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• January 30, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 05 •

Canadian soldier killed in Kabul

January 27, 2004
Department of National
Defence

OTTAWA - One Canadian soldier serving with 3rd Battalion, The Royal Canadian Regiment Battalion Group (3 RCR Bn Gp), was killed, and three other soldiers sustained non-life-threatening injuries by an explosion while patrolling near Kabul today.

Next of kin have been notified. The names of the casualties are as follows:

The deceased soldier is:

Corporal Jamie Brendan Murphy (1 RCR).

The injured soldiers are:

Lieutenant Jason Matthew Feyko (3 RCR); Corporal Richard Michael Newman (3 RCR); and Corporal Jeremy Gerald MacDonald (3 RCR).

At approximately 8:25 a.m. local, 27 January, 2004

(10:55 p.m. EST 26 January, 2004), an explosion, believed to have been carried out by a suicide bomber, occurred near two Itlis vehicles on patrol in the western district of Kabul. At least one civilian was also killed in the attack. The incident is under investigation.

"I am deeply saddened by the tragic incident that claimed the life of Corporal Jamie Murphy and injured three others," said the Honourable David Pratt, Minister of National Defence. "Our deepest sympathies are with the families and friends of the victims of this terrible event."

"On behalf of all Canadian Forces members, I wish to offer my sincere condolences to the families and friends of the brave soldiers involved in this tragedy," said General Ray Henault, Chief of the Defence Staff. "We share in their loss and hope for the complete

recovery of those who were injured."

One of the injured soldiers has been transported to a German medical facility at Camp Warehouse, and two others remain in the care of Canadian medical staff at Camp Julien. Members of the patrol who were not injured will participate in critical incident stress counselling later today.

Planning for the repatriation of Cpl Murphy's remains is now underway. Details will be released as they become available.

The 3 RCR Bn Gp has been in Afghanistan since last August as part of Operation ATHENA, Canada's military commitment to the International Security Assistance Force (ISAF), the North Atlantic Treaty Organization (NATO)-led mission in Kabul.

MINISTER GREETS TROOPS

Photo: Cpl Chris Bentley
8 Wing Imaging



Minister of National Defense David Pratt greets returning troops from Afghanistan at the Passenger Terminal at 8 Wing/CFB Trenton last Saturday. Also on hand to officially welcome the soldiers back home was General Ray Henault, CDS, and local Member of Parliament Paul Macklin.

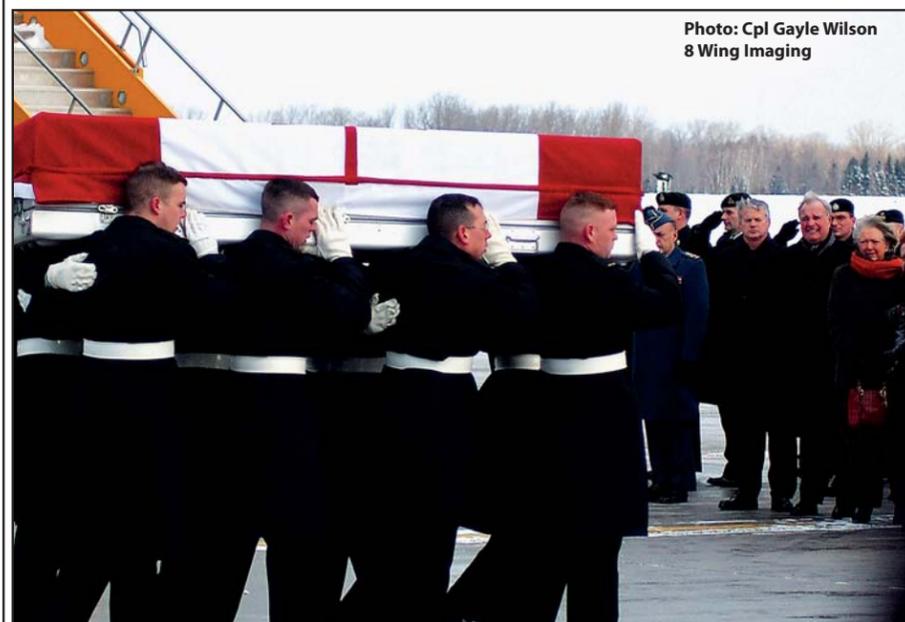


Photo: Cpl Gayle Wilson
8 Wing Imaging

A casket with the remains of Corporal Jamie Brendan Murphy, 26, a Canadian soldier killed during a recent suicide attack in Kabul, Afghanistan, is repatriated back to Canada by members of The Royal Canadian Regiment (RCR) during a ceremony at 8 Wing/CFB Trenton on January 29, 2004.

PMed Tech applauded for job well done

by Laurie McVicar
Assistant Editor

Sergeant Mike Friar, a Preventive Medicine Technician with 24 CF Health Services received recognition on Monday for his outstanding dedication to the safety of Canadian Forces personnel.

During a recent examination of several sleeping bags that were used during a training exercise, Sgt. Friar spotted a potential health hazard at the Wing Supply Depot. The shelves were lined with older boxes of insect repellent.

"Insect repellents, in accordance with Health Canada, are only supposed to have 30 percent DEET in their product," said Sgt. Friar.

Wing Supply, he stated, had products that were made up of 71 percent DEET. Concerned about the possibility of the repellent being used, Sgt. Friar immediately contacted Don Heans, Wing General Safety Officer, and the Wing Supply Officer.

During a small, information gathering at the Wing Hospital, Lieutenant Commander Murray Doggett read and presented Sgt Friar with a "Well Done" certificate.

"Through your skill, hard work and exceptional dedication, you have distinguished yourself as a member of the 8 Wing/CFB Trenton Preventative Medicine Team. A recent example of your thoroughness and determination involved an insect repellent in use for deployed operations. After confirming that the DEET content was non compliant you took action which resulted in its removal from the DND supply system," stated LCmdr Doggett. "Your leadership and commitment to the health and wellness of your colleagues serves as a model for all medical and safety professionals. Congratulations Mike and well done."

"This is one of the bases that has, I think, the highest standards of safety and awareness of safety in the department," stated Mike Braham, Director of General Safety at NDHQ. "I'm just a bureaucrat that tries to sell

See Safety award, Page 3

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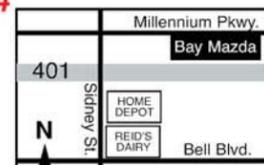
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Distinctive Veteran licence plates represent a great deal

by Captain Ian Stock
Wing Public Affairs

"I call that a bargain, the best I ever haaaaaaaaaaaaaad!"
Roger Daltrey, *The Who*

Regardless of whether or not you're a Canadian military veteran, past or present, practically no one can resist an offer of a freebie or a great deal.

Moreover, if you are a Canadian Forces veteran, past or present serving, then you should be aware of a bargain offer presented by the Ontario Ministry of Transportation (MOT)

to obtain a new Province of Ontario veteran graphic licence plate for your vehicle.

Bargain? How about a \$5.00 dollar administrative fee, payable to The Royal Canadian Legion, who are processing applications in concert with the Ontario MOT.

And that, ladies and gentlemen, is it, in terms of costs for the new veteran plate.

The plate features a red poppy with the word "veteran" underneath with distinctive alphanumeric numbering (e.g., VET 000).

So, who's eligible?

Simply put, just about anyone presently serving or with past service in the Canadian Forces who operates a motor vehicle

with only the five dollar administration cost to the Legion, it's a great deal."

On behalf of the MOT, the Royal

The new veteran plate is available to Ontarians who served in wartime as a member of the Canadian Forces, or allied forces, or in the Merchant Navy or Ferry Command. As well, people who have served at least three years, and who may still be serving, in the Canadian Forces are also eligible.

in the Province of Ontario - with a bit of minimal criteria - qualifies for this offer.

The eligibility criteria are straightforward.

The new veteran plate is available to Ontarians who served in wartime as a member of the Canadian Forces, or allied forces, or in the Merchant Navy or Ferry Command. As well, people who have served at least three years, and who may still be serving, in the Canadian Forces are also eligible. Men and women who have performed NATO service or served in a peacekeeping mission as a member of the Canadian Forces, a UN peacekeeping force, or the Royal Canadian Mounted Police may also apply.

"We've issued about 3,000 of these distinctive plates since they were introduced last November and we'd like to issue even more," says Bob Nichols, MOT spokesperson. "I mean, what better way to show people how proud we are of our veterans and to honour them with something that's seen by thousands every day? And

or --"Canadian Forces Identification Card," plus personal service record, if still serving.

This application is then forwarded, along with a \$5.00 cheque, payable to the Royal Canadian Legion, Ontario Provincial Command (to cover administration costs), plus verification of service photocopies and a stamped self-addressed envelope to:

The Royal Canadian Legion Ontario Provincial Command 89 Industrial Parkway North Aurora, ON LAG 4C4

The Legion will take up to three weeks to ver-

fy the information and return the approved form.

