March Break Kidz Kamp last week, bringing along an array of visitors--including this tarantula. Kids also got to get up close and personal with an Arctic wolf, a lion cub and a bobcat, to name a few.

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Department of National Defence acquires new CF-18 simulators

CFB BAGOTVILLE, QUEBEC – A contract valued at up to \$200-million has been awarded to Bombardier Inc. for six CF-18 simulators and 10 part-task trainers that make up the Advanced Distributed Combat Training System (ADCTS) project.

“This project places Canada at the forefront of globally networked military simulation,” stated the Honourable David Pratt, Minister of National Defence, in an address to Canadian Forces personnel at CFB Bagotville. “Employing the world’s most advanced simulation technologies, ADCTS will enable

coalition training with our principal allies, enhance international cooperation and readiness, and realize tremendous long-term cost savings.”

“This initiative is a concrete demonstration of the Government’s commitment to CFB Bagotville and the local community,” said the Honourable André Harvey, Member of Parliament for Chicoutimi – Le Fjord. “The facility will create 50 construction jobs and 16 permanent positions right here in Saguenay.”

“The full mission training capability of the ADCTS simulators

will allow our pilots to accomplish CF-18 tasks that in the past were not possible outside of actual combat,” said General Ray Henault, Chief of the Defence Staff. “This system will pay great dividends in the safety and operational readiness of our CF-18 fleet.”

An evolution in training systems, ADCTS provides the training component for all updated aircraft and weapons systems, while reducing airframe-fatigue and overall operating costs. The ADCTS project is part of a larger effort to modernize and re-equip

Canada’s CF-18 fighters.

Networked simulators are a new technology that allow participants to interact with one another, shifting the objective from beating the computer to competing with, and reacting to, a real-life opponent. The six networked cockpits will be used to allow pilots to practice highly realistic combat flying, working together as a team in a simulated environment. The ultimate goal is to connect with allied networks to engage in coalition flying and combined operations simulations.

The 10 part-task trainers will

be used to engage in specific drills that do not require the full cockpit. These drills incorporate the use of advanced systems such as radar, infra-red target imaging systems, radios, navigation, and combat ID systems.

The contract includes the design and construction of state-of-the-art training facilities at CFB Bagotville, Quebec, and CFB Cold Lake, Alberta, as well as the provision of full instructional and support services for up to 15 years. Funding for this initiative was provided for in the existing fiscal framework.

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Search & Rescue UPDATE



424 Squadron had only one mission launched this past week. The Lab was called out to investigate a flare sighting in the vicinity of Clayton, U.S.A. The Lab flew 2.3 hours and, after an extensive search of the area, nothing was found. The Lab returned to base without further incident.

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

The CF Aeromed training program

by Sgt Dale Coulson
and Maj Carolyn Shaw

There have been some significant changes to the training aircrew receive with respect to the psychological, physiological and performance aspects of flight, at the changes have occurred at the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) in Winnipeg.

This past year, both the hypobaric (altitude) and hyperbaric (diving) facility received significant upgrades that included the reorganization and replacement of high-pressure gas lines and fittings, equipment upgrades, and new paint. The solid oxygen generators in the hypobaric chamber have been replaced by emergency passenger oxygen system hoods, which will enhance the students' ability to safely egress the chamber in the event of an emergency.

New altitude chamber profiles have been developed as well. Both the Type I (25,000 ft) and Type II (43,000 ft) hypoxia profiles have been replaced with a single profile. The new profile, simply termed the "hypoxia profile" exposes all aircrew to an altitude of 30,000 ft. This flight begins with a slow decompression to 30,000 ft, at which altitude a hypoxia demonstration takes place. A descent to 18,000 ft follows and a visual acuity demonstration is conducted. Students breathe ambient air for five minutes in a darkened environment and are instructed to view a colour chart for a few moments before reconnecting to 100 percent oxygen. This exercise emphasizes the marked visual acuity and colour impairment aircrew

could experience in low light conditions at a cabin altitude of 18,000 ft.

Students no longer practice breathing against positive pressure at altitudes above 30,000 ft. Positive pressure breathing training ensures students experience how it feels to breathe against positive pressure, not unlike what ejection seat aircrew would experience with loss of cabin pressure at high altitude. Instead, this training is provided by using a ground level positive pressure breathing training device that CFSSAT designed and built "in house". The use of this device negates the requirement for students to ascend to altitudes up to 43,000 ft to complete this training, reducing the risk of decompression sickness.

The slow decompression from 4,000 to 18,000 ft in less than 30 seconds has also been modified. Students will now experience a slow decompression from ground level to 12,000 ft in less than 30 seconds. The familiar rapid decompression from ground level to 10,000 ft in one to two seconds remains unchanged.

Aeromedical training terminology, which could be ambiguous and confusing to non-CFSSAT personnel, has been amended to better identify the various aircrew communities and their respective aeromedical training requirements.

CFSSAT staff continually promotes its role in supporting air operations and remain current with developments in many aviation-related fields. The latest developments to the CFAMTP are a testament to the commitment demonstrated by the aeromedical training community. Scientia ad Astra!

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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.

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- 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:

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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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A job very well done

Message from the Chief of the Air Staff

Now that Roto Zero personnel have completed their mission with overwhelming success, I take the opportunity to express my sincere appreciation and pride in their efforts. They have made a significant contribution to the peace and security of Afghanistan and her people.

Congratulations to the TUAV team, still in theatre; their professionalism and dedication also contributed to the success of this mission. Safe journey home.

All can be proud of their contribution to this extremely important mission. On behalf of all Canadians, and I am sure, the Afghan people, I thank all AF personnel for their hard work and personal sacrifice. Please pass on my comments to all personnel involved. Bravo Zulu.

