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• March 4, 2005 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 40 Issue Number 09 •

## Hospital construction nearing completion, set to open in May

by Laurie McVicar  
Assistant Editor

With two months left to go before the official opening of the new 8 Wing/CFB Trenton hospital, personnel here can expect to soon see an improvement in how they receive personal medical care.

The most noticeable changes include the division of the Base into two parts, each of which will be assigned to one of two Care Delivery Units (CDU). These health care teams will be made up of a physician, nurse, nurse practitioner, physician's assistant, and medics. Patients will also no longer have to travel to different buildings on the Base to seek treatments; all services will be offered at the same location.

"Somewhere around mid-April we'll be sending notices out to let members know what CDU they will belong to," said Captain Sheila MacLean, Clinical Services Manager. "The services that won't change in the way they are delivered are lab, x-ray, immunization, physiotherapy, mental health, and when they come in for their part one medical, which includes (examination of the) ears, eyes, possibly an ECG, blood work, height, weight."

This new concept, part of a national Patient Care Renewal Initiative, has been tested at other bases across Canada, however 8 Wing/CFB Trenton will be the first to put it into action in a facility designed to accommodate the transformation.

"The goal of the whole concept is continuity," said Capt MacLean.

Another important advantage of the new system is increased privacy, stated Master Corporal Alison Quaife, a member of the Transition Team.

"Instead of a curtain separating each patient as they are being screened, there will actually be individual exam rooms. Their privacy will be ensured," she stated.

"Even for the pharmacy, there will be a room for counseling - where patients can get their medicine information," said Capt MacLean.

Personnel can expect to see very little disruption in services during the moving process, scheduled for the end of April.

"Health care services will still be available to the members, they just won't be here on Base. That's normally what we do when sections are closed or the MIR (Medical Inspection Room) is closed for operational reasons. If personnel need pharmacy prescriptions, they'll have to take them downtown. We'll have all that information for the members on where they have to go and what they'll have to do," said Capt MacLean.

"The maximum disruption will be a day or two," said MCpl Quaife. "They won't probably notice it. Most of our getting settled will take place over a weekend."

A grand opening of the new medical facility is scheduled for May 13.

## FLYERS CLAIM THE WIN AT CF REGIONALS



A member of the 8 Wing Flyers takes a shove from a Petawawa Stag player during the final game of the CF Regional Hockey Tournament, held here from February 27 to March 2. Despite an early lead by the opposing team, the Flyers skated their way to a 5-4 win in double overtime. The Trenton team will compete in the CF nationals in Borden from April 16-23. Congratulations Flyers for an outstanding performance on the ice. See page 11 for more pics.

## 3,000 sorties to help maintain security

by Captain Jan Douglas

**CAMP MIRAGE** - The Theatre Support Element (TSE), as part of Task Force Kabul (TFK) located at Camp Mirage, celebrated an important milestone on February 19. Since first deploying to southwest Asia in January 2002, aircraft and crews of the TSE have flown 3,000 sorties in support of operations in Afghanistan.

Initially established to support Canada's military contribution to the campaign against terrorism, Operation APOLLO, in August 2003 the TSE's efforts were switched to Kabul in support of Task Force Kabul (TFK) and Operation ATHENA, Canada's contribution to the International Security Assistance Force (ISAF).

Camp Mirage serves as the staging base for transporting Canadian Forces (CF) personnel, equipment, and



supplies into Afghanistan using the CC-130 Hercules aircraft. Approximately 250 CF members and Department of National Defence (DND) civilian employees provide the lifeline to the 1,000 military and civilian personnel on the ground in Kabul.

"Our mission is to help maintain security in Kabul and its surrounding areas so the Government of Afghanistan and UN agencies can rebuild the country," said Colonel Walter Semianiw, Commander TFK. "Camp Mirage personnel and equipment are an integral part of

TFK and I am very grateful and proud to have them as part of our team."

In a few short weeks, the TSE will reach another significant milestone - 5,000 hours flown in support of Operation ATHENA.

Camp Mirage effectively encompasses air force, army, navy and civilian personnel working together as one team. "We reached these milestones thanks to the continued efforts of each and every member of Camp Mirage over the last three years," said LCol François Fortin, Commanding Officer of the TSE.

Since August 2003, more than 31,000 passengers and 25 million pounds of freight have been airlifted to and from Kabul aboard aircraft of the TSE.

The crew for this historic 3,000th sortie was from 8 Wing Trenton, including: Maj Dan Bouchard, Aircraft Commander; Maj Andy Cook, First Officer; Capt Lesley Ridgeway, Navigator; Sgt Michel Jauvin, Flight Engineer; Loadmasters MCpls Nick Kossey and Robin Lachance; and Cpl Conway MacEachern, Aircraft Security Officer.

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# CDS and DM comment on the 2005 Budget

CDS General Hillier and Deputy Minister Elcock  
DND-CF

Budget 2005 tabled in Parliament last week announced the most significant investments for National Defence and the Canadian Forces in 20 years - nearly \$13 billion dollars over five years.

The Government committed funding to help expand and sustain the Canadian Forces, as well as to invest in new capabilities required to modernize and transform the Canadian Forces. This includes more than \$3 billion to allow for an expansion of the Canadian Forces by 5,000 regular force and 3,000 reserve force personnel, and a further \$3.2 billion to address sustainability. There will also be substantial capital investments, more than \$2.5 billion in total, to acquire key equipment and capabilities essential to the Canadian Forces.

Budget 2005 also provides a further \$3.8

billion for capital and other which will flow from the upcoming defence policy review. The defence policy review will set out our course for the future. It will involve major changes to our operational and command structures which will enable the Canadian Forces to become more integrated, with our maritime, land, air and special operations forces working as one team, focused on operations and responding quickly to crises at home and abroad.

Budget 2005 also announced the outcome of the Government's expenditure review process. This process was, first and foremost, an exercise in responsible and modern management - not only within Defence but across Government. Defence, like all other government departments, contributed to the government-wide expenditure review. Our decisions were consistent with our ongoing efforts to better manage

*Budget 2005 is a clear commitment of the Government to the Canadian Forces and Department of National Defence. It reflects the Government's confidence in the men and women of the Canadian Forces and the Department in the work that you do on behalf of all Canadians at home and around the world.*

resources and transform the Canadian Forces.

Our contribution amounts to \$34 million in 2005-2006, and building to a cumulative \$640 million in the next five years (2009-2010). In the first few years, savings are being targeted to discretionary program areas where cuts can be implemented over a short time frame. Defence reductions are mainly from: corporate efficiencies as a result of the conversion of contractor positions to indeterminate positions in the National Capital area that will create new full time public service positions; future out-

sourcing of IT support; a rationalization of R&D work; and supply chain efficiencies. There will also be a number of other initiatives to optimize how services are delivered both internally and externally.

While some of these choices will have an impact on people, those impacts are expected to be minimal and will be addressed through normal attrition, retraining or reassignment. Recruitment will remain a priority for the Department and the CF, and new military and civilian positions will provide opportunities for affected public servants and other

Canadians. We are confident that our existing policies and agreements will be sufficient to manage this workforce transition. As we move forward, all employees will continue to be treated with fairness and respect, in keeping with the Values and Ethics Code for the Public Service. A complete list of the government-wide measures and descriptions has been posted at [www.expenditurereview-examendesdepenses.gc.ca](http://www.expenditurereview-examendesdepenses.gc.ca).

Given the investments provided in Budget 2005, we will be assessing the expenditure review figures and reconciling these with the defence policy statement and our existing plans for equipment and capabilities.

There is much work to be done in the days and months ahead. We have established a number of senior level Action Teams which have begun work to assess what this means for us and the way ahead. This process will

take time and will not happen overnight. Our priority, as we move forward, will be to ensure that you understand the changes and what they mean to you. The CDS will undertake an aggressive programme of visits and briefings in which he will outline our focus for the future.