Applicants then take the approved form to the Ontario Drivers and Vehicles Licence Issuing office where either new veteran plates will be issued or old ones are exchanged for the new veteran plates - at no cost.

Complete application information can be found on the Ontario MOT web site at www.mot.gov.on.ca.

"It's a great way to let Ontarians acknowledge our veterans and acknowledge the sacrifices they made and continue to make," says Nichols. "It's our way of showing our gratitude to them."

So what are you waiting for?



An example of the new licence plate.

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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK

Cpl Parsons ATIS Tech from WTISS is explaining technical features of the Military Aeronautical Communications System (MACS) Operator console to Sig Op Cpl Willett.



Safety award presented, continued from Pg. 1

safety. The people who make it work are you."

He noted how pleased he was to see the health and safety sectors so united at 8 Wing/CFB Trenton.

"We tend to focus on the safety side sometimes without giving the same attention to the occupational health. It's important that we make it all one thing," said Braham, who presented Sgt Friar with a General Safety pin.

In a letter written by Heans, Sgt. Friar was applauded not only for addressing the DEET situation, but for the many other health and safety issues he has dealt with in the past.

"Shortly after his arrival at CFB Trenton, there were asbestos exposure incidents both at Trenton and at CFS Alert. He worked "hand-in-glove" with Wing General Safety to ensure that tests were carried out, reports initiated, and that through a consultative process, the Health and Safety concerns of our personnel remained as the primary focus," wrote Heans.

Sgt. Friar is considered the West Nile expert on

Photo: Laurie McVicar, Contact Staff



Lieutenant Commander Murray Doggett of 24 CF Health Services (second from left) presents Sergeant Mike Friar with his "Well Done" certificate. Looking on are Lieutenant Colonel Bill Lewis, Acting Commander of 8 Wing/CFB Trenton, and Mike Braham, Director of General Safety at NDHQ.

the Wing he has provided numerous informative briefings and directives to ensure all members are aware of preventative measures promoted by Health Canada. After major concerns were been raised about the high number of wild birds located on the Wing and the associated risk of diseases from bird droppings, Sgt Friar took it upon himself to find a solution.

"He co-ordinated the efforts of WCE to concen-

trate on alternative methods of bird removal and wrote an informative SOP for the Wing for all members to follow for a safe cleanup operation," stated Heans.

In addition, Sgt. Friar's inspections at CFB Trenton and at CFS Alert have been a large factor in a rejuvenated Respiratory Protection Program and resulted in several major procedural changes and updating of facilities such as those at the ATESS

refinishing shop. His recommendations have not only improved the safety of our personnel, but have also had a positive effect on the environment.

"All this, in addition to the three air quality surveys, seven RPP/sound surveys, five asbestos and two lighting recommendations done since the beginning of 2003 attests to the fact that Preventive Medicine is indeed a very busy section," stated Heans.

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Search & Rescue UPDATE



On Sunday, January 25, the SAR Labrador, Rescue 310, was tasked to search for an inflatable boat that was losing air on Lake Ontario. This boat was reported to be between the Headland and Ash Bridges Bay, near Toronto. Also on scene contributing to the search were a Police helicopter and an Air Boat. Rescue 310 did an extensive shore crawl of the Headland and inner harbour and Ash Bridges Bay. Nothing was found and no radio calls were received from any vessel in distress, and Rescue 310 returned to base without further incident.

The SAR Hercules, Rescue 326, was tasked on the evening of January 27 for an ELT search, however inclement weather prevented the flight from launching.

Missions for 2004: 7 Missions for Jan.: 7 Persons rescued: 0

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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.



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message from the

Editor

Please forgive me, Amy, if this embarrasses you. I hope it doesn't--it shouldn't--but it needs saying.

Some people simply stand out, even when they are part of a great team, and I would like to publicly acknowledge and thank a member of the Rec staff here at 8 Wing / CFB Trenton.

I first met Amy Morton at the pool last fall. She was my younger son's swimming instructor, and I was impressed with her from the start. She is a terrific instructor, and great with the kids. I didn't realize just how great until recently.

I decided to enroll my older son in lessons this winter, but opted for private lessons to best accommodate his developmental disability. I worried how he would do, and, to be honest, how Amy would fare with him.

It's difficult to put into words my gratitude, even joy, after just three lessons. My son absolutely LOVES Amy and is doing great. She has a real gift, and it is amazing to watch her interact with my child. Not only is she teaching him basic swimming skills, but she is, more importantly, teaching him to love (and respect) the water. He has such a wonderful time every Tuesday evening--it is undoubtedly the highlight of his week. And what a boost to his self-esteem, which is crucial for all children but especially so for those with special needs.

It is so rare to find someone who seems to know instinctively how to relate to my son, to combine fun and learning, and always with such patience and understanding.

Bravo Amy, and thank you so very much.

In last week's article "Profiting Through Partnership," the website for the Canadian Cancer Society was omitted. The address is as follows: www.cancer.ca. Our apologies for the error.

Canadiana Crossword

Ports of Entry

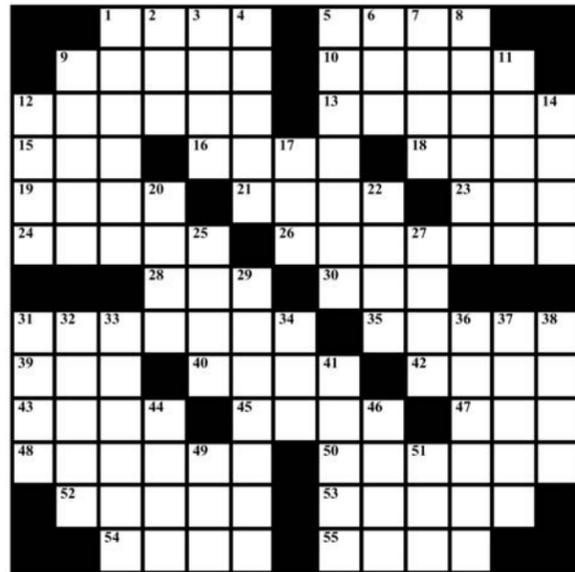
By Bernice Rosella and James Kilner

ACROSS

- 1 Language of ancient Ireland
- 5 Quarrel
- 9 Octopus
- 10 Like carbamine
- 12 Alberta Port of Entry
- 13 Saskatchewan Port of Entry
- 15 Genetic info transmitter
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- 18 Antarctic mountain range
- 19 Cereal grains
- 21 No, in Novo Pokrovo
- 23 Pitcher's stat.
- 24 Beaver _____, Yukon Border Crossing
- 26 Manitoba Border Crossing
- 28 CBC-TV drama, _____ Plouffe
- 30 Poetic before
- 31 Mountain habitations
- 35 Sault Ste _____, Ontario Border Crossing
- 39 Roman household God
- 40 Lions
- 42 Deprivation
- 43 Weaponry
- 45 Juicy reward?
- 47 Swiss peak
- 48 Affluence
- 50 British Columbia Border Crossing
- 52 Entrap
- 53 Soothers?
- 54 Moshe _____
- 55 Requirement

DOWN

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- 3 Takes a chair
- 4 Alberta timber town
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- 7 About aviation
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- 9 Echo sounder
- 11 City on the Nile
- 12 Ravenous reptile, for short
- 14 Bank offering
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- 20 Vend
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8 Wing/CFB Trenton Flyers win Ontario Regional Basketball Championship. See page 8 for details.



This Week in Contact

1974 -- Bayside Secondary School have expressed enthusiastic interest in starting night classes, and are going to begin 1 Feb to 30 June '74. Only 15 students of each subject will be able to take a night class for that specific course. A few of the classes include, Cinematics, English, and French, Welding, Electricity, Law, Marketing and many others. This offer has been made for those posted to CFB Trenton since the end of September of this year. Nevertheless, this does not mean night classes will be denied to anyone who falls under this category, they are still eligible to attend.

1984 -- The Snowbirds have been put on the pages of History. Literally. The Snowbirds been placed on the front of a Canadian history textbook. A colour photograph of an aerial demonstration of the snowbirds flying over Ottawa's Parliament Buildings will be on the cover of a new schoolbook this year. The photograph was taken by WO Vic Johnson.

1994 -- "Effective immediately, all military members have access and are invited to use the Copperfields Squash Court during non-prime time 0600-1700 hrs (this does not include lunch hour 1200-1300 hrs) and after 2030 hrs based on court availability. A cost of \$2 will be charged per member for use of court facilities. Military members are authorized to bring along a guest for an additional fee of \$5.50. All 8 Wing personnel must present their ID."

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





Deployment to Bosnia a great adventure for Rec Director

by Judi Christopherson,
8 Wg CRA Director &
CFPSA Taskforce Bosnia
Herzegovina Operations
Manager

The adventure began in September 2003 and will come to an end for this writer at the end of March 2004.

Being deployed to Bosnia-Herzegovina alongside the Canadian military has been a great adventure, a great experience and a great privilege. The motto of the Canadian Forces Personnel Support Agency is Serving those who Serve – and no where does this apply more than in the theatre of operations.

