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• March 18, 2005 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 40 Issue Number 11 •

Another CF first for 8 Wing: Baptismal centre for chapel

by Laurie McVicar
Assistant Editor

A special worship service this Sunday will celebrate the addition of a new baptismal centre at the 8 Wing Chapel – the first of its kind in the Canadian Forces (CF) Chaplaincy.

The centre, a hexagon tub measuring seven feet across, will replace the small font traditionally used by the local padres for baptism services.

"The idea got started when the Baptist chaplain mentioned it would be nice that if in the new chapel there was an opportunity to do adult baptism by submersion," said Major Lloyd Clifton, Wing Chaplain. "We started discussing it as a team and one thing we quickly agreed on is that we didn't want one (centre) for adults and one for children. We wanted to use the same centre."

The new centre features a large tub for adults and a small one, set slightly higher, for infants.

"The water will flow from the smaller font to the larger pool and then be recycled back. It symbolizes the living water," said Maj Clifton.

The shape of the pool also has significance, according to the padre. The six sides of the hexagonal font refer to the sixth day of the Jewish week. On Good Friday, Christ reportedly opened the streams of grace, empowering all the sacraments, especially baptism. It also

represents the death and life theme.

The chaplains chose the design after extensive research.

"We set up various visits to chapels in the Toronto area and then came back and developed a plan. We received approval for it from the Inter-faith Committee on Canadian Military Chaplaincy and then got funding from the Wing," said Maj Clifton.

The full submersion baptism is used by several other faiths beside Baptist, including Pentecostal and Evangelical, which is one of the fastest growing religions in the CF. Like the centre itself, the ceremony blessing will be multi-faith.

"Our VIPs for the ceremony will be Colonel Dave Kettle, Director of Chaplaincy, Administration, Education and Training, who will represent the Chaplain General; Major Laurelle Callaghan, 1 Canadian Air Division Chaplain; Reverend Dr. Andrew Irvine, Chairman of the Inter-faith Committee and Baptist representative; the Most Reverend Don Theriault, Roman Catholic Bishop Ordinary; Reverend Dr. Karen Hamilton, General Secretary of the Canadian Council of Churches; and Reverend Dr. Steven Chambers, United Church representative for the Canadian Council of Churches," stated Maj Clifton.

The ceremony will begin at 11:45 at the 8 Wing Chapel.

THESE IRISH EYES ARE SMILING



Photo: Laurie McVicar, Contact

St. Patrick himself would have approved of the abundance of green during Wednesday's session of the March Break Kids Camp at the RecPlex. The group celebrated St. Patrick's Day early due to a busy Thursday schedule that included a trip to a local sugar bush. Pictured from left are Alex Bryson, Chantal Caron (staff), Barbara Nesbitt and Patrick Burke.

Volunteer program offers youth opportunity to explore Canada

by Laurie McVicar
Assistant Editor

Members of a national youth-based volunteer initiative are getting exposure to both the military lifestyle and history thanks to placements with the Trenton Military Family Resource Centre and the Royal Canadian Air Force Memorial Museum.

8 Wing/CFB Trenton is just one of several local organizations playing host to participants of Katimavik. Founded in 1977 by the Honourable Senator Jacques Hebert and sponsored by the Department of Heritage, the program focuses on five areas of learning: leadership, second language, cultural discovery, environmental protection and adoption of a healthy lifestyle. For a period of seven months, a group of 11 teens from across the country will learn

to live together, work together and grow together in a unique and unforgettable experience.

"The group is currently working in the communities of Trenton, Tweed and Picton," said Eric Lapierre, Project Leader. "Before the program wraps up, the youth will have contributed valuable volunteering to the communities of Ville-Marie and Val D'Or, Quebec and Halifax, Nova Scotia."

While taking part in the program, the members are expected to put in 35-40 hours of volunteer time per week. Eighteen-year-old Kalina Zwolak of St. Catherines has spent much of hers with the MFRC daycare.

"I've never lived in a town that had a big military influence before and then working on the base is just amazing. I had this one little girl come up to me; she had to be two or three-

years-old. She said, 'Do you know where my daddy is? He's in Africa helping little kids because they don't have daddies and they can't help themselves.' It was so heartbreaking. She was so proud of her dad and was ready to give up the most important person in her life so that these other kids could have a better life. (The military community) has a view of the world that I don't think a lot of other people ever get," said Zwolak.

For eighteen-year-old Leo Huang, assisting in artifact preservation and restoration at the RCAF Memorial Museum has helped him develop a deeper appreciation of the sacrifices made by past military members.

"I'm learning a lot from the retired military members working on restoring the Halifax (bomber). They tell me a lot of wartime stories," said Huang.

Both teens have found the program to be a rewarding adventure.