LGen K.R. Pennie



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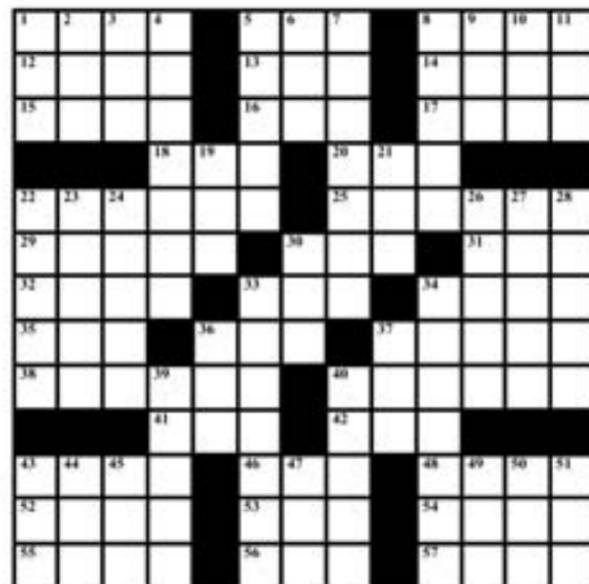
By Bernice Rosella and James Kilmer

ACROSS

- 1 Exploit
- 5 Recede
- 8 New _____, Nova Scotia
- 12 Ancient Irish tongue
- 13 Sea, in St Pierre
- 14 Biblical to
- 15 Legume
- 16 Smallest Prov.
- 17 Goulash
- 18 Bon _____
- 20 Mafioso's machine gun
- 22 New _____, Nova Scotia
- 25 New _____, Alberta
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- 30 MPH word
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- 32 Zwieback
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- 34 Trot or canter, for example
- 35 Prefix denoting equal
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- 37 Story, long ago
- 38 New _____, British Columbia
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- 43 Cheese
- 46 Edible wood sorrel
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- 54 Promise to pay
- 55 Boost
- 56 Canadian Whiskey
- 57 Himalayan hulk

DOWN

- 1 Grey, to her pals
- 2 Poetic before
- 3 Hockeyist Tikkanen



- 4 New _____, New Brunswick
- 5 Exhaust
- 6 Neighbourly quilting
- 7 New _____, Alberta
- 8 Corroded
- 9 Neighbour of Minn.
- 10 RC honoree
- 11 Miss Piggy
- 19 Switch positions?
- 21 Swiss river
- 22 Pungent
- 23 Vermin
- 24 Buffalo bull
- 26 Flirt
- 27 Leaves out
- 28 Jottings
- 30 Pin
- 33 New _____, Newfoundland
- 34 New _____, Nova Scotia
- 36 Goop
- 37 Saddleback
- 39 Self-praise
- 40 Whooper?
- 43 Deli fave
- 44 Lion sign
- 45 _____ de Cologne
- 47 Weep
- 49 Misery
- 50 Baseball's Mel
- 51 Flowery greeting?



This Week in Contact

1974--The first Red Cross Blood Donor Clinic in several years will be held here under the wish of the Base Commander. The Clinic will operate from 0930 to 1600 hours, on the 26 of March. Males 17 and over will be eligible, but must pass these screening rules. No one with chronic illness or jaundice will be accepted, or those who have undergone major surgery in the last 6 months, anyone who was hospitalized and under a physicians care within the last 6 months, donated blood within the last 3 months, and aircrew personnel if scheduled to fly within 72 hours of donating.

1984--The NRC Space Vision System is a machine that is designed to work with the Space Shuttle and Canadarm (the remote system Canada contributed to the United States Space Shuttle Program). The NRC is made to give the shuttle orbiter sharper eyes, and is supposed to make it easier for astronauts to approach, capture, and then assemble other structures in outer space. An early prototype has been demonstrated to NASA, in ground simulations, with very successful results.

1994--Trenton Curling Club is to host the 9th annual Curl for Cancer Bonspiel. It is a fun day to promote the sport of curling and at the same time raise money for the Canadian Cancer Society. We hope that the Trenton, and Brighton curlers, sponsors, merchants, businesses, and organizations will once again all participate in this worthy event. There is a 32-team limit, which fills up quickly every year.

Created by Lt J. H. MacDonald
 (Compiled by Kevin Leahy)





Health and Lifestyle Survey to begin soon

by Najwa Asmar
Canadian Forces Medical Group - Public Affairs

The seventh edition of the Health and Lifestyle Information Survey will be launched on April 1, and will gather important information on health-related problems or concerns among CF members.

The Canadian Forces Health Services (CFHS) Force Health Protection Team, will mail a detailed questionnaire to 5,000 Regular Force and 4,200 Primary Reserve members. For those who would like to get a better idea of the questionnaire's content, a copy will be available on the CFHS site on March 17.

The survey is anonymous, confidential and optional. Members selected to participate will have 14 days to fill out and return the questionnaire. Members' input in the assessment of their physical and mental health will be used to help develop the best policies and programs for forces with high operational efficiency and superior quality of life.

The questionnaire

includes topics such as working conditions (particularly on deployments), lifestyle (eating habits, tobacco or alcohol consumption, etc.), stress, injuries and illnesses, and a personal assessment of member's personal state of health and of CF health services.

The 2004 survey is one in a series of similar surveys of CF members conducted since 1982. However, in 2000, several improvements were made to the process, particularly in terms of its scope and content. Reservists were included, and questions were added concerning the quality of health services and the effects of deployments and military duty on members' health.

CF members will be

informed of the 2004 survey results, in early January 2005. Meanwhile, the preliminary results of the 2000 and 2004 surveys will be used as a starting point for more thorough research for improving health promotion programs and implementing effective preventive measures against health risks associated with deployments.

Members are strongly encouraged to participate in the survey and to contribute to the implementation of policies and programs beneficial both for members and for operational readiness. Survey organizers are hoping for a 70 per cent participation rate, enabling them to obtain scientifically valid results.

For more information,

CF members can call the survey co-ordination office at (613) 945-6607 or send their questions by e-mail to the following address: +DCOS FHP Inquiries@ADM(HR-Mil)DGHS@Ottawa-Hull.

Members may also visit the Canadian Forces Medical Group Internet or intranet sites at : www.forces.gc.ca/health <http://hr.dwan.dnd.ca/health>.

Pour la version français, voir la page 12.