As the CFPSA Operations Manager, home for me in Bosnia has been shared between Zgon and Veleika Kladusa. Two months in Zgon at the start of my tour and then to VK for the remainder. The role of the Ops Manager is to oversee the Fitness, Sports

and Rec Programs, the Travel Program and all welfare equipment at the various camps within the AOR (area of responsibility). This has afforded me the opportunity to visit all five main camps-VK, Zgon, Bihac, Drvar and Banja Luka—several times. The staff here consists of four Fitness Coordinators, a Travel Operations Coordinator, eight Travel Coordinators, an Equipment and Resources Coordinator and eight Locally Engaged Employees (LEEs). Together we take care of all the fun stuff for the soldiers.

The Fitness, Sports and Rec Program is an integral part of the overall Welfare Program. Each camp is extremely well equipped with treadmills, ellipticals, spin bikes, steppers, weight equipment—basically every type of cardio and weight equipment you can find down at The Gym, you can find here in theatre.

The rec clubs and sports leagues play a very important role here in Bosnia. At the start of each six-month rotation, the troops themselves decide what type of clubs they



Judi Christopherson

would like to form and they do it. We have everything from archery, climbing, and Bosnian dance to fishing, photography, and music.

Perhaps the greatest learning curve for me when I arrived here was to learn all about the delivery of travel services to the military members. With 1,150 troops here in theatre, who are all entitled to two R&R

trips plus their 19-day HLTA, this constitutes just under 3,500 trips planned. The travel section is definitely the busiest CFPSA office in theatre.

Living here on camp, I find the loss of freedom of movement a very difficult thing. VK is home to about 450 members and we all live in close quarters behind concertina wire. Even though the city of VK is just down the road from the camp, we don't have the luxury to go downtown to shop or to a cafe. There are special occasions when we can go out to a restaurant for supper, but we have to be escorted by two military members in uniform and carrying weapons.

The days and weeks are long here. We work a nine-hour day, six days a week. Sunday is our one day off

and it is spent vegging out. Basically we catch up on our sleep, clean our ISO (room) and do our ironing for the week. My ISO is my refuge where I can go to get away from everyone and everything. It's small and compact, but very homey. My friends from the RecPlex have sent me several care packages full of all kinds of colourful goodies from the Dollar Store, so it's now decorated nouveau trailer trash. I happen to think it's the nicest of all the CFPSA staffs' ISOs.

Working here in Bosnia is like going to summer camp for six months at a time. We have many of the creature comforts of home, but you're still roughing it in many ways. It's tough to get up in the morning, step outside in your bath robe

on your way to the shower and see your breath because it's so cold. It's like going to an outhouse in the middle of winter. The food is pretty good here though and I'm enjoying not having to cook for 600 meals in a row.

The easiest thing about working here is the fact that we have great staff. We have fun everyday! The local Bosnians that work alongside us are awesome. The hardest part about leaving will be leaving behind our Bosnian friends and saying goodbye to our fellow CFPSA staff. But in 65 more days that's what I'll be doing. I'll come back to 8 Wing after a few weeks of detoxifying R & R, ready to jump into the fray at the RecPlex. I don't know if I'm ready for that but...

Sea Cadets attend winter camp

Who says Sea Cadets can't do winter camp?

Seventy-five Sea Cadets from the combined corps of Hood (Coboconk), Hawke (Napanea), and Trent (CFB Trenton) undertook winter indoctrination at the Frink Education Centre located just north of Belleville on the weekend of 16-18 January. The cadets, ranging in age from 12 to 18 years of age did "round robin" turns at cross-country skiing, arctic tent erection, selection and packing winter clothing, maintaining personal hygiene, assembling a survival kits, building a fire, and building survival shelters. Despite the extremely

cold temperatures these cadets completed their taskings on time and in good spirits.

A two hour night search for four downed pilots demonstrated to these young people the difficulties posed by darkness, falling snow and cold temperatures. Lost Star was found but Larry, Moe, and Curly remain frozen on the trail.

Sunday morning found the cadets walking like penguins on snowshoes much to the amusement of everyone. The cadets were surprised with pizza from the Loyalist College cafeteria after enduring DND rations. COs Lts (N) Amy Brougham (Coboconk),

Mike Pilson (Napanea) and Allan Miller (Trenton) congratulated the cadets with a Bravo Zulu. The OPI of the exercise Lt (N) Miller thanks the Frink Centre manager Kristan Walsh, Loyalist College cafeteria manager Doug Craie and property owner Leslie Ingraham for their assistance and support.

While others their age stayed indoors last weekend, these young people demonstrated a zest for adventure. Boys and girls are welcome to join Sea Cadets at CFB Trenton transport building on Thursday evenings, beginning at 6 p.m. Call Allan Miller at 392-5274 for more information.

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
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Un plan stratégique pour la communauté francophone des secteurs de Hastings et Prince Edward

le 14 janvier – L'ACFO Mille-Îles, en partenariat avec les organismes francophones locaux, dévoile aujourd'hui le Plan stratégique de la communauté d'expression française des comtés de Hastings et Prince Edward dans lequel la population locale fait valoir ses besoins en plus d'identifier les priorités de

développement pour son épanouissement.

«L'élaboration d'un tel plan de développement stratégique pour la vitalisation des communautés francophones de ces comtés est un levier important, lequel favorisera la prise en charge par la communauté de son propre développement» a affirmé la directrice générale

de l'ACFO Mille-Îles, madame Jeannine Proulx.

Pour améliorer la qualité de vie des francophones vivant en situation minoritaire, la communauté locale a ciblé cinq éléments où un développement est souhaitable dont la jeunesse, la culture et la communauté, la réalité militaire, l'économie et la santé. Ce plan

contient également des projets concrets devant contribuer à assurer une francophonie vibrante dans ce secteur géographique. L'ACFO Mille-Îles est confiante qu'un exercice de planification stratégique saura orienter le développement de services en français dans les secteurs de Hastings et Prince Edward. La mise en œuvre des divers projets nécessitera l'engagement des francophones et ils sont invités à communiquer avec l'ACFO Mille-Îles si un des projets énoncés les intéresse en composant le 1-

800-561-4695.

Ce projet a été rendu possible grâce au Regroupement franco-ontarien de développement économique et d'employabilité (RDÉE) Ontario, qui a aidé l'Association canadienne-française de l'Ontario – Conseil régional des Mille-Îles à obtenir une subvention du programme Initiative en planification communautaire pour les groupes de langue minoritaire des régions rurales agricoles, un programme conjoint d'Agriculture et Agroalimentaire Canada et

de Patrimoine canadien.

L'ACFO Mille-Îles est un organisme à but non lucratif qui encourage le développement et l'épanouissement des intérêts des quelques 11 000 francophones résidant sur le territoire des Mille-Îles qui comprend à l'est, Brockville et à l'ouest, Trenton et Belleville. L'ACFO encourage le développement communautaire et facilite la concertation entre francophones dans tous les domaines tels que : l'éducation, la communication, la santé, l'économie, etc.

More services for local francophones

The Association canadienne-français de l'Ontario (ACFO) Thousand-Island, in partnership with local francophone organizations announced earlier this month a strategic plan to improve french services for families in Hastings and Prince Edward counties.

"The strategic development plans for the vitality of Hastings and Prince Edward counties is a lever greatly needed for those communities and will help the francophone population

take charge of their own development," stated Jeannie Proulx, AFCO Mille-Îles Executive Director.

The planning process allowed the local community to identify five primary sectors: youth, culture and community, military reality, economy and health. This plan also contains concrete projects that will contribute to the blossoming of the French speaking community facing the reality of living as a minority. AFCO Thousand-Island is confi-

dent the strategic planning done will establish needed services for the local francophone population in those sectors. The various projects will require the commitment of many individuals. Those who would like to get involved can contact AFCO Thousand-Islands at 1-800-561-4695.

This project would not have been possible without the assistance of the economic development and employability networks, RDEE – Eastern Ontario, which helped AFCO Thousand-Island obtain a grant from the Agricultural Rural Minority Language Community Planning Initiative. This is a joint Agriculture & Agri-Food Canadian Agricultural Rural Communities Initiative (CARCI) and Canadian Heritage Interdepartmental Partnership of Official Language Communities (IPOLC).

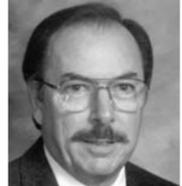
AFCO Mille-Îles is a non-profit organization that fosters the development and the prosperity of some 11,000 francophones residing in the Thousand Islands region, which spans to Brockville to the east and to Trenton and Belleville to the west. AFCO supports community development and facilitates consultation between francophone in all fields including: education, communication, health, economy, etc.



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ATESS holds annual Lucas Cup hockey tournament



The NCMs claimed the Lucas Cup during ATESS's annual hockey tournament.



