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• January 02, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 01 •

2 AMS processes 44,000 pounds of emergency aid to Iran

by Capt Andy Coxhead
8 Wing PAFFO

On Saturday, December 27, 2 Air Movements Squadron (2AMS) processed over 44,000 pounds of relief supplies destined for earthquake stricken Iran.

The earthquake devastated Iran's historic south-eastern city of Bam Friday, leaving thousands dead and affecting tens of thousands of

people.

The 2 AMS duty line crew met with Red Cross officials on Saturday and began preparing for the delivery of the supplies from the Red Cross Belleville warehouse shortly after lunch. By 6:00 p.m. the supplies - which consisted of blankets, water equipment, generators and emergency shelter - were quickly reconfigured, palletized and loaded

on a CC-150 Polaris (A310-300 Airbus) headed for Zagreb and eventually the Arabian Gulf Region.

Upon their arrival in the Arabian Gulf Region, the crew met with the Tactical Airlift Unit (TAU). The TAU consists of three CC-130 Tactical Transport Aircraft which, as part of Op ATHENA, provide sustainment flights to Task Force Kabul in Afghanistan. The

Hercules will complete the delivery of the relief to Iran.

"We are pleased to be able to contribute to the delivery of humanitarian assistance to the people of Iran," said Minister Pratt. "This shipment will help ensure timely delivery of much needed relief equipment."

The shipment undertaken using a CC-150 Polaris already destined for the Gulf Region as part of routine sus-

tainment for overseas operations carried out by 8 Wing and 437 Transport Squadron on a very regular basis. By delaying the scheduled sustainment flight just a few hours, the Wing was able to dove-tail this important cargo into normal operations consistent with its mission of deploying flexible air lift forces in support of Canadian interests both at home and abroad.

Though no longer with us, her spirit, her legacy, live on

by Laurie McVicar
Assistant Editor

Thirty-one local families and 61 children celebrated a brighter Christmas this year thanks to a final wish from a former 8 Wing/CFB Trenton employee.

Angela Hayden, coordinator of the Adopt-A-Family program, passed away in November following a tragic car crash that also claimed the life of her sister. Before succumbing to her injuries, Hayden pleaded with Liz Cammaert, friend and fellow Adopt-A-Family volunteer, to keep the program running. Hayden had been involved with the program since 1996, when she took over the reins from Penny Stewart of the Base Social Welfare Office.

"(Adopt-A-Family) was her baby. It was what made Christmas for her," said Cammaert. "She figured as long as she knew there was a family out there in need, she would make sure they were looked after."

In many cases, said Cammaert, Hayden would use a significant amount of her own money to ensure all the children received the toys they asked for.

"She bought many of the toys we have (for this Christmas). She's been shopping all year," stated Cammaert.

Because of Hayden's long-term dedication to the program, Cammaert officially changed the name this year to The Angela Hayden/8 Wing Adopt-A Family



Volunteers, students from St. Paul's High School, and family members of Angela Hayden put the finishing touches on the Adopt-A-Family boxes on Thursday, December 18. Over 31 families and 61 children benefited this year from the amazing generosity of the 8 Wing/CFB Trenton community and the program's former coordinator, the late Angela Hayden. Front row (l-r) Jenn Tasse, Chelsea Weir, Sandy Driscoll, Liz Cammaert, Nancy Goggin. Back row (l-r) Bob Howe, Laura Carleton, Chris Caulbach, Deborah Cossee, Andre Cossee, Trent Kelly, Tim Kelly, and Lisa Kelly.

Program.

"There were always some special families that Angela took a special interest in," stated Cammaert. "We had one little girl who was autistic. She was such a little princess. What she wanted was a beautiful dress from Christmas; that was her wish.

Angela and I used to go shopping at the Pickering Flea Market. We went up and found a beautiful black velvet dress with gold trim on it. When we delivered the gifts, the little girl asked to open one so we gave her (the dress). She put it over her clothes and danced all around the room."

The mandate of the Adopt-A-Family program is to first and foremost serve the military population, and afterwards concentrate on needy families in the outside community.

"It is a misconception that everyone who works for DND are financially sound. It is important to remember everyone can encounter financial upset, illness, job loss, separation and other unexpected events that can put them in a difficult situation," said Cammaert. "With our military people, they have no where to go when they are down and out. There is no other avenue for them."

The program has been extremely successful thanks to contributions of 8 Wing/CFB Trenton personnel and the staff and students from St. Paul's High School, who supply the food hampers.

"On behalf of the Hayden family and the new Angela Hayden/8 Wing Adopt-A-Family Committee, I would like to thank all the team leaders and their sections as well as the individuals who put forth such as marvelous effort and helped make this year's campaign successful," said Cammaert. "Not only have you made Angela's wish come true, but you have helped 31 families and 61 children have a wonderful Christmas. We were also able to supply approximately 70 new toys/items to the Kinsmen for their toy drive. Let us remember a big part of Christmas is about families and sharing."

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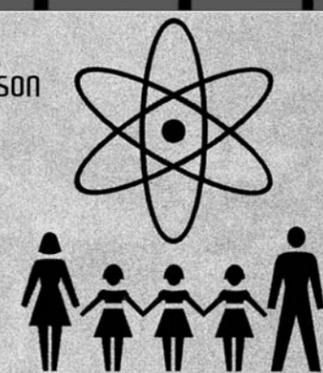
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'Airplane' star hosts tribute to powered flight

by Holly Bridges
CAS Public Affairs

Surely he can't be serious. He is and don't call him Shirley. When it comes to celebrating 100 years of powered flight, comedian Leslie Neilson, star of one of the most hilarious aviation films of all time, "Airplane" is seriously grateful.

"No other country owes more to aviation than Canada," Neilson said at the Canada Aviation Museum in Ottawa on December 17 as movie stars, scientists, pilots and school children turned out to celebrate the 100th anniversary of the first flight of a controlled heavier-than-air aircraft by Orville and Wilbur Wright in Kitty Hawk, North Carolina on this day in 1903. "Aviation has opened up the north and to this day changed the lifeline for so many of our people in the northern-most two thirds of our country."

Although it would be six years before Canadians would test their own ingenuity in Baddeck, Nova Scotia, the seeds of innovation were budding in the likes of Alexander Graham Bell, Wallace Rupert Turnbull, Douglas McCurdy and Frederick Casey Baldwin in the years immediately following the Wright Brothers milestone. It is this Canadian connection to the very roots of flight itself that was celebrated in a star-studded program that was broadcast live across Canada at 10:35 a.m., the very moment of the Wright Brothers first flight 100 years ago.

Neilson hosted the broadcast alongside Canadian actor Eric Peterson, perhaps best known for co-writing and performing "Billy Bishop Goes To War" for more than 25 years.

"Canada may not have invented the very first aircraft but our contributions to aviation over the last century have been of global significance," said Peterson.

Speaker after speaker, some descendents of aviation greats like Bell and McCurdy, spoke of the legendary contributions made by their relatives to the art and science of powered flight - broadcaster and filmmaker Diana Bishop, granddaughter of World War One flying ace Billy Bishop (she has produced her own documentary about her famous Grandfather called "A Hero To Me"); Judge Wallace Turnbull, grandson of Wallace Rupert Turnbull of Saint John, New Brunswick who invented the world's first controllable pitch propeller; Grosvenor Blair, direct descendent of Alexander Graham Bell, the team leader and chief engineer of the dawn of aviation in Canada; and Reverend Jane Shapley granddaughter of Douglas McCurdy who flew the Silver Dart on



Leslie Neilson with Reverend Jane Shapley, descendant of Douglas McCurdy who made the first Canadian flight aboard the Silver Dart in February, 1909.

February 23, 1909.

The Chairman of the Centennial of Flight celebrations in Canada, Don Pearsons, also the Air Force Heritage and History Officer, said the year-long campaign accomplished its mission of educating Canadians on the importance of aviation to our country.

"We have raised awareness in hundreds of thousands if not millions of Canadians over the past year, awareness of our success and innovations in aviation technology as well as our military flying heritage. It is our sincere hope that this campaign will inspire many of our young people to consider an exciting and rewarding career in aviation."

Pearsons went on to describe the features of the Altitude is Everything campaign and its appeal to Canadians.

"We published a youth aviation booklet, we held a national poster and essay writing contest and we organized a hot air balloon tour that travelled over 35,000 kilometres across Canada from Stephenville, Newfoundland to Vancouver, British Columbia so that young Canadians could feel the altitude under their feet."

Canadian Snowbird pilots Major Stu McIntosh and Captain Paul Couillard were on hand to describe their "100 Towns for 100 Years" flypasts, which saw Canada's aerial ambassadors perform over towns that never would have otherwise had the chance to see the team's show.

"Everybody on the team really enjoyed taking our message

out to the smaller towns, laying down a little smoke across Canada," said Maj. McIntosh.