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MARCH 2004

Note: 2003 income tax filing extension

CF Personnel Newsletter / Bulletin du personnel des FC

Canada Customs and Revenue Agency (CCRA) and Revenu Québec (RQ) have approved a 2003 income tax filing extension for CF members and their spouses/partners where the member is serving on UN, NATO, DCDS or Coalition operations outside Canada.

The extended deadline for filing 2003 tax returns is left to the discretion of each taxation office. Members should file immediately upon returning to Canada. Quebec residents must file returns no later than October 31, 2004.

There is no extension for RRSP contributions. Consult CANFORGEN 032/04 at <http://vcds.dwan.dnd.ca/> (Intranet users only) for complete information.

Délai de présentation de la déclaration

CF Personnel Newsletter / Bulletin du personnel des FC

L'Agence des douanes et du revenu du Canada (ADRC) et Revenu Québec (RQ) ont approuvé une prorogation de délai pour les déclarations de revenu 2003 pour les militaires au service des opérations des Nations Unies (ONU), de l'OTAN, du SCEMD ou de Coalition à l'extérieur du Canada, ainsi que pour leurs conjoints.

La date limite pour la soumission d'une déclaration de revenu (rapport

d'impôt) pour l'année 2003 est laissée à la discrétion de chaque bureau d'impôt. Chaque membre des FC doit compléter sa déclaration de revenu le plutôt possible après son retour au Canada. Pour les résidents du Québec les déclarations de revenu doivent être soumises à RQ au plus tard le 31 octobre 2004.

Il n'y a aucune prorogation de délai pour une contribution à un REER.

Consultez CANFORGEN 032/04 à <http://vcds.dwan.dnd.ca/> (réservé aux utilisateurs de l'Intranet) pour plus de renseignements.

A theory you might want to remember

it's your Money



Garth Turner

It's called the Greater Fool theory, and it's definitely time we dusted this one off. It works like this: You buy something at a high price; but paying too much is okay because you figure you can find a fool greater than you to buy it later.

So, it was okay to buy a share of Nortel at \$100 five years ago, even though it had exploded higher in a wave of speculative frenzy, because there was a line-up of people wanting to buy the stock. The one who really gets whopped in this process is, of course, the last guy in - the Greater Fool, the one who bought Nortel at \$120, only to sell it in disgust at \$10.

Lots of assets have attracted fools, including gold, stocks and houses. But of these, the most dangerous could well be real estate, since it is also the easiest to finance, leaving the greatest amount of debt in its wake. The last asset bubble in the housing market erupted in the late 1980s, leading to a wrenching loss of wealth in the early 1990s, as thousands of Greater Fools regretted having bought at the very tippy-top of a cycle. I remember visiting

out in the mud and dark of a Mississauga construction site, waiting to buy houses as the site foreman posted new, higher prices on the side of the sales trailer.

Flash forward to March, 2004. In a grotty 19th Century Toronto factory about to be converted into brick-and-beam lofts, a line of potential buyers snakes into the cramped sales office. Every few minutes a bell rings out, and everyone trapped in the line--hastily filling out offers to purchase--knows what it means. Prices have just gone up another \$5,000. Ding, ding, ding. By the end of the day, condos yet to be built had risen in price by \$20,000.

Meanwhile, across the Potomac River from Washington, in the upscale neighbourhood of Alexandria, Virginia, a group of upwardly-mobile people camped out for a week beside a construction pit--anxious not to be shut out of the opportunity of buying a new townhouse for \$1.4 million.

In central-north Toronto, in a 1930s subdivision of brick houses on 30-foot lots, a two-storey fixer-upper came onto the market for more than \$600,000, and was sold in a few

hours for \$100,000 more than the asking price after a brief, but intense, bidding war. The top price ever paid for a house in this neighbourhood in 1995 was \$500,000. Today that house can easily fetch \$1 million.

This is called an asset bubble--when the price of a commodity is propelled higher by surging demand that overwhelms supply. Today that demand is being fuelled by two things:

First, the cheapest money in an entire generation. Today the prime rate is just 4 per cent; five-year mortgage money is available in the 5 per cent range; and below-prime variable rate loans are debuting as cheap as 2.99 per cent at one major bank. Making the issue even more extreme is the fact folks can buy a home today with no money down. Not only have several of the big banks brought in no-money mortgages, but the government's own Canada Mortgage and Housing Corporation is endorsing home buys by people with no savings.

The second accelerant here is a firm belief by all the folks buying (and borrowing record amounts), that prices will continue to rise. Ever since the life-altering events of Nine Eleven, real estate has been the asset of choice, since for most people it represents a traditional storehouse of wealth. Besides, the last housing meltdown was almost 15

years ago now, and memories have faded along with mortgage rates.

As a result, mortgage debt has exploded right along with house prices. Canadians have never owed as much as they do today, while mortgage debt in the United States has increased 40 per cent in just two years. I now know lots of people who have mortgages of \$750,000 or more, and who think nothing of them--when payments are affordable. Resale home prices in Canada jumped 10.5 per cent last year, when inflation was less than 2 per cent, while American homes prices surged 15 per cent. So far, there is no shortage of Greater Fools.

However, history is neglected at peril. The cost of money will rise--albeit rather slowly over the next year or so--since it is abnormally low now. You can count on that. You should also prepare for it. And as rates rise, demand will inevitably fall as fewer buyers qualify for financing houses which are the most costly in history. Finally, when the average house can no longer be bought and carried by the average family, then the last fool will have bought in.

After the last housing bubble, that guy had to wait 13 years to get his money back--until his Greater Fool came along.

Garth Turner's Investment Television airs nationally on Global, Sundays.

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Suffocation - a swift and deadly enemy to children



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

Suffocation is a common cause of death among infants, toddlers, and young children. It can happen very easily and it can occur in a wide variety of situations.

Deaths have resulted when children put plastic bags over their head or when they have become tangled up in dry-cleaning bags. Children have suffocated when they were placed in waterbeds, and everything from toy boxes to snow tunnels are potential suffocation hazards.