The Officers played hard but were unable to outskate the NCMs who finished off the tournament's final game with a 4-3 win.

ATESS held their 2nd annual Lt. General Dwayne Lucas hockey game between the Officers/SNCOs/Civilians and the NCMs on December 12, 2003.

Inspired by the Squadron motto of "Enthusiasm, Excellence and Fun", hockey players and spectators alike were treated to four intense periods of hockey, with the spectre of victory favouring neither team throughout the match. In the end, however, victory went to the NCMs by a score of 4-3.

Inaugurated in 2002, soon after LCol. Shaw

took the helm at ATESS, the 'Lucas Cup' has served as a catalyst for raising squadron morale and promoting cohesion through fan, player, and volunteer participation. Besides the hockey game, ATESS personnel further exemplified these unit characteristics by spending the afternoon of Dec. 12 "creatively" analyzing the game's

outcome over a "hot plate of roast beef", complements of 413 Wing. Additionally, the 'Lucas Cup' provided squadron fundraisers the opportunity to gather donations for the Trenton Food Bank and augment ATESS's Christmas Fund. In conclusion, although this year's game victory went to the NCMs, the event success went to ATESS.

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Fitness, Sports & Recreation

8 Wing/CFB Trenton team proclaimed Ontario Regional Basketball Champs

Volunteers needed for Kidz Karnival

Photo: Cpl Gayle Wilson, 8 Wing Imaging



Trenton team member Lieutenant Paul Hungler (14) races for the net past Major Jon Burbee (Borden #9) during the final game of the Ontario Basketball Championship.

Photo: Cpl Gayle Wilson, 8 Wing Imaging



8 Wing Trenton took the championship with a 61 - 47 win against Borden.



The Flyers proudly display their first place medals.



Major Terry Sokolowski presents 8 Wing Team Captain, Lieutenant Paul Hungler, with the winning flag.

It is Kidz Karnival time again!

The Kids Karnival was created three years ago to help alleviate the "winter blahs" by producing an event that families can take part in together. It has received such tremendous response that it has become an annual event. This year we will be celebrating our 3rd anniversary and we intend to make it bigger and more enjoyable. There will be live entertainment, refreshments, laser tag, a great selection of carnival games and prizes. This event will be held on Sunday, February 29th 2004 from 12:00 noon to 4:00 p.m. at the Gymnasium on the South Side.

Our hope is to bring volunteers, groups and services together to provide area children with a safe and supervised opportunity to have a family fun day. To help serve the estimated 700 participants, we will require at least 80 volunteers both youth and adult. We will also need volunteers to help with the set up the gym and tear down after the event. Volunteers should be at least 14 yrs of age. It should be noted that this being run strictly as a non-profit event and not for any personal financial gain.

If you are interested and available to help with this event, please give us a call so that we can set up the schedule of volunteers. A meeting for all youth volunteers will be held at 4:30 p.m. on Wednesday, February 25, 2004 at the RecPlex Gym. If you are a high school student in need of Volunteer Community Service Hours, this would be an excellent event to take part in.

If you have any questions or concerns, contact the RecPlex at 392-2811 ext 3361. Again we thank you for your support of this project and look forward to working with you.

Celebrate, reward yourself



Laurie McVicar

Confessions from the Gym

Tuesday, January 27

"Cute as a button". "Adorable".

Never in my life have those descriptions been tagged onto my name...that is until this week. Those glorious words sat nestled inside a very uplifting e-mail from a former coworker who, after seeing my photo in the Contact, decided to write me.

Nothing in this world compares to being complimented on your appearance, especially after you've struggled

hard to change it. Not only is it a sort of recognition for a job well done but, it encourages you to press on, to better yourself. We are definitely our own worse critics. Personally, I look in the mirror and see the weight that still remains, not the weight that has been lost. I'm sure I'm not an anomaly.

This is perhaps why the Weight Wellness Program has been so valuable to me. You are taught to celebrate your successes and reward yourself when you

achieve your goals.

It truly makes sense when you think about it. Beating yourself up because you haven't lost the "baby fat" or "love handles" is not going to motivate you to stick with your fitness plan. Instead, for most of us, it leads to a downward spiral and eventually failure.

The same person, in the same e-mail urged me to send my columns to her as inspiration. I'm not quite sure how inspiring these are, but I was more than happy to oblige. I've always been a fan of support networks, as I've written before we're all in this together.

Until next week...reward yourself, compliment your workout partners and yourselves and celebrate your successes. Cheers!

Ontario Region Men's Hockey Championship

8 Wing/CFB Trenton will be hosting the Ontario Region Men's Hockey Championship from February 8 - 12. Come out and support the 8 Wing/CFB Trenton Men's Hockey Team and watch some good hockey. GO Team GO.



Monday, Feb. 9

0745 hrs - Opening Ceremonies
0800 hrs - Kingston vs North Bay
1100hrs - Trenton vs Petawawa
1600hrs - North Bay vs Trenton

Tuesday, Feb. 10

0800hrs - Petawawa vs North Bay
1100hrs - Trenton vs Kingston
1600hrs - Kingston vs Petawawa

Wednesday, Feb. 11 - Semi Finals

0800hrs - 1st vs 4th
1300hrs - 2nd vs 3rd

Thursday, Feb. 12 - Finals

0900hrs - W1 vs W2
Closing ceremonies to follow finals

Bronze Medallion Course, Monday nights from 7 - 9 p.m. Feb 9 - April 22, 2004. The cost is \$135 for CRA Members and \$145 for non-members.



Combustible, flammable materials



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

A man was using glue to install tiles in his basement. When the fumes reached the pilot light on the on the hot water heater, their ignition caused an explosion that injured him and burned his house down.

We use combustible and flammable materials every day. Many of these products are found in the home and garage. Because they're so common, we may tend to forget their dangers and we're sometimes careless with their use, handling and storage. Many serious injuries are caused by this lack of caution. When we understand the hazards of these materials we can use them safely.

Some liquids, such as gasoline and solvents, form vapours that can easily catch fire. We call and label these liquids flammable. The vapours burn, not the

liquids. At a certain temperature a liquid gives off enough vapours to form an ignitable mixture with air. This temperature is called the flash point.

Flammable liquids are divided into two classes:

Flammable liquids (for example, gasoline) have a flash point below 100 For 38 C.

Combustible liquids (for example, diesel fuel) have a flash point at or above 100 F or 38 C.

Gasoline ignites easier than diesel fuel because it's flash point is lower

Ignition sources can ignite vapours that have traveled quite a distance from the actual liquid. Ignition sources are anything which can cause something to burn or explode. These include: cigarette lighters or matches, pilot light on a gas appliance, electrical heaters, electrical switches, static electricity.

Materials which are flammable or combustible are also poisonous. It can be harmful, or even fatal, to inhale their fumes, or to eat or drink these materials.

Keep these safety tips in mind when using flammable liquids:

- Read and follow the manufacturer's instructions before use.

- If the label instructs you to use the substance

where there is "adequate ventilation" this means outside. If you use the materials in your home and the smell of the fumes is strong, ventilation is inadequate.

- Keep the materials in their original containers. This way you will always have the safety precautions and directions handy. Don't let the containers spill onto the label and cover the directions and safety precautions. If this happens, wipe the container immediately.

- Never store materials in pop bottles. Your children might think the contents are safe to drink.

- Don't use or store any flammable or combustible material near a water heater, furnace or any other piece of equipment that may have a pilot light, or a source of ignition. The explosive fumes can travel quite a distance.

Special Valentine word ads (20 words or less) now only **99 cents!** Will be published in the Feb. 13th issue of the Contact.

Ask A Dietitian...

Get the most nutritional value when shopping for groceries

(NC)-The best advice is to be aware of the dangers that lurk in the middle aisles of the local grocery store. It's in these aisles that busy Canadians are drawn to convenient, brightly coloured packages containing processed foods.

On the surface, they seem like a great option. They're tasty, the family likes them and they're certainly easy to prepare. The problem with many processed, prepackaged foods is that they're often low in key micronutrients and

high in sugar, salt and unhealthy fats. A single serving of one popular frozen pasta dish contains 51 grams of refined carbohydrates (as many refined carbohydrates as five slices of white bread) and more than 14 grams of fat (almost 25 per cent of the Recommended Daily Allowance for an average 150 pound adult).

If you're serious about healthy eating, stick to the outside aisles of the grocery store. Look for lean meats, whole-grains,

low-fat dairy products and plenty of fruit and vegetables. Each meal should represent at least three of the four food groups and snacks should represent a minimum of one or two food groups. Before heading to the grocery store, consult Canada's Food Guide to Healthy Eating and try to purchase foods that meet the requirements outlined in the four major food groups.

Robin Anderson is a registered dietitian in Edmonton, Alberta in private practice.

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. An Division: DDM Creative Services C103-0531

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437 Squadron flies PM to Special Summit Of The Americas



LCol Dave Murphy, CO 437 Squadron, confers with Prime Minister Martin aboard the Airbus, enroute to Monterrey, Mexico.



