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• January 23, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 04 •

Parents respond to upcoming fee increase at MFRC daycare

by Laurie McVicar
 Assistant Editor

A small group of concerned parents gathered at the Siskin Centre on Monday evening to voice concerns of increasing childcare costs at the Trenton Military Family Resource Centre Daycare.

Parents received a letter last week explaining that fees will be raised by up to 30 per cent starting in April, 2004. The reason given for the increase was the Ontario Government's Pay Equity Act.

"The Trenton Military Family Resource Centre has just undergone the Pay Equity process for the entire organization," stated the letter. "The Trenton MFRC is required by law to go back to 1994 and make wage adjustments and from this time forward pay the Pay Equity wage rate."

According to the panel of daycare and TMFRC board representatives present for the meeting, the organization is now responsible for not only ensuring pay raises up to 42 per cent, but also a huge payout that reaches back almost 10 years.

"The new rates won't cover any of the back pay," said Dwayne Earle, President of the TMFRC Board. "By law, we have to go back all the way to 1994 and pay a certain percentage for every year. That's somewhere in the vicinity of a half million dollars, which we don't have. We're currently seeking funding for that. This (increase) is just to cover our day-to-day operations."

Albert Englehart, TMFRC board member, stressed the fact that the organization had to recover the extra costs somehow.

"We used to be able to operate at a loss; we can't do that anymore. Our funders demand that we have a break-even operation. If the daycare doesn't stay afloat, it's going to close," he said.

"I am very appreciative for someone working for \$36,000 a year to look after my child. I personally feel that they do a really hard job and I wish they could get paid

more. I have no problem paying any of my pay raise for the work they do. I think you have an outstanding program and I love having my kid here," Captain Jeff Szumlanski.

Nancy Chicoyne-Hotton, a mother with two children at the daycare, expressed her disapproval at the increases and urged the panel to think about the consequences of them.

"Everyone is pleased with the service, but some people don't have the money," she said. "What about the welfare of the children? You are going to have a lot of people who are going to remove their children from here and put them in less suitable places or leave them at home alone when they are seven and eight-years-old. It happened a few years ago. Is that the chance we, as a community, are willing to take? Those are real issues here," said Chicoyne-Hotton.

"Lesley and her crew do everything they can to be flexible for military and their families. We don't have a choice in this matter," said Englehart. "There are going to be some people who cannot afford it and as a result our numbers will go down in terms of daycare participants and the staff will have to go down."

Earle added that staff at the daycare have not looked upon pay equity as a blessing, but more as a threat.

"Staff have on some occasions said they are scared of pay equity—they are afraid to lose their jobs because of getting a raise," he stated.

"This was very hard for me," said Lesley Patterson, Daycare Supervisor. "I tried everything to cut costs. The bottom line is, I have to have a zero budget."

Englehart noted that this hasn't been an easy decision for the board as well.

"I've been on the board for a long time and it was only three or four years ago that the daycare actually stopped losing money...We finally have a break-even operation and now we have this huge increase. It's not something any of us want to do. Legally we don't have a choice."

437 SQUADRON FLIES PM



Photo: Cpl Max Murphy, 8 Wing Imaging

Prime Minister Paul Martin speaks with members of the Canadian media onboard a 437 Squadron Polaris enroute to the 2004 Summit of the Americas, held in Monterrey, Mexico, January 12-13. See next week's issue of *The Contact* for the story and more photos.

Profiting Through Partnership

by Laurie McVicar
 Assistant Editor

8 Wing/CFB Trenton personnel are once again being called upon to assist in a war. Only this time, the battle is against cancer.

The Hastings Prince Edward Unit of the Canadian Cancer Society (CCS) is currently in the process of introducing their Profiting Through Partnership initiative to companies within the Quinte area.

"Through the 'Profiting Through Partnership' program, the Hastings Prince Edward Unit will arrange to send a spokesperson, trained expert or a small team of both to set up a display and/or speak to any group, business or large organiza-

tion that wants information about cancer, healthy living, special events, or the numerous support programs available to cancer patients and family members," stated BGen (Ret'd) Jeff Brace, CCS representative and former Commander of 8 Wing/CFB Trenton.

Since the late 1930s the CCS has: funded research on all types of cancer, become the most comprehensive source of credible information on cancer, treatment and risk reduction, and provided support for people living with cancer, family members and friends.

"Our potential connection with individual Canadians stems from the fact that one in three Canadians will contract

some form of cancer in their lifetime and virtually every Canadian will be touched, in some way, by the disease," said Brace.

Statistics show, based on current incident rates, 38 per cent of Canadian women and 41 per cent of Canada men will develop cancer.

"The good news is that amongst men, the cancer mortality rate for all cancers combined has declined by 12 per cent since 1988. Among women, lung cancer excluded, there has been a 21 per cent decline in mortality rates for all cancers combined since 1974," said Brace. "These positive advances are due in large part to the fact that 50 per cent of all money raised

See Profiting, Page 2

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Profiting Through Prosperity, Cont. from Page 1

goes to research." The CCS relies on door-to-door fundraising, daffodil sales (April 1-4) and special events such as Relay for Life (June 25 - 26). Less than 20 per cent of the money raised goes towards fundraising and administration costs.

"Over 30 per cent is earmarked for such vital community programs as emotional support, transportation to treatment facilities, information services for families and patients, and support for clinics and lodges," stated Brace.

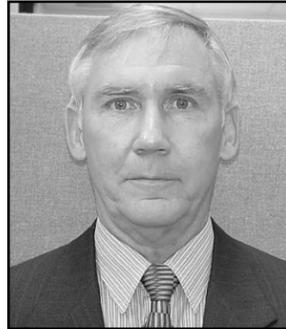
From March to November 2003, the Hastings Prince Edward County unit of the CCS arranged for over 350,000 kilometres of patient transportation to treatment locations, 158 cancer information displays, 62 home visits, and numerous free long distance "Cancer Connection" phone calls that enable cancer patients and caregivers to contact people who have shared similar experiences.

According to Brace, none of this can happen without volunteers.

"(Through Profiting Through Partnership) we hope to encourage people, once they are more famil-

iar with our programs, initiatives and volunteer opportunities, to give us some of their valuable time," said Brace. "The volunteer experience is truly rewarding and the time you commit is strictly of your choosing."

Brace joined the CCS as a volunteer after experi-



Jeff Brace, CCS volunteer

encing a terrifying false cancer diagnosis and later a real one.

"In 1996 I underwent surgery because of a lump in my thyroid that they thought was cancerous. It

turned out that it wasn't. That was my first brush with cancer," said Brace. "Then, in 2002, I was diagnosed with prostate cancer and underwent surgery. When it was all over I made a commitment to myself to work with the Canadian Cancer Society and do everything I could do to help the organization. I made it a goal to get the word out there about what support was available for cancer patients, and their families and friends. More importantly, I wanted to help people who have been diagnosed with cancer."

In addition to being a spokesperson with the organization, Brace is also a mentor with "Cancer Connection".

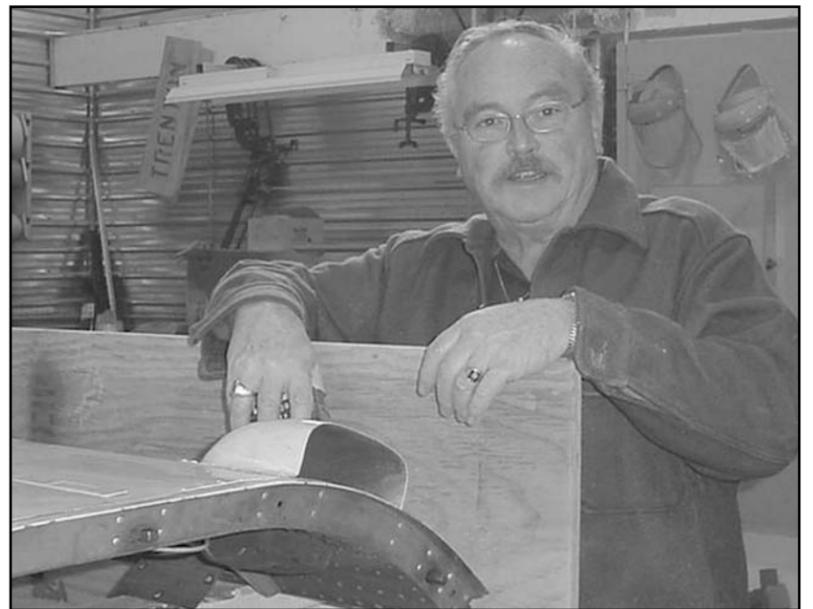
"Right now, I am speaking with the third person whom I have mentored through the prostate cancer diagnoses

process," said Brace. "We get together and I explain my experience and what I went through. The goal is to provide information from a survivors perspective and to ease the anxiety of people diagnosed with cancer and their families."