Budget 2005 is a clear commitment of the Government to the Canadian Forces and Department of National Defence. It reflects the Government's confidence in the men and women of the Canadian Forces and the Department in the work that you do on behalf of all Canadians at home and around the world. Through your efforts, we have accomplished much over the last several years. With new funding, new equipment and a new defence policy, we will build on your achievements as we move forward and transform the Department of National Defence and the Canadian Forces for the future.

## SQUADRON SUPPLYING CADPAT UNIFORMS



Photos: Cpl  
Simon Duchesne,  
8 Wing Imaging

Personnel have begun receiving the new Canadian Pattern (CADPAT) uniforms, currently being distributed at 8 Wing Supply Squadron. Pictured at left, Corporal Marc-Andre Perron, CR Clerk, Wing Administration, receives his new kit.



# Chef d'état-major de la Défense et SM: Le Budget 2005...

**CDS General Hillier and Deputy Minister Elcock MDN-FC**

Le Budget 2005 présenté au Parlement aujourd'hui annonce les investissements les plus considérables dans la Défense nationale et les Forces canadiennes depuis 20 ans, soit près de 13 milliards sur cinq ans.

Ces investissements permettront d'engager des fonds pour aider à accroître l'effectif des Forces canadiennes et les soutenir, en plus d'investir dans les nouvelles capacités nécessaires à la modernisation et la transformation des Forces canadiennes. Ces investissements comprennent plus de 3 milliards de dollars en vue d'accroître l'effectif des FC en ajoutant 5 000 membres à la Force régulière et 3 000 membres à la Force de réserve, ainsi que 3,2 milliards de dollars pour accroître la soutenabilité. On effectuera aussi de considérables dépenses en capital, soit plus de 2,5 milliards au total, afin d'acquérir de l'équipement et des capacités essentiels

aux Forces canadiennes. Le Budget 2005 prévoit également 3,8 milliards de dollars de dépenses en capital et pour différents projets qui seront mentionnés dans l'Énoncé de la politique de défense. Ce dernier décrira la voie que nous emprunterons à l'avenir. Il impliquera des changements considérables à nos structures opérationnelles et de commandement qui permettront aux Forces canadiennes de s'intégrer davantage, nos forces maritimes, terrestres, aériennes et spéciales étant appelées à travailler comme une seule équipe, leur attention étant axée sur les opérations et sur une intervention rapide en cas de crise survenant au pays ou à l'étranger.

Le Budget 2005 fait état aussi de l'issue du processus d'examen des dépenses du gouvernement. Ce processus a été d'abord et avant tout un exercice de gestion moderne et responsable, non seulement à la Défense mais à l'échelle du gouvernement. La Défense, comme tous les autres ministères, a contribué au

processus d'examen des dépenses à l'échelle du gouvernement. Les décisions que nous avons prises s'inscrivent dans nos efforts continus visant à assurer une meilleure gestion des ressources et à transformer les Forces canadiennes.

Notre contribution s'élève à 34 millions de dollars en 2005-2006, et atteindra un montant cumulatif de 640 millions de dollars au cours des cinq prochaines années (2009-2010). Au cours des premières années, les économies seront réalisées dans les programmes discrectionnaires où des réductions peuvent être faites sur une courte période. Les réductions à la Défense seront obtenues essentiellement au moyen : d'économies ministérielles réalisées grâce à la conversion de postes d'entrepreneurs en postes de durée indéterminée dans la région de la capitale nationale, ce qui permettra de créer de nouveaux postes à temps plein dans la fonction publique; de l'impartition future des services de soutien en TI; d'une rationalisation des

travaux de recherche et de développement; et de gains d'efficacité dans la chaîne d'approvisionnement. On mettra également en oeuvre un nombre d'initiatives visant à optimiser la prestation de services tant au ministère qu'à l'extérieur de celui-ci.

S'il est vrai que certaines de ces décisions auront une incidence sur les gens, celle-ci devrait être minimale et s'opérera par l'attrition, par le recyclage ou par des réaffectations. Nous nous attendons aussi à ce que le recrutement demeure une priorité du Ministère et des FC et que de nouveaux postes militaires et civils offrent des perspectives d'emploi aux fonctionnaires touchés ainsi qu'à d'autres Canadiens. Nous sommes persuadés que nos politiques et nos ententes actuelles seront suffisantes pour gérer ces transitions d'effectifs. En allant de l'avant, nous veillerons à ce que tous les employés continuent d'être traités équitablement, avec respect et conformément au Code de valeurs et d'éthique de la fonction publique. Une

liste complète des mesures prises dans le cadre de l'examen des dépenses à l'échelle du gouvernement et les descriptions de ces mesures peuvent être consultées à l'adresse .

Étant donné les investissements annoncés dans le Budget 2005, nous évaluerons les résultats de l'examen des dépenses et les concilierons avec l'Énoncé de la politique de défense et nos plans actuels en matière d'équipement et de capacités.

Il reste beaucoup de travail à faire au cours des prochains jours et mois. Nous avons mis sur pied un nombre d'équipes d'action formées de personnel supérieur qui ont commencé à déterminer les incidences du budget sur nous et la voie à suivre à l'avenir. Ce processus prendra du temps et ne se fera pas du jour au lendemain. Notre priorité demeurera de veiller à ce que vous compreniez les changements et leur incidence sur vous. Le CEMD entreprendra un vaste programme de visites et de séances d'information au cours

desquelles il décrira l'orientation des Forces canadiennes à l'avenir.

Le Budget 2005 est un engagement sans équivoque du gouvernement du Canada envers les Forces canadiennes et le ministère de la Défense nationale. Il témoigne de la confiance du gouvernement dans les membres des Forces canadiennes et les employés du Ministère, hommes et femmes, et dans le travail que vous accomplissez au nom de tous les Canadiens, tant au pays qu'à l'étranger. Grâce à vos efforts, nous avons réalisé beaucoup de choses au cours des dernières années. Les fonds supplémentaires, le nouvel équipement et la nouvelle politique de défense nous permettront de tirer parti de vos réalisations au moment où nous irons de l'avant avec la transformation du ministère de la Défense nationale et les Forces canadiennes pour les préparer à l'avenir.

— Général R.J. Hillier, Chef d'état-major de la Défense

— W.P.D. Elcock, Sous-ministre

## Search & Rescue UPDATE



It was a quiet week last week at 424 Squadron, with no SAR call-outs. Squadron personnel were, however, deployed this week to Gatineau Airport for a Squadron SAREX, which was scheduled to end today (Friday, March 4, 2005).

Until next week, stay safe.

Missions for 2005: 11 Missions for Mar.: 0 Persons rescued: 2

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

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

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

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



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## LETTER

### The Best 3 Days of Valentines Day... Ever

The day before Valentines Day my husband gave me a thoughtful card and a spaghetti strainer. I did need a strainer--our old one was in rough shape. The kids and I joked about this interesting gift, played with it and tried it on as if it might be a hat. FUN.

The next day, Valentines Day, my husband called me at work and said he was coming to my office to take me to lunch. I was happy. We went for a romantic lunch, talked and he drove me back to work.

The day after Valentines Day I arrived back at my office after lunch with a friend and, lo and behold, my office was filled with a hundred of pink and red balloons! I was so excited and frantically searched for a note. No note. I asked around the office if anyone knew anything about this. They didn't. I called home to see if it was my husband, he said it wasn't him.

OH my ... I had a secret admirer. I showed everyone on our floor this wonderful surprise. I tried to imagine, even wished who it might be! Then I thought to myself, "do I really want the person to reveal themselves? I might be disappointed." I wanted to savour the moment, believe that someone thought I was that special to give me this lovely gift.

Now that I know who you are, I would like to thank you for brightening my day. The balloons still sit in my office in appreciation of John and Andy. Your wives must be lucky!

Lori Weisflock

P.S. I love my strainer too !!