"When you see the awe in their eyes it's a priceless feeling and that's what we're there to do is inspire youngsters to consider becoming pilots and move forward in the aviation field. It's an unbelievable feeling. It's overwhelming the gift that you're able to give these young people," said Capt. Couillard.

Governor General Adrienne Clarkson spoke in glowing terms about what aviation has allowed her to do in her job over the past four years. Her Excellency has traveled to 39 different communities in the north aboard the 440 Squadron CC-138 Twin Otter based out of Yellowknife.

"I have been very privileged over the past four years to be able to go to our far north thanks to the Twin Otter, a wonderful plane, a little workhorse of a plane that can take you anywhere and fly as low as 300 feet or as high as 10,000 feet. It is the most wonderful airplane and without it we would not be able to see that and I'd love to see that expanded so that everybody in Canada can see our country in its entirety the way I've been privileged to do. We have a wonderful country right up to the North Pole so I'd like you to see it, to be part of it and aviation can take you there."

It was a heartfelt finish to a yearlong tribute to those daring young men and their flying machines - the visionaries, dreamers, the scientists, the heroes whose inventiveness changed the world forever.



Cormorant, Hercules, Buffalo team up to save crash survivors near Harrison Lake

by Capt Jeff Manney
19 Wing PAO

19 WING COMOX – A deep blanket of Christmas snow and the prompt attention of military rescuers saved three men whose single-engine aircraft went down Thursday, December 18, 2003 east of Harrison Lake.

The Cessna 172 was on a local flight from Chilliwack when it went down around 1 p.m. The crash left two of its three passengers unscathed, but a third suffered unknown stomach injuries. The pilot radioed a Mayday, which was picked up by a passing Westjet aircraft.

The Westjet flight relayed the distress call to Victoria's Joint Rescue Coordination Centre. The Centre immediately notified a visiting C-130 Hercules training near 19 Wing Comox. Racing to the scene, the 435 Squadron Hercules found the aircraft perched on the side of a steep rise, about 50 kilometres north east of Chilliwack. In minutes, two search and rescue technicians parachuted from the Hercules into the crash site.

Landing in deep snow, the SARTechs found the Cessna sit-



Photo: M Cpl Carl Schouten,
442 Squadron

ting nearly vertical in a stand of trees. As the SARTechs tended to the injured man, a Buffalo aircraft and a Cormorant helicopter, both from 19 Wing's 442 Squadron, arrived overhead.

With a tall pine blocking the only available landing site, the Cormorant lowered a third SARTech armed with a chainsaw. He felled the tree, allowing the Cormorant room to set down. All three men and the SARTechs then climbed aboard. By 4 p.m. the Cormorant landed in Abbotsford, where waiting ambulances took the men to hospital.

"It looked like the heavy snow saved their lives," said Cormorant pilot Capt. Jamie Davidson afterwards in Comox. "They would have been in a lot more trouble without that to cushion their descent."

Davidson said he was unsure what brought the airplane down, but noted the valley was narrow and steep, likely leaving the aircraft little room to manoeuvre.

"They seemed pretty appreciative," Davidson added. "I asked one of them if he was a satisfied customer. He just smiled at me and nodded his head."

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Search & Rescue UPDATE



Members of 424 Tiger Squadron responded to two calls in the past week.

The first call came on December 24, when the SAR Hercules was tasked to search for an ELT signal reported north of Ottawa. In flight, the crew learned that the ELT had been turned off and the Herc returned to base.

The second call, on December 28, saw the SAR Labrador tasked to investigate flare sightings near Rochester, New York. The mission was cancelled, however, soon after take-off and the Lab returned to base.

Members of 424 Tiger Squadron would like to wish everyone a happy, and safe, New Year!

Missions for 2003: 160 Missions for Dec.: 7 Persons rescued: 22

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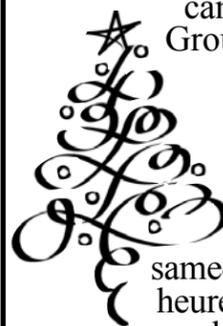


**1st
Airforce
Trenton**

Bottle Drive/Christmas Tree Pick-up

1st Airforce Trenton Scout Group

1st Airforce Trenton Scout Group will be holding a bottle drive/Christmas Tree pick-up on Saturday 3rd of Jan 2004 in PMQS starting at 1000hrs. Christmas trees will be picked up for a donation to the Group. Items that will pick up for the bottle drive is beer bottles, beer cans. If PMQ residents wish they can put bottles in plastic bags and label them for Group and leave them outside on the doorstep to be picked up.



Ramassage de bouteille
et d'arbre de Noël

Le Groupe Scout 1st Airforce Trenton fera un ramassage de bouteilles et d'arbres de Noël le samedi, 3 Janvier 2004, dans les PMQS, à partir de 10 heures. Les arbres de Noël seront ramassés pour une donation au groupe scout. Nous ramassons les bouteilles de bière, les cannettes de bière. Les résidents des PMQS peuvent, s'il le désire, placer les bouteilles dans des sacs de plastique, les identifier pour le groupe et les laisser à l'extérieur sur le perron pour que nous les ramassions.

If you would like to be a part of our scouting team, come and attend a meeting.
If you have any questions please contact Galen at 392-8245.





The Contact Newspaper

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

The Contact Staff

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- 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

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



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



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message from the

Editor

Looking ahead to 2004, I have two work-related items on my wish list.

The first is that many, many more of you somehow find the time to write for The Contact. We love receiving your submissions, and I believe our readers really enjoy reading them. Please don't be shy. Crow if you have something to crow about.

Or, if writing is not your "thing," then call us and we will be happy to report on your squadron's or unit's achievements, milestones and general good work. That's why we're here!

Next on my wish list is...letters to the editor. We rarely receive them, and often the few we do get in are not, um, printable. We really do appreciate letters from our readers...and we are fairly certain there are some readers out there!

Guidelines for letters to the editor are quite simple--they all don't necessarily have to be positive in nature, but they do have to be signed by the author, not more than a couple hundred words, and if critical, they should be constructively critical.

Think about it, please. If you make the effort to write something, then we will make every effort to print whatever you submit.

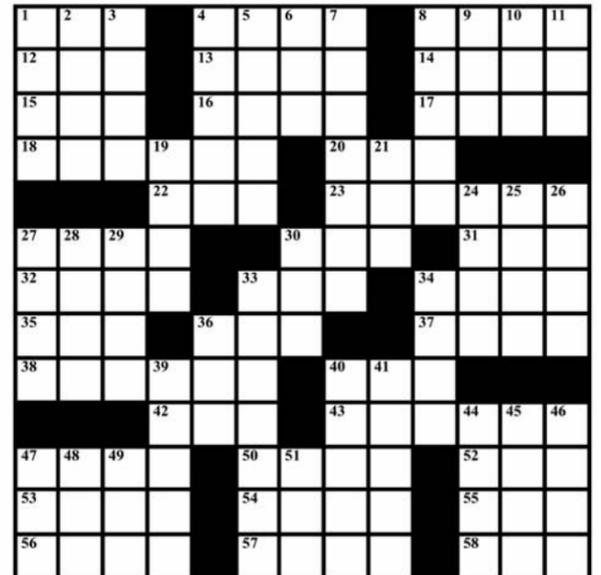
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Canadiana Crossword

The Big Chill

Bernice Rosella and James Kilner



ACROSS

- 1 ___ Mahal
- 4 Mauls
- 8 Hair pieces
- 12 Flower petals
- 13 Prepare to print
- 14 With frost, winter display
- 15 ___ Le Jeune
- 16 Ritual
- 17 Hooked on
- 18 Arctic dweller
- 20 Denial
- 22 Certain grads
- 23 Infant
- 27 Competent
- 30 Lip
- 31 Cuckoo
- 32 Cajole
- 33 Alberta gold?
- 34 Leave out
- 35 Endangered tree
- 36 Muck
- 37 Tardy
- 38 With Frost, popular poet
- 40 Japanese sash
- 42 Cleopatra pal
- 43 With frost, a garden favourite
- 47 Russian ruler
- 50 Asian water bottle
- 52 Wood sorrel
- 53 With frost, a highway hazard
- 54 Guinness or Baldwin
- 55 Hockeyist Bobby
- 56 Confederate
- 57 Jerk
- 58 Payable

DOWN

- 1 Yarn
- 2 Woe is me

- 3 Mr Frost?
- 4 With frost, arctic subsoil
- 5 Word of farewell
- 6 Mental acuity
- 7 Labeller
- 8 A frost of little consequence
- 9 Charged atom
- 10 Revolver
- 11 Marquee letters
- 19 Wild goat
- 21 Electrical unit
- 24 Avatar
- 25 Item
- 26 With frost, a nip on the cheek
- 27 Oner
- 28 Philippine knife

- 29 Young Shropshire
- 30 Get free of
- 33 Best
- 34 Chickpea stew
- 36 Wife
- 39 With frost, winter harbinger
- 40 Frequently
- 41 With frost, garden killer
- 44 Oak or ash
- 45 Beige
- 46 Uncommon
- 47 Schedule ref.
- 48 Sun god
- 49 Afflict
- 51 Palm leaf paper



This Week in Contact

1974--Since the sudden awareness of an energy crisis through the news media, the Base Energy Conservation Committee has been hard at work. The B.E.C.C has corrected a surprising amount of energy waste examples on the base and married quarters.