For more information about volunteering or the Profiting Through Partnership initiative, call 1-888-939-3333 or 962-0686. You can also log onto their website at .

"We sincerely hope that Profiting Through Partnership is something we can put into vogue with 8 Wing/CFB Trenton, sooner rather than later. Cancer can be beaten - we need volunteers to help us do that. Profiting Through Partnership is one way that can happen and everybody wins," said Brace.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Mr. Ross Kingyen of Wing Supply Non-Tech Workshop crates Buffalo parts in preparation for shipment to Comox.

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
18 	19	20	21	22	23 TGIF 1700 hrs Fish & Chips Sports/Euchre	24 ★
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JANUARY 2004





Afghan Military Officers to receive training in Canada

National Defence

OTTAWA – (January 16, 2004) The Honourable David Pratt, Minister of National Defence, has announced that 10 military officers from the Afghan National Army will start training in Canada today.

Of these 10 officers, eight will receive English language training for 18 weeks in St-Jean, Quebec. Two others, already fluent in English, will receive training in order to become English instructors over a 16-week period in Ottawa. "I am pleased that Afghan military officers have come to Canada to learn English," said the Minister. "Canada continues to make important contributions to the stabilization and reconstruction of

Afghanistan, and now Canadians will also help Afghans learn vital language skills."

These 10 officers are the first of 75 Afghan students who will receive English language training and explosive ordinance disposal training in Canada over the next three years through the Department's Military Training Assistance Programme (MTAP). MTAP is a key instrument of defence diplomacy that advances Canada's contribution to international peace and security. Its training programmes expand and reinforce Canada's bilateral defence relations with countries around the world.

Through MTAP, the Department regularly trains foreign military officers,

notably in English language, French language, professional development, peacekeeping and civil-military relations. Last year, more than 900 individuals came to Canada to receive training.

The Canadian Forces

presently have more than 2,000 troops deployed with the International Security Assistance Force (ISAF) in Afghanistan, and a Canadian officer, Lieutenant General Hillier, will assume command of ISAF in February.

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Search & Rescue UPDATE



The weekend of 17-18 Jan proved to be a busy one with 424 Sqn responding to four SAR cases. Both the Herc and Lab were tasked on the night of the 17th to investigate the crash of a small commuter aircraft. The aircraft had lost contact with ATC shortly after departing from Pelee Island, at the west end of Lake Erie. Freezing rain prevented either aircraft from taking off from Trenton that night. The Standby Lab took off early Sunday morning to aid in the search for possible survivors of this confirmed crash, and eventually supported OPP officers in their survey of the crash site. The Lab was then re-tasked to search for a possible "kite-surfer" in distress near the Beaches area of Toronto. Following a search with no results the call appeared to be a false alarm.

The Hercules was tasked to search for a missing tug-boat in Georgian Bay late in the morning of the 18th. Following a short search, the vessel was located in no distress by other resources. While returning to base, the Hercules then proceeded to investigate two separate ELT cases in the vicinity of Toronto. Both cases were resolved without incident and the Hercules returned to Trenton.

All in all a very busy weekend, and possibly a sign of a busy winter SAR season at 424 Tiger Squadron.

Missions for 2004: 5 Missions for Jan: 5 Persons rescued: 0

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.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

8 Wing Trenton's recently renewed campaign to conserve energy has had some rather unexpected by-products.

Because of the great attention being paid to such simple, but necessary, actions as turning out lights, keeping doors closed and generally keeping energy conservation uppermost in our minds, I have begun to do the same at home.

Normally not one to squander energy (and therefore hard-earned money), I have recently become much more vigilant. I find myself questioning whether this or that light really needs to be on, and whether it might be just a little smarter to throw on a sweater instead of turning up the heat.

This renewed focus on conservation has also been positive in another way--I am setting a great example for my children. Though still young, they have not forgotten the "Great Power Outage" of August 2003. No TV, no Nintendo, no stereo, no lights, no nothing. It made quite an impression on them, and I hope I can capitalize on that and teach them, by example, not to be wasteful, and to never take our available energy for granted.



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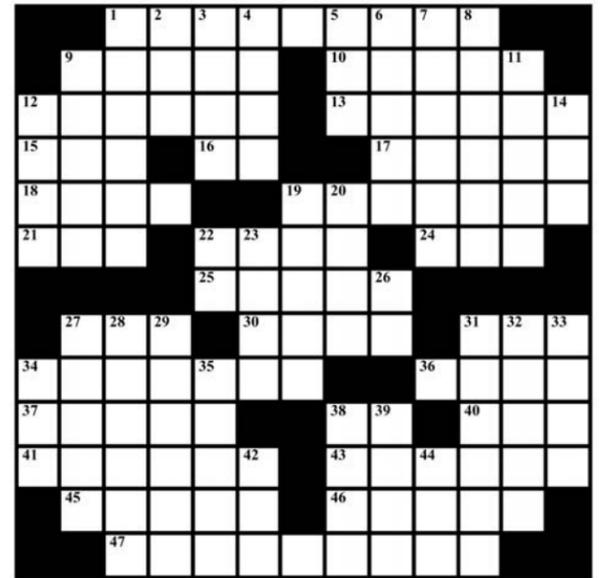
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ACROSS

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- 9 Hockeyist Lemieux
- 10 Cookies
- 12 Mrs. Angelil
- 13 Cast again
- 15 Aristotle, to his pals
- 16 Ms Lang
- 17 Wedge shaped
- 18 Mr. Angelil
- 19 Straddled
- 21 Compass pt
- 22 Norse goddess
- 24 Selenium symbols
- 25 Mrs Jones-konihowski
- 27 Happiness
- 30 ___ boy!
- 31 Canadian military org.
- 34 Mrs. Day
- 36 Mr. Konihowski
- 37 Enable
- 38 You and I
- 40 Container
- 41 Edit
- 43 Refer
- 45 Lawn mowers
- 46 Mr. Gretzky
- 47 Produced

DOWN

- 1 Salty
- 2 Prefix denoting three
- 3 Pen parlance
- 4 Female student
- 5 A kind of won ton
- 6 Upright
- 7 Madagascar primates



- 8 Canadian coin
- 9 Ponds
- 11 Winter conveyances
- 12 Compassion
- 14 Bambi, for one
- 19 Winged
- 20 Does wrong
- 22 Shack or Shore
- 23 Roman 53
- 26 Executive Asst.
- 27 Mrs. Gretzky
- 28 Slow learner?

- 29 "___ my Sunshine"
- 31 Rounded
- 32 Reproach
- 33 Lucy Montgomery character
- 34 Worm, in Maskinonge
- 35 Firm or figure preceder
- 38 Northern Ontario town
- 39 Israeli seaport
- 42 Half a fly?
- 44 Caustic

Win free tickets to the Belleville Wine Festival
 See page 13 for details.



This Week in Contact

1974--LGen WA Milroy, the Assistant Deputy Minister, visited the HMCS Iroquois while it was at sea. He was lowered by cable high above by a Sea King Helicopter and came down onto the vessel. He wanted to see for himself what the conditions were like for the Canadian forces on an operational ship. He was pleased by the professionalism of the crew.

During a ceremony in Queen's Park, Corporal Norman Passant of CFB Trenton was presented with the Royal Life Saving Society's Certificate of Thanks, for his efforts in teaching life saving techniques to hundreds of people in the Trenton community. He was one of 29 people who were honoured with the certificate.

1984--"The last CF-100 to fly has been preserved as a reminder of the all-weather jet fighter's 31 years of service with the Canadian military. Montreal's 1 Air Reserve Wing presented the veteran interceptor aircraft for display to CFB Montreal to commemorate the base's role during the long career of the "Canuck".

1994--A 4,500lb gift was delivered to Croatia by the CC-130 Hercules from Trenton's 426 Training Squadron on January 14 and 15th. The Hudson Road Elementary School in Kelowna, BC collected the 4,500 pounds of teddy bears and clothing by a clothing drive.