## Canadiana Crossword

### Best Sellers

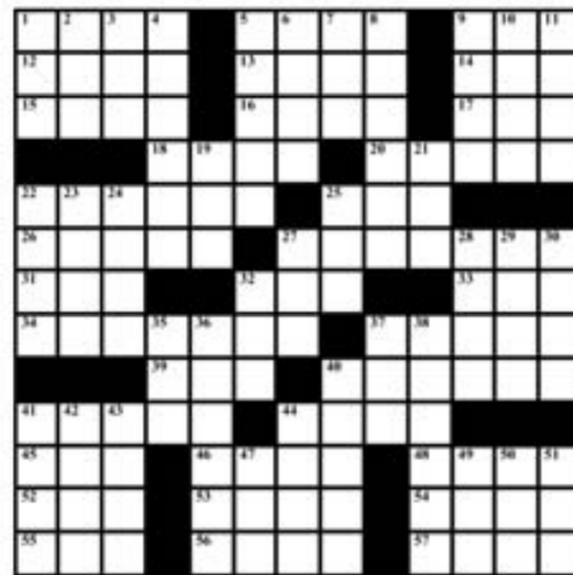
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Bludgeon
- 5 Resorts
- 9 Zeus, for one
- 12 One of the five
- 13 \_\_\_ melt
- 14 Cycle or lateral precoder
- 15 Killer whale
- 16 About hearing
- 17 Pirate's grog
- 18 Opening
- 20 About Me And My \_\_\_ , by S. Ross
- 22 Roquefort or Stilton
- 25 Fire in Falaise
- 26 Certain horses
- 27 The English \_\_\_ , by M. Ondaatje
- 31 Hosp. units
- 32 Linear measure
- 33 King, to Gaetan
- 34 \_\_\_ , by M. Atwood
- 37 Norse name
- 39 Mined material
- 40 Inundations
- 41 The Tin \_\_\_ , by G. Roy
- 44 Gravel and sand sources
- 45 Poetic over
- 46 Musical notation
- 48 Nimbus
- 52 Incite
- 53 Caterpillar genre
- 54 Worn
- 55 Compass pt
- 56 Obi
- 57 Church part

#### DOWN

- 1 High mucky muck, for short
- 2 Parry Sound person
- 3 Direct a dog
- 4 More Joy in \_\_\_ , by M.



- 6 Callaghan
- 7 The \_\_\_ Angel, by M. Laurence
- 8 Weir concern
- 9 American Cuckoo
- 10 Scent sac
- 11 Maven
- 12 Obligation
- 13 Coin
- 14 Sugar starter
- 15 Yes, to Yvette
- 16 Alligator's cousin
- 17 Israeli dance
- 18 Where it dawns on one?
- 19 Craze
- 20 The Raven writer
- 21 Switch or buck follower
- 22 North, in Noranda
- 23 Containers
- 24 Canadian whiskey
- 25 Drunkard
- 26 Builds
- 27 Deli sandwich
- 28 \_\_\_ Then and Now, by M. Richler
- 29 \_\_\_ Business, by R. Davies
- 30 Enemies
- 31 Limbs
- 32 Yen
- 33 Bies
- 34 Meadow
- 35 Serpent
- 36 Mike Pearson, to pals
- 37 Praiseful poem

## This Week in Contact

1975 – Colonel Mary Vallance, 51, Director of Women Personnel at NDHQ, has been appointed by Governor-General Jules Leger as the first woman Aide-de-Camp to the Governor-General. The honorary appointment is symbolic of International Women's Year, but involves considerable extra work for Col Vallance. Her additional duties include escorting the Governor General on various official functions.

1985 – With the ringing of eight bells and the shrill pipe of the "still" on a bos'n's call, the White Ensign was smartly hoisted on the parade ground mast at 0800 Friday, 11 Feb 85. At 1200 the Ensign was lowered to half-mast by Trenton Mayor, Neil Robertson. These ceremonies were held so the present sailors serving CFB Trenton and Lodger Units could maintain contact with past comrades. Forty years ago, HMCS Trentonian was sunk while escorting a convoy off Falmouth, England. The corvette was named after the city of Trenton.

1995 – Last week's federal budget announced new defence spending cuts of \$2.8 billion to be implemented over four years. The Regular Force will be reduced to approximately 60,000, the Reserve Force to 23,000 and the civilian staff to 20,000. Bases Calgary and Chilliwack will close along with detachments Jericho Beach, BC; Moncton, NB; London, Ontario and Toronto.

Created by Lt J. H. MacDonald,  
Compiled by Laurie McVicar



# "Treasuring" bilingualism

by Laurie McVicar  
Assistant Editor

Local families now have the opportunity to expand their preschoolers' language skills thanks to a new bilingual daycare in the Quinte area.

Chantal Penney, owner and operator of Petit Treasures French Immersion Childcare, will launch her new business later this month on Carrying Place Road, Trenton. The soft-spoken mother of three is currently in the process of transforming a portion of her home into what soon will be a bustling daycare for both French and English children.

"Our mission is to guarantee a positive and quality environment that contributes to the growth and development of the preschool age child," said Penney. "We will provide an enjoyable, nurturing and educational experience while promoting

French as a primary or secondary language."

Having completed a course in children developmental psychology, Chantal recognizes and will operate her business under the belief that children flourish when they feel important and are given praise on a regular basis. With that in mind, she plans to incorporate special things into her program such as birthday celebrations and certificates for accomplishments. In addition, children can look forward to play themes for each month. Parents will have the benefit of knowing their child is receiving healthy lunches and snacks, exposure to another language, and a kick-start to their education.

Research has suggested that children who learn a second language at a young age outperform their monolingual peers in the areas of ver-



**Chantal Penney, owner, Petits Treasures French Immersion Childcare**

bal and nonverbal intelligence tests. Children who speak more than one language have better communication and reading skills, and therefore will have a competitive advantage when they reach the workforce.

Registration for children ages zero to five will take place during Petits Treasures' grand opening. Watch the Contact for more information.

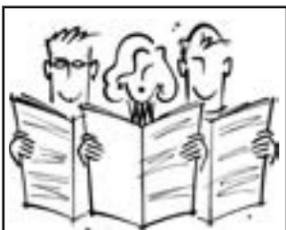
Reference: [www.cal.org](http://www.cal.org)

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6	7	8	9	10	TGIF II Fish & Chips 1700Hrs Sports- Pool 1800 Hrs	12
13	14	15	16	17 Happy St. Patrick's Day	TGIF IB SUBS / 1700Hrs Sports- Eachre 1800 Hrs **** All Ranks St. Paddy's Dancer	19
		22	23	24 TGIF Pizza 1700Hrs Sports- Pool 1800 Hrs	25 Good Friday	26
27 Happy Easter	28 Easter Monday	29	30	31		
<p><b>MARCH 2005</b></p>						

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# Retirement plans--Freedom never?

## it's your Money



On the window of the bank was taped a big, green number. "60," it said, and below that the words, "When will you be able to retire?"

That was the message as a little line of people snaked towards the wickets, many of them about to make RRSP contributions, and it struck me watching them that times sure have changed. It was just a few years ago that "Freedom 55" was the rallying cry for people looking forward to retirement. A survey of Canadians done in 1999 found that a majority - 64 per cent - felt that retirement for them would indeed take place during their fifties.

Today it's a different world. Surveys now show two out of three Canadians are somewhat or very concerned they will not have enough money to live comfortably in retirement. Just last week, seven out of ten Americans told pollsters the same thing, amid worries that U.S. Social Security system could be facing collapse as the Boomers shift into retirement mode.

Now the bank itself is

holding out sixty as a goal for hanging up your tools, but the reality is that could be as realistic in ten years as Freedom 55 sounds today. Face it - the vast majority of us are in the soup when it comes to getting ready for those golden years.

The average RRSP contribution this year will be around \$5,000, and just over a half of all those eligible to make a deposit into the retirement plan actually will. In total, we will contribute less than 10% of the amount all of us could put into our plans. As mentioned here before, the average RRSP owner in Canada is in his or her mid-forties, and has about \$42,000 saved.

So, if you do the math, taking the average contribution of the average RRSP owner who currently has the average amount in his or her plan, you can see that they are already sunk. Even with lots of tax-free growth within the RRSP, that person will have less than \$200,000 accumulated by age 65 - enough money to live on for, what, five, six or seven years?