Major John Komocki was one of three 437 pilots, including LCol Murphy and Capt Mike Mawson, tasked to fly the Prime Minister and his entourage to Mexico.



LCol Murphy salutes the Prime Minister and his wife, Sheila, as they disembark in Mexico.

by Major John Komocki
437 Squadron

437 Transport Squadron was once again called upon to provide service to our nation's leader, on the occasion of the Summit of the Americas in Monterrey, Mexico, 10-13 January 2004.

This special Summit of the Americas assembled 34 leaders representing nations from North, Central, and South America and the Caribbean. The event marked the first State visit for Prime Minister Paul Martin and his wife Sheila and, in particular, provided the first opportunity for Mr. Martin to meet face-to-face with U.S. President George W. Bush since taking over as PM. As in all missions involving the transport of Code 1 VIPs, the preparation and planning is meticulous. As this flight was our unit's first experience with the new PM and his staff, the challenges were multiplied by having to develop fresh working relationships with an entirely new group of individuals.

Two days prior to departure the 18 crew assembled for the first time in the 437 Squadron Conference Room for the Mission Briefing. The large crew is made up of three Pilots, two Loadmasters, three Flight Stewards, three Flight Attendants, two Air Canada Aircraft Maintenance Engineers (AMEs), three Air Marshals, an X-Ray Technician (to operate the state-of-the-art baggage screening equipment) and, capturing the mission for posterity, an Image Technician. After brief introductions, we reviewed in great depth all aspects of the mission: itinerary, weather, accommodations, transportation, claims, catering, security, aircraft preparation, intelligence and threat briefing, medical considerations, dress and conduct. The mood was both professional and upbeat (after all, with temperatures in Trenton hitting record lows, who wouldn't mind an opportunity to thaw in a warm Mexican sanctuary?). We also heeded the prudent warnings concerning avoiding drinking the local water; however, we would come prepared: 30 bottles of Pepto Bismol and all well versed in at least one important Spanish phrase, "Donde estan los banos?" - "Where are the toilets?"

As in all Code 1 flights, security of the aircraft is a prime concern. Twenty-four

hours before departure, the aircraft is thoroughly "swept", placed under continuous guard and quarantined from all except the immediate crew members. On January 10th, the crew arrived prior to our first short leg of the journey to preposition in Ottawa in advance of our official departure with the PM on the morning of the 11th. Although all were eager to leave the biting Canadian cold behind us, we still had another day to go.

Of course, our "clients" rarely see the tremendous activity that goes on behind the scenes to prepare for these flights, and our short stay in Ottawa was going to be anything but a relaxing pause. Shortly after touching down and positioning the aircraft at the Canada Reception Centre, the crew continues its work. The aircraft is pre-loaded with fuel, cargo containers are off-loaded and prepped, the Flight Stewards meet with the caterer and the Air Marshals confirm the overnight security arrangements. Because of the extreme low temperatures forecast overnight, an Air Canada AME will spend the night onboard, keeping the Auxiliary Power Unit (APU) running to prevent the possibility of any malfunctions and ensure the potable water systems do not freeze. However, he will not be alone, as security staff will be providing continuous surveillance of the aircraft throughout the freezing cold night.

At the hotel, the work continues: the pilots monitor the weather and coordinate the flight planning (to compound matters, the weather forecast is calling for heavy snow at the time of departure) and Flight Attendants finish a shopping spree for in-flight magazines and newspapers. When finally we put our heads down for the night, it is anything but restful, with hundreds of thoughts going through our minds checking and rechecking to make sure nothing has been overlooked.

Our departure day starts early, with alarms and wake up calls sounding at 0530 hours throughout the hotel, as the crew awakes to assemble in the hotel lobby at 0630 hours. As in all Code 1 VIP flights, we arrive at the aircraft three hours prior to our 1000 hour departure. The activity is continuous, as all the final preparations are made: flight plan confirmed



437 Squadron flies PM to Special Summit of the Americas

and Flight Management Systems programmed, all baggage carefully screened and loaded, the aircraft Weight and Balance sheet calculated, the catering prepped and stored, and finally the cabin meticulously arranged with magazines, newspapers and flowers. At 30 minutes prior to departure we are ready and changed into our finest VIP dress uniforms. Unfortunately, as we await the arrival of the 65 passengers, including the PM and his wife, his staff and a host of accompanying press, we watch as the winter snow storm intensifies. It is of no great surprise that we are informed that the PM's motorcade is behind schedule, slowed by the worsening conditions. There is also no question that we will require de-icing prior to take-off, which will further delay our departure and oblige us to make up as much time as possible enroute (flying at lower altitude to increase our true airspeed and putting the "peddle to the metal" at Mach 0.83).

Now 20 minutes behind schedule, it is with great relief that Mr. Martin's entourage finally arrives. As plain clothes RCMP keep a close watch on the proceedings and television crews record every moment, the Prime Minister gives a final snowy wave and mounts the stairs to greet LCol Murphy's salute with a nod and a smile. With the runways plowed and aircraft de-iced, we finally lift off from the snow bound Ottawa airport over one hour later than originally scheduled.

The flight enroute to Monterrey is thankfully smooth. Over the next four hours, the Cabin Crew work continuously seeing to the needs of our special guests. The level of service is extraordinary, challenging that provided to any airline's

"First Class" passengers. All meals and beverages are served on white linen, with fine china, glassware and cutlery. Today's menu: Fresh Shrimp Cocktail, Fillet Mignon with Sauce Madeira, Roasted Parisienne Potatoes, Parslied Glazed Carrots, Grilled Mushroom Caps and New York Cheese Cake with Raspberry Sauce. All washed down with a generous assortment of wines and liqueurs.

The instrument approach into General Mariano Escobedo International Airport is capped by a flawless touch-down, as the first half of our journey is nearing an end. A reception awaits the Prime Minister, who is whisked away by a police escorted motorcade soon after our engines have shut down. The crew's day however, is not quite done: repositioning the aircraft for parking, refueling, unloading baggage, organizing catering needs, cleaning the cabin area and coordinating security arrangements. Two hours after our wheels touched Mexican soil, a tired crew is finally loaded aboard a bus to have a much-earned rest after a long and challenging day.

Mexico in January sounds like an exotic dream come true and escaping our miserable winter weather the envy of all. However, if you imagined margaritas pool side, the sound of lapping waves on a sandy beach, lined with swaying palm trees, you have never been to Monterrey, Mexico. The city is a landlocked business and government centre, two hours south of the Texan border and three hours west of the Gulf of Mexico. Daytime highs reached 14 degrees Celsius, with overnight lows dipping to 5 degrees. As the crew was staying in the same hotel as a number of heads of state and their delega-

tions, security was exceptionally high and our conduct under constant scrutiny. Nevertheless, we certainly enjoyed a brief respite of a wind-chilled minus 35 degree Canadian winter, an authentic margarita and a memorable meal at the Rey Del Cabrito restaurant (specializing in roast goat).

Our departure from Monterrey on the 13th of January at 2015 hours was carried out with the same thorough planning and preparation as always. The flight arrived in Ottawa on schedule at 0125 hours in the early morning of 14 January. At 0330 hours Trenton Air Traffic Control cleared us for landing as we returned home from our brief Mexican adventure.

This inaugural flight with Prime Minister Paul Martin was a complete success: he arrived in Monterrey without incident, represented our nation with dignity, had a meaningful first meeting with President Bush and returned home safely to Ottawa. I am certain we have left him with a positive and lasting first impression of our unit and the Canadian Forces in general. Perhaps in the future he will also come to know the outstanding teamwork that takes place behind the scenes that is crucial to accomplishing a successful VIP mission with 437 Squadron.

Congratulations to all members of the crew on this successful mission:

LCol David Murphy, Maj John Komocki, Capt Mike Mawson, Sgt Marc Roy, WO Pierre Robert, LS Tom Desgroseillier, LS Donna Fowler, Cpl Nadine Bonnier, Cpl Carol Lebreque, Sgt Andre Michaud. Mr. John Janas, Mr. Peter Popoff, Cpl Pierre Murray, WO Debby Cochrane, Sgt Sherry Wedel, MCpl Richard Ferland, and Cpl Max Murphy.



437 SQN Flight Stewart Leading Seaman Donna Fowler stands with X-Ray Technician MCpl Richard Ferland and Air Marshall Debbie Cochrane in the galley of the Airbus enroute to Monterrey, Mexico. LS Fowler is responsible for preparing the meals for the onboard press and the Prime Minister's staff.



Cpl Pierre Murray of 4 Wing Cold Lake carries out X-ray checks of all baggage placed onboard the 437 Squadron A310 Polaris prior to flight.



Sgt Marc Roy was one of two loadmasters on the flight.



Broadcast journalist Mike Duffy was a member of the press covering the Prime Minister's trip to Mexico.