In a controlled test situation a six-week old child was placed on a water bed and video taped. The tape showed the infant falling asleep face down. Her face, including the nose and mouth, remained trapped relatively immobile in the depression. (Hazards of Mattresses, Beds and Bedding Deaths of Infants. The American Journal of Forensic Medicine and Pathology 12(1):27-32, 1991)

Keep in mind the following tips to help prevent suffocation:

Keep any type of

plastic, nylon, or cloth bags away from children. Deaths have resulted when children have pulled dry-cleaning bags from hanging clothes stored in closets. Children have suffocated when they put the bags over their head and could not remove them. This kind of situation can happen surprisingly fast. There are warnings on the bags about suffocation; They are there for a reason.

Keep plastic garbage bags out of the reach of children. Remember to safely store the bags that you keep in the garage for yard work.

If you live in an area

that gets snow, and if you have a steep roof, do not let your children play underneath the eaves. Snow may slide off the roof and bury a child. If you need to shovel snow off your roof, keep the children indoors and out of the way. When the shoveled snow hits the ground, it lands with a surprising amount of force, enough to break a child's neck.

If you children are making snow tunnels, make sure the tunnels are sound and cannot collapse on them. If there is any doubt, don't let the children play in them or destroy them.

There have been

many suffocation deaths involving waterbeds. In most instances the child was lying face down. Infants should sleep on a hard, flat surface.

The head of an infant can be buried in the deep folds of fluffy bed clothes or rugs. The bedding covers a child's mouth and nose. Children may even die from suffocation in this manner.

Bean-filled cushions, especially those that resemble a large bean bag, present a real danger to infants. A suffocation arises when an infant is face down on these cushions. The weight of an infant's head causes an indentation in the cushion's surface and the child may not be able to lift her head high enough to breathe freely.

"Overlying deaths" happen when an infant or child is pinned beneath another person and suffocation results. In some cases, an unconscious or sleeping parent, or a sibling caused the situation. Careless alcohol consumption and/or the use of other drugs while caring for a child can increase the chance of this happening.

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Pet Particulars Meet Cindy-Lou

Cindy-Lou is about 11 years old (the previous owners couldn't remember exactly), and is a beagle/hound cross and weighs about 45 pounds. She has lived outside tied to a barn for several years and was surrendered to an agent by the owners because they refused to do something to better her poor housing conditions. She is now in foster care living with another dog and a cat, and she has adapted quickly to daily routines (she takes over the couch). She walks well on leash, comes when she's called, and has had great success with her house-training. She is super affectionate and knows basic commands well. Great with kids and babies and other dogs once she feels comfortable around them. She loves car rides. She's not spayed yet, but has a sponsor lined up for this (it's Bill, the softy). The foster parents are ok with their email being given out to interested people who want to come to see Cindy-Lou, after they've been approved by the shelter staff as a potential adopter. The foster parents are: Ivy and Pat Hayes, at www.ivy.hayes@sympatico.ca.



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A wild time offered at the March Break Kidz Kamp



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact

Things were on the wild side last Thursday at the RecPlex when staff and animals from Jungle Cat World paid a visit to the March Break Kidz Kamp. Among the animals on display were, clockwise from left: an arctic wolf, a bobcat and African millipedes.

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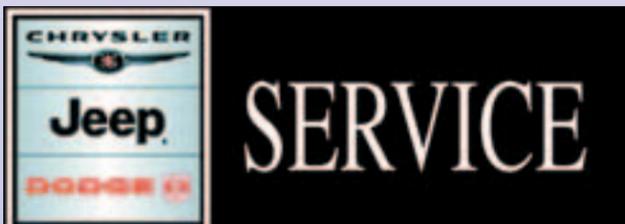
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Medicine and vitamins aren't candy

Parents and caregivers may be surprised to learn of a potential threat to young children, common in most homes.

"People often think of household cleaners when they think of poisonings in the home," said Joanne Mestre. She is a health promoter with the Health & Prince Edward Counties Health Unit, one member of the Early Years Injury Prevention Coalition. "It is important to keep those cleaning products out of the reach of young children. But medicines and vitamins cause the majority of poisonings."

Children age one to four years have the highest rate of unintentional poisonings of all groups. Poisonings in this age group result from children taking medication on their own, or from

parents mistakenly giving their child an incorrect dose. A common cause is acetaminophen (the active ingredient found in Tylenol) according to Health Canada. Other common sources of poisoning are cold medications, multi-vitamins with or without iron, iron supplements, acetylsalicylic acid (the active ingredient found in Aspirin), rubbing alcohol, nail polish remover, camphor, and essential oils.

"Never refer to medicine and vitamins as candy," recommends Mestre to parents, grandparents, and caregivers. "This gives young children the wrong impression - that it is safe for them to eat these things on their own. In fact, these things need to be taken very carefully

under adult supervision. Double-check the correct dosage as well. These products can make children seriously ill."

Try to not take medicines or vitamins in front of young children since they often like to mimic adult actions. Medicines and vitamins should be stored in high up locations and, if possible, in a locked cabinet. Discard out-of-date or unused medications safely through your pharmacy.

A Home Safety Checklist is available to help parents and caregivers reduce their risks in their homes. Those who take the Home Safety Challenge this month will be winners in more ways than one.

"Win a weekend escape for two to Ottawa or other great prizes

while helping to keep kids injury free!" said Mestre.

To enter the Home Safety Challenge, pick up a Home Safety Checklist. Use the checklist to inspect your home, then complete and submit the contest ballot. Checklists and ballot boxes can be found at participating Canadian Tire Stores in Belleville, Trenton and Picton. They are also available at any Ontario Early Years Centre or any local Health Unit office. You can also enter by visiting the What's New page on the Health Unit website at www.hpechu.on.ca

For more information on the Home Safety Challenge and Injury Prevention call the Baby-Tot Line at 966-5513, extension 223.

Take the test on April 1

(NC)-Diabetes is a challenging disease to manage and treat. Based on a patient's type of diabetes, one of the biggest obstacles the patient faces is knowing how often he/she should be testing and when. The knowledge obtained from a blood glucose monitor helps you to understand how well your food intake, activity level, and medication are working to keep your blood glucose levels in a healthy range. Research has proven that maintaining blood glucose levels at a healthy range reduces the chance of complications in patients with diabetes.