And if I hear you muttering, "yeah, but what about the pension plan?", let's not forget that the CPP was always meant as just a small supplement to the other two streams of retirement income, your savings and your corporate pension. The public pension system gives you enough money to pay for your food - that's it. And these days when more than 70 per cent of Canadians have no corporate pension, the situation is looking even more desperate.

The bottom line, clearly, is that ten or 15 years from now, when nine million grouchy Baby Boomers are starting to retire, we are going to face some serious stuff. The demands on the government to "do something" to avert a retirement crisis will be extreme. The housing market could be all but destroyed as the Boomers scramble to turn bricks and mortar into cash flow. The CPP could be strained to the point of breaking, since the number of retirees will swell as the number of contributors does not. It is quite conceivable that far from retiring at age 60, several million Boomers will realize retirement will never happen. The golden years could turn into the Golden Arches years as the grizzled masses take whatever part-time jobs they can find.

Yikes, a bleak scenario indeed! So, how do you avoid being part of this picture?

The answer is simple, and depends upon your ability to save and invest today, and for the next decade or two, within the tax-free environment of your RRSP. As I have written a million times, it makes complete and utter sense right now to take a loan big enough to make up for all the past, missed RRSP contributions - and get that money in the plan. You will receive a honking big tax refund, which can be used to pay off a lot of the loan. And don't forget that RRSP money is available at the prime rate, which is just a hair over 4 per cent - cheap, cheap, cheap.

Or, open a self-directed RRSP and transfer into it things you already own, like mutual funds or stocks or GICs. Once again, you will receive a tax refund, even though you actually spent no money. And contribute early to your RRSP - now for 2005, instead of doing it at the beginning of next year. That way your cash will have an entire extra year to grow and multiple, tax-free.

Mostly, stop doing nothing. Live within your means. Contribute to your retirement plan monthly. Invest in growth assets. Call your mother.

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## Remembering...

**Our Early Years**  
by Captain Randy J. Henning

My next two articles will describe the early years of RCAF Station Trenton. The decision to consolidate RCAF training at Trenton in the late 1920s had tremendous social and economic implications for the local area and would lay the groundwork for Canada to play a major role in WWII.

This first article will look at the establishment of the base from a Trenton perspective.

United Empire Loyalists established the community of Trent Port, where the Trent River meets the Bay of Quinte, in the late eighteenth century. Over the next 80 or so years this tiny settlement would grow into the bustling and prosperous lumber town of Trenton. The present city's many fine churches, old town hall, and the once grand old homes that still grace its west end are testament to the wealth of the era. But by the end of the nineteenth century the hardwood forests along the Trent waterway were depleted and the great steam-powered sawmills of Trenton fell silent. Attempts to attract other business met with little success, and the area slowly slipped into recession.

And so the government decision in early 1929 to move the RCAF's landplane training from Camp Borden and seaplane training from Vancouver to a single airfield on the north shore of Lake Ontario was met with considerable excitement. Trenton, with its central location, ready labour force, access to major transportation routes, and abundance of flat, level land nearby seemed a good choice. Other communities, notably Leaside and Deseronto, provided stiff competition. But on October 12 the Trenton Courier-Advocate proudly announced that Mayor W.A. Fraser had received a government telegram announcing, "Trenton will be the site of Canada's National Flying activities." A new era had begun.

Preparation for the new airfield began immediately with the expropriation of farmland east of town. By December, teams of horses and large crews of men could be seen on both sides of Highway #2 clearing the land of apple orchards, removing stone fences, and filling in watering holes and ditches. By October 1932 two landplane hangers, with aprons, had been built north of the highway and one barrack block and the still familiar water tower had appeared to the south. And while the exigencies of the Great Depression drastically reduced the Air Force budget in 1932, work continued under the auspices of Unemployment Relief Project (URP) #28.

The 1930s were a desperate, discouraging time for all Canadians and desperation often gave way to anger. URP #28 was not immune. On 2 November 1935, for example, a group of 300 labourers staged a loud demonstration between #2 and #3 Hangars because their pay was delayed. Trenton and Belleville police were called in, but a quick-thinking Station Commander, W/C G.O. Johnson, diffused the incident by advancing them some tobacco (this seems to have been their chief concern. Most homes had a backyard garden and a root cellar in those days, and home brewing was popular. So one assumes their other immediate needs were met!).

But for the most the work went well. Operational units from Borden began moving into the new facilities when the airfield was opened in September 1931. When URP #28 ended in June 1936 it had completed the Administration Building (now Wing Headquarters), the seaplane hanger (now Wing Transportation), a number of barrack blocks and married personnel quarters, water and power lines, roads, sidewalks and sewers, and, oh yes, a hard-surfaced parade square.

The decision to consolidate flying training at Trenton was a boon to the local economy and would help provide a stable economic base for the area into the 21st century. Development of the base would also set the stage for Canada to play a central role in the British Commonwealth Air Training Plan (BCATP), arguably our greatest single contribution to the Allied victory in WWII.

Background information for this article is from "Trenton, 50 Years of Air Force," edited in 1981 by Major Rick Johnson, and from "Trenton, Past and Present," by Nick and Helma Mika. Next Month: The War Years - Trenton's role in the BCATP.



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Sunshine Lane  
On Site cell 922-5076  
Sat. March 5, Noon to 2 p.m  
Wed/Thurs/Fri. March 9/10/11,  
3:00 p.m - 7:00 p.m  
Dundas, Tripp Blvd South, right  
onto Parkview Heights right on  
Sunshine Lane.

**\*Open House**  
Lot 7 Chisholm Square  
On Site cell 922-5076  
Sat. March 5, 3:00 p.m - 5:00 p.m  
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right onto Liddle Lane,  
left onto Chisholm Sq.



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# 8 Wing Honours and Awards



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents CWO Garry Morphet with the General Campaign Star .



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Cpl Allan Bent with the General Campaign Star .



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Capt James Dickinson with the European Security and Defence Policy Service Medal (EDSP) .



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Capt Craig Isemer with the European Security and Defence Policy Service Medal (EDSP) .



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Cpl Val O'Krafka, Flight Safety, For Professionalism .



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Corporal Anna Cummings with the Personal Development Achievement Certificate (TRCIO PDA Certificate).



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Mr. Ed Jarrick with the Personal Development Achievement Certificate (TRCIO PDA Certificate) .



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Mr. Ryan Ayres with the Personal Development Achievement Certificate (TRCIO PDA Certificate).



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Private Sharon Lannin with the Service Person of the 1st Quarter 2004 Award .



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Mr. Norm Rees with the Civilian Employee of the 1st Quarter 2004 Award .



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Master Corporal Steve Lawton with the Personal Development Achievement Certificate (TRCIO PDA Certificate).



Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Sgt Kirk Canning with the Personal Development Achievement Certificate (TRCIO PDA Certificate) .

Advertising



Photos: Laurie McVicar, Contact

**WHAT A DAY!**

Over 160 people took part in the annual Trenton Military Family Resource Centre Women's Conference, held February 26 at the Siskin Centre. Workshops included: using humour to deal with stress, using collages as a relaxation method, and personal expression through drumming. The guest speaker for the event was Cate Gibson, a counsellor, author and holistic speaker.