Photos by

Corporal Max Murphy

8 Wing Imaging



HONOURS AND AWARDS



Photos: Cpl Chris Bentley, 8 Wing Imaging

Mr. Doug Moore of Wing Transport receives the Civilian employee of the 1st Quarter 2003, presented by Acting Wing Commander LCol W. Lewis at the recent 8 Wing Honours and Awards Ceremony.



Warrant Officer Michael Hamm receives the 1 Canadian Air Division Commander's Commendation, presented by Acting Wing Commander LCol W. Lewis.



Captain D. Pleau, CD Joint Nuclear Biological Chemical Company, receives the Deputy Chief of the Defence Staff Commendation, presented by Acting Wing Commander LCol W. Lewis at the recent 8 Wing Honours and Awards Ceremony.

Que dois-je faire pour me procurer une Trentcard?

Voilà la question que les gens nous posent le plus souvent au bureau Trentcard. Il y a plusieurs choses à apporter à notre centre administratif, selon la catégorie de détenteur de carte à laquelle on appartient, sans oublier les quelques formulaires qu'il faut remplir. On peut obtenir tous les formulaires sur le site Web www.cfbtrenton.com, ou à notre bureau de Trenton, au 50, promenade Rivers Est.

Les personnes qui ne font pas partie de l'une ou l'autre des catégories ci-dessous n'ont pas droit à une Trentcard. Tous les renseignements exigés, selon la catégorie, doivent être fournis au bureau Trentcard au moment de déposer une demande de carte, à défaut de quoi, la Trentcard n'est pas délivrée.

Militaires : Ils doivent fournir une preuve d'identité délivrée par le MDN (les laissez-passer pour les zones réglementées ne sont pas acceptés) et remplir les formulaires suivants : demande de Trentcard et déclaration du titulaire de la carte. Les membres de ce groupe n'ont pas besoin d'être parrainés.

Personnes à charge (nota : voir la définition de « personne à charge » dans le document d'information « Qui peut se procurer une Trentcard ») : Les adultes et les enfants doivent présenter une carte d'identité avec photo (p. ex., permis de conduire) ou deux documents d'identité sans photo (p. ex., carte d'assurance-maladie sans photo, certificat de naissance). Les personnes à charge doivent de plus être accompagnées de leur parrain au moment de déposer leur demande (militaire ou membre du personnel du MDN, à temps plein ou partiel, qui signe une déclaration attestant que la personne concernée est à leur charge). Le parrain est tenu de présenter une carte d'identité officielle délivrée par le MDN (les laissez-passer pour les zones réglementées ne sont pas acceptés), et il doit remplir le formulaire de déclaration du parrain à notre bureau pour chacune des personnes à

charge qui fait la demande d'une Trentcard. La personne à charge doit remplir les formulaires suivants : demande de Trentcard et déclaration du titulaire de la carte. Nota : Si le parrain ne peut accompagner le demandeur en personne, un certificat de mariage ou un document officiel attestant de l'union de fait est exigé, en plus de la carte d'identité avec photo du parrain mentionné précédemment.

Membres du personnel des PSP, fournisseurs civils et membres du personnel d'autres ministères devant avoir accès à la BFC Trenton : Ils doivent présenter une carte d'identité avec photo (p. ex., permis de conduire) ou deux documents d'identité sans photo (p. ex., carte d'assurance-maladie sans photo, certificat de naissance). Les personnes appartenant à ce groupe doivent soit fournir une lettre d'embauche rédigée par le MDN, les PSP ou le ministère en question, soit demander à leur employeur de remplir et remettre au bureau de Trentcard un formulaire de déclaration pour le personnel. Le demandeur doit de plus remplir les formulaires suivants : demande de Trentcard et déclaration du détenteur de la carte.

Employés retraités du MDN ou de l'ASPFC et cadets : Les adultes et les enfants doivent présenter une carte d'identité avec photo (p. ex., permis de conduire, document d'identité délivré par le MDN) ou deux documents d'identité sans photo (p. ex., carte d'assurance-maladie sans photo, certificat de naissance) ainsi qu'une preuve du statut de retraité ou de cadet. Les cadets s'acquitteront de cette obligation en se faisant parrainer par leur superviseur qui remplira le formulaire de déclaration pour les cadets. Les retraités n'ont pas à être parrainés, mais sont tenus de présenter, au moment de la demande, des documents qui prouvent leur statut. Les deux groupes doivent aussi remplir les formulaires suivants : demande de Trentcard et déclaration du détenteur de la carte.

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Community Events

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MOVIES
MOVIES
MOVIES

Matinees Friday, Saturday & Sunday

MOVIE LINE-UP

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

Coming Soon: Big Fish, Catch that Kid

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

Winter schedule: Mon. to Thurs. Early shows only.

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.

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

February 11- Valentine Surprise Night- Wear comfortable clothes. Bring a blanket and a pillow so you can enjoy a relaxation meditation exercise. Joanne Belanger.

February 25- Reiki - Julie Champoix will talk about Reiki, Trager and Therapeutic Touch. She will bring her massage table to demonstrate her healing techniques.

Pamper yourself and your loved ones

10th Anniversary Women's Conference 28 February 2004

Register by February 13th and get a chance at two Early Bird draws:

Day at the Spa "Elemental Embrace" in Brighton and One Night Accomodation for two at "The Montrose Inn" Belleville. Total value \$112.

Keynote Speaker, Diane Collier, author and columnist. Her new book "My Love, My Life" was released fall 2003.

Registration Fee: Until February 13th, \$20.00 for the Early birds After February 13th, \$20.00/ military family member \$25.00/ non-military family Fees includes choice of two workshops, lunch and coffee break.

Fees must be paid at registration time Payable by cash, debit or cheque Register by February 24th, 2004 For information call 613-965-3575, visit our website TrentonMFRC.CFBTrenton.com/more_e to print your form .

RecPlex news

The Community Recreation Association is now offering daily snowshoe rentals. \$10 for adults and \$5 for children. Call the RecPlex at 3361 for info.

Recreation Camp Leaders needed for the March Break Program. Experience with children preferred. Must be 16 years of age and possess current Standard First Aid and CPR C certificates. Resumes accepted at the RecPlex.

KNOW-SY NEIGHBOURS

Are you new or not-so-new to the community? Come to our first Friday morning coffee time where you will meet others, chat, and become part of an exciting new group that is setting out to discover what the local communities have to offer!

Friday Morning - 9:00 - 11:30 am
Coffee Time
RCAF room at the Siskin Centre

Cost: &1 (to cover cost of coffee & snacks)

Kids are welcome!
There is plenty for them to do!

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 style="margin: 0;">OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p style="margin: 0;">Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p style="margin: 0;">MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p style="margin: 0;">CONFESSION At all times</p> <p style="margin: 0;">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 style="margin: 0;">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 style="margin: 0;">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 style="margin: 0;">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 style="margin: 0;">ST CLEMENT ASTRA (PROTESTANT)</p> <p style="margin: 0;">Chapel Life Co-ordinator Matthew Lucas (Bapt.)</p> <p style="margin: 0;">WORSHIP SERVICE</p> <p style="margin: 0;">Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p style="margin: 0;">PARISH ORGANIZATIONS</p> <p style="margin: 0;">Chapel Guild Last Tues 1930 hrs</p>
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Bridging the Gap presents the

7th Annual Belleville Wine Festival

February 7, 2004

5:00 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

RRSPs: Money for nothing? Better think again!

it's your Money



Garth Turner

Will this be the year the RRSP flames back to life? Let's hope so, because after the last few investment seasons, most Canadians are way behind when it comes to getting ready for what comes next.

And, fellow taxpayer, do not be diverted by recent media claims that saving for retirement is useless and RRSPs are for dorks. The reality is that while the Canada Pension Plan may now survive past its once-certain expiry date of 2015, thanks to the fact funds are invested in the markets, it will not provide any middle-class person with enough to live on. Can you survive on \$8,000 a year? I didn't think so.

So, at a time when

most people do not have corporate pensions, personal retirement savings are a necessity. But today the average RRSP contains just over \$40,000; the average RRSP owner is 42 years old; and almost half the population doesn't have one. This is hard to believe when you consider how easy it is to do the RRSP thing, and how great the benefits are.

Remember: For every 10 bucks you put into an RRSP in the next month, you'll get the right to deduct up to five bucks from the tax bill you face in April. Not only is that a great deal, but the 10 bucks you invest will grow inside your RRSP 100 per cent free from any tax until you take it

out years from now. Still not convinced? Well, if you don't have money to put into your retirement plan, then you can borrow it from any bank at the prime rate, which is now a ridiculously cheap 4.25 per cent. Then take the tax refund you will receive for making this contribution, and use it to pay down the bank

don't have any money. The "contribution in kind" rules allow you to transfer an asset you already own (like a GIC or a mutual fund) into a self-directed RRSP, and the feds will consider this the equivalent of putting new cash in. Therefore you can do this switch, and get a tax refund for selling yourself something that

high tax bracket can contribute to an RRSP in the name of a lower-taxed spouse, right up to his or her own contribution limit. The higher-taxed person gets the tax break, while the money becomes the property of the lower-taxed one. So, after three years, it can be withdrawn at the reduced tax rate - effectively splitting income between husband and wife.