On April 1st, Diabetes Day at all Shoppers Drug Mart stores across the country, patients with diabetes will have the opportunity to visit their local pharmacy for a 30-minute personal consultation with their HEALTHWATCH® Pharmacist. They will be able to ask or address any concerns they may have regarding their diabetes management, and they will receive a blood glucose logbook, which they can use to document the results of their tests. They can then take their logbook to their doctor who can determine the best course of action for them.

Take advantage of this Day and visit a Shoppers Drug Mart store in your area to book an appointment. For a store location nearest you, just call 1-800-SHOPPERS or visit the web site at www.shoppersdrugmart.ca.

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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.

For Appointment Call:
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Confessions from the Gym

Wednesday, March 24

With warmer weather right around the corner, several local organizations are gearing up for annual fundraising events.

For those of you who love the thought of combining exercise and community service, the choices are limitless. For example, coming up at the end of this month is the Bowl for Kids' Sake. Not only do you get an opportunity to help out the Big Brothers/Big Sisters Association, but you get a great afternoon of bowling!

Coming up in June is the Cancer's Society's Relay for Life. After my involvement with this event last year, I can definitely vouch that this is a fantastic way to get your cardio and help out a worthwhile cause at the same time. Register on-line at www.cancer.ca.

NOON HOUR VOLLEYBALL



The Noon Hour Volleyball League, consisting of seven teams - WHQ, 426 Sqn, 8 AMS, WLEO, WTISS, PSP, CCC, draws to a close with the final game seeing 8 AMS playing the PSP team. The final game was fun seeing the 8 AMS team winning three straight games over PSP. A well done to the winning team comprising of, Cpl James McDonald, Cpl Matt Houtby, Cpl Val Smit, Pte Sterling Strong, Cpl Bruce Matthews, MCpl Howie Honka, Sgt Brad Shipley, Cpl Dan Heroux.

Get your kids active



the Fit Stop

With all the new technological advances over the past decade, our children have become increasingly sedentary.

Computer, internet, Play Station and Nintendo games have moved young children from the playing fields to the couch. Because of this, our society is presently witnessing an increasing number of obese children. Yes, some children may have certain disorders, which may affect their health and weight. However, it is the lack of physical activity that is predetermining these young children's future health and lifestyle. It has been found that children who participate in regular physical activity from an early age are more likely to develop and continue an active lifestyle throughout their teenage and adult years.

As parents, it is your responsibility to introduce physical activity to your children. How do I do this you may ask? Here's some suggestions:

- Start by taking the initiative and educate yourself and then your children about the importance of regular physical activity. You are a role model for your children. If your children see you exercise, they will be more inclined to do the same. If you are sitting on the couch, they are going to follow suit.

- Make exercise a family activity- go for family walks, play Frisbee, let them bike, skateboard or scooter.

- Organize fun activities- take the time to find out what type of activities your children enjoy and participate with them.

- Limit their time watching TV and playing computer games. Tell your children they can watch TV after they do some sort of physical activity first. Also, make a deal with them, they can watch TV or play Nintendo if they sit on an exercise ball instead of the couch.

- Get your children involved in organized activities. Consider enrolling your children in a club or exercise class such as swimming, dancing, basketball, volleyball, soccer or baseball- you never know, you could have a future Olympian in your family!

Participating in regular physical activity will pave the path for a healthy future for your children.

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Astra Lanes report

Ann Smith receives lifetime membership award from Astra Lanes. Last night Ann was recognized for her outstanding contributions to the Astra Five Pin Bowlers Association. Ann will be moving this year and will be missed by all.

Just a reminder that a Summer League will be starting on the 12th of May and it will run until the end of July. Now is the time to show your interest so contact Ernie at Astra Lanes (local 3305) and sign up now.

Monday Scratch League

Team Standings: Gee's Guys, 130; BSS, 125; The Bratz, 115; Dar's Dudes, 114; Head Pins, 103.5; Da Divas 85.
Men's High Average: Mike Stoddart, 265; Ernie Strocel, 226; Don Harvey, 213.

Women's: Donna Stoddart, 206.1; Cathy Stoddart, 205; Edie Rathbun, 205.

High Quad: Mike Stoddart, 1221; Ernie Strocel, 1112; Jim Edworthy, 1059.

Women's: Jennifer Foster, 985; Edie Rathbun, 960; Donna Stoddart, 944.

High Single: Jim Edworthy, 375; Mike Stoddart 360; Don Harvey, 330.

Women's: Donna Stoddart, 349; Lorraine Beckman, 320; Marilyn Ekman, 291.

Men's Points: Ernie Strocel, 27; Harold Stoddart, 25; Randy Klassen, 24.

Women's Points: Lorraine Beckman, 23; Pat Edworthy, 21.5; Ann Smith 21.5.

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U06: born - Jan. 1, 1998 to Dec. 31, 1999	Wednesdays	ESSA Park	5 vs 5
U08: born - Jan. 1, 1996 to Dec. 31, 1997	Tuesdays	ESSA Park	6 vs 6
U10: born - Jan. 1, 1994 to Dec. 31, 1995	Wednesdays	Bridge Street	7 vs 7
U12: born - Jan. 1, 1992 to Dec. 31, 1993	Thursdays	School Fields	9 vs 9

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It's time to update your SOR

CF Personnel Newsletter / Bulletin du personnel des FC

Every CF member must fill in a Statement of Ordinary Residence (SOR). Doing so allows you to decide in which electoral district your vote will be assigned, no matter where you are serving and no matter where you cast your ballot.

You may choose as your ordinary residence:

- the place of ordinary residence of your spouse, your common-law partner, one of your relatives or dependants, a relative of your spouse or common-law partner, or a person with whom you would be living if you weren't a CF member;
- the place where you are residing because you are a CF member; or
- your place of ordinary residence immediately before you became a CF member.

As a result of the 2001 census, an increase in the number of seats in the House of Commons increases federal electoral

districts from 301 to 308. Ontario gains three seats, and Alberta and British Columbia each gain two seats. According to Elections Canada, 87 per cent of the electoral boundaries across Canada have changed.