--Defense Minister James Richardson announced that the government will continue negotiating with the Boeing and Lockheed Aircraft Corporation for the purchase of a new long-range patrol aircraft. Either the 707 or the Orion will replace the Argus. 1984--"Base Commander Col GRJ King presents a Commander's Commendation to MCpl Anne-Lise in recognition of outstanding professionalism in an airborne emergency."

--Approximately 3,700 soldiers will take part in winter warfare training at Camp Wainwright, Alta. The soldiers are members of one Canadian Brigade Group, commanded by BGen John L Sharpe.

1994--Due to additional space requirements for Bayside Secondary School, Sidney Township Public Library Board has arranged with the Department of National Defense for public library service to be delivered at the renovated former Thrift Shop located in the Yukon Lodge on AMDU Street.

--"Married Quarters Rent Increases, because of problems in advising occupants of rent adjustments in a timely manner, the effective date of increase will be 01 Feb vice 01 Jan.



Created by Lt J. H. MacDonald
 Compiled by Kevin Leahy (For 2 JAN 04)



Hockey stars visit 8 Wing enroute to overseas troop visit



Photo: Capt Ian Stock
While stopping over at 8 Wing, hockey stars (l to r) Dave "Tiger" Williams, Cassie Campbell and Kirk MacLean do a promo for TSN's NHL Game of the Week.

by Captain Ian Stock
8 Wing Public Affairs

Air Movements Squadron at 1 Hangar and at the passenger terminal.

Former hockey stars Dave "Tiger" Williams and Kirk MacLean and Olympic Women's Hockey gold medallist Cassie Campbell recently paid a brief visit to 8 Wing CFB Trenton while enroute to a goodwill Christmas visit of Canadian troops deployed in Bosnia and Afghanistan.

While waiting for their Airbus to depart, the sports celebs signed autographs and mingled with members of 2

"I got the idea of inviting Tiger after the tragic deaths of Sgt Short and Cpl Beerenfenger in Afghanistan," explains Major John Lalonde, escort officer from the Canadian Forces Personnel Support Agency (CFPSA). "I wanted to give something back to our deployed troops and I thought a visit by a hockey legend would be really appreciated by our people."

Williams' hockey career was highlighted by Stanley Cup play-off appearances with the Toronto Maple Leafs and Vancouver Canucks in the 1970s and 80s.

The battle-scarred face of the hard-nosed left-winger was once described by former Leafs' owner Harold Ballard as being "the beer can you just stepped on."

"Tiger is an old friend of mine and back in October, I decided to give him a call on his cell phone and see if he'd be interested in visiting our troops around Christmas, when things can be a little tough on our people," says Lalonde. "He just happened to be out hunting in the wilds of B.C. at the time, and without hesitation, he said 'I'll go tomorrow if you want me to'."

"I didn't hesitate one bit," says Williams while relaxing in the passenger terminal. "I'm really looking forward to seeing our soldiers and letting them

know that we as Canadians and as athletes appreciate the sacrifices they're making."

"My girlfriend is a little worried about Afghanistan but I told her that I'll be in one of the safest places in the world...I'll be with our troops," says former goalie turned television analyst MacLean.

"I expect to be right there with them too," adds Williams, "No VIP crap. I don't want to interfere with what they're doing, so I'm gonna try to stay out of their way and be a piece of furniture."

Once plans for the trip were set, Williams and Lalonde then spearheaded a drive for other sports celebrities and organizations to contribute as well.

"Kirk and Cassie didn't hesitate to come either and Paul Henderson, speed-skater Katrina LeMay-Doan, Pinball Clemons and Damon Allen of the Toronto Argonauts all donated thousands

of autographed items as well," adds Lalonde.

"My girlfriend is a little worried about Afghanistan but I told

analyst MacLean. "I'm only going over there for a week so I'll make the most of it with our soldiers. I want to personally tell each one of them how proud we are."

"I'm really looking forward to it," says Campbell. "It will be a break from my hockey schedule, but I hear they have pretty good gyms over there. I plan on playing a bit of floor hockey with them too."

Portions of the celebrity visit were aired on TSN over the Christmas holidays.



Photo: Capt Ian Stock
Major Jim McGrath, CO of 2 Air Movement Squadron posed with hockey stars (left to right) Dave "Tiger" Williams, Cassie Campbell and Kirk MacLean who were enroute to a Christmas visit to deployed personnel in Bosnia and Afghanistan.

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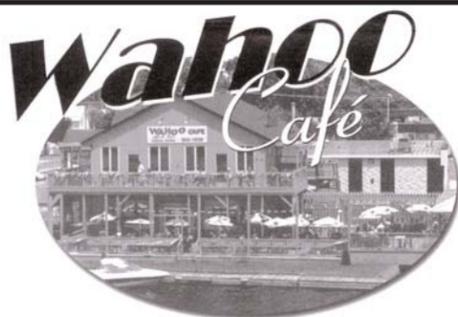
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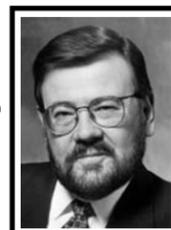
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The future of real estate ...

it's your Money



Garth Turner

So, let's just call it The Year of the House.

2003 comes to an end with the news that over the past year, when inflation was less than 2 per cent and a one-year GIC could barely scrape up a 3 per cent return, the average bungalow jumped in value by more than 7 per cent.

Making this even more dramatic is the fact that if the bung was your principal residence, all of the gain comes 100 per cent free of tax. In 76 markets that realty giant Royal LePage surveyed over the last few weeks, 95 per cent of properties jumped in value. And while the bidding wars and outrageous offers of 2002 are less frequent these days, the size of mortgages people are walking into has soared. This is the truest proof of what's happening right across the country, as real estate slowly and relentlessly advances.

Hey, take a look at our big banks - even those guys have been blinded by real estate fever. One banker buddy of mine tells me his institution doesn't bat an eye anymore when a million-dollar mortgage comes up for approval. And the mighty Royal Bank announced just days ago that it will now be making 100 per cent mortgage loans to people who want to buy houses but have no money. That comes on the heels of a similar program at Scotiabank, while over at the CIBC, small business owners and self-employed types can now get mortgage financing without having to prove they actually have any income.

In short, housing dementia is sweeping the land. Residential real estate is now viewed - even by our financial institutions - as so stable an asset that normal lending cautions do not apply. We are, I am told, just a short time away from the day when borrowers here will be able to get American-style super mortgages worth 110 per cent or more of the purchase price of the home. That means enough financing to buy the house, buy the new furniture, and never touch a cent of your own money, thanks to your accommodating local mortgage broker.

This all begs one giant question, of course: How much risk is there in a housing market that is breaking all the records for a sustained boom, and the byproduct of which is the deepest sea ever of mortgage debt?

After all, if interest rates were to climb from today's generational lows to the historic norm of the last couple of decades, we might have a crisis on our hands. Is this something to be legitimately afraid of?

The short term answer is, absolutely not.

The odds are that interest rates are about to go down in 2004, not up. The experts are calling for a reduction by the Bank of Canada of about half a point by the first of March, which will take the prime rate down to 4 per cent. Even better, that will reduce the price of a below-prime, variable rate mortgage (the only kind you should take) to the 3 per cent range. This, of course, will make carrying

that humungous mortgage even easier.

But this environment will not last forever. Given the recovery in American economic activity; the return of corporate profitability; the capture of Saddam Hussein; the U.S. presidential election; and a dramatic rise in productivity through technological advance, it's pretty well inevitable that the cost of money will start to rise sometime toward the end of next year. This will be a certainty in Canada if the value of the loonie slides (which, you may have noticed, has already begun).

How much upside is there? Well, rates are not going back to the norm of the last 20 years or so, which would put a mortgage around 11 per cent. But it is entirely possible that two years from now a home loan will sit in the 6-8 per cent range. And while that still sounds affordable, it takes the monthly payments on a \$100,000 mortgage from the \$400 range to more than \$750. Imagine what it does to the \$800,000 mortgage that my banker mortgage friend currently carries.

In short, there is risk out there, simply because today's environment - low inflation, cheapo interest rates, slaphappy lenders and that real estate dementia - will not last forever.

When the price of an average home exceeds the ability of the average family to finance it, a correction will take place. Always has, always will. To date, incredibly low mortgage rates have masked that 7-9 per cent average annual increase in the value of a home.