Or, you can actually set up a mortgage on your home, and hold it inside your own RRSP. That means every month you make mortgage payments into your own retirement plan, instead of to the bank. This involves some more complex moves, but it is well worth the trouble for many people who like the idea of the security of a mortgage investment, and the 6 per cent or better return it can give to an RRSP.

The point is, there are many creative and beautiful things you can do with a registered retirement savings plan,

because the rules are flexible. For example, you can go back to 1991 and make up every RRSP payment you ever missed - without penalty, and with the ability to apply the refund to this tax year or any one in the future, for maximum savings.

So, it is a real surprise when a majority of Canadians pass this vehicle by, believing the media drivel they read that somehow those retirement years will take care of themselves. In addition, millions of us think that the future will be fine if we just buy a house, pay it off, and sit on a pile of equity. That also is a myth. In retirement, you don't just require shelter - you absolutely need income.

So, go out today and feed that RRSP. But for those who still defy me - come visit here next week, for details of how real estate could be turned into a lifetime cash machine.

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

Still doubting? Hey, you can make an RRSP contribution even if you don't have any money. The "contribution in kind" rules allow you to transfer an asset you already own (like a GIC or a mutual fund) into a self-directed RRSP, and the feds will consider this the equivalent of putting new cash in. Therefore you can do this switch, and get a tax refund for selling yourself something that you already own!

loan.

Now Paul Martin is actually financing your retirement plan, which is a cool thought.

Still doubting? Hey, you can make an RRSP contribution even if you

you already own!

There are lots of other reasons to have an RRSP, and strategies for doing so. Like a spousal RRSP, that lets couples income-split between them. A person in a

Support your local CANEX!

Quinte Adult Education Night school for Adults

All classes start the week of February 2
Minimal administration fee. Textbook fee may apply

Quinte Secondary School

Course	Evenings	Time
Microsoft Office 2000	M/W	4-6:30 pm
English Gr. 11/12	M/W	4-6:30 pm
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

Trenton High School

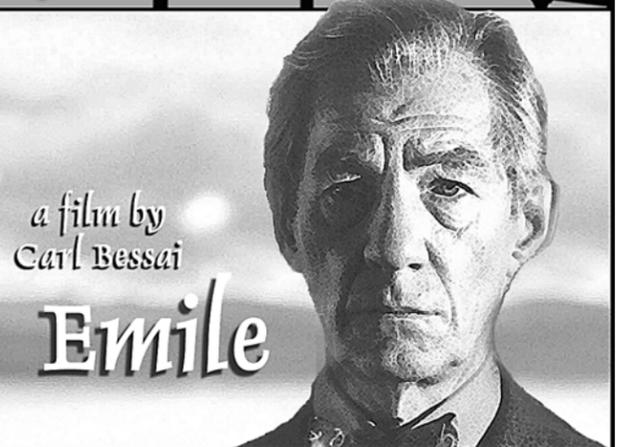
Introduction to Computers	M/W	7-9:30 pm
Microsoft Office 2000	T/TH	7-9:30 pm
Auto/Small Engines	T/TH	6-10:00 pm

Register at our Quinte Secondary School office beginning Monday, January 12th for all classes. Special registration dates at THS are January 26th & 27th from 6:30 - 8:00 pm.

For more information call 962-3133 or visit www.hpedsb.on.ca/adulted
REGISTER TODAY!

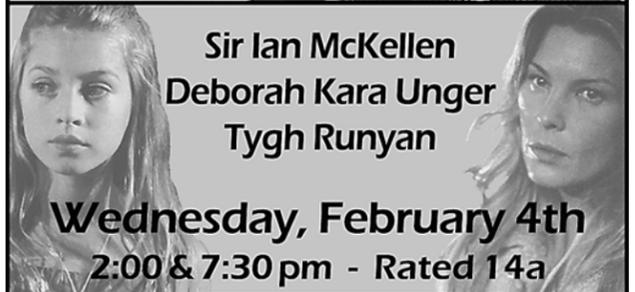
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Emile



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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
February 1 - February 7

ARIES (March 21-April 19): You can make some personal changes on the 1st and 2nd that will ensure a better future. Find a new hobby that will help you to make new acquaintances. The people you connect with at this time will have an effect on the way you view things. Don't let disagreements on the 3rd, 4th and 5th lead to a temper tantrum. You may be just as much to blame so compromise to keep the peace. You are competitive and can make the best of any situation on the 6th and 7th if you put your mind to it. Plan to do a little socializing with people who will spark your imagination and help you develop a creative idea.

TAURUS (April 20-May 20): Do things that will enhance your looks or make you feel good about yourself on the 1st and 2nd. Spending money pampering yourself is a much better idea than giving your money to someone else. Arrange to see old friends and do a little catching up on the 3rd, 4th and 5th. Short trips will bring about some changes that will make you feel good about yourself. The more you can do the more likely you are to meet someone new. Follow your own path on the 6th and 7th. Work on something that requires your input only. Stubbornness will be your downfall.

GEMINI (May 21-June 20): Don't jump to conclusions on the 1st and 2nd. If you ride out the storm or offer affection and kindness you will not encounter the discord that comes along with jealous or thoughtless action. Be smart and win. Hard work will bring you the best results on the 3rd, 4th and 5th so don't hesitate to put in overtime if necessary. Someone you think may help you get ahead is probably only interested in using your ideas. Don't count on anything on the 6th and 7th and you won't be disappointed. Someone who was making promises will probably renege. Do the work yourself and be proud of your accomplishments.

CANCER (June 21-July 22): Don't let everyone in on your secrets on the 1st and 2nd. The more you reveal the more you will have to worry about in the future. Focus on progress and doing what's best for you. Don't take everything so seriously on the 3rd, 4th and 5th. You need to see the humor in whatever problems you face. You may not relish change, but now is the time to alter your life a little. You may find it difficult on the 6th and 7th if you have lent money to someone who can't pay it back. Your relationship may be strained if you can't resolve money matters in a civil manner.

LEO (July 23-Aug. 22): You have to be a participant on the 1st and 2nd if you want to get results. You can enjoy the company of the people you meet if you get involved in organizational functions that you believe in. The more creative you are on the 3rd, 4th and 5th the better the results will be. You should be traveling to obtain information or to gain better perspective regarding what you are working on. You will meet someone that makes an impression on you. You will not feel up to par on the 6th and 7th if you have been getting mixed signals from someone. Don't beat around the bush - step up to the plate and speak your mind.

VIRGO (Aug. 23-Sept. 22): The most difficult task will be made harder if you try to do it with someone else's help on the 1st and 2nd. Interfering or meddling in other peoples concerns will only be a waste of time and energy. Last minute plans on the 3rd, 4th and 5th will take you by surprise. Don't hesitate to be a participant. A lazy attitude will cause you to pass up an opportunity to meet someone who could make a tremendous difference to your future. Avoid talking about personal problems on the 6th and 7th. You aren't looking at your situation clearly. You won't make yourself feel better by criticizing someone else.

LIBRA (Sept. 23-Oct. 22): Opportunities to change your lifestyle will be available on the 1st and 2nd if you get involved in cultural events. Learning and interacting with knowledgeable people should be your goal. Things are not likely to go your way on the 3rd, 4th and 5th. The more you try to push others to do things your way the harder it will become to get anything done at all. Check out all the possibilities on the 6th and 7th. New friendships will be solid and lasting. Love is in your corner so don't waste time - get out and mingle. You will discover some very interesting information about someone from your past.

SCORPIO (Oct. 23-Nov. 21): Money concerns are likely on the 1st and 2nd. Double check to make sure you have the funds before making a big ticket purchase. You are likely to discover a bill that you thought you had already taken care of. Someone you trust will offer you good advice and assistance - don't be too proud to accept. Consider all your options on the 3rd, 4th and 5th but make sure that you pick the one that offers you the greatest creative space and the most adventure. A big talker will make you feel inadequate on the 6th and 7th if you allow him or her to pontificate and take over the conversation.

SAGITTARIUS (Nov. 22-Dec. 21): Emotional issues will be hard to deal with on the 1st and 2nd if you haven't been totally honest with the people around you. Straight answers will be your only way out. Financial gains are likely on the 3rd, 4th and 5th but not through risky ventures, however don't hesitate to buy property or art objects that will grow in value. Nothing and no one will be able to hold you back, slow you down or stop you from having a great time on the 6th and 7th. Adventure will be your intent and travel will be your first choice. The more contact you have with foreigners the better.

CAPRICORN (Dec. 22-Jan. 19): Reassess what you must do on the 1st and 2nd to maintain or improve your health. If the stress has been too great in the past, you must find a way to eliminate the problems. You'll have to stay on top of things on the 3rd, 4th and 5th. If you snooze you'll lose. Underestimating someone who challenges you will be your downfall. Expect and prepare for the unexpected on the 6th and 7th. Your ability to efficiently take care of pressing matters will be what enables you to do what's best for everyone involved. Question those unwilling to pitch in.