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



Survey says ... this Air Reservist is definitely a Wing Supply MVP

by Capt Ian Stock
8 Wing Public Affairs

To say that Sgt Marion Crapp is passionate about her work at Wing Supply would be an understatement.

"I love what I do here at Wing Supply because I have a major impact on the day-to-day operations of the Wing," says the Air Reservist Supply Tech who is employed full-time as the Special Projects Assistant to the Wing Supply Officer. "I am totally involved and honoured to be so."

"She is a 'fixer' and a self-starter and she not only represents Air Reservists well but the entire Supply Tech trade too," says Captain Brenda Austin, Wing Supply Officer. "With our staff depleted due to operational commitments and postings, Sgt Crapp really gets things done around here. Reliable is not a strong enough word for her. She is exactly the kind of Air Reservist we want and need around here."

One of Sgt Crapp's biggest accomplishments was the creation of a base supply survey index which

benchmarks all facets of Wing Supply's performance in accordance with 1 CAD and NDHQ benchmarks.

"Basically it now gives us an accurate snapshot of where we, as a unit and as a Wing, stand in relation to our client service standards of quality, quantity and time frame and where we do things right and where we need to improve upon," says Crapp, who utilizes her 24 years of experience in the Reg Force in the supply trade.

"After the Alternate Service Delivery model fell through, we didn't have this kind of performance measurement and we needed it quick, so Sgt Crapp developed it herself. In fact, she beat NDHQ to the punch, and now most bases are seeking her advice and using her survey index for their own needs," says Austin.

Crapp adds that she

couldn't have developed the survey without the help of everyone who relies on Wing Supply for support.

"I really wanted to make it truly representative of our work here at Wing Supply, without making it burdensome for our clients. So I made sure it was simple and user friendly."

And how is 8 Wing Supply doing on the benchmark survey?

"Generally, we've been doing extremely well. As an example, we have the best tailoring shop in the Air Force. Our tailor, Leanne, is awesome in her turnaround and we have the survey results to prove it," explains Crapp.

As a reward for her effort, Sgt Crapp was selected as the sole Canadian representative for the USAF Reserve Leadership Course at McChord AFB in Washington state last July.

"It was a genuine honour to be selected for the course and it was a great experience to be working with Reservists from the U.S.," says Crapp. "But they were in total shock when they found out that Canadian Reservists, without Reg Force experience, don't receive pensions."

Alas, all good things must come to an end. Sgt. Crapp will be moving to B.C. this summer as her husband is posted to Comox.

"I'm disappointed to be leaving as the people here are great and I love my



"As an Air Reservist, Sgt. Marion Crapp is a mainstay of Wing Supply's day-to-day operations."

job," laments Crapp. "But that's military life and I'm sure I'll be able to contribute as an Air Reservist

in Comox too."

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Nouveaux points importants à l'égard du Programme pour l'autonomie des anciens combattants (PAAC)

Dans le cadre du PAAC, le gouvernement du Canada prolongera à vie les services d'entretien ménager et/ou d'entretien de terrain offerts aux survivants admissibles d'anciens combattants décédés. S'il n'y a pas de survivant admissible, ces services pourraient être offerts à un autre dispensateur de soins principal admissible.

Ces services aident les anciens combattants et leurs survivants ou d'autres dispensateurs de soins principaux à continuer à vivre chez eux de façon autonome.

Vous pourriez être admissible à ce programme si vous rencontrez les exigences suivantes :

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- L'ancien combattant recevait ces services au moment de son décès ou l'ancien combattant recevait ces services et est décédé moins d'un an après avoir été admis à un établissement de soins de santé.

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Anciens Combattants Canada Veterans Affairs Canada

Canada



Photo: John Sylvester



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Auto/ Small Engines	T/TH	4-6:30 pm
Introduction to Computers	T/TH	4-6:30 pm
Internet Web/Page Design	M/W	7-9:30 pm
Information Technology in Business	M/W	7-9:30 pm
Introduction to Computers	M/W	7-9:30 pm
Biology Gr. 11	M/W	7-9:30 pm
Microsoft Office 2000	T/TH	7-9:30 pm
Chemistry Gr. 11	T/TH	7-9:30 pm
Art - The Basics of Drawing	Tues	7-9:30 pm
Foods	Tues	7-9:30 pm
ESL	Tues	7-9:30 pm

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Introduction to Computers	M/W	7-9:30 pm
Microsoft Office 2000	T/TH	7-9:30 pm
Auto/Small Engines	T/TH	6-10:00 pm

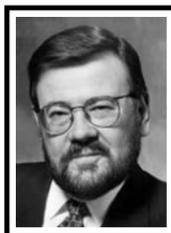
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The big dilemma: Stocks or house?

it's your
Money



Garth Turner

It's a rare year, indeed, when both the stock market and the real estate market rise in tandem. But that's exactly what took place in 2003. Even more remarkable, this is a phenomenon which looks like it will be repeated in '04.

Last year the Toronto stock market gained more than 20 per cent in

value and 97 per cent of all Canadian mutual funds made money. But at the same time, the average house price rose by 10 per cent, to hit the highest level in history, while the number of sales in major cities was at a record level. In fact, in Toronto, Vancouver and Montreal, more houses sold in a single year than ever before.

Why did both stocks and houses attract such a whack of investors' money? Well, the equity markets simply had to recover at some point, after three years of being mauled by the bears of Nine Eleven, war, corporate scandal and fear. Those bears, of course, had also driven a lot of cash into perceived safe assets like real estate, forcing prices higher. But there is one other factor both markets fed on last year, and that is the ridiculously low cost of money.

Interest rates sitting at 50-year lows have severely influenced human behaviour. For example, when GICs are returning just 3 per cent - or 0 per cent after inflation and taxes - what's the point of saving your money? That thought encouraged lots of people to spend all they had buying things - like real estate when stock markets were down, and shares and mutual fund units when markets recovered. Secondly, with near-cash investments giving virtually no yield, the smart money migrates into growth investments which history shows us have a much better track record.

Thirdly, cheap money

breeds debt. When you can rent, say, \$200,000 for less than \$600 a month, why wouldn't you? That kind of thinking has encouraged Canadians to get into more mortgage debt than ever before in history. It led one banker friend of mine to muse the other day over a smoked salmon sandwich that his million-dollar mortgage costs him "a measly 40 grand a year."

So, today's mortgage rates have masked the rise in real estate values, because houses remain incredibly affordable. It now costs so much less to buy the average home (running at \$222,702), than to rent the average three-bedroom apartment (\$1,500 a month, and up, in major centers), that the vacancy rate is shooting skyward. Tenants are turning into owners. The major lenders are offering no-money-down mortgages. Banks will give self-employed people lots of money to buy a house without a proper credit check. Mortgages are now widely approved in less than one minute. The world's spinning out of control.

But, wait. It gets better. Long-term mortgage rates have dropped again this week, taking them well into the 5 per cent range and the Bank of Canada has reached the inevitable conclusion that money should cost even less than it does. And that's a reasonable view right now, with a too-strong dollar, virtually no inflation and slowing economic growth. It makes sense to lower rates in a bid to keep alive the borrowing/spending orgy that has carried our economy along for the last three years.

This means that variable-rate, below-prime mortgages (which all sensible borrowers should have) are going to be around for some period of time at 4 per cent or

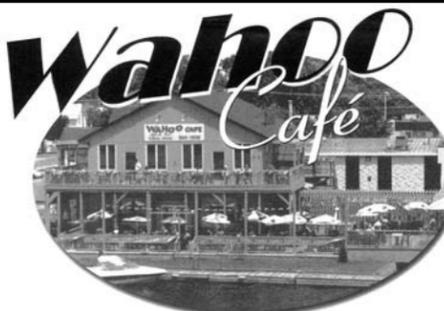
less. Heck, you can even find lots of crazed mortgage brokers and cheeky credit unions who will shower you with money at just a 3 per cent annual cost.

This will ensure houses stay affordable, even as prices rise. The Canadian Real Estate Association is predicting homes will climb in value by another 3 to 5 per cent in 2004, and demand stay brisk - a forecast that seems perfectly reasonable to me. But at the same time, lots of new money will also find its way into the equity market, where rising values will be the result of enhanced corporate profitability, economic expansion south of the border and very stimulative fiscal policy by giddy central bankers in both Canada and the States.