"I heard about the program from another participant who went through it. I found a bunch of photo albums and saw that he'd been to Manitoba. It seemed so interesting," said Zwolak. "He explained that he did volunteering, which I've always been really big into. I've volunteered for the kids' help phone, MS (Multiple Sclerosis) walks, and my mom's a teacher so I always volunteered at the school. To be able to travel and then volunteer was something that was important to me. When the dates came up, the day that I was scheduled to leave was the same day I was graduating. So, I finished my exam, went to bed, woke up, got on a bus and came here. When this is over, which is August 31st, university starts three

See Katimavik, Page 2

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Katimavik youth, Cont'd from Page 1

days after I get home. I could have stayed home and watched Jerry Springer for the next seven months or go out and do what I love to do, be independent and travel, meet people and try to make a difference."

Zwolak admits her expectations of the pro-

gram have changed since she began.

"When I got into it I thought 'yes, I'm going to volunteer and have good experience.' Now, it's more about personal growth and independence. Your parents teach you the values they want you to learn. Now is your time without

them being there to go and try them out for yourself. It's a challenge, but it's one you need to take."

Huang was introduced to the program by his aunt.

"I didn't know what direction to take with my life...I personally was looking forward to this because I like to travel and

meet new people," said Huang. "Friendship means a lot to me. Making friends is something I love to do and I feel good about it. I'm getting close to the French speaking people which has helped me a lot with my pronunciation."

Opportunities like this don't come without their own set of obstacles, according to Lapierre.

"The biggest challenge is being homesick and out of your normal routine. For some it's cooking and cleaning after themselves. It's not something that all of the participants are used to," said Lapierre. "I think the idea of living with 11 other people is not something many of them have done, unless they've come from a big family. It gives them a chance to challenge themselves in understanding that they have to respect 11 other people and support one another. They are all living the same experience and I think that's key for them to identify, which they have."

For more information about the Katimavik program and what it has to offer, visit their website at www.katimavik.org.



Photo: Laurie McVicar, Contact

Kalina Zwolak, a member of the Katimavik program, has been helping out at the Trenton Military Family Resource Centre Day Care to fulfill her volunteer obligations. Participants must donate 35-40 hours a week of their time to a non-profit organization.

The Progressive Pick-Me-Up: Dealing with Difficult People

Have you ever had to deal with irate, rude, impatient or aggressive people? Do we have the book for you!

"Difficult people are the ones who try to: make us lose our cool; force us to do things we don't want to do; and prevent us from doing what we want or need to do."

Author Roberta Cava guides the reader through the process of discovering the root causes of difficult communications, provides suggestions for alleviating problems, explores specific situations and explains common personality conflicts. As well, there is a section on how to improve your own people skills, so that you might work better with others, reduce your stress and anxiety, and increase your confidence and enthusiasm in all your professional dealings.

Excerpt: "There are two kinds of manipulation – positive and negative. An example of positive manipulation is when you encourage others to do something to give them the belief that they can do something they don't think they can do. However, many of these "games", as we define them, use negative manipulation. They use indirect and unclear communication. Often the person "playing the game" is not even aware that he or she is doing so. Here are 115 ways people manipulate others and methods used to deal with those behaviours....."

For a complete list of resources available for loan to all 8 Wing personnel, please contact anyone of our staff: Mrs Nancy Hall 3515, Mr Ed Jarick 2514, Sgt Kirk Canning 7241, MCpl Gary Hollman 3339.

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Due to the Easter holiday, all material for insertion in the March 24th edition of The Contact must be submitted by 4 p.m. on March 21st.



SAR agencies use DRDC program CESH to predict survivability

by Allan Keefe
DRDC

The recent account of a young Toronto area man and his uncle's fight for survival as their boat capsized and sunk in the frigid waters off the coast of Iceland brings home the dangers of cold water indigenous to Canada year round. In this instance, sadly, the uncle succumbed to hypothermia, while his nephew survived thanks to his survival training and his uncle's insistence that he don a neoprene suit prior to abandoning ship.

This tale of survival is no mystery to scientists working at Defence R&D Canada's Toronto facility.

Dr. Peter Tikuisis has spent the last 15 years developing models of human response to cold. He was part of the team responsible for the newly revised Wind Chill calculations adopted by Environment Canada in 2001, but perhaps his most significant accomplishment in this field is the development of the Cold Exposure Survival Model, or CESH for short.

CESM was developed as a decision aid for

Canada's Search and Rescue personnel to assess the risk of hypothermia for casualties lost at land or sea. It is also currently in use by the United States Coast Guard as well as other international Search and Rescue agencies. This software is commercially available through a licensing agreement with EMS Technologies of Ottawa, Ontario.

Unlike other prediction models, CESH is equally applicable to both water immersion and air exposure. In fact, one of the driving forces for its development was the downing of a CF Hercules aircraft just outside of Alert, Nunavut in 1991, that resulted in five deaths. Once injuries on impact were accounted for, CESH predicted the number of survivors and their status quite well.

In order to achieve such success, CESH combines the laws of heat transfer with human physiology. Any gaps in the knowledge of human cold physiology are answered through some rather unique experiments. In one study, volunteers shivered for up to 10 hours while immersed

in water ranging from 16 to 24°C. Temperature probes and surface-mounted electrodes measured deep body temperature and heart rate, respectively, and respiratory gases were analyzed for metabolic heat production. "We knew it would be difficult to find volunteers for this study" said Dr. Tikuisis, "but in the end, we had to turn people away. It became a personal challenge for some - to see how far they could go or gain a better understanding of their body's response if they ever found themselves in a survival situation."