Going forward, each and every hike in the cost of money will make it very clear what we all have done.

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

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ENERGY MATTERS--Some tips to help save energy and money!

by Sgt. D. Carlson

Happy New Year!

I hope everyone enjoyed the holiday season. I enjoyed visiting with relatives North of Toronto and had many snow ball fights with my nieces and nephews.

Our temperatures haven't been too bad lately, however we're not out of the deep freeze yet. Periodically you may have noticed informational energy conservation flyers sent along with your gas bill. Most of the time we ignore those little added pieces of paper, and toss them in the garbage without a sec-

ond thought. For those of you that miss reading those flyers, I would like to reiterate some of those money saving tips.

Thermostat: Turn the thermostat down a few degrees during the day when you are away and at night to save on your home heating bill. Energy-saving programmable thermostats allow you to control your temperature settings for different times throughout the day.

Insulation: Upgrade the insulation in your home to reduce heat loss and your annual energy consumption by a significant amount. If the

snow melts on your roof on cold, dull winter days, then you don't have enough insulation in the attic. If snow disappears from around the sides of your house, you need insulation on the basement walls.

Exhaust Fans: Keep the kitchen fan filter clean and make sure the flap on the outside fan vent closes tightly to prevent heat loss.

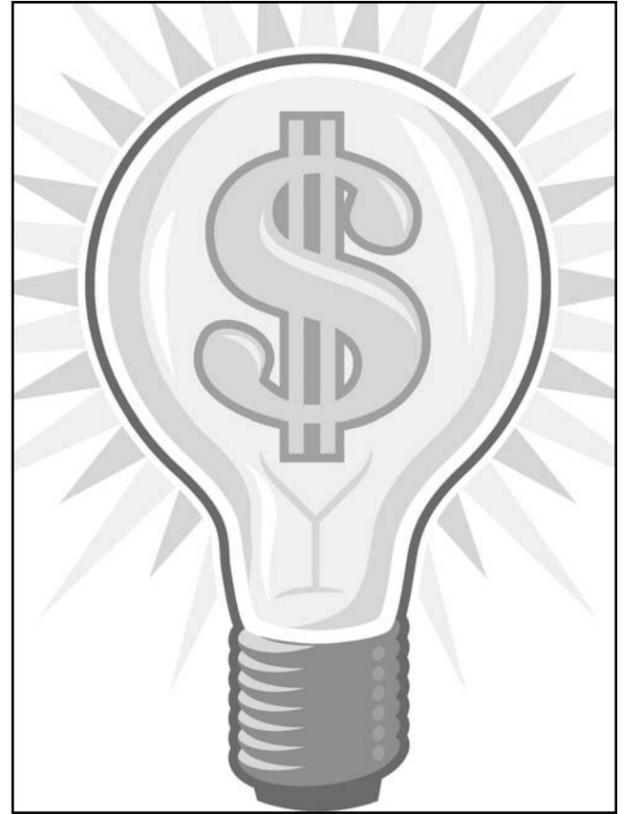
Curtains/Blinds: During the winter, close curtains or blinds at night to keep warm air in the house and open them on bright, sunny days to help heat the house. Keep them closed in the summer to help keep

the house cooler.

Fireplaces: When the fireplace isn't in use close the damper to prevent warm air from escaping out the chimney and ensure the damper fits tightly. Most importantly, provide outside combustion air directly to the fireplace by installing a small vent to the outside wall. Remember that natural gas fireplaces are more economical, and provide more heat and less pollution, than wood burning units.

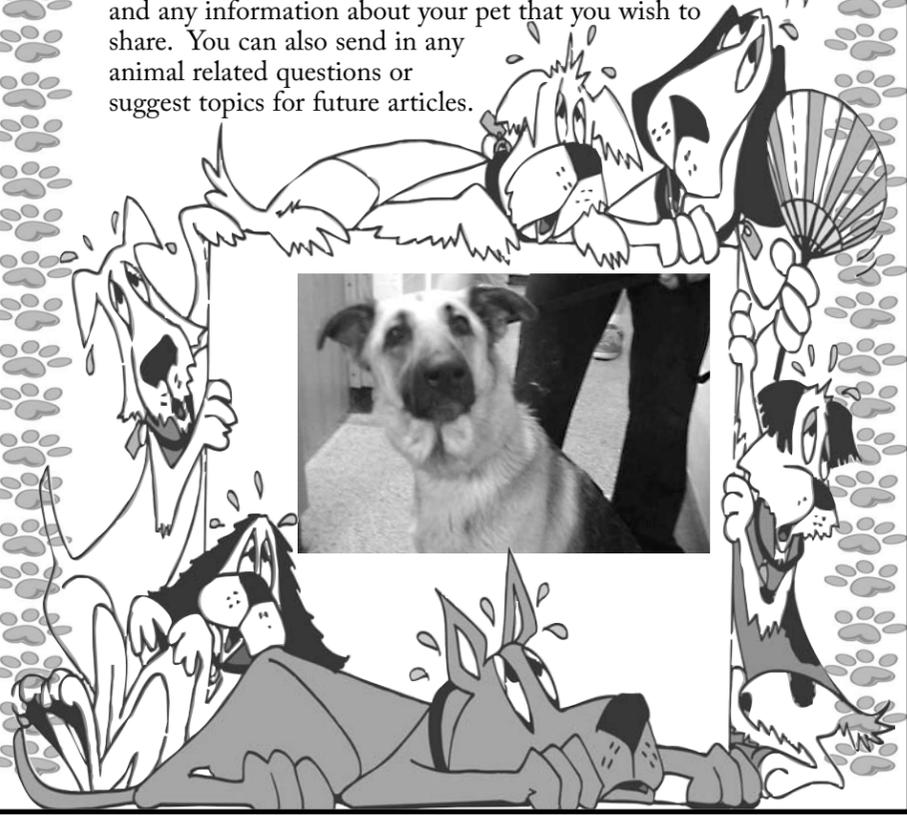
My next article will focus on wood burning stoves as an alternative, or supplement to heating your home.

Chimo!



Pet Particulars Say hello to Dixie

My name is Dixie. I am a young adult shepherd who is very scared being at the shelter. When I am in the cage, I do a lot of barking, but outside of it, I am nervous but friendly. A very nice person came in today (they already had their own dog) and saw my potential and donated money to spay me, and for me to have a session with an obedience trainer. I am such a nice dog, do you have time to spend with me? Pet Particulars wants YOU!!!..or at least pictures of you and your pets. E-mail photos to macylu@sympatico.ca. Include your name, your pet's name, your telephone number and any information about your pet that you wish to share. You can also send in any animal related questions or suggest topics for future articles.



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A year of tragedy, change and success at 8 Wing/CFB Trenton

Photo: Cpl Chris Bentley, 8 Wing Imaging



History took to the skies on Tuesday, October 14 as six CH-113 Labrador helicopters flew together for the first and final time at 8 Wing/CFB Trenton.

Military mourn the loss of a great soldier, great leader

by Andrea LeBlanc
Contact Editor

with files from LFCA and 8 Wing Public Affairs

Personnel at 8 Wing/CFB Trenton are still reeling from shock and sadness following the sudden, tragic death last Friday of LCol Mike Blanchette.

The Commanding Officer of the Canadian Parachute Centre (CPC) died during a routine annual refresher jump into the waters off Baker Island on the morning of September 5. LCol Blanchette, as per tradition, was in the first chalk and the first of six to jump out of the CH-146 Griffon helicopter. Seventy-six soldiers were slated to jump that day.

September 12, 2003 issue



Photo: Laurie McVicar, Contact

Accommodations staff rolled out the blue carpet on Wednesday, January 29 for the grand opening of the second lodging facility. LCol Steve Davenport (former WAHRO) pointed out that the building was not like the barracks of old, but instead an "esthetically pleasing, high-tech, forward-looking facility that will meet the needs of its occupants for years to come."



Photo: Laurie McVicar, Contact

The 8 Wing/CFB Trenton was introduced to the new TrentCard system last year. Instead of purchasing various different passes, military members, their families and civilian employee can now simply pay for the services they wish to use on the wing/base at one handy location.



Photo: Cpl Tim Jordan, 8 Wing Imaging

The sun broke through the clouds just prior to the touch down of the CC-150 Polaris transporting the bodies of Sergeant Robert Short, 42, of Fredericton and Corporal Robbie Beerenfenger, 29, of Ottawa. Both suffered fatal injuries on October 2 when the Iltis jeep they were passengers in struck an explosive device a few kilometers from Camp Julien, the main Canadian camp in southwest Kabul. They were part of the first rotation for Operation Athena.



A year of tragedy, change and success at 8 Wing/CFB Trenton

Photo: Cpl Max Murphy, 8 Wing Imaging



Tens of thousands of people flocked to 8 Wing/CFB Trenton in June to witness The Quinte International Air Show.