So, what should a body do? If you are a renter, then become an owner because real estate equity is still a wonderful cornerstone to build wealth upon. If you are a homeowner with a mortgage the size of Alberta, then concentrate on paying it down as quickly as possible with a weekly-pay mortgage, lump sum payments or accelerated payments. If the bulk of your net worth is in real estate, then this is the year to diversify into financial assets like stocks and equity mutual funds. If you are sitting on cash, or bonds, or GICs or any similar near-cash investment, then find a better home for this money because yields are going nowhere.

Finally, everyone should recognize that these are not normal times. Interest rates will eventually rise. The real estate market will stall. Stocks will always outperform over time. And debt will always be the enemy.

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Energy Matters- High-efficiency wood-burning



by Sgt. D. Carlson

Welcome readers, as mentioned a couple of weeks ago I said that I'd find some information on wood burning stoves. Well, I found lots mostly through Natural Resources Canada. I found a wealth of information on the various technologies surrounding the burning of wood.

If you are shopping for a wood stove or fireplace, here's a useful tip: choose a certified, advanced technology stove or fireplace. If you are upgrading your wood-burning system or planning a new installation, a wide array of options are available. You might consider a wood stove, pellet stove or fireplace, or if your house is large, maybe even a wood furnace. You will consider size, shape, colour and features. However, perhaps the most important deci-

sion you will make is whether to step up to one of the new advanced technology appliances.

Advanced units look like conventional models, but there is a world of difference inside that directly affects their day-to-day use and your long-term satisfaction. You can easily identify advanced technology wood burners because they are tested and certified as "clean-burning" according to the Canadian Standards Association (CSA) standard B415 or, more commonly, to the rules established by the U.S. Environmental Protection Agency (EPA). (The two test standards are identical but most stove manufacturers seek EPA certification so they can sell their products in the U.S., where clean-burning certification is mandatory.)

Over the years, wood stove and fireplace manufacturers have spent millions of dollars developing combustion systems that burn wood more completely to improve efficiency and reduce smoke pollution. Advanced technology appliances emit up to 90 percent less smoke than the

old "airtight" that were popular in the past. Although these new units usually cost more than older wood burners, there are many reasons why getting a newer system is money well spent.

Wood advanced stoves and fireplaces use up to one-third less wood than older wood stoves to produce the same amount of heat. They also use a fraction of the wood that conventional fireplaces use. That means lower cost, less stacking and moving of firewood, and much less cutting and splitting if you harvest your own fuel. At average fuel wood prices, the savings in heating can be \$150 or more each year (depending on the size of your house). Paying off the investment in the new technology can be done in as little as three years.

Because smoke in an advanced unit is burned inside the firebox, it produces more heat and does not condense in the chimney as creosote. That means the risk of a chimney fire is virtually eliminated. This single feature of the new wood burners delivers peace of mind and is worth

the extra cost. Burning wood more completely also means less maintenance because creosote deposits build up more slowly, if at all. Some homeowners who heat with conventional stoves and wood furnaces must clean their chimneys two, three or more times a year to remove the creosote.

If professionals are hired to do the work, the cost can be significant. Although a chimney fire is unlikely with an advanced unit, every wood-burning system should be thoroughly serviced every year. Clean and inspect the chimney and appliance heat exchange passages, door gaskets, hinges, latches and internal components for wear.

For the environment, wood smoke is air pollution and wasted energy, so it should be minimized for the sake of the environment. The new technology wood heaters burn so cleanly that when operated properly there is no visible smoke coming from the

chimney. That's a clear benefit for the environment and for your neighbours, who will appreciate having cleaner air to breathe. By choosing one of the new wood burners for your home, you will be making a real contribution to a healthier environment.

The new combustion technologies produce a more stable fire so you spend less time fiddling with the controls. You will also find that reliable

overnight heating is easier to achieve without smouldering the fire because the new stoves burn steadily and consistently. Special internal features mean that flaming combustion can be sustained at lower heat output settings than with older stove designs. Another feature that users appreciate is the stay clear glass that lets you see the beautiful flames produced by the new combustion technologies.

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Pet Particulars

Puppy Mill Update

The Ontario Society for the Prevention of Cruelty to Animals estimates that there are over 400 puppy mills operating in Ontario. They repeatedly breed dogs and produce mass numbers of puppies to be sold at retail outlets across the province. Two such operations were shut down last week and charges are pending against the owners. Nine malnourished, flea-ridden Golden Retrievers were found in a Norwood home being used as a kennel. The dogs were suffering from neglect and the house itself was a disaster, with feces and urine soaking the carpets. The owners surrendered the dogs to the local SPCA after being ordered to provide proper care. At another puppy mill south of Havelock, the society rescued 13 mixed Yorkshire Terriers. Inspectors also found two animals that likely died of hypothermia and dehydration. The OSPCA encourages the public to join them in the fight against puppy mills by adopting a pet from their local shelter or contacting their local kennel club for a list of reputable breeders. Supply and demand is what keeps puppy mills going. When consumers no longer put money into the hands of these operators, puppy mills will no longer exist.

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Canada-United States exchange letters on missile defence

National Defence

OTTAWA - (January 15, 2004) Minister of National Defence, the Honourable David Pratt and Foreign Affairs Minister, the Honourable Bill Graham today announced that Canada and the United States have exchanged letters regarding cooperation in ballistic missile defence.

"This step will help to move forward discussions on possible Canadian participation in the missile defence of North America," said Mr. Pratt. "It sets out a clear path for future negotiations, and will allow Canada to have access to the information about missile defence that we will need to make a decision on participation."

"Canada has had a very successful partnership with the United States in defending North America, and we are always looking at ways to enhance this relationship," said Minister Graham. "A decision on

Canada's participation in the missile defence program will be made when talks are completed, and after Parliament has been consulted."

On May 29, 2003, the Government announced that it would enter into discussions with the U.S. about possible Canadian participation in the missile defence of North America. The letters outline areas in which potential for cooperation will be explored in future talks, and confirms that the North American Aerospace Defense Command (NORAD) can play an important role in the missile defence of North America, building on its existing missile warning role.

Missile defence is one element of a response to the proliferation of ballistic missile technology. Canada remains committed to a comprehensive approach, with emphasis on multilateral non-proliferation, arms control and disarmament processes, as well as effective diplomatic engagement. Consistent with this policy, Canada continues to oppose the weaponisation of space.

Letters Exchanged on Missile Defence

Letter from Minister Pratt to Secretary Rumsfeld

Dear Secretary Rumsfeld:

For decades the United States and Canada have been partners in the defence of North America, co-operating within the framework of the Ogdensburg Agreement, the North Atlantic Treaty, and the North American Aerospace Defense Command (NORAD) to preserve our mutual security. In light of the growing threat involving the proliferation of ballistic missiles and weapons of mass destruction, we should explore extending this partnership to include co-operation in missile defence, as an appropriate response to these new threats and as a useful complement to our non-proliferation efforts.

A key focus of our co-operation in missile defence should be through NORAD, which has served us well since 1958. NORAD's long-standing global threat warning and attack assessment role can make an important contribution to the execution of the missile defence mission. We believe that our two nations should move on an expedited basis to amend the NORAD agreement to take into account NORAD's contribution to the missile defence mission. It is our intent to negotiate in the coming months a Missile Defence Framework Memorandum of Understanding (MOU) with the United States with the objective of including Canada as a participant in the current US missile defence program and expanding and enhancing information exchange. We believe this should provide a mutually beneficial framework to ensure the closest possible involvement and insight for Canada, both government and industry, in the US missile defence program. Such an MOU could also help pave the way for increased government-to-government and industry-to-industry co-operation on

missile defence that we should seek to foster between our countries. We understand the United States is prepared to consult with Canada on operational planning issues associated with the defence of North America. I propose that our staffs work together over the coming months to identify opportunities and mechanisms for such consultations and Canada's contributions.

The technical extent of protection afforded by the US ballistic missile defence system will evolve over time, and our bilateral co-operation in this area should also evolve. We should continue to explore appropriate technical, political and financial arrangements related to the potential defence of Canada and the United States against missile attack, within the framework of our laws. Our staffs should discuss ways in which Canada could contribute to this effort. If this overall framework for co-operation that I have proposed meets with your approval, I would appreciate hearing back from you at your earliest convenience.

Yours sincerely,

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

Reply from Secretary Rumsfeld to Minister Pratt

Dear Minister Pratt:

Thank you for your recent letter regarding cooperation between the United States and Canada on missile defence.

As you noted in your letter, the United States and Canada have been partners in the defense of North America for over 50 years. In light of the threat involving the proliferation of ballistic missiles, I agree that we should seek to expand our cooperation in the area of missile defence.