The real utility of CESH is that its predictions are unique to each individual. Information, such as height, weight, age and gender are entered, followed by immersion level (even waist deep in a leaky raft is acceptable), environmental conditions and finally, the type of clothing worn. It also has a strong educational component, as comparisons of different weather conditions or clothing ensembles on survival time can easily be demonstrated.

Allan Keefe is a Research Technician with DRDC Toronto.



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Canada Revenue Agency

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Search & Rescue UPDATE



On Tuesday our Hercules was sent to the Warton / Muskoka area to investigate an ELT. The crew flew around the area but heard nothing. They were released by JRCC and returned to Trenton. Until next week, stay safe.

Missions for 2005: 15 Missions for Mar.: 4 Persons rescued: 2

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The Contact Newspaper

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

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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First aid for all

Every few years, our organization requires us to undergo first aid training. The course does not change much from year to year, and everyone usually attends, because it's mandatory. They roll their eyes, complain and question why it needs to be done again. It seems we all have other things that we would rather be doing. I walked out of those classes feeling cheated, feeling like I hadn't learned anything new. All that changed a short while ago, when a friend of mine, Mike, and I were coming back home from a trip up in Northern Quebec.

It was around 3a.m. and the roads were slick with black ice. We almost drove into the back of a car stopped in the middle of the highway. Mike was driving and he almost lost control of our car but quickly gained it back. We were skidding by the stopped car, and it dawned on us that there was an accident, and we needed to help. We stopped ahead and positioned the car with the hazard lights on, so no one else would drive into the accident.

We got out to see if anybody needed help. The small car on the road was crushed in the front and driver's side, all you could smell was smoke and burnt engine oil. There was a tractor-trailer in the ditch, the driver wandering around on the road talking into his cell phone. All of a sudden a bunch of young French guys came out of the house, just in front of where the accident took place. They had heard the accident and tried to call 911, but couldn't get through.

As nobody had yet decided to take charge, we asked if anyone was hurt and they all pointed to the crushed car. Mike and a couple of the French guys went over to check—that's when Mike saw the young boy, legs crushed, arms all broken and half his face missing. He automatically took charge and started instructing people on what they should be doing, and how they could help, or stay out of the way. He instructed a couple of them to help me find and take care of the driver and make sure he was not going into shock. All the training we had was coming to us naturally. Instinctively Mike checked for the boy's pulse and found a faint one; he then asked for blankets and automatically started recording all the information in his head, while we waited for the ambulance and police.

After the police arrived and we were on our way, we looked at each other and he said, "you know I was just working on instinct, and everything we have been taught just came to me all at once."

So I (we) would like to thank the first aid people and I know of at least two members of our organization who can't wait to sit through the next first aid course. You never really appreciate something you have unless you need it or lose it.
 Cpl Lisa Heck, 8AMS

Canadiana Crossword

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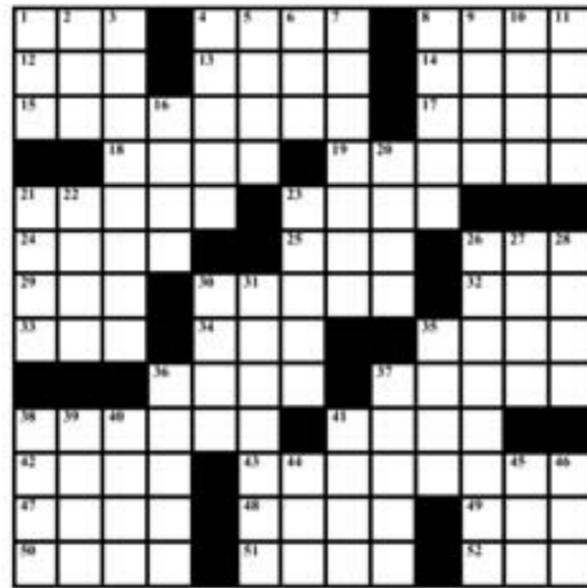
By Bernice Rosella and James Kilner

ACROSS

- 1 China _____
- 4 Aquatic mammal
- 8 The Last _____
- 12 Ancient
- 13 Opposed
- 14 Eternity
- 15 Strafe
- 17 A kind of miracle
- 18 Rows
- 19 Smoothly
- 21 Holy, in Le Havre
- 23 Grey, in Grenoble
- 24 Afternoon events
- 25 Summer, to some
- 26 Auto
- 29 Graphics
- 30 Persuades
- 32 Eastern ruler
- 33 Caviar
- 34 Cent or diem precoder
- 35 Child's card game
- 36 Barn raisings
- 37 Imperial measure
- 38 Vancouver hockey pro
- 41 Partner of whey
- 42 Chills
- 43 Hosting
- 47 Gait
- 48 French for we
- 49 Collection of stories
- 50 Urges
- 51 Thou _____ protest too much
- 52 After expenses