Photo: Cpl Max Murphy, 8 Wing Imaging



Photo: Cpl Willie Langer, 8 Wing Imaging



8 Air Maintenance Squadron celebrated their 10th anniversary on April 1.



Photo: Laurie McVicar, Contact

Lieutenant-Colonel Bill Lewis, 8 Wing Administration Officer, signs the Certificate of Disbandment of 4 Health Support Operational Training Unit Detachment during a ceremony held Tuesday, October 14. Looking on is Lieutenant-Commander Murray Doggett, Clinic Manager for the new 24 Canadian Forces Health Services.



Photo: Laurie McVicar, Contact

Dignitaries and supporters of the Royal Canadian Air Force (RCAF) Memorial Museum gathered in its Air Park on Wednesday, October 21 to witness the official ground breaking for the upcoming expansion project.



Photo: Laurie McVicar, Contact

8 Wing/CFB Trenton launched yet another successful United Way/HealthPartners campaign in 2003. The Jail and Bail proved to be a great fundraiser again this year, bringing in a total of \$1,225.12.

8 Wing Pipe Band finishes 4th at World Championship

by Laurie McVicar
Assistant Editor

Fresh from its win at the 2003 North American Pipe Band Championships, the 8 Wing Pipe Band claimed fourth place at the World Championship in Glasgow, Scotland on August 16.

During the first phase of the event, the 8 Wing group competed against 226 bands, 85 in their Grade 4 category alone, before moving on to a select group of only 12.

“Just going to Scotland is a taking of a goal. But to go there and come in the prize list is a major achievement. Anyone who has ever gone to the World Pipe Band Championship knows what that means because you have to make the cut,” said WO MacDonald. “The competition is atrocious. Not only do you have to be good, but you have to be known.”

Fitness, Sports & Recreation

A few hot tips for winter walking

(NC)-It's hard to overstate the benefits of physical activity. Just 30 minutes of moderate exercise a day helps keep blood pressure down, reduces the risk of heart problems and makes you feel terrific.

Even people who have had heart attacks benefit from physical activity, although they must first consult their doctor. There are many winter sports to keep us active during the Canadian winter - but the simplest, easiest option lies right outside the door.

"One of the best and least expensive ways to stay fit is walking," says Nicole Foster, Advanced Practice Leader for the Cardiac Rehab and Secondary Prevention Program at the Toronto Rehabilitation Institute, Canada's largest provider of adult rehabilitation services. "But like any winter activity, it's important to be properly prepared for walking."

Dress in layers, Foster advises. "Wear polypropylene next to the skin to wick sweat away. Over that, put on a loose-woven wool sweater, a polar fleece, a windproof outer garment, plus hat and mitts."

Snow conditions permitting, it's good to lighten the load by wearing training shoes with cotton wool blend socks, instead of heavy boots. Drink water before and after exercise to avoid dehydration.

"If you get short of breath, slow down," adds Rob Bertelink, Cardiac Rehab Supervisor at Toronto Rehab. "Plan short out-and-back routes. When the sun goes behind clouds, the temperature can drop as much as seven degrees in minutes - and you're no longer dressed right."

When it's less than minus 10 degrees Celsius, including wind chill, indoor exercise may be the best option. "You can exercise indoors while watching TV or listening to music," says Foster. "Or, join a mall walking group. Do something you enjoy, so you'll stick with it."

For more information, visit www.torontorehab.com.

A FOND FAREWELL



Staff at the 8 Wing/CFB Trenton Gymnasium bid a fond farewell to fellow co-worker Tracey Martin at a party held on Friday, December, 19.

Tracey has been a fitness instructor at the facility since 1999 and was recently accepted by the Northumberland Detachment of the Ontario Provincial Police as a Constable.

Best of luck Tracey, we'll miss you!

Punch cards

New!...Punch Cards for Body Sculpting, Kickin' Cardio, Step Classes, or Spinning. Not sure which class you would like to join? Want to do more than 2 classes per week? Purchase a Punch card and try them all!

16 Class Card - \$45.00 for CRA Members, \$55.00 for Non Members.

Once all 16 classes are used up, you must pay the \$5.00 drop in fee per class or purchase a short course card.

10 Class Card - \$25.00 for CRA Member, \$30.00 for Non Member. (Short course cards are only available to punch card holders). You can purchase on at the RecPlex located at 21 Namao Drive or call for more information at 392-2811, Ext 3361

www.cra.cfbtrenton.com

Upcoming programs at the RecPlex

Body Sculpting

8-Week Session

January 12th to March 3rd 2004. Monday and Wednesday evenings from 7:30 - 8:20 p.m.

Resistance used to work all muscle groups. Requires very little coordination. Cost: \$40 - Military and CRA Member, \$50 - Non-Member, \$5 drop in fee.

Evening Aquafit

With Michael

January 13th to March 18th, 2004. Tuesdays and Thursdays, 7:30 - 8:30 p.m. (10 weeks).

Cost: \$45 for military personnel and CRA members, \$50 for non-members or pay a \$5/class drop-in fee, space permitting. A maximum of 15 passes per class

will be sold. Register at the RecPlex.

Kickin' Cardio

8-Week Session

January 13th to March 4th 2004. Tuesdays & Thursday evenings, 7:30 - 8:20 pm. Cost: \$40 Military and CRA Member, \$50 Non Member, \$5 drop in fee or purchase a punch card. Register at the RecPlex.

Morning Aquafit

This 12-week course runs from January 5th to March 29th, 2004. Mondays, Wednesdays, Fridays (No class on February 13, 2004). Three classes to choose from.

Class 1: 8:00 - 8:45 a.m. • the Wednesday class will be a deep water class

held in the main pool. Participants will wear a buoyant belt & do not need to know how to swim.

Class 2: 8:55 - 9:40 a.m. • shallow water instruction in the warm-up pool.

Class 3: 9:50 - 10:35 a.m. • shallow water instruction in the warm-up pool.

Cost: \$70 for military personnel and CRA members, \$75 for non-members, or pay a \$3/class drop-in fee, space permitting. A maximum of 15 passes per class will be sold.

Registration: 8 Wing Military Community - (proof of qualification required), Thursday, December 11th, 10 a.m. - noon & 1 to 9 p.m.

Non 8 Wing Community - Thursday, December 18th,

10 a.m. - noon & 1 to 9 p.m.

Power Skating

10-Week Session

January 6th to March 8th, 2004. Classes held Monday evenings.

Group A - 5-5:50 pm (if your child meets any of the following criteria).

- 8 years old and younger;
- Novice or lower;
- Beginner Skaters.

Group B - 6-6:50 pm (your child must meet all of the following criteria).

- 9 years old & older
- Atom or higher level;
- Advanced Skaters.

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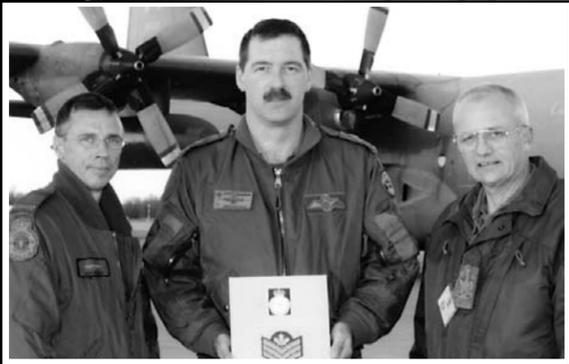
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Sgt J. Nichols
was promoted to that rank
by LCol J. Anderson, CO 426 Sqn & CWO E. Inglis, SWO 426 Sqn



WO D. Anstey
was promoted to that rank
by CWO D. Cheverie & Jim Boland



Master Seaman Murphy
was promoted to that rank
by LCol W.J. Lewis



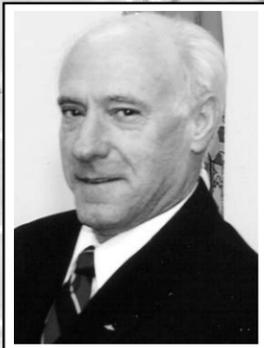
MS D. Siguim
was presented with a promotion to that rank
by LCol D. Murphy, CO 437 Sqn



Maj J. Brett
was presented with a promotion to that rank
by LCol D. Murphy, CO 437 Sqn



MCpl M.E. Dorrington
was promoted to that rank
by LCol J.R. Anderson, CO 426 (T) Sqn



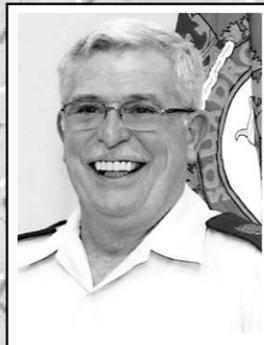
Mr D. Cox
received a Queens Jubilee Medal
presented by LCol J.R. Anderson,
CO 426 (T) Sqn



MCpl L.L. Gumb
was promoted to that rank
by LCol J.R. Anderson,
CO 426 (T) Sqn



MCpl B.T. Hupe
received a CO's Commendation
presented by LCol J.R.
Anderson, CO 426 (T) Sqn



MWO G.W. Sutherland
received a Physical Fitness award
in the over 50 group presented by
LCol J.R. Anderson, CO 426 (T) Sqn



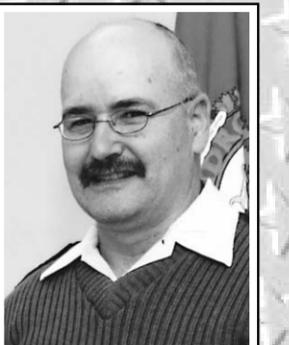
MSgt J.J. Mueller
received a US Airforce
Commendation presented by
LCol J.R. Anderson,
CO 426 (T) Sqn



MCpl J.L.C. Labrie
received his CD1
presented by LCol J.R.
Anderson, CO 426 (T) Sqn



Sgt McGregor
received his Queens Jubilee
Medal presented by LCol J.R.
Anderson, CO 426 (T) Sqn



Sgt K.R. Marazzo
received his Retirement
Certificate presented by LCol
J.R. Anderson, CO 426 (T) Sqn

SHOWCASE

Congratulations! Félicitations!