I am supportive of the approach to missile defense cooperation that you outlined in your letter and agree that this should be the basis on which we move forward. Thank you again for your letter. I look forward to continuing the long-standing defense cooperation between the United States and Canada.

Sincerely,

Donald Rumsfeld

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Photo: Cpl Tim Jordan, 8 Wing Imaging

Aerodrome, 8 Wing Trenton: Sgt Roger Giguere of Wing Transport arrives safe and sound Friday, Jan. 16, 2004. His tour lasted six months at Camp Mirage, where he was employed as Transport Supervisor. LCol Bruce Cooke, CO 8AMS, greets him with a hearty handshake, along with the rest of the greeting party--including acting Wing Commander LCol Bill Lewis.

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The consequences of sleep deprivation



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

On April 13, 1984, two Burlington Northern Freight trains collided on a single track in Colorado. The five crew members were killed and the damage totaled \$3 million. The accident was attributed to sleep deprivation.

A five-month-old child died of heat exhaustion after the father forgot him in the vehicle and went to sleep.

When the super tanker Exxon Valdez crashed into a reef in Alaska, 258,000 barrels of oil were spilled, causing an environmental disaster that cost \$2 billion to clean up. Sleep deprivation was blamed for the collision.

Most of us lead busy lives and are therefore tempted to try to reduce sleep time in order to fit in activities such as studying, working an extra job or watching television. In fact, many people brag about how little sleep they need. Yet, sleep deprivation can cause accidents, particularly if you operate a motor vehicle or machinery such as farm and industrial equipment.

People falling asleep at the wheels of their cars are responsible for approximately 2% of all driver fatalities. Nearly one in every three Americans

report having fallen asleep at the wheel. The comfort and ease of driving today's cars – the combination of cruise control, power steering and soft seats, along with the hypnotic effect of highway driving – can lull drivers into a drowsy state. The prime times for "asleep-at-the-wheel" crashes are between midnight and 7 a.m. – when it's natural to feel sleepy – and between 1 p.m. and 4 p.m.

Once I was called to the scene of a fatality on a straight stretch of highway. The car had driven off the road and rolled several times, killing both occupants. They were not wearing seatbelts and were thrown from the vehicle. The road was bare and dry and lightly traveled at the time. There were no skid marks. It was assumed the driver had fallen asleep at the wheel.

A few things to remember about drowsiness and driving:

Get plenty of sleep. Experts recommend seven to nine hours. If you can't get enough, try to make up for it when you have a chance, such as on weekends.

On long trips, take a break at least every two hours, or when you start to feel drowsy. A walk around the vehicle may refresh you and provide a good stretch for your back, but it will not replace sleep.

If possible, switch drivers. At least have someone stay awake with you. Talking to someone or listening to the radio will help.

Alcohol will increase drowsiness. Don't drink.

If you feel drowsy, don't fight it; get off the road immediately! Pull off, preferably at a rest stop or on safe area off the highway. Don't park on the shoulder except as a last resort, as vehicles parked on the shoulder are in danger of being rear-ended. If you must stay on the shoulder, pull off as far as you can, leave your seat-belt on and leave your emergency flashers on. You want to be visible to the vehicles coming from behind you.

Microsleep is a 1 to 15-second loss of awareness. If this happens to you, get off the road right away.

A reader submitted this story about the consequences of driving while sleep deprived.

In a New York Minute

"The call came about 8:00 p.m. on a clear, sunny June evening. I didn't know it at the time but "in a New York minute" our lives had changed forever because someone had fallen asleep at the wheel.

The caller from the emergency room at the city hospital said my husband had been in an accident but he was okay. In retrospect, "okay" was a pretty generous term for his condition. But, considering that my husband was involved in a head-on highway collision, was removed from the vehicle by the jaws-of-life and airlifted to the hospital, he was lucky to be alive.

A great attitude and an

iron will were the main factors in his amazing physical recovery. Prior to the accident he was a young, vibrant man with a promising career ahead of him. Now, because of head injuries sustained in the accident, any kind of career really isn't an option. I think my husband copes as well as anyone could with the depression, anger, pain and frustration that that are now part of his daily life.

For years, I pictured the driver of the other vehicle as some kind of monster because of the effect his actions had on our lives. But when I met him, I felt sorry for him. He's just an ordinary person who, through a seemingly small mistake, caused a lifetime of hardship to both his family and ours."

If you're tired, pull off the road, don't let this happen to you.

Picking a partner Confessions from the Gym



Laurie McVicar

Monday, January 19

Anyone who reads this column regularly knows what a big fan I am of workout partners.

It's tremendously motivating to work towards a common goal with someone and share nutrition and fitness tips with. If you're looking to double those benefits, try working out with someone of the opposite sex. Need a few reasons why? Here's a few:

1. You push yourself to work harder for fear of looking like a wuss (can apply to both men and women).

2. You force yourself to invest in GOOD workout gear. God forbid anyone should see you in those worn out jogging pants and oversized t-shirts.

3. Your abs get a fantastic workout from sucking in your gut the entire time (again, can apply to both genders).

4. You inch one step closer to attaining buns of steel by consciously tightening them until the workout is complete. This one takes talent. Practice prior to exercising with partner. Best of luck!

When a Smoker STOPS Smoking

"20 minutes after your last cigarette, positive changes begin to occur in your system which continue for many years. It takes only one cigarette a day to compromise these beneficial changes."

- 20 minutes**
 - Blood pressure returns to normal.
 - Pulse returns to normal rhythm.
 - Temperature of hands and feet returns to normal.
- 48 hours**
 - Sense of smell and taste improve.
- 1 to 9 months**
 - Cough, nasal congestion, fatigue & shortness of breath diminish.
 - The body regains energy.
- 1 year**
 - Risk of coronary disease is 50% less than that of a smoker.
- 10 years**
 - Cancer mortality rate is similar to that of a non-smoker.
 - Pre-cancerous cells are replaced.
 - Risk of cancer of the mouth, throat & esophagus, bladder & pancreas decreases.
- 15 years**
 - The risk of heart disease is similar to that of a non smoker.
- 8 hours**
 - Carbon monoxide count returns to normal.
 - Oxygen level in the blood returns to normal.
- 24 hours**
 - Risk of heart attack decreases.
- 2 weeks to 3 months**
 - Circulation improves
 - Walking becomes easier.
 - Pulmonary function increases by about 30%.
- 5 years**
 - Lung cancer mortality rate of a former pack-a-day smoker decreases to almost half.
 - From 5 to 15 years after quitting, the risk of stroke decreases and is comparable to that of a non-smoker.
 - The risk of cancer of the mouth, throat and esophagus is 50% less than that of a smoker.

Source: American Cancer Society, Washington. All Division: CDPA Creative Services C5207-0531

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Important New Facts about the Veterans Independence Program (VIP)

The Government of Canada is extending the VIP housekeeping and/or grounds maintenance services for life to qualifying survivors of deceased Veterans. Where there was no survivor at the time of death, another primary care giver may be considered.

These services are provided to Veterans and their survivors or other primary care givers to help them live independently in their own homes.

You may be eligible if:

- You are a survivor or another primary care giver of a Veteran who has died since September 1, 1990; and
- The Veteran was receiving these benefits at the time of death or the Veteran was receiving these benefits and died within a year of being admitted to a health care facility.

FOR MORE INFORMATION OR TO APPLY, call the toll-free number **1 800 443-0382**.

Veterans Affairs Canada Anciens Combattants Canada

Photo: John Sylvester

Fitness, Sports & Recreation

CFB Trenton Dolphins - the area's best kept secret

One of the best kept secrets here on base is the CFB Trenton Dolphins Swim Club. We are a competitive military swim club who proudly swim in our home waters located at the beautiful 25-metre RecPlex pool on base.

The Dolphins Swim Club offers competitive programs that start with children at the age of seven who can swim one length of the 25-metre pool, without assistance, using one of the four competitive swimming strokes. The bronze, silver, and gold programs run on a yearly basis, whereas the Development Levels 1, 2, and Advanced Development programs run until the end of June.