DOWN

- 1 Turf
- 2 Inventor Whitney
- 3 The Atlantic _____



- 4 Sword
- 5 _____ Slaughter
- 6 Banking tech.
- 7 _____ Magazine
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- 9 Oast
- 10 Vend
- 11 Three
- 16 They're all the better to hear you with
- 20 Contends
- 21 The _____ Weekly
- 22 Drome precoder
- 23 Sprockets

- 26 _____ Magazine
- 27 Gelling agent
- 28 Intent
- 30 Specification, for short
- 31 _____ Magazine
- 35 Certain
- 36 Flops
- 37 _____ Magazine
- 38 The _____ Magazine
- 39 Land measure
- 40 A kind of sign
- 41 Hosp. units
- 44 Cattle call
- 45 Compass pt
- 46 Gangster's gun

This Week in Contact

1975 – A CFB Trenton Hercules flew from Hong Kong to Saigon and return over the weekend to evacuate orphaned children and Canadian nationals. The nine-hour return trip carried 63 South Vietnamese and Cambodian children and 21 Canadian civilians. Originally scheduled to stop in Saigon with relief supplied for Vietnamese orphanages, the flights had been re-scheduled to bypass South Vietnam because of the unsure political situation there.

1985 – The Deputy Prime Minister and Minister of National Defence, the Honourable Erik Nielsen, has announced that the Government intends to purchase between eight and 12 Challenger 600/601 aircraft from Canadair of Montreal for the Canadian Forces. Seven Challenger 600s will be based at CFB North Bay and used in the Electronic Support and Training (EST) role to train CF air, land and maritime units in recognizing and overcoming hostile jamming and other interference with electronic signals in wartime. EST Challengers will simulate enemy electronic activity and provide a high speed, high altitude training platform for fighter aircrews to exercise against in simulated war conditions.

1995 – The Freedom Fighter aircraft, which is to become a memorial beside Highway 401 at Trenton, was hoisted to its pedestal last week in preparation for the official unveiling ceremony May 6. The RCAF Memorial Museum project is partly funded by JobsOntario, a program of the provincial government, and partly by donations. The work on restoring the aircraft was done by Spar Aerospace personnel at Aerospace Maintenance Development Unit at 8 Wing Trenton.

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



CCC Adventure Training

by Maj Kerry Mould

The word of command is "Hike" not "Mush" if you want them to go, an important lesson when you are working with a dog team.

Five members of the Capability Contingency Centre, led by LCol Bob Blair, headed six hours north of Trenton to take part in a true adventure, dogsledding, snowshoeing and winter survival training in the frozen Temagami Wilderness, 115km north of North Bay. For four days, we lived like the trappers and fur traders who opened Canada's north.

CWO Levesque dropped us off at Lake Whitney where we met our civilian guide, Francesco Libertini, of Wolf Within Adventures. We unloaded, settled in to the base camp and spent the first night in a cabin.

Monday morning began with lessons on how to pack and load a toboggan and harness the dogs that would pull the sled. We also unpacked our snowshoes and discovered this was going to be far harder than we thought.

Francesco explained to us that the dogs cannot break trail, they can only pull the sleds on established routes and that we would be responsible to open the

trail for them. LCol Blair and Maj Abram set off on skis and their own toboggan for the first leg of the journey.

Once the sleds were loaded, we were off. Dogsledding is far more difficult than I imagined. The dogs are small, just 40 pounds, but lean and strong like Olympic runners. With only five or six dogs to a team, they need help pulling the heavy sleds in deep snow or on slopes. The "Mushers" had to push the sleds up the many hills, though the excitement of racing downhill more than made up for the hard work.

We caught up with LCol Blair and Maj Abram at our wilderness campsite, a walled canvas tent. We had to take care of the dogs, including feeding them and organizing all the harnesses, ropes and preparing the sleds for the next day. The first night was cold, near -30°C, but we had our military sleeping bags.

Day two involved a sixteen kilometre round trip expedition to Thieving Bear Lake. Lt Pelletier and myself led off, breaking trail with snowshoes. At the end of Three Sister's Lake, we had a scare when Lt Pelletier's left foot broke through the ice. Fortunately, he was able to

quickly pull himself out and we immediately hiked back to camp where he was able to change his wet boot and warm up next to the stove. Maj Abram and I set out and completed breaking the trail.

At the lake we tried ice fishing, no luck, and practiced our survival skills, including setting up a fire and cutting trees using a wire saw. At the end of the day we hiked back to the tent.

On day three we packed up our gear and headed back to the base camp. Breaking trail duties fell to LCol Blair and myself, who towed and pushed the toboggan, up all those long hills that had been so fun by dogsled. Francesco led Maj Abram, Maj Butcher and Lt Pelletier on dog sleds. We spent that night in the cabin; a wise move, as the temperature dropped to -35°C.

On the last morning, Maj Abram and LCol Blair took one final dogsled trip with empty toboggans while I hiked with snowshoes to capture a few pictures of the memorable trip.