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
January 4 - January 10

ARIES (March 21-April 19): Diversity will lead you into new territory on the 4th and 5th. The more people you meet, the better your imagination will flow, and the more unique your ideas will become. Avoid any altercations with family on the 6th, 7th and 8th. An investment or other means of making financial gains should become available. Focus on the practical, not on the emotional. Be creative in your choice of entertainment on the 9th and 10th. Money can be made if you invest in yourself. Younger people will have an influence on you. Romance and social activity should be part of your game plan.

TAURUS (April 20-May 20): You may feel concern about your financial situation on the 4th and 5th. Although the thought of change may be enticing, it is best to sit tight. Put your spare time into getting a creative idea off the ground. Your interaction with people on the 6th, 7th and 8th who are on the same page as you will enable you to build a solid and forceful defense for what you want to accomplish. You will get some interesting news about someone from your past. Observe on the 9th and 10th. Opportunities are available, but listen to what everyone is saying so that you will have a better idea of what everyone wants.

GEMINI (May 21-June 20): Think before you speak on the 4th and 5th. You'll be indecisive about your personal life and this could easily lead to making a mistake you'll regret. Proceed with caution. Too much chatter and not enough action will lead to little accomplishment on the 6th, 7th and 8th and a poor reputation. Step back and center yourself before you aimlessly rush into things. Make time for family and friends on the 9th and 10th. Romance and partnerships are likely to develop into something quite special. Your outgoing personality and versatile mind will be hard to resist.

CANCER (June 21-July 22): Talks may be hush-hush on the 4th and 5th, but they will lead to accomplishment. Consider taking part in an enhancement program that will help you improve your confidence and update your appearance. Don't take things the wrong way on the 6th, 7th and 8th because you think everything is about you. Put in the effort required to get ahead. Be smart. Focus on how much you can accomplish on the 9th and 10th. Financial ventures can turn out well, but don't get involved in a joint venture. You must remain in complete control. Money matters should be your main concern.

LEO (July 23-Aug. 22): You can broaden your knowledge about something that's been on your mind if you get together with people who have experience in an area that interests you. The connections you make on the 4th and 5th will be long-term. You will have to watch your back on the 6th, 7th and 8th, especially when dealing with colleagues. Use your ingenuity to make some financial gains. Be reluctant to offer your services to others. You will be ultra-sensitive on the 9th and 10th. Don't react too fast to what others do or say. Be forthright, but don't let your powerful demeanor take over, making others defensive.

VIRGO (Aug. 23-Sept. 22): If someone offers to do something for you on the 4th and 5th, beware. Ulterior motives are likely to surface. Don't let the desire for change lead you down the wrong path. Do something nice for someone else on the 6th, 7th and 8th. Your contributions will make others stand up and take notice. Partnerships can be developed. Don't be afraid of change. You may be tempted to take a risk on the 9th and 10th that could affect your financial situation. Don't assume you know what you are doing. Lack of facts can result in losses. Less talk and more secretive action will be in order.

LIBRA (Sept. 23-Oct. 22): Take action on the 4th and 5th instead of sitting on the sidelines. Make a concerted effort to make a difference in all aspects of your life. You'll have a hard time winning on the 6th, 7th and 8th, no matter what you do. You will be caught between a rock and a hard place. Don't despair; ask family for a little help and patience. Your interaction with people who have similar concerns will lead to a romantic encounter on the 9th and 10th. Things are looking up, but refrain from being too generous. Partnerships can be formed and deals can be made.

SCORPIO (Oct. 23-Nov. 21): Consider making a move or doing some renovations that will make you feel more comfortable on the 4th and 5th. This is a perfect time to purchase property as a long-term investment. Fix, mend and take care of yourself. Positive action will bring good results. You will have a big heart on the 6th, 7th and 8th. Your generosity will put you a step above everyone you deal with. Your die-hard approach will take you on an exciting journey. Travel, communication and research look good. What appears to be a disaster in the making on the 9th and 10th will turn out in your favour, if you are patient.

SAGITTARIUS (Nov. 22-Dec. 21): You may have a change of heart on the 4th and 5th. Take your time making a decision that will alter your future. Expect to have some problems with people you are close to. Make the effort to improve your finances on the 6th, 7th and 8th. Don't take someone else's word for what options you have. Find out for yourself. Get involved in competitions or debates that will stimulate your mind on the 9th and 10th. You will do well if you stand up for your beliefs and push your own ideas. Love should be on your mind. Keep things light, fun-loving and romantic, and you will have fun.

CAPRICORN (Dec. 22-Jan. 19): You'll be in a productive mood on the 4th and 5th. Social interaction with people you like to brainstorm with will lead to interesting prospects. You may be feeling a change of heart or find yourself in a make-it-or-break-it situation on the 6th, 7th and 8th where a partnership is concerned. Don't worry so much. What you put out, you'll get back. Your objective on the 9th and 10th will be to sort through matters that must be taken care of for older relatives or friends. Take care of any health issues before they become worse. Helping someone else will be your best bet.

AQUARIUS (Jan. 20-Feb. 18): Follow through with an idea you have on the 4th and 5th. This is a perfect time to evaluate who you are and what you want in the future. There is no time-out on the 6th, 7th and 8th. Your comments to others will make a difference to the outcome of something you are trying to get approved. Organize your to-do list and get the ball rolling. If you are prepared for the antics of a difficult person, you will handle them much better. Don't let anyone take advantage of you on the 9th and 10th. Stand your ground and let it be known how you feel. Resolution will only happen if you speak your mind.

PISCES (Feb. 19-March 20): Keep your thoughts to yourself on the 4th and 5th unless you want to end up arguing. Patience will be required but you must not let anyone take advantage of you either. Your imagination will be working overtime on the 6th, 7th and 8th. Put pen to paper and jot down your ideas. Make arrangements to get out and have some fun. Physical activities will relieve stress. You may be feeling restless and in need of a change on the 9th and 10th. Check into a healthier lifestyle. The more you do to improve yourself, the better you will feel. Let your restlessness lead to improvements.

An important prescription for drug safety



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

Prescription drugs are used to treat countless illnesses and problems. If you are taking prescription drugs, do so intelligently. Talk to your doctor and pharmacist about them. Carefully follow directions and be aware of unwanted effects.

Before your doctor decides on a medicine to prescribe, he will need to know about any other medications you are taking. Be honest about these. Your doctor also needs to know about your consumption of alcohol, cigarettes, caffeine, over the counter drugs, herbals

and even street drugs, to prevent harmful drug interactions. You must also report any drug allergies or sensitivities.

Ask your doctor what the medicine is supposed to do and how it will do this. What side effects can be expected? What should you do if they occur? Tell the doctor clearly if the medicine he has prescribed earlier has been effective or not. Unless you tell the truth, the doctor will not be able to help. If you suspect you are experiencing a side effect, call the pharmacist and inquire. Report any side effects of medicine right away by calling the doctor's office.

At the pharmacy store:

When you pick up your prescription medication from the pharmacist, check the label for the drug and dosage. Look at the medicine too. If something doesn't look right, do not take the medicine.

Instead contact your pharmacist - mistakes do happen.

Stick to one pharmacy. Your pharmacist will keep a medication profile on you to help avoid dangerous combinations of drugs.

Find out how and when you are to take the drug. How long should you take it - indefinitely, until the prescription is used up or until your symptoms are gone? Antibiotics in particular need to be used up even if all symptoms have subsided.

Are there side effects associated with the drug? How long will they last? What should you do if they occur?

Will the pharmacist give you written information about the drug or your medical condition?

Do not use someone else's prescription drugs. There may be significant differences between your conditions and body chemistry and that of the

other person.