The Dolphins Swim



Skills Lessons Program is a recreational program offered by our club for children between the ages of five to 10 who are just starting out and learning swimming skills for the first time, or who are trying to perfect swimming skills that they may have acquired through other programs. In this program, Dolphins Swim Skills Lessons, your child will learn the basic swim strokes which will increase their endurance and stamina in the water. The lessons are

geared for children between the ages of five to 10, and there are four different levels which are divided by age. The club offers five week sessions with children swimming twice a week for a total of five hours of instruction. These five week sessions start in September and continue through the year with the last session ending in the middle of May. We are proud to offer this new and exciting program which focuses solely on learning to swim.

Is competitive swimming for my child?

If your child enjoys the water, if your child loves to swim and meet new friends, then yes, the Dolphins Swim

Club is the right military club for your child! We are always looking to welcome new members and there is a guaranteed spot for all military families within our club (pod).

Swimming is a great sport that is high energy yet low stress on the

body. It is a sport that you can continue well into old age. It is a non-contact sport, unless you count belly flops! The athlete swims against the clock, and success is measured on an individual basis and because of this you can join at any age. You

train in a group but because it is an individual sport, a session can be altered to different skill levels.

For more information please contact Gail @ 392-5325 or Roxanne @ 392-2394 or stop in at the pool and check us out!

South Side Gym Up Coming Events

- February 9-12th, 2004 - Ontario Region Men's Hockey Championship
- February 13, 2004 - Winter Carnival "The Amazing Race"
- February 27, 2004 - Fit for Heart - Ball Hockey Tournament

Please watch for further information.

It's Winter Carnival time again...

Who: Open to all military and dnd employees
What: The theme this year is

"The Amazing Race"

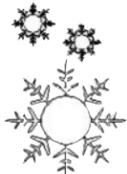
When: Friday, Feb. 13th, 2004

Where: Sports Field (southside)

Opening Ceremonies: 930 hrs

The best team costumes that represent a country will get extra bonus points! Sign up your team ASAP for a Friday Fun Day...

For further information email or call Amy Boor at 2993.



Noon Hour Hockey League

Standings as of 9 Jan 04



Team	GP	W	L	T	PTS
Blue	14	12	2	0	24
Gold	13	7	6	0	14
Maroon	14	6	7	1	13
Black	14	5	8	1	11
Red	13	3	10	0	6

Player Stats



Player	Team	GP	G	A	PTS
Fitzgerald	Blue	11	20	11	31
Jerrett	Blue	10	9	14	23
Howling	Bleu	12	11	8	19
Baillie	Maroon	10	5	14	19
Wood	Black	12	9	9	18
Picotin	Black	11	6	12	18
Lloyd	Bleu	9	8	9	17
Dumais	Gold	9	10	7	17
Willis	Maroon	12	12	5	17
Nolan	Red	7	5	10	15

Women's Hockey League

Standings as of January 9

A Division

Team	GP	W	L	T	PTS
Blue Express	5	4	1	0	8
CPC	5	3	1	1	7
424 Sqn	6	3	2	1	7
ATESS	5	3	2	0	6
911	7	2	5	0	4
436/429 Sqn	6	1	5	0	2



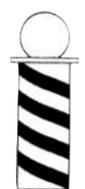
B Division

Team	GP	W	L	T	PTS
ATMS	5	4	1	0	8
WCE	4	3	0	1	7
8 ACCS	6	3	2	1	7
Work Shop	6	3	3	0	6
8 AMS	6	1	3	2	4
WTN	7	0	5	2	2

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"Midway between
Belleville and Trenton"

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Gilchrist
Barber**



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News



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Pte T.A.E. Sharpe

received a promotion to that rank, presented by Capt L.V. Lacroix & PO1 D.M. Higgins



Pte T.M.G. Donovan

received a promotion to that rank, presented by Capt L.V. Lacroix & PO1 D.M. Higgins



Pte T.S. Aubie

received a promotion to that rank, presented by Maj Watson WCEO



Cpl J.B. Manfredi

received the Queen's Golden Jubilee Certificate and Medal. Presented by LCol R.B. Cooke, CO 8 AMS

SHOWCASE



WO D.J.F. Olivier

received the Operation Noble Eagle Certificate, presented by LCol R.B. Cooke, CO 8 AMS



Sgt D.J. Indewey (Ret'd)

received the Certificate of Appreciation and Certificate of Service, presented by LCol R.B. Cooke, CO 8 AMS



Cpl D.K. Kennedy

received his CD, presented by LCol R.B. Cooke, CO 8 AMS



Cpl J.R. Bourgeois

received the Queen's Golden Jubilee Certificate and Medal, presented by LCol R.B. Cooke, CO 8 AMS



Cpl J.R. Orange

received the Queen's Golden Jubilee Certificate and Medal, presented by LCol R.B. Cooke, CO 8 AMS



Cpl R. Vanbergen

received his CD, presented by LCol R.B. Cooke, CO 8 AMS



Cpl M. Hameem

received his CD Presented by LCol R.B. Cooke, CO 8 AMS



MCpl A. Jouan

received the Loss Control Leadership Crse Certificate presented by LCol R.B. Cooke, CO 8 AMS



Cpl R.L. Frederick

received the Queen's Golden Jubilee Certificate and Medal. Presented by LCol R.B. Cooke, CO 8 AMS



Cpl M.L. Lourenco

received his CD, presented by LCol R.B. Cooke, CO 8 AMS



Cpl S. Lough

received his CD, presented by LCol R.B. Cooke, CO 8 AMS



Cpl M.H. Hamilton

received the Queen's Golden Jubilee Certificate and Medal, presented by LCol R.B. Cooke, CO 8 AMS



MCpl R. Diwald

received the Nato Medal for Former Yugoslavia, presented by LCol R.B. Cooke, CO 8 AMS



Sgt J. Muise (Ret'd)

received her CDI, Prime Minister Certificate, Certificate of Service and Certificate of Appreciation, presented by LCol R.B. Cooke, CO 8 AMS



Cpl M.D. Houtby

received the Canadian Peacekeeping Service Medal, presented by LCol R.B. Cooke, CO 8 AMS



MCpl W.R. Brown

received the Special Service Medal, presented by LCol R.B. Cooke, CO 8 AMS



Cpl R.J. Cooke

received the Special Service Medal, presented by LCol R.B. Cooke, CO 8 AMS



Sgt B.J.E. Shipley

received the South West Asia Service Medal, presented by LCol R.B. Cooke, CO 8 AMS



Cpl M.C.L. Trudel

received the Queen's Golden Jubilee Certificate and Medal, presented by LCol R.B. Cooke, CO 8 AMS

Congratulations! Félicitations!



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
January 25 - January 31

ARIES (March 21-April 19): Your insight and ability to help others will put you in a very popular position on the 25th and 26th. Set your mind on doing, not stewing, and if you master that, you will make the progress you seek. Make a plan on the 27th and 28th and stick to it. Don't let your own frustration hold you back. Hard work will bring rewards on the 29th, 30th and 31st. Doors are opening and your options are growing. Take on extra work and you will be praised for your ability to get things done. Your way of dealing with situations and people will enable you to solve problems and complete jobs.

TAURUS (April 20-May 20): Attend events or get involved in a group effort. Love connections can be made on the 25th and 26th if you are single, and good friendships can develop if you are in the market for a friend. You can get things done on the 27th and 28th if you organize yourself and make careful plans. Don't let anyone slow you down or hold you back. You must not take anything or anyone for granted on the 29th, 30th and 31st. Make your plans carefully, leaving no room for error. Include the people you care most about so that no one feels left out.

GEMINI (May 21-June 20): You will be drawn to the unusual on the 25th and 26th, but that could end up costing you money if you aren't careful. Don't jump into something just because you are intrigued. Do your homework first. You will be in a very social mood — talkative, charming and likely to attract a lot of attention on the 27th and 28th. Meeting new people will bring about all sorts of opportunities to try new activities. Secret matters may leave you feeling empty on the 29th, 30th and 31st, especially if you don't have any control over the situation. Don't take chances. Take care of your own responsibilities.

CANCER (June 21-July 22): Get things off your chest on the 25th and 26th. Talk about the way you feel and what your intentions are. Travel will be productive and gratifying. Be very careful how you handle situations both at work and at home on the 27th and 28th. Someone may try to take you for granted. Being a martyr will not pay the bills. Listen to the message that someone is sending you on the 29th, 30th and 31st. It could be that this person has a greater interest in you than you realize. An opportunity to learn about a different culture is apparent.