This trip was a physical and mental challenge, exposing our group to deep snow, cold temperatures and wilderness, but it helped built teamwork through camaraderie and shared risk. Adventure training is an excellent opportunity to get personnel out of the office and doing something out of the ordinary and challenging. It requires planning and preparation, as per DAOD 5031, but nothing too demanding.

Get out there and challenge yourself!

If you want more information about where we went and our guide, check out Francesco's website: www.wolfwithin.ca.



Photos: Submitted

LCol Blair leading his team through the wilderness.



The adventurers (left to right): Maj Dave Butcher, Fernando, Lt Mario Pelletier, LCol Bob Blair, Maj Brendon Abram, Maj Kerry Mould and Francesco Libertini.

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The shocking shame of a renter

it's your Money



Garth Turner

Well, it seemed like a good idea at the time.

She was single, working in the downtown area, and wanted a place that would be convenient. So, she bought a condo apartment four years ago two blocks from Toronto's financial core, and in the shadow of the bank towers. The price was modest – just \$124,000 – but so was the condo, at a mere 400 square feet.

Today she's married, living in a rented apartment with her spouse, and renting out that condo for barely enough to pay the mortgage, taxes and condo fees. She asks me two questions: Is it a good idea to dump the condo, now that the local real estate market is smoldering, and, would it make sense to buy it back a few years from now.

"Because of your advice," Marianne says, "we are resisting the temptation to jump back into the housing market at the peak. It's so hard – we feel like fools."

Well, Marianne, your foolish days are behind you – that was back in 2001 when you bought that ridiculous condominium! It's hard enough to do aerobics in four hundred square feet, let alone eat, sleep, work and keep a hamster. Maybe if that space was in downtown

London or Tokyo it would make sense, but in Toronto you can rent an apartment three times that size on the cheap just a short subway ride away.

In fact, the economics of financing where you live have been changing quickly. Since everyone has been gaga to get into the housing market, the apartment vacancy rate has been shooting higher over the past couple of years as renters take the plunge and become owners. That's resulted in empty suites in almost every building, with rents actually falling and desperate landlords throwing in free months, free parking or free renovations.

Meanwhile, protracted low mortgage rates have done a great job in masking rising real estate prices. When you can get all the money you want with a variable rate mortgage at just over 3 per cent, then why not borrow b-i-g? A successful mid-town real estate agent who typically sells homes for between \$1 million and \$3 million says the last thing his clients think about is actually paying off the loan. "Why would they?" he asks. "As the value of the house goes up, the mortgage gets relatively smaller – so why waste cash paying down the

debt.?"

And the big lenders have a hand in creating this situation themselves, since today you can buy a mainstream house with a loan from a mainstream bank and spend zero dollars. That's since 100 per cent financing came to Canada, rewarding people who have demonstrated they have the utter incapacity to save any money.

So, is housing overvalued? Not according to a Royal Bank survey released last week, which claims affordability levels are still high thanks to those cheap loan rates. The report was almost soothing, calming, reassuring in its basic message that since people can afford to buy homes with low-rate mortgages, they probably should.

So, back to Marianne, sitting in her \$639-a-month apartment, and feeling conflicted because she is not a homeowner. Is she letting an historic moment of affordability slip through her fingers? Should she sell that downtown condo, and plunge into something a lot bigger?

Well, I wouldn't be bothered one bit by any of the current day's realty mania. Of course, she should sell that postage stamp downtown while there are still lots of weirdos who would want to buy it. Toronto is probably a couple of decades away from the time when walk-to-work real estate commands the kind of prices it does in Manhattan.

But from a purely financial point of view, you have to question the logic of leav-

ing an inexpensive rented space right now for a house that has never in history cost more money. For the kind of rent money she and her squeeze are now spending, they could afford the mortgage on a wooden garage in a sketchy neighbourhood.

But, I hear the critics cry, if house-less people do not buy now, and don't take the plunge into indebtedness, then won't they forever be renters? Won't real estate values continue to escalate insanely higher?

That question would bother me, if I had not heard it a couple of times before. I remember well two decades ago when people also believed home ownership would soon be beyond the means of the average family and that they had to jump in at all costs. There have been other times when real assets – gold, silver, real estate – were all the rage, just as there have been days when financial ones – Nortel, Bre-X and the dot-coms – blinded us all.

Certainly there is money to be made in real estate, and I have bought property myself within the last six months. But let's not lose our grip, here. If a piece of real estate is overvalued, take a walk. If there's a bidding war erupting, go home. If the vendor is greedy, let somebody else pay him too much.

Real estate is a fabulous long-term asset to own, but only if you buy it the right way, at the right time, for the right price. Right now a little contrarian thinking can do a renter good.

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Contract awarded for new night vision goggles

by/par Holly Bridges

DND recently awarded the procurement of CF-18 night vision equipment to ITT Industries, an American company in Defence Electronics and Services. The contract, which includes 80 night vision goggles (NVG) and test equipment, is worth \$1.15 million CAD.