AQUARIUS (Jan. 20-Feb. 18): Brainstorming with friends on the 1st and 2nd will bring about a very unique and trendy idea. Consider visiting your local spa for a little rest and relaxation. Don't even think about slacking on the 3rd, 4th and 5th. What you do will be important. Productivity will be the key to getting ahead as well as to impressing others. Present what you have to offer. Sitting back and thinking about doing things won't cut it. Taking time to do a few little extras around the house on the 6th and 7th will help to ease any tension. You can improve your living space and situation by being receptive.

PISCES (Feb. 19-March 20): Proceed with caution on the 1st and 2nd especially if you have to work along side others. You are likely to face some problems if you complain or you try to push your opinions. Give yourself a chance on the 3rd, 4th and 5th and you will get results. Travel, entertainment and spending time with other creative people will lead to all sorts of possibilities. You can do a lot to make yourself feel better, look better and do better on the 6th and 7th. Take a tally of what you would like to change in your life and start to make the necessary alterations that will ensure a better future.

What do I need in order to get a Trentcard?

This question is the most commonly asked here at the Trentcard office. There are several things you need to bring with you to our administrative centre, depending on the category of card holder that you belong to, along with several forms that need to be completed. All forms are available at www.cfbtrenton.com (our link is on the left side of the page), or at our office at 50 Rivers Drive East in Trenton.

Any individual who is not in one of the below categories will not be issued a Trentcard. All of the information for the listed categories must be provided to the Trentcard office at time of application, or the Trentcard will not be issued at that time.

Military Members: Required to provide DND-issued identification (Secured Area Passes are not accepted), and must complete the following forms: Application for Trentcard, and Declaration for Card Holder. This group does not need to be sponsored.

Dependants: (Note: See "Who Can Get a Trentcard" informational documentation for definition of "Dependant") Adults or children are required to provide one piece of picture identification (example: drivers license) or two pieces of non-photo identification (example: non-photo health card and birth certificate). Dependants must also bring their sponsor at time of application (military member or DND full or part time staff member who will sign a declaration stating that the individual in question is their dependant). The sponsor is required to provide DND-issued identification and must

complete the Declaration for Sponsor form at our office for each dependant who is applying for a Trentcard. The Dependant must complete the following forms: Application for Trentcard, and Declaration for Card Holder. *Note:* If the sponsor is not available to come down in person, a marriage certificate or an official common-law document must be provided, along with the sponsor's above listed photo identification.

PSP Staff / Civilian Contractors/ Members of Governmental Departments

that must access CFB Trenton: Must provide one piece of picture identification (example: driver's license) or two pieces of non-photo identification (example: non photo health card and birth certificate). Individuals in this group must either provide a letter of hire from the DND / PSP/Government Depart. in question, or have their employer complete and submit to the Trentcard staff a Declaration for Staff form. The following forms must also be completed by the applicant: Application for Trentcard, and Declaration for

Card Holder.

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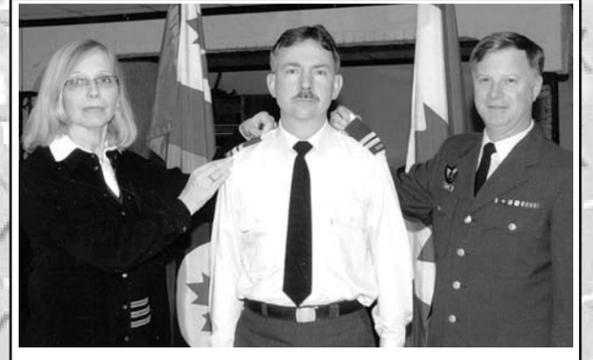
PteT J.A.S. Carriere

was promoted to that rank,
presented by Maj A.R. Fitzgerald & WO D.J.F. Olivier, 8 AMS.



PteT K.E. Seleski

was promoted to that rank, presented by Maj A.R. Fitzgerald & CWO M.L. Rodrigues, 8 AMS.



Capt R. McGregor

was promoted to that rank,
presented by Mrs. McGregor & LCol R.B. Cooke, CO 8AMS.



Sgt T.E. Gores

was promoted to that rank,
presented by LCol R.B. Cooke & CWO J. Marshall, 8 AMS.



Cpl L. MacRae

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



PteT G. Laurin

was promoted to that rank,
presented by Maj A.R. Fitzgerald & WO D.J.F. Olivier, 8 AMS.



Cpl J.T. Milne

was promoted to that rank,
presented by Maj K. McCarthy, 429 Sqn.



Capt N. Graham

received the Lockheed 1000 Hour Flying certificate and pin, presented by LCol M.J. Hood, CO 429 Sqn.



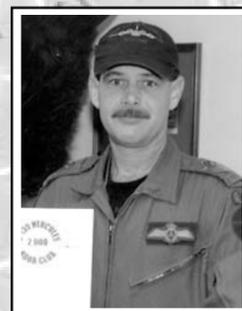
Sgt P. Conlin

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WO R. Lee

received his Special Service medal, presented by LCol M.J. Hood, CO 429 Sqn.



Sgt P. Vantassel

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MCpl R.B. Splaine

received his Basic CC130 Wing presentation, presented by LCol J.R. Anderson, CO 426 Sqn.



MCpl F.M.A. Campbell

received his retirement certificate, presented by LCol J.R. Anderson, CO 426 Sqn.



Maj B.M. Quick

received her CD1, presented by LCol J.R. Anderson, CO 426 Sqn.



Sgt T.L. Foss

received his CD1, presented by LCol J.R. Anderson, CO 426 Sqn.



Sgt W.J. Roth

received her CD1, presented by LCol J.R. Anderson, CO 426 Sqn.



Maj P. Jaeggi

received a promotion to that rank, presented by LCol J.R. Anderson, CO 426 Sqn.



MCpl C. Pye

received his Basic CC130 Wing presentation, presented by LCol J.R. Anderson, CO 426 Sqn.



Maj T.D. Hunter

received a promotion to that rank, presented by LCol J.R. Anderson, CO 426 Sqn.



MCpl C.B. Ingram

received a successful completion of CC130 Loadmaster course and Wings presentation, presented by Maj K.J. McDonald, CO 426 Sqn.



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C	R	E	E	K		E	M	E	R	S
				L	E	S		E	R	E
C	H	A	L	E	T	S		M	A	R
L	A	R		L	E	O	S		L	O
A	R	M	S		P	L	U	M		A
W	E	A	L	T	H		S	U	R	R
S	N	A	R	E		A	L	O	E	S
		D	Y	A	N		N	E	E	D

Money Talk - Make the most out of your RRSPs and mortgage

(NC)—With RRSP season in full swing, many consumers are looking at different ways to top off their RRSP limit so they can benefit on their tax return. Many consumers look to loans or lines of credit, but forget one very important avenue — their mortgage. By refinancing your mortgage to top off your RRSPs, you can use the existing equity in your home to invest in the most important asset of all—yourself!

Many financial institutions offer special refinance programs where you can access the existing equity in your home. CIBC, for example, offers consumer the Home Power Mortgage where clients can use up to a maximum of 90 per cent of the equity built up in their home. Funds borrowed from the equity in your home usually carry a lower interest rate than most loans and lines of credit, especially if you have a variable-rate mortgage with a rate of prime or below, such as the CIBC Better Than Prime Mortgage.

Don't forget that when you refinance your mortgage, you can use the funds for a variety of other purposes such as consolidating your debt (especially after the holiday season), springtime renovations you may be considering, or in the fall to pay for a child's tuition.

Once you have topped up your RRSPs, what are you going to do with the tax return you receive? A smart financial strategy to adopt is to use the money to pay down your mortgage. Most financial institutions allow clients to make lump sum payments once per year. The maximum amount of the lump sum depends on your mortgage (open or closed) and your financial institution, but usually ranges from 10-25 per cent of the original mortgage amount each year on a closed, fixed-rate mortgage. For example, if your original mortgage amount was \$100,000 and your maximum annual lump sum prepayment privilege is 10 per cent, then you can pay down your mortgage by

\$10,000 each year. This can result in lower interest cost to you as well as shorten the overall amortization on your mortgage.

For those of you on the other side of the home ownership fence, who are looking to purchase a home, your RRSPs can help do just that. In Canada, a program exists called the First-Time Home

Buyer Plan. This plan allows consumers who are purchasing their first home to use their established RRSP contribution as a downpayment, up to a maximum of \$20,000. If you are a couple you both can use up to \$20,000 of your RRSP contributions, totalling a \$40,000 downpayment. You then have 15 years to pay

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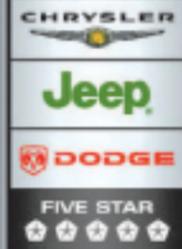
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