LEO (July 23-Aug. 22): Get involved in something you find competitive on the 25th and 26th. The more you test your skills, the more confident you will become. Prepare to take advantage of your loving mood. Your mind will wander off in all sorts of directions on the 27th and 28th. It may be time to change your lifestyle or improve things about your life that have been bothering you. You may be questioned on the 29th, 30th and 31st if you have made promises that aren't being honored. You will have to counteract any negative action by taking positive action. Backtrack if you must, but get the job done.

VIRGO (Aug. 23-Sept. 22): There will be plenty of opportunities on the 25th and 26th to impress someone you think is great and to take this relationship to the next level. Your involvement in events that help others will make you look and feel good. Things may be tight financially on the 27th and 28th. Someone may lean on you for financial assistance. Be strong and offer suggestions instead. Do not get involved in a joint financial deal. Don't sit around waiting for the phone to ring on the 29th, 30th and 31st. Get out and enjoy life. Doing something that will make you feel good about yourself should be on your agenda.

LIBRA (Sept. 23-Oct. 22): Expect to face some upset on the 25th and 26th if you are dealing with a partner. You aren't likely to see things in the same way. Don't let anyone take advantage of you no matter how much you care. Romantic opportunities will develop quickly on the 27th and 28th, so be prepared to act fast. You will be a skillful participant should you decide to enter a competitive event. Make some changes to your personal papers or consider contributing more to a retirement fund on the 29th, 30th and 31st. The help you offer someone in need will lead to a surprising payback.

SCORPIO (Oct. 23-Nov. 21): Someone you meet on the 25th and 26th at an event will fascinate you and could turn out to be a very important person to your financial and personal future. Push for what you want and what you know you deserve on the 27th and 28th. Listen to what's being said and take the time to do something about problems that are causing a slowdown in productivity. Concentrate on what you can accomplish. The support you drum up on the 29th, 30th and 31st, coupled with your magnetic ability to lead, will bring great results. Be honest and loving and you should be able to bring a little passion into your life.

SAGITTARIUS (Nov. 22-Dec. 21): Emotional matters will develop on the 25th and 26th if you aren't very careful how you handle people. Honesty may not work in your favour, so keep your comments to yourself. You can get involved in competitive sports and be a very strong contender on the 27th and 28th. Social events will lead to meeting someone who interests you in more ways than one. Develop a relationship. Take a look at your lifestyle on the 29th, 30th and 31st and the habits you've picked up over the past year. Make sure you are getting enough exercise and are eating a healthy diet.

CAPRICORN (Dec. 22-Jan. 19): Don't let a minor mistake or occurrence stop you from following your dream on the 25th and 26th. Someone close to you may try to discourage you from doing what you've always wanted to do. Don't take on too much on the 27th and 28th or nothing will get accomplished. Mixing business with pleasure will not bring results. Don't count on having things run smoothly at home. Ease your tension by lowering your expectations. Get involved in social activities on the 29th, 30th and 31st. Partnerships can form and opportunities will occur. Travel should be in your plans.

AQUARIUS (Jan. 20-Feb. 18): You may be questioning what you want to do next on the 25th and 26th. Nothing is forever. Attend a trade show or a seminar that may open your eyes to possibilities. Your ingenious ideas, coupled with your speed and accuracy, will dazzle everyone you come into contact with on the 27th and 28th. This is a great time to impress someone you like or to go for an interview. Look at the big picture on the 29th, 30th and 31st and you can avoid arguments that will lead to grief. Include the whole family in your plans or you may hurt someone's feelings.

PISCES (Feb. 19-March 20): Gambling of any kind will lead to problems on the 25th and 26th. Help the people to whom you have a responsibility. The possibility of losing your wallet or a piece of jewelry is likely. Take a second look at what you are doing and what you were trained to do on the 27th and 28th. Consider your dreams and ask yourself if you are satisfied with your choices. This is the perfect time to check out the possibility of changing your course. Be prepared to compromise on the 29th, 30th and 31st. The key will be finding a way to get along. If you can manage to keep the peace, you will spare yourself turmoil.

8 AMS THANKS OWNERS OF TIM HORTON'S



Photo: Cpl Chris Bentley, 8 Wing Imaging

Maj Andy Fitzgerald and Cpl Terry Sararas, both of 8 AMS, present Carl and Christine Eggiman, owners of Tim Horton's, 233 Dundas St E, with an OP APOLLO TAL Det Maintenance photo in appreciation of their support to OP APOLLO ROTO 2. Mr. and Mrs. Eggiman sent a Tim Horton's coffee maker and coffee to deployed personnel. The coffee maker is still deployed supporting 8 Wing personnel on OP ATHENA in South-West Asia.

IT'S ABOUT MONEY AND YOUR QUALITY OF LIFE

LCol Baker, WLEO, Mr Maroney and the WCE Electrical Shop raise a reusable Tim Horton's coffee mug in celebration of their disconnection of the 70th kilowatt of exterior lighting. Over the past couple of weeks, you may have noticed that the orange glow surrounding 8 Wing at night has dimmed. This is because WCE Electrical Shop personnel have disconnected approximately 150 high pressure sodium floodlights; the lights that burn orange, typically on the exterior walls of buildings. Why, you might ask? The answer is twofold; it's about money and your quality of life. Assuming that these 150 floodlights burned 12 hours/day, 365 days/year, the math of electricity costs indicates that 8 Wing will save approximately \$15,000 each year by their removal. At the outset, this may not seem like much money, but over the years, and as the cost of electricity rises, this \$15,000 will grow to a very substantial saving. You may recall the inconvenience and substantial negative impact, on the Ontario economy, caused by last summer's blackout over eastern North America. Admittedly, 70 kilowatts of electricity is one very small part of all the power consumed in Ontario or even at 8 Wing. But this 70 kilowatts of reduced power consumption is one step in the right direction. During the next period of peak electricity consumption in Ontario, it may be that this 70 kilowatts of lighting is what keeps the lights on in Trenton. We all have a vested interest in reducing electricity consumption. DO YOUR PART. TURN OFF LIGHTS, COMPUTERS AND OTHER ELECTRICAL EQUIPMENT WHEN THEY ARE NOT NEEDED.



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To Serve You

AND TRADES

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 email:MacDonald@forces.ca

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Domestics & Imports
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Free Estimates
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Not Your Insurance Company"
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Bonnie's Auto Spa
Complete Auto Detailing
Reasonable Rates
Fast Service
Pick-Up & Delivery
Car Wash starting @
\$8.00 & up
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43 Building 1, Trenton
921-0734

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✓ Springs ✓ General Repairs
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24 hours - 7 days a week -
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5x5 - \$25/mo 10x10-\$60/mo
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5x10 - \$48/mo 10x15-\$80/mo
10x30 - \$160/mo

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At Home or Office
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natural Spring water
Cooler Sales & Rentals
475-5666
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Brighton

This spot could be advertising your business.
Call 392-2811 ext. 3976 for details!

Community Events

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

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

Matinees Saturday & Sunday

MOVIES
MOVIES
MOVIES

MOVIE LINE-UP

• Butterfly Effect (14A)	1:05	7:05	9:15 (Weekend)
• Cold Mountain (14A)	1:00	7:00	
• Along Came Polly (PG)	1:10	7:10	9:10 (Weekend)
• Cheaper by the Dozen (PG)	3:00		Sat. & Sun.

Coming Soon: The Big Bounce, Catch that Kid
 Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. & Matinees \$5.00 (ALL)
Winter schedule: Mon. to Thurs. Early shows only.

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.



TRENTON
Military Family Resource Centre

Children's Deployment group is ready for new participants. Shannon Rutledge has a new schedule of activities to start in January for children 6 to 14 years of age. Call the reception to register, 965-3575.

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 28 - Brighton Garden Centre- Theresa will come and talk about caring for your indoor plants and give us some pointers on forcing bulbs to bloom.

February 4 - Belly Dancing - Cindy Viau is back to teach us some more belly dancing steps.

Scrap Booking
 Come and work on your scrapbook project on a Sunday afternoon. Bring your own supplies or you will be able to purchase your supplies on site. A facilitator will be available to help you. You must register to reserve a table. Dates: January 25, February 8, 22, March 7 and 21. Cost: Free

Male Auction!

Feb. 14th

Men can sign up for the event at the January 31st singles' dance, to be held at the Belleville Legion. Proceeds go to the Heart and Stroke Foundation.

Bridging the Gap presents the
7th Annual
Belleville Wine Festival
February 7, 2004
3:00 to 8:00 p.m.
Loyalist College, Belleville

Wine • Hors d'oeuvres • Silent Auction
Advance Tickets \$20 • At the Door \$25
Price includes 4 sample tickets for your choice of wine or food!