With the CF-18 night vision capability addressed, the Omnibus Night Vision (ONV) Capability project will address the other five CF aircraft fleets: CH-146, CP-140, CH-149, CC-130 and CC-150. The night vision equipment procured for the CF-18 will be baselined for the ONV equipment effort. The contract included an option for an additional 706 sets of NVG (approximately \$10 million). DND will exercise this option upon Treasury Board approval which is anticipated in May 2005. Buying common NVG equipment will ensure commonalities, produce economies of scale, reduce lifecycle cost, simplify training and reduce the procurement time.

Attribution du contrat pour de nouvelles lunettes de vision nocturne

Le MDN a récemment attribué un contrat pour l'achat d'équipement de vision nocturne des CF-18 à ITT Industries, entreprise américaine spécialisée en électronique militaire et en services de défense. Le contrat, qui comprend 80 lunettes de vision nocturne (NVG) et de l'équipement d'essai, se chiffre à 1,15 million de dollars canadiens.

En répondant aux besoins des équipages de CF-18 en matière de vision nocturne, le Projet général de capacité de vision nocturne réglera la question pour les cinq autres flottes d'aéronefs des FC soit les CH-146, CP-140, CH-149, CC-130 et CC-150. L'équipement de vision nocturne acheté pour les CF-18 sera le modèle de base pour l'équipement commun de vision nocturne. Le contrat comprend une option de 706 ensembles de NVG supplémentaires (valeur d'environ 10 millions de dollars). Le MDN pourra se prévaloir de cette option dès l'approbation du Conseil du Trésor, ce qui est prévu pour mai 2005. L'achat d'équipement NVG commun assurera l'uniformité, produira des économies d'échelle, réduira les coûts du cycle de vie, simplifiera la formation et raccourcira le délai d'approvisionnement.

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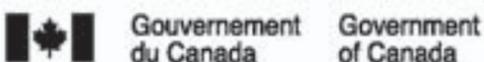
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New campaign promotes healthy living among women

Hastings and Prince Edward Counties - - If you're a woman, how do you measure yourself? It's time to take action to improve your health from the inside out.

That's the message behind a new campaign called Healthy Measures launched March 8 by LifeWorks, a community partnership that promotes healthy living.

"The campaign is unique, in that it encourages women to change their attitudes and adopt new measures," says Stacey Kimura. She is a public health dietitian with the Hastings &

Prince Edward Counties Health Unit, one of the members of the LifeWorks coalition. "The focus is now on women's overall health, such as eating well, increasing physical activity and building a healthier self-esteem."

To tie into this year's theme, which focuses on promoting healthy living, a public health dietitian and public health nurse will be conducting Healthy Measures presentations in Belleville, Trenton, Picton, Madoc and Bancroft, during March and April.

"It has become pro-

gressively more difficult for most women to live up to the ideals thrust upon them by advertising and media. Women are bombarded with conflicting advice about their weight and shape," says Kimura. "There is a great deal of shame, guilt, and stress involved in women's relationships with their bodies. This can contribute not only to weight preoccupation, but also to depression and feelings of helplessness."

Unlike prescribed eating plans and fitness programs, Healthy Measures does not promote any

drastic changes in lifestyle. Healthy Measures encourages small lifestyle changes to achieve a balanced approach of eating well, increasing physical activity and feeling positive for better overall physical and mental health.

"Not only will Healthy Measures help women to feel better about themselves," Kimura says, "but it may also help them reduce their risk of heart disease, diabetes, some types of cancer and other conditions associated with an unhealthy lifestyle."

For more information

or to register for a free 966-5513 ext. 226 or if Healthy Measures presentation in your area call long distance toll-free 1-800-267-2803.

Upcoming workshops

LifeWorks invites you to register for a free Healthy Measures presentation. Call 966-5513 ext. 226 or, if long distance, call toll-free 1-800-267-2803.

March 21, 2005: Smylie's Independent Grocer 293 Dundas Street East, Trenton 7:00 - 8:30 p.m.

March 23, 2005: Belleville Public Library 223 Pinnacle Street, Belleville 12:00 - 1:00 p.m. (registration not required)

March 23, 2005: Hastings & Prince Edward Counties Health Unit - Picton Office 74-A King Street, Picton 7:00 - 8:30 p.m.

March 29, 2005: Madoc Public Library 20 Davidson Street, Madoc 7:00 - 8:30 p.m.

April 4, 2005: Loyalist College - Bancroft Campus 195 Hastings Street N., Bancroft 7:00 - 8:30 p.m.

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Notice TO ALL VETERANS

Please be advised that Mr. Scott Young Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Legion Br. 110 from the hour of:

8:00 a.m - 4:00 p.m
Tuesday, April 5, 2005

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

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Second Language Training

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 \$50.00 for spouses of military members or reservists and \$100.00 for civilians. A test will be done to determine your level. Our Second Language Program is national and can be continued on any bases throughout Canada. Come and learn a new language in a fun environment.

Coming in April

Register at the MFRC reception desk. Payment is required when registering, for all courses. Call 965-3595 for information.

Salsa Dancing

Thursdays April 7 to May 26th, 7pm - 8pm

Cost: \$40 for 8 classes

Take yourself south with the beat of salsa and try out some dance steps.