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## OFFICERS' MESS

SUN	MON	TUE	WED	THU	FRI	SAT
1 St. Patrick's Day Pub Night Thursday, 17 March 05 Maggie's Fish & Chips Entertainment provided by: Paddy Wack	2 Officer's Ladies Club	3 MTGIT Golden Chicken 17:30 Hrs	4 Sandwich Bar 11:30-13:15	5	6	7
8 MTGIT 7, April 05 Planet Pita - Pita's	9	10 MTGIT Nova Deli Donairs 17:30 Hrs	11 Sandwich Bar 11:30-13:15	12	13	14
15	16 St. Patrick's Day Pub Night 17:30 Hrs	17 Sandwich Bar 11:30-13:15	18	19	20	21
22 	23	24 MTGIT Lasagna 17:30 Hrs	25 Good Friday STAT Holiday Mess Closed	26	27	28
29	30 MTGIT Chinese Food 17:30 Hrs Sist Airforce Anniversary Mess Dinner	31 				

# MARCH 2005

## WO'S & SGT'S MESS

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 TGIF 1200 hrs Donairs 1700 hrs Beef Brochet	5	6	7
8 Mixed Darts 1300 hrs	9 	10	11 TGIF 1200 hrs Clam Chowder & Sandwiches 1700 hrs Lasagna	12	13 Mixed Darts 1300 hrs	14
15	16 	17 Happy St. Patrick's Day	18 TGIF 1200 hrs Chicken & Ribs 1700 hrs Shepherd's Pie	19	20 Mixed Darts 1300 hrs	21
22	23	24	25 Good Friday	26	27 Happy Easter	28 Easter Monday
29	30 WCWO Coffee & Donut Break 1000 hrs	31				

# MARCH 2005

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**Second Language Training**

**Cours de langue seconde**

We will offer second language training (English or French) starting in April. The course runs for 10 weeks (twice a week), for a total of 60 hours. The fee is \$50 for spouses of military members or reservists and \$100 for civilians. A test will be done to determine your level. Our Second Language Program is national and can be continued on any other base throughout Canada. Come and learn a new language in a fun environment.

Nous offrirons un cours de langue seconde (anglais ou français) débutant en avril. Le cours est d'une durée de 10 semaines (deux fois semaine) pour un total de 60 heures. Le coût est de 50\$ pour les épouses de militaire ou réservistes et de 100\$ pour les personnes non-affiliées à la vie militaire. Un test de placement déterminera votre niveau. Notre programme de langue seconde est national donc peut être continué sur toutes les bases au Canada. Venez apprendre tout en ayant du plaisir.

**Coming in April**

**A venir en avril**

**Basic First Aid and Infant Child CPR**  
 This course is open for military families, civilian DND, PSP and MFRC employees.  
 Two-day course on Saturday and Sunday.  
 Dates: 8 & 9 April, 8 a.m. to 4 p.m.

**Cours de premiers soins et CRC pour les jeunes enfants**  
 Ce cours est offert seulement aux familles militaires, aux employés civils du MDN, PSP et du CRFM. Ce cours est donné le samedi et dimanche.  
 Dates: 8 et 9 avril, 8h à 16h

**More information to follow on:**  
 Salsa Dance, Belly Dancing, Pilates Classes, Tai Chi, Yoga and Spanish.

**Plus d'information la prochaine fois sur:**  
 Danse Salsa, Danse du ventre, Pilates, Tai Chi, Yoga et cours d'espagnol.

**Volunteers Needed**

**Bénévoles en demande**

The MFRC Daycare swim program needs volunteers to join the children in the water for an hour of fun. The swim program runs Wednesdays and is held in the Kiddie Pool at the RecPlex. Volunteers are required from 11:15 until 1:00 but are not required to commit for every week. To volunteer, see Wendy at the MFRC or call loc 3557.

Le programme de baignade de la Garderie du CRFM a besoin de bénévoles voulant s'amuser dans l'eau avec les enfants. Ce programme prends place tous les mercredis à la piscine de la base de 11h15 à 13h. La durée de votre engagement est votre décision. Téléphoner à Wendy au poste 3557.

**Youth Centre - March Break Hours**

**Centre des jeunes - Congé de mars**

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- Monday 14th -** Face Painting & Craft - Paper Mache
- Tuesday 15th -** Hair Beading & Styling Cost \$2.00 - please register  
 Craft - Paper Mache & Outdoor Sport
- Wednesday 16th -** Harry Potter Day - Costumes Welcomed  
 Crafts, Games, Trivia and more
- Thursday 17th -** Make Over - Cost \$2.00 - please register  
 Craft - Paper Mache & Outdoor Sports
- Friday 18th -** Karaoke - English and we do have a French CD  
 Craft - Paper Mache

- Lundi le 14 -** Peinture faciale & Bricolage - papier mâché
- Mardi le 15 -** Mise en plis et billes dans les cheveux, coût 2\$, inscription nécessaire. Bricolage - papier mâché & sport extérieur
- Mercredi le 16 -** Journée Harry Potter - Les costumes sont bienvenus  
 Bricolage, jeux, questionnaires et plus
- Jeudi le 17 -** Métamorphose beauté, coût 2\$, inscription nécessaire  
 Bricolage - papier mâché & sport extérieur
- Vendredi le 18 -** Karaoke, en anglais et nous avons un DC en français  
 Bricolage - papier mâché

**For Teens Only**  
**Wednesday 16th -** 6:00 - 9:00 pm Karaoke Night  
**Friday 18th -** 6:30 - 10:30 Regular Friday Night  
 To register for Tuesday/Thursday program please call loc 3575 or 2382.

**Pour ados seulement**  
**Mercredi le 16 -** 18h à 21h - Soirée de karaoke  
**Vendredi le 18 -** 18h30 à 22h30, soirée régulière  
 Pour les inscriptions du mardi & jeudi, téléphonez au postes 3575/2382

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# Fitness, Sports & Recreation

## FLYERS DO BATTLE WITH STAGS TO WIN REGIONALS



Photos: Laurie McVicar, Contact

Members of the 8 Wing Flyers put on their "game face" during the final match of the CF Regional Hockey Tournament, held this week in Trenton. The Flyers beat the Petawawa Stags to win the championship.



### CISM Women's Soccer Training/Selection Camp

The 2005 CISM Women's Soccer Training/Selection Camp will be held 1 – 10 Apr 05 at CFB Kingston.

This camp is open to all CF and Reserve Class A, B, and C Women's soccer players. Interested players must have completed the 20 MSR evaluation with a 9.0 or better for goalkeeper and 10.0 for players by 11 Mar 05. Bookings for 20 MSR can be done at local 3467. For registration or more info, contact the Military Sports Coordinator, Dan Cormier, at local 3373.

### Astra Lanes bowling report

Bill Simms from the Wednesday Night Mens League had a great night. He rolled a 933 triple and a 1211 four game score. The race for high average is very close with Larry Rankin holding a very slim lead over Mike Chapple.

*Team Standings:* MacKenzie, 454.5; Strocel, 440.5; Schwartz, 437.5.

*High Average:* Larry Rankin, 243; Mike Chapple, 242.

*High Single :* Ernie Strocel, 363.

*High Single POA:* Ritson Kinnear, +168.

*High Quad:* Bill Simms, 1211.

*High Quad POA :* Ritson Kinnear, +351.

Other great scores at Astra Lane this month were Mike Stoddart rolling a 403 and Donna Stoddart finishing last week with back to back games over 300.



### THE GYMNASIUM

Located at 75 Anson Avenue on the south side of the base, the hours of operations are Monday to Friday, 0600 to 2200 hrs and 0900 to 1600 hrs on Saturday, Sunday and Holidays, for Military, DND personnel and Recreation Members (card holder).

### LifeWorks – it's about healthy living

*Hastings and Prince Edward Counties / Feb. 24, 2004* – LifeWorks has a slogan that says it all – it's about healthy living.

LifeWorks is a community coalition whose membership is made up of individuals, community groups and organizations with an interest in promoting healthy living. The new coalition replaces Heart Health Hastings Prince Edward, which began in 1998.

The new coalition celebrated its launch on Feb. 23 in Belleville. Behind the upbeat name and new bright green logo is a serious purpose and that is the prevention of chronic disease.

"Many risk factors for heart disease can also lead to stroke, type 2 diabetes and some forms of cancer," says Shelly Brown, LifeWorks Coordinator. "That's why the focus has broadened. This is a common move throughout the province."

LifeWorks encour-



ages people to be active, eat well and be smoke-free. "Two-thirds of Canadians have at least one risk factor for chronic disease. The major chronic diseases share common risk factors – physical inactivity, unhealthy eating and smoking," says Brown. "Working together, we can help prevent chronic disease. The benefits are improved quality of life, health care cost savings, and avoidance of unnecessary premature death."