Tickets can be purchased at the following locations:

Brewjays, 69 Dundas St. E., Belleville
 Freeman's Winemaking & Brewing, Super C Plaza, Belleville
 Wine Rack, Quinte Mall, Belleville
 Wine Rack, Trenton Town Centre, Trenton
 Belleville Beer & Wine, 600 Dundas St. E., Belleville



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

<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>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>
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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.

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. Her new book "My Love, My Life" was released fall 2003. More info to come.

Win two tickets to the Belleville Wine Festival!

Unscramble the following words and submit this ballot to the Contact no later than January 30 for your chance to win.

speagr
okrc
lroemt
otinp iorn
cyanondarh

Draw date: Feb. 2/04. The Contact is located on the lower level of the Headquarters Building, beside the Post Office.

Quit Smoking - Win A Mini

Smokers who want to quit can enter a province-wide quit smoking contest. To be eligible to win, you must be smoke-free for the month of March. You can pick up contest rules and entry forms at your local health unit or online at www.quitsmokingontario.ca.



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.

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60 Division Street
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392-2111

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NEW APPLIANCES at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from
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PARTS & REPAIRS to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.

We certify appliances
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Residential/Commercial Cleaning & Painting
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• Vehicle Cleaning
• Will Do Seasonal Work
Reasonable Rates
Monica MacGregor
613 392 0367
Quinte Area

Announcements

LADIES NIGHT

Jan 31st!
MALE AUCTION Feb 14th! Jan 31st Dance @ Belleville Legion 9pm Ladies pick the music & save \$1! Men sign up at this singles dance for Feb. 14th's male auction!! Proceeds go to Heart and stroke!!
www.romeoandjuliet.ca
613 392 9850

COME LEARN TO ROUND DANCE!

**GOOD FUN!
GOOD EXERCISE!
GREAT FELLOWSHIP!**

Wednesday January 28th 2004

Beginners 6:30 p.m. -8 p.m.
Phase 2 - 8 p.m.-9:30 p.m.

Gerry Masterson Thurlow Community Centre
516 Harmony rd. Corbyville

\$10.00 per couple
Cuer: Brenda Whatman

For more Information contact:
Cameron & Dorothy Tulloch
1 613 478 0029

or
Wayne & Brenda Whatman
1 705 743 3329

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392-7839

392-5915

FOR RENT

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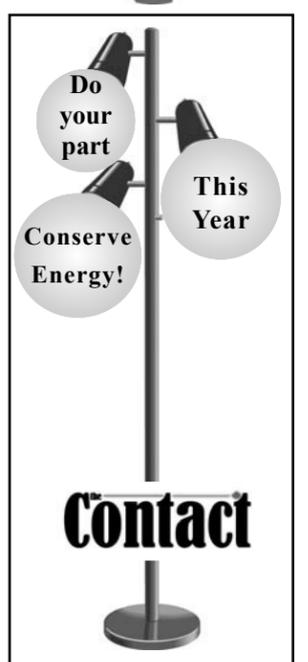
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M	A	R	I	O			O	R	E	O	S									
C	E	L	I	N	E		R	E	M	O	L	D								
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The Real Estate Column--Part One: Selling your home

by David Weir BA, CD

Your home is one of the largest, if not the largest investment you will ever sell. Therefore, it behooves you to educate yourself as to the most effective manner in which to market your residence. After all, you work long and hard to build this equity so why not take a few minutes to best prepare yourself for the sale of your home.

A few minutes now may go a long way to keep more disposable income in your pocket. Given that the equity in your residence is built with after tax dollars, and that any profits from your principal residence are tax-free, why not keep as much of your money as possible.

In this column I will introduce a four part series that deals with the fundamentals of selling a home. The process will follow the chronological sequence beginning with your decision to sell, right through the final steps of ensuring the successful completion of the sale. The series will deal with the following major steps in a residential sale; Why Hire a Realtor, How to Select a Realtor, The Listing Agreement, and Dealing With An Offer. All of these articles and other articles dealing with buying a home are available at www.quinterealty.com

Without further adieu let's launch right into the first part of the series, Why Hire A Realtor. The main reason most Canadians hire a Realtor may surprise you.

As a homeowner, known as the vendor in real estate jargon, something has prompted you to sell your home. The reasons for the sale may be one of many, whether it's upsizing,

downsizing, or a transfer - you need to sell. You certainly don't have to hire a Realtor to sell a home; after all, it is going to cost you money - right? Obviously I wouldn't be in real estate sales, let alone writing this article, if I thought all homes were going to be "For Sale By Owner." So why consider using a Realtor? According to a recent survey, the number one reason the Canadian public hires a Realtor is for the sake of convenience. This fact came as quite a surprise to a number of Realtors, including me. You would have thought it was for one of the following reasons:

Realtors have access to the Multiple Listing System (MLS); hence, they can put your property on the system for all Realtors to view. Furthermore, if the local MLS site is internet based your property can be seen by buyers from all over the world. In addition, some larger companies have their own internet sites. For example, if you go on line at www.royalpage.ca you can see company listings from all over the country. This site get approximately 100 million hits per month.

Prescreening of potential purchasers is perhaps one of the most important and time saving tasks good Realtors perform on behalf of their clients. In other words, the purchasers are screened for preapproved financing and to determine if they are serious buyers. After all, why go through the aggravation of showing your home to someone who is not serious about buying or, for that matter, why show your property to someone who can't afford to buy? Furthermore, if there are 300 Realtors in your area and they each

have two serious, preapproved buyers - well, you can see the quality exposure can't you?

Negotiating on your behalf at the time of an offer is a Realtor's bread and butter. This is where the third party Realtor can assist the buyer and seller by reducing the emotion in the process. By concentrating on the facts and negotiating compromises on things such as chattels, possession date and, of course, price, the Realtor will enable the seller to dispose of the home in an efficient manner.

Perhaps the most important task a Realtor can complete is providing you with the true Market Value of your home. Without this vital information you could lose money because your home is priced too low, in which case you would lose money. You could also end up selling your home below Market Value if you initially list your home for too much money. In this case your home would not usually sell for two reasons. Firstly, your home would be on the market for more than the normal amount of time without a sale, and then be viewed as a problem home. Secondly, your home does not sell during the prime time (ie Spring) and you are forced to wait for another up turn in the market. Regardless of the reason, if your home is overpriced initially, you run the risk of selling below Market Value or not selling your home at all.

So what is Market Value? First of all, Market Value is not necessarily your appraised value for municipal property tax purposes. Market Value for residential real estate sales can be explained as the highest price the property

will bring to a willing seller if exposed for sale on the open market for a reasonable time to find a willing purchaser. The buyer and seller should not be under undue pressure, necessity or peculiar circumstances. For example, if your neighbour is getting divorced, sticks a "For Sale by Owner" sign on the front lawn, and sells it two days later - your neighbour is probably not selling for "Market Value". The reasons being, the sign did not expose the home to the entire market, there was not enough time for proper market exposure, and there was reason to believe the seller was under duress to sell. In the next article we will look at how your Realtor establishes Market Value.

So, this first installment, of a four part series, titled Selling Your Home comes to an end. While you still may decide to sell your home on your own, I hope you will take the time to read the balance of the articles in this series - after all you are probably trying to sell your most expensive possession. The next edition will deal with How to Select a Realtor.

David Weir BA, CD is an award winning Realtor

employed with the only national Canadian real estate corporation-Royal LePage. David, or his nation-wide group of top real estate producers can be reached via 613-394-4837 or 1-800-263-2177 (nation wide, 24/7) or on the net at www.quinterealty.com A number of real estate articles and associated links are available at this site with no obligation to you.

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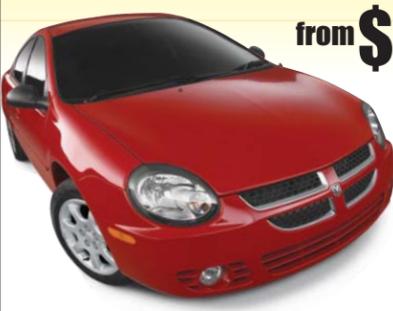
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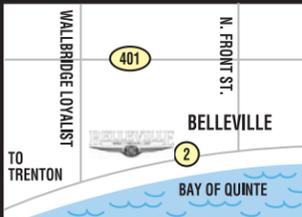
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