Instructor: Giovanni Cruz Lopez

Basic First Aid and Infant Child CPR

This course open only for military families, civilian DND, PSP and MFRC employees. Two day course on Saturday and Sunday.

Dates: 9 & 10 April, 8 am to 4 pm. No Cost

A fee of \$20 is required to register. The fee will be refunded after you have attended the course. No name will be put on the class list without the deposit.

Pilates

Monday and Wednesday nights 7 pm to 8 pm, start April 11th & 13th

Cost: \$145.00 - 24 classes

\$75.00 - 12 classes either Monday or Wednesday

Pilates is the ultimate precision toning workout for all ages and fitness levels.

Instructor: Penny Forrest

Spanish

Cost: \$75 - Tuesdays for 10 weeks 7pm to 10pm

Starts Tuesday, April 12th

Beginner or Intermediate. This session we will run the course with the most attendance. Minimum of 6 participants.

Instructor: Giovanni Cruz Lopez

Perfectionnement personnel

Cours de langue seconde

Nous offrirons un cours de langue seconde (anglais ou français) débutant en avril. Le cours est d'une durée de 10 semaines (deux fois par semaine) pour un total de 60 heures. Le coût est de 50\$ pour les épouses de militaires 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.

A venir en avril

Les paiements des cours sont dus au moment des inscriptions à la réception du CRFM. Téléphonnez au 965-3595 pour plus d'information.

Dancez la Salsa

Les jeudis du 7 avril au 26 mai, de 19h à 20h

Coût: 40\$ pour 8 leçons

Transportez-vous vers le sud sous le rythme de la salsa et découvrez de nouveaux pas de danse. Instructeur: Giovanni Cruz Lopez

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: 9 et 10 avril, 8h à 16h. Gratuit.

Un frais de 20\$ est requis pour vous inscrire. Ce montant vous sera remis après que vous ayez suivi le cours. Votre nom n'ira pas sur la liste sans votre dépôt

Pilates

Les lundis et mercredis, 19h à 20h, débutent les 11 & 13 avril

Coût: 145\$ pour 24 classes

75\$ pour 12 classes, le lundi ou le mercredi

Le Pilates est l'entraînement ultime de raffermissement pour tous les âges et niveaux de condition physique. Instructeur: Penny Forrest.

Cours d'espagnol

Coût: 75\$ pour dix cours. Les mardis de 19h à 22h. Début le 12 avril.

Débutant ou intermédiaire. Nous offrirons le cours avec le plus de demande pour cette session. Un minimum de six participants.

Instructeur: Giovanni Cruz Lopez

Wednesday Night Out (7p.m. to 9 p.m.)

April 13 - Care packages

Brenda will talk about putting together interesting and fun packages together for your loved one.

Sortie du mercredi soir (19h à 21h)

Le 13 avril - Colis surprise de réconfort

Brenda démontrera comment faire des colis intéressants et amusants pour vos bien-aimés.

Trenton MFRC Pre-registered DROP-OFF Childcare

(18 months to 6 years)

When: Monday - Thursday and Saturday's Time: 9:00 a.m. - noon

Where: Siskin Centre (6RD/RCAF rooms)

Cost: \$4 per hour/per child, snack not included

Register by noon the day before at 965-3575

Funding may be available for families with a deployed spouse.



Halte-Garderie du CRFM avec pré-inscription

(de 18 mois à 6ans)

Quand: Du lundi au jeudi ainsi que les samedis Heure: 9h à 12h

Où: Centre Siskin (salles 6RD et RCAF)

Coût: 4\$ de l'heure par enfant, la collation n'est pas fournie

Inscription avant midi la journée précédente en téléphonant au 965-3575. Du financement peut être disponible pour les familles dont un parent est déployé.

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Up for a challenge?



Laurie McVicar

Confessions from the Gym

Boy, when you write an article about your experiences at the gym it's hard to cover up the fact you've slacked off a bit.

Over the course of two weeks I've had several people comment on my lack of columns and/or presence in the cardio room. All right, all right, I admit it, I've been unfaithful to my workout routine. It happens every year around this time; I am just not a huge fan of winter (besides, bathing suit season is still a comfortable distance away).

It's not as if I don't feel great every time I do finish up a good session on the elliptical. It's simply finding the motivation to drag my sorry butt in to the gym when the snow is flying and the temperature plummets below zero.

I've even begun changing things up a little in order to avoid boredom - like taking on the dreaded Stair Climber. It's always been a machine I've bypassed at the gym, but lately I've actually started to enjoy doing it. While it may have been challenging years ago, after incorporating into my lifestyle the task of lugging a 50-pound child and an armful of groceries up three flights of stairs at the same time, it seems kind of easy.

In order to make the most of this editorial space and, of course, fulfill my commitment of getting in shape while keeping readers posted of my progress, I'm looking for new ideas and perhaps a few willing instructors. Boxing anyone?

Not only is this an opportunity to get a little shameless self promotion, its a chance to share your passion for fitness.