Visit www.elections.ca or telephone Elections Canada toll-free at 1-800-

463-6868 from Canada and the U.S. or 1-800-514-6868 from Mexico, or at (613) 993-2975 from anywhere in the world, for information about the new electoral districts.

You may change your SOR at any time simply by completing DND form 406 (EC 78000) in front of a commissioned officer, but

you should consider updating/ changing your SOR well in advance of an upcoming election. With the new electoral boundaries established, now is a good time.

Consult CANFOR-GEN 011/04 at <http://vcds.dwan.dnd.ca/> (Intranet users only) for complete information.

SEA CADETS HEAD TO B.C.

Photo: Laurie McVicar, Contact



Twenty-four members of #79 Royal Canadian Sea Cadet Corps departed 8 Wing/CFB Trenton on March 25 for a four-day visit to Campbell River, B.C. The cadets were selected for the excursion through a points system based on their attendance at parades, training and involvement in community activities. While in B.C. they will tour Victoria, go whale watching, see the capital building, and lodge overnight at CFB Esquimalt. The trip has been funded by the Department of National Defence and the Central Region Cadet Support Unit.

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Upcoming Events

The Bill Hilly Band	March 25 • Eclectic roots music.
Murray McLauchlan	March 26 • Canadian folk legend.
Jesse Cook	April 1 • Juno award winning flamenco guitarist
All You Need is Love	April 10 • Belleville's own, the Best of the Beatles.
Pavlo	April 15 • Internationally renowned Mediterranean guitarist.
Rita Chiarelli	April 23 • Scorching soulful blues
Jimmy Rankin & Shaye	May 6 • Celtic Folk Rock plus fast-rising pop trio.
Chubby Checker	May 7 • Let's do the twist.
Fred Eaglesmith	May 14 • Edgy roots based musician and story teller.
Natalie MacMaster	May 16 • World class, Canada's own, fiddler stepdancer.
Toronto Welsh Men's Choir	May 29 • An inspiring, moving and uplifting experience.
The Strawbs	July 1 • Classic British rock / folk reunion tour.
Mick Taylor	July 6 • Legendary Rolling Stones guitarist.
David Clayton Thomas and Blood, Sweat & Tears	July 21 • "Spinning Wheel," "And When I Die" and more!
Michael Burgess	Sept 17 • Star of Les Misérables and Man of La Mancha.

We are adding more events all the time, so please keep checking www.TheEmpireTheatre.com for updates!

Descriptions for all events can be found on our website.

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 Centre for the Performing Arts
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 Sidney Street



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
March 28 - April 3

ARIES (March 21-April 19): You may want to think twice before taking on an additional responsibility on the 28th, 29th and 30th. Problems with an older relative may end up being more work than you anticipate. Take time to go over your own obligations and financial situation. Set the record straight on the 31st and 1st. By not backing down, you will make some new friends who are as enthusiastic as you are. Socializing with energetic people will lead to a very progressive partnership. Consider what you can do on the 2nd and 3rd to make yourself look and feel better. Exercise and good nutrition will be a must.

TAURUS (April 20-May 20): Don't turn down an opportunity to get together with friends on the 28th, 29th and 30th. Your genuine interest in what everyone is up to will bring you added popularity. Follow your own path on the 31st and 1st. This is not the time to tell others how to do things. Changes at home may not be to your liking, but go along rather than start an argument. Prepare to have some fun on the 2nd and 3rd. Get out and socialize or go shopping with a close friend. You will find some extraordinary buys. Planning a social event will set the mood for the whole weekend.

GEMINI (May 21-June 20): Think about your goals and achievement on the 28th, 29th and 30th. Don't be afraid to make a bold move in a direction that interests you. You are the only one holding yourself back. Your resources are far greater than you realize. Plan an adventure on the 31st and 1st. Whether you travel a long or short distance, the end result will be positive. Romance can lead to some very interesting decisions. You will be inclined to take on too much on the 2nd and 3rd and to receive criticism for not completing it all. Don't let anyone hurt your feelings. You've made an honest attempt to do the best you can.

CANCER (June 21-July 22): You have to control your emotions on the 28th, 29th and 30th. Letting little things get to you won't solve any problems. Accommodate others, but don't let others take you for granted. Let bygones be bygones and move forward. An interesting connection to your past will surface on the 31st and 1st. Don't hold back if you have a suggestion. Love and romance can be yours on the 2nd and 3rd if you make the first move. It's up to you to make things happen, so stop thinking and start doing. Looking back will stimulate old ideas that you can recycle and use again.

LEO (July 23-Aug. 22): You can make some financial gains on the 28th, 29th and 30th if you are creative in handling your money. Not everything will be out in the open. Allow yourself a little leeway to change your mind. It will be difficult to control your emotional reaction toward others on the 31st and 1st. Reconsider your options and don't be afraid to make a move if it will help you stabilize your future. You will find yourself contemplating what you have actually accomplished and what you have not on the 2nd and 3rd. Don't be too hard on yourself — there is always time to do a little backtracking.

VIRGO (Aug. 23-Sept. 22): Dedicate your time and experience on the 28th, 29th and 30th to an organization that is bringing about reform. A partnership is apparent and should lead to an important life change. Take your work seriously on the 31st and 1st or someone will think that you aren't interested in pursuing advancement. Information you require in order to complete a job will probably be withheld. Don't be surprised if someone from your past pops back into your life on the 2nd and 3rd. A change regarding your feelings for someone is likely. Overindulgence will not solve any problems.

LIBRA (Sept. 23-Oct. 22): Don't fret over problems you can't change. Enjoy things that bring you pleasure rather than waste time trying to change the impossible on the 28th, 29th and 30th. Get creative with hobbies. Someone will strike a chord with you on the 31st and 1st and get your mind racing in a new direction, beneficial to you and to the group you are with. You'll grab someone's interest. Keep your thoughts to yourself on the 2nd and 3rd. If you must deal with an institution, do so with caution. A moneymaking idea should turn out better than you thought.