The LifeWorks partnership will continue to offer many of the same services and programs that were started by its predecessor. LifeWorks will continue to work with schools, workplaces and the community to promote physical activity, healthy eating and

*The major chronic diseases share common risk factors – physical inactivity, unhealthy eating and smoking.*

smoke-free living. Currently, the partnership is working on a variety of initiatives such as the TV Turnoff Challenge, a healthy measures campaign, promotion of the Eat Smart! restaurant program and advocating for smoke-free public places.

For more information on LifeWorks or to get involved, contact Shelly Brown, LifeWorks Coordinator at 613-966-5513 ext. 213, or visit [www.life-works4health.org](http://www.life-works4health.org).



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
March 6 - March 12

**ARIES** (March 21-April 19): Keep a closer eye on what everyone around you is doing on the 6th. Someone may unintentionally put you in a compromising position. You may be all wound up on the 7th and 8th over the little things going on in your life. Chill out and wrap your head around what you can do to make things easier. You may be a little anxious to get things out of the way on the 9th and 10th but patience will pay off in the long run. Security and stability should be what you strive for. You'll react fast on the 11th and 12th but you will also be accident-prone. Don't take chances and you will land on your feet. If attention is what you are looking for you will be sure to get it. **TAURUS** (April 20-May 20): You have plenty to look forward to on the 6th if you just take control of your future. Love is evident so feel free to speak about your feelings. Mixing business with pleasure on the 7th and 8th will lead to trouble. You must work hard and do everything in your power to close deals. Strictly business should be your motto. Rid yourself of the outdated items that fill up your closets on the 9th and 10th and prepare to make a fresh new start. Trying to manipulate situations to suit your needs will backfire on the 11th and 12th. Get the facts before you proceed. Keep your eye on what everyone else is doing.

**GEMINI** (May 21-June 20): You may not realize what you are getting yourself into on the 6th. Take it slow and make sure you understand all the implications. You'll only get one chance. Get involved in something that interests you on the 7th and 8th and doors will open that lead to a bright new future. Change is eminent and you want to be ready for it. Versatility and multitasking may be one of your best assets but don't make yourself sick overdoing it on the 9th and 10th. You can make some new friends on the 11th and 12th if you take part in something unusual. Good things will happen if you are open to suggestions.

**CANCER** (June 21-July 22): Travel, learning and spending time with like-minded people should be your goal on the 6th. You may have more responsibilities dumped in your lap on the 7th and 8th. Don't get angry but do let everyone know how you feel and what you expect in return. Roll out the red carpet on the 9th and 10th and prepare to host a little event at your place. Your hospitality will win you favors and open your mind to new possibilities. A new acquaintance will surprise you. Focus on love on the 11th and 12th and try to put your emotional insecurity on the back burner. Talk less and do more and you will get the results you are looking for.

**LEO** (July 23-Aug. 22): Prepare for the upcoming week on the 6th in order to make the most of an opportunity that appears to be coming your way. Colourful, entertaining presentations will do the trick on the 7th and 8th. Travel will lead to a chance meeting with someone who can change your life. You can do a little wheeling and dealing on the 9th and 10th. Look at an investment that is a little unusual and you may end up having a winner on your hands. Money matters can be resolved on the 11th and 12th in an unusual and unique way. This is a good time to collect old debts. A new project will bring you extra cash.

**VIRGO** (Aug. 23-Sept. 22): You will have the upper hand on the 6th. A change in your appearance will bring favourable compliments. Love is in a high cycle. Don't let your emotions lead you in the wrong direction on the 7th and 8th. Your mind should be on work and doing the best job possible. Not everyone will be of the same mindset that you are on the 9th and 10th and if you don't compromise you may end up with the short end of the stick. Contracts can be signed on the 11th and 12th but only when you feel you have been given what you rightfully deserve. Hold out for what you want - your stubbornness will pay off.

**LIBRA** (Sept. 23-Oct. 22): Take note of who does what and why so you have the facts on the 6th. It is time to control what's going on around you in order to avoid any errors. Relationships can take on a new dimension on the 7th and 8th if you communicate. Getting involved with people who inspire you will contribute to your success. Observation will pay off on the 9th and 10th. Follow what appears to be working for others but use your own unique style. Emotional matters may rise to the surface on the 11th and 12th. Don't start something you can't finish or make promises you can't keep. Honesty and integrity should be high on your list.

**SCORPIO** (Oct. 23-Nov. 21): Patience will pay off on the 6th. You will have plenty of opportunities to execute your ideas and concepts. Learn to go with the flow and you will end up in a better place on the 7th and 8th. Times are changing and you have to keep up with the trends. Make up your mind or pick a direction on the 9th and 10th. You know what it is you want so stop hemming and hawing and go after it. Procrastination will be your downfall. You have some fabulous ideas that need to be flushed out on the 11th and 12th. You want to strike while the irons hot. Plan, proceed and present and you won't have any regrets.

**SAGITTARIUS** (Nov. 22-Dec. 21): You may be questioning your direction on the 6th. If you aren't happy consider what you can do to turn things around. Talks will lead to deals, money and getting ahead on the 7th and 8th. Help will be offered. Don't be a fool accept whatever you can get. Someone will expect something from you on the 9th and 10th that you aren't sure you want to give. Don't be afraid to say no and to move on. You may find yourself being pulled in two directions on the 11th and 12th. Take the one less stressful route and have a little fun. You need a break and now is as good a time as any to relax and rejuvenate.

**CAPRICORN** (Dec. 22-Jan. 19): Everything may be riding on a decision you make on the 6th. Think things through from beginning to end before you proceed. You will have the wherewithal to push deals through on the 7th and 8th. Your potential will be recognized and help will be offered. Your intuition will not let you down or lead you astray. Get together with friends and reflect on the past on the 9th and 10th. Having fun should be your prime concern. You may feel like barreling along on the 11th and 12th but you really need to slow down and think about what you are doing. Too much too fast will lead to mistakes.

**AQUARIUS** (Jan. 20-Feb. 18): Visit some places you used to frequent and you will encounter a chance meeting with someone who will influence your life on the 6th. Your wisdom will help someone who is confused on the 7th and 8th. Your kindness will pay off in ways that will surprise you. You may want to change your career path or figure out a way to make some extra cash on the 9th and 10th. Set your sights high and don't give up until you reach your goal. Spend time with the people and at places that will help you expand your ideas and thoughts on the 11th and 12th. It's up to you to ask questions and take notes.

**PISCES** (Feb. 19-March 20): Your ability to take charge on the 6th will be noticed by someone who can help you out in other aspects of your life. Your restlessness can be a good thing if you take on new ventures on the 7th and 8th. Love is likely to be on your mind. Talk about your feelings. You will be emotional on the 9th and 10th especially if something doesn't pan out regarding your financial situation. Timing will be important. Someone may try to take advantage of you on the 11th and 12th. Added responsibilities will take away from the quality time that you want to spend with someone special. Pick and choose what you want to do. Don't let anyone put words in your mouth.

# Your workstation - a "site" for sore eyes



Submitted by  
**Don Heans,**  
Wing General Safety  
Officer

Staring at a computer screen for hours at a time can result in fatigue, eyestrain, headaches and other problems.

The lighting in your work area, work area arrangement and use of corrective eyewear can make computer use more comfortable for your eyes.

These are signs of eye problems that can be caused by poor lighting of a computer workstation:

- Burning, itching, dryness, excessive teariness and soreness of the eyes or eyelids are the types of eye discomfort which might be associated with poor lighting.
- Excessive blinking,

squinting, difficulty in seeing, double or blurred vision and trouble with focusing can also indicate eyestrain from computer work.

· Even headaches, backaches, fatigue, dizziness and indigestion can indicate eyestrain from a poorly-arranged computer workstation.

· Here are some ideas for better viewing of your computer screen and hard copy:

· The centre of the computer screen should be positioned about six inches below your eye level. If you have to look up to see the top of the computer screen, you put a strain on your neck as you tilt your head back.