Take only the prescribed dosage. Taking more won't make you better faster and it will likely create unwanted effects.

Take the medicine only for the reason it was prescribed.

Do not ignore a reaction to the drug. Talk to your doctor right away. Some drug effects can be life-threatening.

Always observe warnings on the label such as avoiding alcohol or certain foods and even avoiding sunlight. Mixing certain prescription drugs with alcohol can cause serious drug interactions.

Follow instructions about taking the medicine with food or water. These instructions may be for better absorption or to prevent choking or damage to the mouth, oesophagus or stomach.

It's up to you to use your prescription drugs wisely. Learn all you can about them from your doctor and druggist.

LOCAL SERVICES AND TRADES

To Serve You

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<p>Satellite</p> <p>Star Choice & Express On Satellite Systems</p> <p>Everyday low prices. Prompt service. Meticulous workmanship.</p> <p>Call Lightfoot Antenna</p> <p>Call 476-4111 or 1-800-267-2809</p>	<p>Storage</p> <p>BIGFORD STORAGE</p> <p>Household & Commercial - You store it - You lock it & keep key 24 hours - 7 days a week - 468 Bigford Rd., Brighton</p> <p>475-6500</p> <p>5x5 - \$25/mo 10x10-\$60/mo 10x20 - \$100/mo 5x10 - \$48/mo 10x15-\$80/mo 10x30 - \$160/mo</p>	<p>Water Delivery</p> <p>Free Delivery At Home or Office BRIGHTON SPRING natural Spring water</p> <p>Cooler Sales & Rentals 475-5666 5 Craig Boulevard, Brighton</p>	<p>This spot could be advertising your business.</p> <p>Call 392-2811 ext. 3976 for details!</p>

Attract buyers, use the Contact to advertise

Community Events

CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND

BIRTHDAY PARTIES ARE NOW AVAILABLE

Matinees Saturday & Sunday

MOVIES MOVIES MOVIES

MOVIE LINE-UP

- Lord of the Rings: Return of the King (14A) 1:00 7:15
- Peter Pan (PG) 1:10 7:05 9:10
- Cheaper by the Dozen (PG) Starts Friday 1:05 7:00 9:15
- Something's Gotta Give (PG) Ends Thursday 7:00 9:20
- Brother Bear (G) Ends Thursday 1:10 3:00

Coming Soon: Last Samurai, Mona Lisa Smile

Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. & Matinees \$5.00 (ALL)

GENEROUSLY SPONSORED BY
THE CENTRE THEATRE

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.



Thank you

Special thanks go out to the following individuals and their sections who were instrumental to the success of this year's Angela Hayden/8 Wing Adopt-A-Family Campaign:

MWO Joyce Fowler 8 ARAF; Cpl Ena Newman 1 CAD CCC; Cpl Rocky Hollywood WTIS; Anne Pennington 426 Sqn; Capt Lynne Hounslow ATESS; Cpl Leeworthy Wops; Georgia Hoyle Dental; Capt Jan Rogers WHosp; MCpl Sandy Driscoll 436 Sqn; Cpl Sebastien Carle 8 AMS; MCpl David Corry 8 AMS; Michael Leblanc IMP; Denise Currie MFRC; MCpl Whynott 424 Sqn; Nicole Fetter CFHA; Cpl Jean Fortin 2 AMS; Cindy (Sgt Cahoon) Wfoods; Pte Catherine Hone 8 AMS; Sgt Michelle Eldershaw ATESS; MCpl DeLuca 8 AMS; Sue Viner WHQ; Capt Frank Cannon TRSET; Thresa Nevills 8 AMS; WO Bill Richards NBCD; MCpl Dave Smith 8 AMS; WSWO; Natalie Godin 8AMS; Cpl Natalie Godin 8 AMS; Nancy Goggin WHQ; Capt Schwartz 437 Sqn; MCpl Woodbeck 8 AMS; Cpl Sheppard CFPU; Maj Cook 429 Sqn; Margaert Franche 8 ACCS; Sgt Maury Harvey EOA Cadets. Also special thanks to all St Paul High School students and staff; to WTNO for supplying a very nice driver and truck; to MFRC for use of their facility and to our delivery people Cpl Fred Peters, his wife Bridget and their two sons, Kevin and Benjamin and WO Rob Fields, and donations from Sgt Sharon Cain 8 ARAF and John Farrow Canex and of course all of you out there who made donations.



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.

January 7- Fitness - Aerobics Class - Getting backing shape after the holidays.
January 14 - Bistro night - "The Flaming Moes", Chuck and Greg will come with acoustic guitars, bring your requests. Be prepared to sing along!

"Pamper yourself and your loved ones"
10th Anniversary Women's Conference
28 February 2004
Register by February 13th and get a chance at the Early Bird draw Day at the Spa "Elemental Embrace" in Brighton
Keynote Speaker, Diane Collier, author and columnist "My Love my Life" her new book released fall 2003.
More info to come

Brighton Outreach Centre
dk WEAR
47b Elizabeth St. (Hwy 2)
Drop off centre for packages for deployed military members. Flyers and newsletters from Trenton MFRC.



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 (deployed until Jan 04)

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p>MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p>CONFESSION At all times</p> <p>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</p> <p>BAPTISM/BAPTÊME Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.</p> <p>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.</p> <p>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.</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Matthew Lucas (Bapt.)</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
--	---

Happy New Year!

Make it a safe one, please don't drink and drive.



From the staff at The Contact

DIDN'T FINISH HIGH SCHOOL? WANT TO EARN A HIGH SCHOOL EQUIVALENCY? THE GED PROGRAM MAY BE FOR YOU!!

The Learning & Career will be offering a seven-week GED session commencing on Tuesday 13 January, 2004. This session is open to Military members and Civilian employees at 8 Wing Trenton. Dependents of these groups who are at least 19 years of age may also participate.

On successful completion of all five tests, students will receive an Ontario High School Equivalency Certificate.

Cost to each student is \$275. For more information or to register, contact the Learning and Career Centre at local 2557.

Drinking and driving can destroy more than your holiday



From the management and staff of Personnel Support Programs



During the holiday weekend and throughout the year, show appreciation and respect for the health and happiness of yourself and others -- choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



Classified

For Classified Information Call 392-2811 ext: 3976

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

Information

CLASSIFIED AD RATES

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

ORDERING AN AD

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

ERRORS & OMISSIONS

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

USERS & AD READERS

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

Business Services

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969-0287

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For parts call: 966-6966

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We hope everyone had a great New Yrs Eve!!! Next singles dance is Sat Jan 17th Top floor Belleville Legion 9pm. Details www.romeoandjuliet.ca 613 392 9850

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FOR RENT

Trenton West Side A stunning renovation of one & two bedroom apartments on Dundas Street West, Trenton. All new kitchen, bathrooms, paint, windows, carpet, ceramic laminate flooring & security entrance. New appliances, heat & water included.

\$525/mth to \$695/mth NO PETS Call Kenmau Ltd. Property Management 392-2601

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1 bedroom apt in N/S Trenton mansion. \$600/month + utilities. Ideal for single, quiet person. No pets. Available immediately. **Call 968-6872 or 416-802-6186**

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FOR RENT

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Wanted

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

For Rent

For Rent

Small hall perfect for: Baby Showers Wedding Showers Stags, Weddings Family Get Togethers Office Parties Christmas Parties Meetings **Hall Manager @ 394-3676**

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FOR SALE 4 Michelin Arctic Alpine winter tires - 13" w/rims, 2yrs old \$200. **Call 965-6864**

FOR SALE

DESPERATE !!! TO SELL... small cabin cruiser. Excellent condition. motor needs work. VERY large cuddy..sleeps 2 people. Will even store it for you **FREE until Spring!! Call 392-9850**

DEADLINES !!!

Editorial: Tuesday noon
Advertising: Wednesday noon
Questions: local 3976

Help Wanted

Reputable Trenton Salon seeking experienced hairstylist for full/part-time position. Interested candidates please contact **Classic Coiffure at 394-4185**

News we can use?

Call us! Locals 7005, 3978

Announcement

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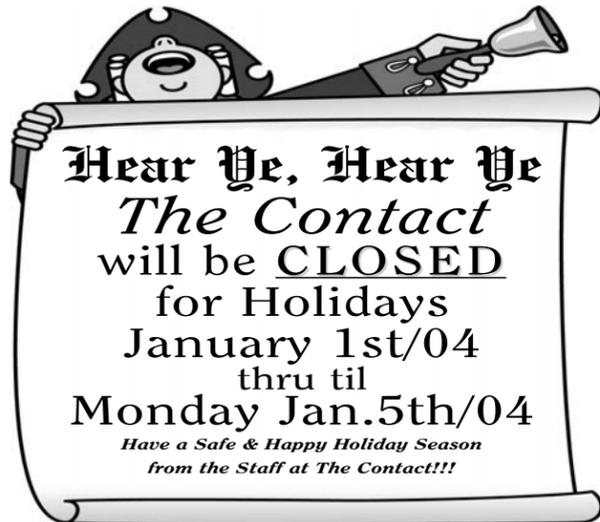
Happy Birthday

Blue Eyes Another year, you've done well, your more educated & getting smarter I can tell. Wish you all the good luck for 2004. Love from your **Singing Electrician**

1st Airforce Trenton Scout Group

will be holding a bottle drive/Christmas Tree pick-up on Saturday 3rd of Jan 2004 in PMQS starting at 1000hrs. Christmas trees will be picked up for a donation to the Group. Items that will pick up for the bottle drive is beer bottles, beer cans. If PMQ residents wish they can put bottles in plastic bags and label them for Group and leave them outside on the doorstep to be picked up.