SCORPIO (Oct. 23-Nov. 21): You have everything going for you on the 28th, 29th and 30th, so don't put your life in anyone else's hands. You will inspire others to join your cause. Let your imagination take over. Control your emotions and refrain from showing any jealousy on the 31st and 1st. Maintain a state of calm and no one will ever guess that you are churning inside. Patience will pay off. You can make a difference to people who have not been able to fend for themselves on the 2nd and 3rd. Use your talents to skillfully get your ideas off the ground. You will leave a lasting impression.

SAGITTARIUS (Nov. 22-Dec. 21): Don't take chances on the 28th, 29th and 30th when it comes to health or finances. An older relative may need your assistance. Although your time will be stretched, it's important to do what you can. Get involved in community events on the 31st and 1st. A business trip will help you discover if a project you want to pursue is feasible. You are likely to discover a new approach that will help you advance. Stick to what you know on the 2nd and 3rd and don't exaggerate about what you can offer. The less said and the more done is what will be required. Don't get involved in an argument.

CAPRICORN (Dec. 22-Jan. 19): Your emotions are likely to be close to the surface on the 28th, 29th and 30th, making it difficult for you to hold back the way you feel. If you are communicative, you can clear up any misunderstanding. You can sign contracts, take care of legal matters, invest or make changes to your personal papers without concern on the 31st and 1st. An older family member may need assistance. Offer your home or office as a meeting place. Your mind should be on change and how you can make your life better on the 2nd and 3rd. Travel for will bring good results. Incorporate something new into your life.

AQUARIUS (Jan. 20-Feb. 18): It's all in the way you handle yourself on the 28th, 29th and 30th. You can make career moves that will lead to a much greater opportunity over the next seven years. This is not the time to become stagnant. The chance of getting blamed for something you didn't do is likely on the 31st and 1st. Bend a little if you are in a relationship — your partner isn't likely to back down. If you are too pushy you are likely to lose. An opportunity to come into money is likely to develop on the 2nd and 3rd through an investment, rebate, or even a winning or inheritance.

PISCES (Feb. 19-March 20): By getting together with people you enjoy on the 28th, 29th and 30th, you will discover a lot about yourself. Your creative outlook will lead to a new hobby. Gossip or getting involved in one of your peer's personal affairs will not lead to advancement or finishing your work on the 31st and 1st. Focus on what it is you are supposed to get done and don't stray until your task is complete. Love and romance should be on your mind on the 2nd and 3rd. A partnership can be developed with someone you have known for a long time. By going back in time you will be far better equipped to move into the future.

Le Sondage sur la santé et le style de vie débutera bientôt

par Najwa Asmar
Affaires publiques -
Groupe médical des Forces
canadiennes

La deuxième édition du Sondage sur l'état de santé et le style de vie des membres des Forces canadiennes, dans sa forme améliorée, débutera le 1er avril prochain dans le but de recueillir des informations de première importance sur les éventuels problèmes ou préoccupations de santé parmi les militaires.

Dès le 1er avril, l'équipe de la Protection de la santé des Forces des Services de

santé des Forces canadiennes (SSFC), qui organise cette étude, enverra par la poste des questionnaires détaillés à un échantillon représentatif de 5 000 membres de la Force régulière et de 3 800 membres de la première Réserve. Pour ceux et celles qui souhaiteraient avoir une idée plus précise du contenu du questionnaire, une copie en sera disponible pour consultation sur le site des SSFC à partir du 17 mars.

Le sondage est anonyme, confidentiel et facultatif, et les membres choisis pour y participer

auront 14 jours pour remplir le questionnaire et le renvoyer. Son but est de mettre les membres à contribution dans l'évaluation de leur état de santé physique et mentale, afin de pouvoir élaborer les politiques et les programmes les plus appropriés pour des forces jouissant d'un haut niveau d'efficacité opérationnelle et d'une qualité de vie supérieure.

Les questionnaires comprennent des questions sur des sujets aussi divers que les conditions de travail, notamment lors des déploiements, les habitudes de vie (régime alimentaire,

consommation de tabac ou de boissons alcooliques, etc...), le stress, les blessures et les maladies, ainsi qu'une appréciation personnelle de l'état de santé individuel et des services de santé des FC.

Le sondage 2004 viendra s'ajouter à une série de sondages similaires effectués parmi les membres des FC depuis 1982. Cependant, en 2000, plusieurs améliorations ont été apportées au processus, notamment au niveau de sa portée et de son contenu. C'est ainsi que les membres de la Réserve ont été inclus, et que des questions relatives à l'évaluation de la qualité des services de santé et des effets des déploiements et des tâches militaires sur la santé ont été ajoutées.

Les membres des FC seront informés des résultats du sondage 2004, qui devraient être prêts pour publication dès janvier 2005. Parallèlement, les résultats préliminaires des sondages 2000 et 2004, seront utilisés comme point de départ pour des recherches plus approfondies visant, entre autres, à améliorer la planification et l'évaluation des programmes de promotion de la santé et à mettre en place des mesures de prévention efficaces contre les risques pour la santé associés aux déploiements.

Les membres sont vivement encouragés à participer à ce sondage et à contribuer ainsi à la mise en place des politiques et des programmes bénéfiques pour l'efficacité opérationnelle et au niveau des individus. Les organisateurs du sondage espèrent atteindre un taux de participation de 70 pour cent qui leur permettra d'obtenir des résultats scientifiquement valides.

Pour plus de renseignements à ce sujet, les membres des FC peuvent appeler le bureau de coordination du sondage au (613) 945-6607 ou envoyer leurs questions par courriel à l'adresse suivante : DCOS FHP I N Q U I R I E S @ A D M (H R - I L) D G H S @ O T T A W A - H U L L .

Les membres peuvent également consulter les sites Internet et Intranet du Groupe médical des Forces canadiennes respectivement aux adresses suivantes : www.forces.gc.ca/health <http://hr.dwan.dnd.ca/health>.

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Community Events

CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND
BIRTHDAY PARTIES ARE NOW AVAILABLE

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THE CENTRE THEATRE

Matinees
 Saturday & Sunday

MOVIES MOVIES MOVIES

MOVIE LINE-UP			
• The Passion of The Christ (18A)	1:00	7:00	9:30
• Scooby Doo 2 (PG)	1:05	7:05	9:00
• Starsky & Hutch (14A)			9:20
• Agent Cody Banks 2 (G)	1:10	7:10	

Coming Soon: Home on the Range

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

CALL 392-4211 FOR INFORMATION

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.