· If you are keying in information from hard copy, the paper should be located about the same distance from your eyes as the computer screen. There should be adequate light on the hard copy, but the light should not cause excessive contrast. Don't just lay the paper beside the keyboard. Instead, it should be held by a document holder at an easy to see angle. If you are reading complex information

from the hard copy, use a text placeholder.

· The screen colour should match the hard copy you are referring to. If you are reading black letters on a white page, adjust your computer display so it is the same.

· Adjust the screen brightness and contrast for comfort and clarity.

· The computer should be placed at right angles to any windows. Light from windows either ahead of or behind the computer is distracting. If necessary, use window shades.

· Less room light is needed for computer work than for paperwork. The room lighting should be about the same level as the lighting of the computer screen. If the overhead lighting is too bright, replace it with softer task lighting.

· There should be no reflections on the screen from lamps and overhead lights.

· Glare can be decreased by painting walls with non-reflective paint in medium colours - not too dark and not too light.

· Desk surfaces should also

be non-reflective.

· Give your eyes frequent rest breaks. Take five or 10 second breaks every twenty minutes or so. Look off into the distance to change your focus. Ideally, your computer work station should have a view into the distance, such as across the office or out a far window. Every hour or two, take a break from the computer.

· When you are working around a computer screen, chances are you do not blink as often as you usually would. Make an effort to blink more frequently to prevent the discomfort of dry eyes.

· If you wear corrective lenses, make sure they are appropriate for computer distances. Ordinary glasses and contact lenses may be good for distance or close-up vision, but not for the middle distance view of a computer screen.

· Have regular eye exams so you can keep your corrective prescription up-to-date.

You will work more comfortably and efficiently if you practice computer eye care.

## LOCAL SERVICES AND TRADES

**To Serve You**

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 e-mail:MacDonald.3@forces.gc.ca

<p style="text-align: center;"><b>Auto Detailing</b></p> <p style="text-align: center;"><b>Bonnie's Auto Spa</b></p> <p style="text-align: center;">"Let me pamper your vehicle"</p> <p>Complete Auto Detailing Cleaning inside &amp; out Reasonable Rates Fast Service Pick-Up &amp; Delivery <b>(613) 921-0734</b> 25 Frankford Cres. Unit 43 Bldg 1, Trenton email: <a href="mailto:autospa@kos.net">autospa@kos.net</a></p>	<p style="text-align: center;"><b>Auto General Repairs</b></p> <p style="text-align: center;"><b>Cannifton Garage 2000 Ltd.</b></p> <p style="text-align: center;">We have gas generators for home &amp; rural use.</p> <p>✓ Tune-ups ✓ Safety ✓ Springs ✓ Inspections ✓ Suspension ✓ General Service ✓ Repairs</p> <p>Cars - Trucks - Vans - Buses Trailers &amp; Heavy Trucks Parts &amp; Service - Call Kevin <b>613-962-1132</b> at Hwy.37 &amp; Casey Rd., Belleville</p>	<p style="text-align: center;"><b>Boat Repairs</b></p> <p style="text-align: center;"><b>MOBILE MARINE SERVICES</b></p> <p style="text-align: center;">"We Come To You!"</p> <p style="text-align: center;">ALL BOAT REPAIRS WATERCRAFT, SMALL ENGINES LAUNCH/RECOVERY, ETC.</p> <p>Picton: Wayne 849-2071 or 476-4307 Trenton: Don 922-8741</p>	<p style="text-align: center;"><b>Building Material</b></p> <p style="text-align: center;"><b>RONA CASHWAY</b></p> <p style="text-align: center;">"Buy Where The Builder Buys"</p> <p style="text-align: center;">House plans, engineered floors, kiln dried lumber, expert staff, etc.</p> <p style="text-align: center;"><b>234 Glen Miller Rd Trenton 394-3351</b></p>
<p style="text-align: center;"><b>Custom Builder</b></p> <p style="text-align: center;"><b>LUYMES Construction Ltd.</b> General Contractors</p> <p>Kitchen &amp; bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts &amp; stairways, textured ceilings &amp; fireplaces.</p> <p style="text-align: center;"><b>962-8795 848-9996</b> E-mail: <a href="mailto:luymes@reach.net">luymes@reach.net</a> Free Estimates In business since 1967 <a href="http://www.luymesconstruction.com">www.luymesconstruction.com</a></p>	<p style="text-align: center;"><b>Eavestroughing/Siding</b></p> <p style="text-align: center;"><b>"RICH" HOME IMPROVEMENTS</b></p> <p>• Roofing • Windows • Fascia &amp; Soffit • Eavestroughing • Vinyl Siding</p> <p>Tel &amp; Fax: <b>(613) 475-3749</b> Cell: <b>(613) 827-8218</b></p>	<p style="text-align: center;"><b>Heating/Air Conditioning</b></p> <p style="text-align: center;"><b>Carrier</b></p> <p style="text-align: center;">Reliable, energy efficient home heating and cooling systems</p> <p style="text-align: center;"><b>DOWNSIDE</b></p> <p style="text-align: center;">100% Locally Owned &amp; Operated 63 Dufferin Ave. Trenton 394-5000 or 1-877-394-0909</p>	<p style="text-align: center;"><b>Natural Foods</b></p> <p style="text-align: center;"><b>Natural Sequence</b> "The Natural Food Specialist"</p> <p style="text-align: center;">BULK &amp; NATURAL FOODS *Wine &amp; beer making supplies *natural vitamins &amp; herbs *body building supplies *giftware *specializing in custom gift baskets</p> <p style="text-align: center;">Cindy Thompson Owner</p> <p style="text-align: center;">39 Dundas St., W. Trenton, <b>(613) 394-2882</b></p>
<p style="text-align: center;"><b>Roofing W &amp; E</b></p> <p style="text-align: center;"><b>Roofing &amp; Construction</b></p> <p style="text-align: center;">ALL TYPES OF ASPHALT ROOFING *New Roofs *Re-Roofs *Guaranteed Workmanship *Complete Clean up</p> <p style="text-align: center;">"Year Round Roofing" Free Estimates <b>969-8109</b></p>	<p style="text-align: center;"><b>Storage</b></p> <p style="text-align: center;"><b>Princess Archival Storage Systems</b></p> <p>• Secure Storage lockers • Lowest Rates in town • Truck &amp; Trailer Rentals</p> <p style="text-align: center;"><b>88 Princess St. Trenton 392-3897</b></p>	<p style="text-align: center;"><b>Tree Service</b></p> <p style="text-align: center;"><b>Trenton Tree Service</b></p> <p>Tree Trimming &amp; Removal, Chipping &amp; Stumping</p> <p>• Free Estimates • Fully Insured A fair price for everyone <b>392-7415</b></p>	<p style="text-align: center;"><b>TUTORING</b></p> <p style="text-align: center;"><b>CUNNINGHAM CENTRE TUTORING</b></p> <p>*Assessments *All Grades *All Subjects</p> <p style="text-align: center;">Trenton, Belleville offices <b>Call 966-9250</b></p>

# Community Events

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

**GENEROUSLY SPONSORED BY THE CENTRE THEATRE**

*Matinees  
Saturday, Sundays  
& Tuesdays*

**MOVIES  
MOVIES  
MOVIES**

**MOVIE LINE-UP**

- Hitch (PG)
- Cursed (14A)
- The Pacifier (G)

Coming Soon: Robots, Miss Congeniality 2

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

1:00	7:00	9:20	(Weekend)
			(Mon. to Thurs.)
1:10	7:10	9:15	(Weekend)
			(Mon. to Thurs.)
1:05	7:05	9:10	(Weekend)
			(Mon. to Thurs.)

**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.

## Fête de la St-Jean Baptiste

Le Franco-Phare a mis sur pied un comité de la St-Jean Baptiste afin d'organiser cet événement d'envergure qui aura lieu **le 25 Juin 2005**. Afin que l'évènement soit un succès assuré, nous avons besoin de volontaires dans tous les domaines possibles.