Ramassage de bouteilles et d'arbres de Noël Le Groupe de Scout 1st Airforce Trenton fera un ramassage de bouteilles et d'arbres de Noël le samedi, 3 Janvier 2004, dans les PMQS, à partir de 10 heures. Les arbres de Noël seront ramassés pour une donation au groupe de scout. Nous ramasserons les bouteilles de bière, les cannettes de bière. Les résidents des PMQS peuvent, s'ils le désirent, placer les bouteilles dans des sacs de plastique, les identifier pour le groupe et les laisser à l'extérieur sur le perron pour que nous les ramassions.



Crossword Answers

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

Open House

Take advantage of January's **Sale-a-Bration** to stock up on Discovery Toys products at excellent prices.

Sunday, Jan. 18 2-4 p.m. 34A Lawrence Drive, Trenton



Laurie McVicar ~ Educational Consultant 392-9395 lmcvicar@gosympatico.ca



Spiders in the Golan-- a personal experience

by Lt T.D. Brodie

Spiders, I hate 'em. Doesn't matter the size or colour, I hate 'em.

Golan Heights was no place for a guy with arachnophobia. We had just arrived in the Golan, September '87 to be exact. On our arrival we were all assigned particular duties and given a week's training in our "special" tasks. On completion of our week's training we were expected to be qualified in hand-to-hand combat, map identification, Ready Reaction Group, each one to our own particular tasks.

I was on the Ready Reaction Group. We had to take up rifles, man the front gate and generally look tough. Following our week training we were expected to perform for our Camp Commander, as well as the UNDOF General. The event would be video taped.

The day was breathtaking. There wasn't a cloud in the beautiful azure sky. The temperature hovered around 75 degrees Fahrenheit. There was a slight breeze blowing across our field of combat. And, there were spiders.

Our part of the occasion consisted of a demonstration of the methods to be incorporated in the resistance of Area of Separation (AoS) incursions by a massed force. Two ranks of soldiers (me included) would form a line with quite a bit of distance between particular men. The

rear rank would constantly stand in a rather stoic and stony position with the intention of intimidating the opposing force with our apparent courage and discipline. The front rank would move forward until they too could assume the same stony stance whence the rear rank would be allowed to move and overtake the front rank. In this leap frog manner we would somehow drive back any bad guys.

Prior to this demonstration of ferociousness, we were formed on our field of battle. In two separate ranks we stood in silence, not a movement from any of us. The Guards on Parliament Hill couldn't have done better. That's where the spiders enter into the story.

You see, over in the Golan Heights, sometime around September, the spider's eggs hatch. In the warmth of the sunshine, with a slight breeze flowing, spider trails (lines of web) could be seen clinging to absolutely everything that was standing still. They flowed like some pennants put out on jousting day around King Arthur's court.

As I stood in stony silence, small, infant spiders appeared from nowhere. It wasn't long before all my fellow comrades and myself were flying our own spider pennants. They came from our sleeves, from our rifles, from our pants, everywhere! That part didn't bother me so

much, at least the little blighters were leaving. All of them save one.

This one particular wee fellow took a fancy to me and, rather than string out his streamer and depart, decided to hang around. Up he climbed onto my shoulder. Ever upwards he climbed, up my neck. He made it up to my ear where he decided to take up residence. I felt him leave temporarily only to return seconds later. After several short departures and returns I discovered that my ear, shoulder and rifle were now becoming a triangulation of points for this little fellow's complete web and new home.

I lost it. My rifle was dropped to the ground as I went into a sort of epileptic boogie trying to evict this new tenant from my head. After what seemed a lifetime I regained my composure and resumed my stony, defiant and terrifying stance. Unfortunately, it wasn't until after the conclusion of the exercise that I was to discover that, in my concern over the temporary shroud in which I pictured myself becoming entombed, the General had arrived, the video cameras had started rolling and the "war" had begun. There on videotape for all to see was myself--apparently losing all sanity and batting furiously at my own head and the surrounding air.

I hope the tape has been erased.

CONGRATS!



Photo: Andrea LeBlanc

Thanks to everyone who participated in this year's Christmas House Decorating Contest, presented by the Trenton Military Community Council. Judging was carried out on the evening of December 18. And the winners are... First place (\$100): Cpl Nevill's home at 260 Byron Street in Trenton (photo above). Second place (\$75): Cpl Newman's house at 654 2nd Dug Hill Road, and third place (\$50) went to XXX Lee's home at 47a Borden Drive. CONGRATULATIONS to all who participated--all the homes looked absolutely beautiful!

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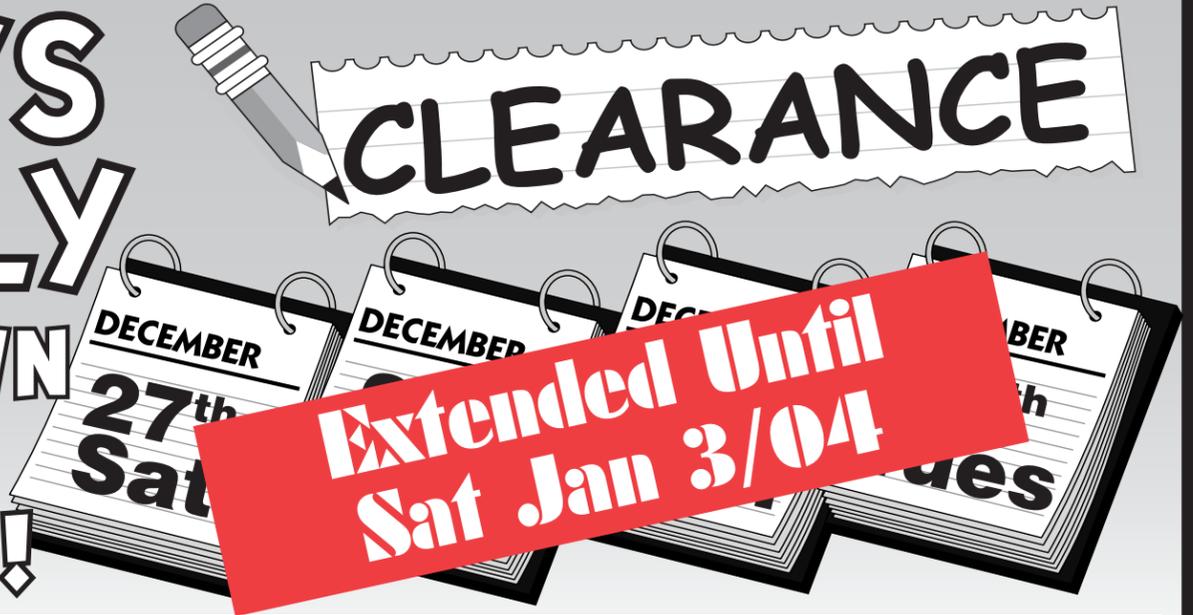
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\$32,900 you own it **\$258** bi-weekly*



2003 DODGE DAKOTA 4X4
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\$31,900 you own it **\$250** bi-weekly*



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Auto, bucket seats, air, am/fm stereo, cruise, tilt, cd, pw, pdl. Stk# 312P
\$16,900 you own it **\$149** bi-weekly*



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\$28,900 you own it **\$225** bi-weekly*



2003 DODGE RAM
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\$24,900 you own it **\$195** bi-weekly*



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\$31,900 you own it **\$250** bi-weekly*



2003 DODGE SX
Auto, 4 cyl, air, cruise, tilt, cd, pw, pdl. Stk# 376P
\$16,900 you own it **\$149** bi-weekly*



2003 DODGE GRAND CARAVAN
Auto, V6, air, cassette, cruise, tilt, pw, pdl. Stk# 361P
\$25,900 you own it **\$201** bi-weekly*



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Auto, air, am/fm stereo, cruise, tilt, cd, pw, pdl. Stk# 365P
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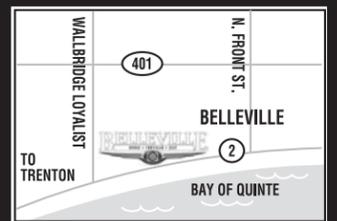


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