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 & Face Painting!



Organized by the Quinte West Lions with the support of other Lions Clubs
 For more information call 392-7994

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

Walk for Memories

The Annual Walk for Memories in support of the Alzheimer Society of Belleville-Hastings-Quinte is this Sunday, March 28 at the Quinte Mall. Registration and entertainment begin at 12 noon in Kindness Court. Opening ceremonies begin at 12:45 p.m. followed by the mall walk from 1 - 2:45 p.m. The entertainment continues with announcements and prizes from 2:45 - 3 p.m. Individuals and teams are welcome. Collect pledges and bring all of the funds with you when you come to the Quinte Mall for the walk. Prizes include: return trip for two to anywhere in Ontario, courtesy of Greyhound Canada Bus Lines, \$200 shopping spree at Jack Fraser Men's Wear in the Quinte Mall, tickets to the Stirling Festival Theatre and dinner at Platters Restaurant, telephone from Nortel Networks and many more.
 For more info, call 962-0892.



CHAPLAIN SERVICES

SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
 UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Padre Rick Gould
 Padre Catherine Morrison

WORSHIP SERVICES

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Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)	Chapel Life Co-ordinator Matthew Lucas (Bapt.)
MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs	WORSHIP SERVICE Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs
CONFESSION At all times	PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 hrs
PARISH ORGANIZATIONS Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs Silhouettes of Mary 2nd & 4th Thurs 1830 hrs	

BAPTISM/BAPTÊME
 Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES
 It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR
 After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.



TRENTON

Military Family Resource Centre

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.

March 31 - **Brighton Garden Centre** - Seeding Demonstration - Theresa will talk about the various types of seeds and the best method of germination, as well as when and how to start them.

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.

MONTHLY BOOK SALE

THE FRIENDS OF TRENTON PUBLIC LIBRARY

BOOK BARGAINS

SATURDAY, MAR. 27TH
 BETWEEN 9 A.M. AND 1 P.M.
 BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

If you wish to donate used books...
 contact Kathy for further information at 392-2244.

Proceeds go to all Quinte West libraries.





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Information

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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 wherein 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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For Sale

Black Nikon FG 35mm SLR camera system with Nikkor 35-70 zoom lens, Nikon MD-E motor drive, SB-15 speedlight. Many accessories, original manuals, lowepro bag. Mint Condition. \$325.00
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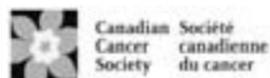
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News we can use? Call us! Locals 7005, 3978

By knocking on doors in your neighbourhood, you'll help open the door to a cure.



Become a volunteer canvasser this April for the Canadian Cancer Society.

Be a face in the fight against cancer CALL 1-888-939-3333 or visit www.cancer.ca

Canvassers are urgently needed in all areas of Quinte West. Please contact your local office at 962-0686

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Tiffany Ibey
local 3071

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Brown & White Tabby Cat, with black markings
Declawed & fixed (His kitten won't eat without him.)
Lives at 25 Godfrey Dr.
Call 392-7901
Jennifer

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Newly renovated upper one bedroom apartment. Fridge, stove, water incl. \$475/mth + utilities.
Call Kenmau Property Management
392-2601

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3 Bedroom House East side of Trenton. Close to School. Fridge & Stove included \$650/mth + util. Available May 1st. 2004
394-2595

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utilities & cable included
CLOSE TO BASE
KLEMENCIC PROPERTIES
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\$645/mth
NO PETS
Call Kenmau Ltd. Property Management
392-2601

Announcement

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Sunday April 4th '04
10 am- 4 pm
8 Wing/CFB
Trenton
South Side Gym
Admission \$2.00
Children under 12 Free!

* Demonstrations
* Displays
* Professional Advice
* Great Door Prizes!
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Obituary

MacINTOSH, James Douglas, Lieutenant Commander (Ret'd).
Born May 10, 1935, the loving husband, father and grandfather passed away peacefully in his sleep on March 23, 2004, from cancer. Son of James M. and Annie (nee Gibson) MacIntosh of Montreal, Jim is survived by his wife Valerie (nee Higgins), daughter Shawn (Joseph Hamilton) and son James (Kelly Festarini), as well as his six grandchildren: Nicola, Christopher, Morgan and Connor Hamilton, Riley and Mackenzie MacIntosh.

Jim served a distinguished 37 years in the Royal Canadian Navy and Armed Forces, most notably as a pilot flying Hercules aircraft from CFB Trenton and as a tracker pilot on Canada's only aircraft carrier, the Bonaventure. Other military posts included work in Ottawa at the Department of National Defence and as a military attache at the United Nations in New York.

As an active member in a variety of organizations, including the Albury Church Choir, FSNA, and the CFB Trenton Yacht Club, he will be missed by many friends. Other associations include membership at the Royal Nova Scotia Yacht Squadron and past board member of the VON.

A memorial service will be held in the Albury Community Church on Sat., March 27 at 1:00 p.m. The family has requested donations be made to the Canadian Cancer Society or the Albury Community Church (cheques only, please). Arrangements entrusted to the Hicks Funeral Home, Picton.

Crossword Answers

D	E	E	D	E	B	B	R	O	S	S	
E	R	S	E	M	E	R	U	N	T	O	
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		M	O	T	G	A	T				
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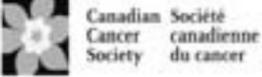


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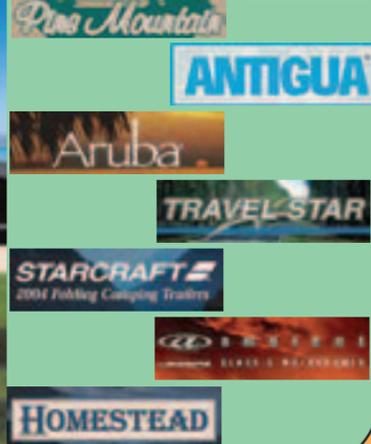
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