Si vous êtes intéressés à faire partie du comité organisateur ou comme bénévole, votre volontarisme serait grandement apprécié. Que ce soit pour la logistique, promotion, sécurité publique, premiers soins, communication ou chansonner; votre expertise est la bienvenue.

**Jaques Dufort: 392-1747, 921-3455**  
**Robert Comeau: 392-2811 (7337), 968-2358**  
[www.franco-phare.ca](http://www.franco-phare.ca)

**Prepare to respond and register now!**

## Red Cross Standard First Aid/CPR Recertification

**344 Front St.  
McNabb Towers, Lower Unit  
Belleville, ON  
March 12, 2005**

**To register, call 962-9122 TODAY!**

BIG BROTHERS/BIG SISTERS  
OF TRENTON AND DISTRICT

## Bowl for Kids' Sake



Club Medd, Trenton--April 10, 2005  
 Presquille Lanes, Brighton--April 17, 2005

Contact: Todd Holmes  
 394-3472 or 965-0410  
[toddcat@sympatico.ca](mailto:toddcat@sympatico.ca)

**Ways to Participate:** Lane Sponsor Package--\$30, Individual Donation--any amount, Enter a company team of 3-6 people

**Lane Sponsor**=your company's name will be advertised the day of the event, with your name scrolling across the bowling alley's screens, a certificate of appreciation and a tax deductible receipt

**Company Team**= one free game of bowling and fee shoe rental, 3-6 people per team, with each team member collecting a minimum of \$20 in pledges, one entry in grand prize drawing for every \$20 collected.



### 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 James Craig  
 Padre Marc Torchinsky

#### WORSHIP SERVICES

<p><b>OUR LADY OF PEACE (RC)</b>  <b>NOTRE-DAME-DE-LA-PAIX (CR)</b></p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne                  Padre Bastien Leclerc (RC)</p> <p><b>MASS</b>                  Sunday Mass (English) 1015 hrs                  Messe Dominicale: 1130 hrs</p> <p><b>CONFESSION</b>                  At all times</p> <p><b>PARISH ORGANIZATIONS</b>                  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</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator                  Padre Catherine Morrison (ACC)</p> <p><b>WORSHIP SERVICE</b></p> <p>Divine Worship (Sun) 0900 hrs                  Holy Communion 1st Sunday of the month                  Mid-Week Communion Wed 1230 hrs</p> <p><b>PARISH ORGANIZATIONS</b></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.

## ONCE ON THIS ISLAND

**Come enjoy warm Carribean-inspired music and the children's enthusiasm as they tell this colourful story of love and forgiveness.**

**WHEN: Wed., Mar. 9, Thurs. Mar. 10 @ 7 p.m.**

**WHERE: Breadner Elementary School**

**TICKETS: \$3 each or family admission for \$10**

**A DON'T-MISS MUSICAL!!**

Classifieds

# 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.

Please recycle this newspaper!

**Wanted**

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

**Business Services**

**RUSHNELL FUNERAL HOME & CREMATION CENTRE**  
60 Division Street  
Trenton  
**392-2111**

**APPLIANCE REPAIR**  
AUTHORIZED PARTS AND SERVICE CENTER FOR WHIRLPOOL - MAYTAG - FRIGIDARE - DANBY DE - JELLS - KITCHENAID - ADMIRAL - FEDERER LE ELECTRONICS - BOSCH - MIELE - SUB ZERO - WOLF  
**Sten Appliance Service Inc.**  
161 COLLEGE ST. WEST BELLEVILLE  
**962-4048 - 966-6966**  
1-866-662-6649

**QUALITY USED APPLIANCES**

**NEW & USED REFRIGERATORS**  
Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up  
**NEW APPLIANCES**  
at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from  
**PAYS CASH**  
for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.  
**SMITTY'S APPLIANCES LTD.**  
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**BOARDING**  
Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins from 401 Brighton. Call  
**EDDYSTONE KENNELS**  
613-475-4405 2-2-RB

**Mortgage Services**

**CENTUM**  
"Looking out for your best interest"  
Mortgage Express Ltd.  
**FREE**  
Mortgage Information  
Call Ken Keuning  
**392-1190**  
257 Dundas St. E Trenton

**Cleaning Services**

**Cleaning Services**  
PMQ's, houses etc. at great prices. Call Tammy @  
**392-0759**

**Help Wanted**

**EARN \$\$\$ FROM ANYWHERE! HOME BASED ONLINE BIZ Excellent \$\$\$ Potential!**  
Full training & support  
**FREE INFO!**  
**1-888-563-7675**

**For Rent**

**3 Bdrm Condo in Trenton**  
\$750/mth + utils. Available April 1st  
613-995-2857 (days)  
613-822-0157 (evenings)

**3 Bdrm apt. in Trenton for rent.**  
\$800/mth, heat & hydro included. To view please call Sue at  
**394-8888**

**1Bdrm + Den**  
Walkout apt 4 min West of Trenton, garden if you wish, frdg, stove, H&H incl. \$675/mth 1st & last reqd. no smoking, no dogs, Available April 1st  
**Call 394-4677**  
www.BG.sales.com\_realty

**For Rent**

**Great value!**  
1&2 bdrm apts  
**ADULT OR FAMILY BUILDINGS**  
clean & quiet  
utilities & cable included  
**CLOSE TO BASE**

**KLEMENCIC PROPERTIES**  
**392-7839**

**For Sale**

**1995 Altima GXE.**  
Low kms. \$5000 OBO  
safety & E-Tested  
8" reflector telescope \$150  
Table Saw \$75 Router with bits \$75  
**392-0339**

**For Sale**

**Belleville Volkswagen**



**Demo 2004 Golf GL TDI**  
Diesel, 5 spd., air.  
**\$22,900**



**2001 Golf GLS**  
2.0l., power group, 5 spd. manual, 83,000kms. VW Certified.  
**\$14,700**

All prices +Admin., GST & PST & licensing  
Call Paul at  
**966-3333**  
239 North Front Belleville  
**www.bellevillevw.com**

**For Sale**

**97 Ford F150**  
125,000 Kms V8, 5 Speed, Air Conditioning, Box cover, Excellent Condition, E-Tested \$10,000  
Call **967-4449** after 4pm.

**Coming Events**

**Romeo & Juliet's Next Singles Dance**  
Back by popular demand Guest DJ **Dave (Romeo)!**  
All Music Types  
New Friendship table! Join this table & make single friends! Belleville Legion 9pm-1am  
Sat March 12th  
**www.romeoandjuliet.ca**  
**613 392 9850**

**Career Training**

start here  
this september



certificate, diploma, applied and joint degree programs



When planning your future, start with Loyalist College.

Choose from more than 50 career-oriented post-secondary programs, including:

- Accounting
- Automotive Technician
- Bachelor of Applied Arts in Human Services Management Degree
- Biotechnology
- Broadcast Journalism
- Chef Training
- Computer Programmer/Analyst
- Correctional Worker
- Degree Nursing
- Early Childhood Education
- Electrical Techniques (New)
- General Arts and Science
- Paralegal
- Police Foundations
- Practical Nursing
- Public Relations (New)
- Recreation and Leisure Services
- Television and New Media Production

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

Real Estate

# Trenton Continuous Improvement Office

The staff of TRCIO (Trenton Continuous Improvement Office) are continually researching and updating our workshops to bring you the most current information available. Leadership #1 is open and available to all personnel regardless of job description or rank.

“Lead from wherever you are”

Is one of many things we encourage and is why attendance is encouraged at all levels for this workshop. Of course, there is no substitute for the basics and one, which everybody recognizes, is

“Lead by Example”

This column is brought to you by the friendly staff of the Trenton Continuous Improvement Office. For more information and a list of upcoming workshops visit us electronically through the 8 Wing/Canadian Forces Base Trenton website or give us a call: Mrs Nancy Hall 3515, Mr Ed Jarick 2514, Sgt Kirk Canning 7241, MCpl Gary Hollman 3339.

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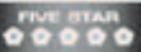
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