Astra Lanes report

Eddie Rathbun and Janette Burns are only a half point apart for most wins this third. Donna Stoddart and Pat Kolupanowich are less than four behind them. With less than five weeks to go, the race for top spot still has five teams within 15 points of each other.

Monday Match Play

High Average: Mike Stoddart, 267; Rick Clark, 223; Don Harvey, 219

Women's High Average: Edie Rathbun, 204; Donna Stoddart, 200; Cathy Stoddart, 199.

High Quad: Mike Stoddart, 1174; Harold Stoddart, 1022; Jim Edworthy, 1006.

Women's High Quad: Donna Stoddart, 1017; Lorraine Beckman, 917; Edie Rathbun, 879.

High Single: Mike Stoddart, 403; Derek Cook, 345; Don Harvey, 340.

Women's High Single: Donna Stoddart, 321; Marilyn Ekman, 293; Pat Kolupanowich, 291.

Most Points Won: Jim Edworthy, 24; Don Harvey, 20.5; Harold Stoddart, 19.

Women: Edie Rathbun, 24.5; Janette Burns, 24; Donna Stoddart, 21.



Rec News

Red Cross Swim Lessons - Spring Session - Registration

Wednesday, March 23rd from 4 to 6 p.m. at the RecPlex for the military community only.
Wednesday, Mar. 30th from 5 to 7 p.m. at the RecPlex for the general public. Pick up a copy of the schedule at the RecPlex.

Spinning

Mondays & Wednesdays. Two classes to choose from. Class 1 - 5 to 5:50 p.m. Class 2 - 6 to 6:50 p.m. Classes held in the Studio at the Gym. Mar. 21st to June 15. (No classes Mar. 28 & May 23.) \$55 military & CRA member; \$60 military community non-members; \$75 general public.

Body Sculpting

Mondays & Wednesdays. 7 to 7:50 p.m. Classes held in the Studio at the Gym. Mar. 21 to June 15. (No classes Mar. 28 & May 23.) \$55 military & CRA member; \$60 military community non-members; \$75 general public.

Punch Card

Not sure which aerobic type class to join? Looking for some variety in your fitness program? Purchase a Punch Card and try them all! Valid Mar. 21st to June 15th. 24 Class Card. \$60 military & CRA member; \$65 military community non-members; \$80 general public.

Morning Aquafit

Three classes to choose from. Monday, Wednesday & Friday mornings. Class 1 - 8 to 8:45 am. Class 2 - 8:55 to 9:40 am. *Class 3 - 9:50 to 10:35 a.m. *Class 3 includes a deep water class on Wednesdays. \$65 military & CRA member; \$70 military community non-members; \$75 general public. Registration for the military community begins Tuesday, Mar. 29th at 10 a.m. Registration for the general public begins Thursday, Mar. 31st at 10 a.m.

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18	19
St. Patrick's Day			Happy St. Patrick's Day	TGIF	TGIF Sports-Entire 1800 Hrs ***** All Ranks St. Paddy's Dance	
Happy Easter		Easter Monday		TGIT Pizza 1700Hrs Sports- Pool 1800 Hrs	Good Friday	
27	28	29	30	31	MARCH 2005	



Pointez, cliquez, le tour est joué!

Visitez dès maintenant le site de l'Agence du revenu du Canada et trouvez toutes les réponses à vos questions sur l'impôt.

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Agence du revenu du Canada

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Canada



Step ladder safety



Submitted by
Don Heans,
Wing General Safety
Officer

A man was cleaning leaves out of his eavestrough. He leaned over the side of the ladder to reach the last two feet of eavestrough, lost his balance and fell, landing on his back on a picket fence. The damage to his spinal cord caused paralysis from approximately four inches below his mid-chest to his toes.

Falls from ladders are all too common. If you are lucky, you end up with little else but a bruise. Many people are injured very seriously from falls from ladders. Lets keep the following safety tips in mind when using ladders:

Don't use a four-foot ladder to do a job requiring a six-foot ladder.

Make sure the ladder is in good shape; it shouldn't wobble. Check all nuts and bolts for tightness. Make sure there are no cracks in the steps or the beams (sides of ladders) in a wooden ladder. In metal ladders check for kinks or

bends.

Put the ladder on a firm, flat surface. The ladder could tip over if placed on soft ground. If you must use it on soft ground, place its feet on a piece of 3/4-inch plywood that is at least 10 inches wider and deeper than the base of the stepladder. This will act like a snowshoe to distribute the weight.

Open the ladder as far as it will go and make sure the spreader arms are locked in place.

Don't stand on the top of the stepladder or the two rungs below it. This will make the ladder very unstable. Most ladders have a warning to stay off the top step. Many people ignore this warning. That is dangerous. When purchasing a ladder, ask questions from an informed salesperson. He should be able to point out the warnings on the ladders. Ladders are designed for different purposes and weights. Purchase the ladder that is appropriate for you.

Don't over reach from a ladder. Get down and move the ladder over to complete your work.

Face the ladder when climbing up or coming down. When you go up or down on a ladder always maintain three points of contact with the ladder, i.e. two feet and one hand.

Practicing these tips may save you a lot of trouble and pain.

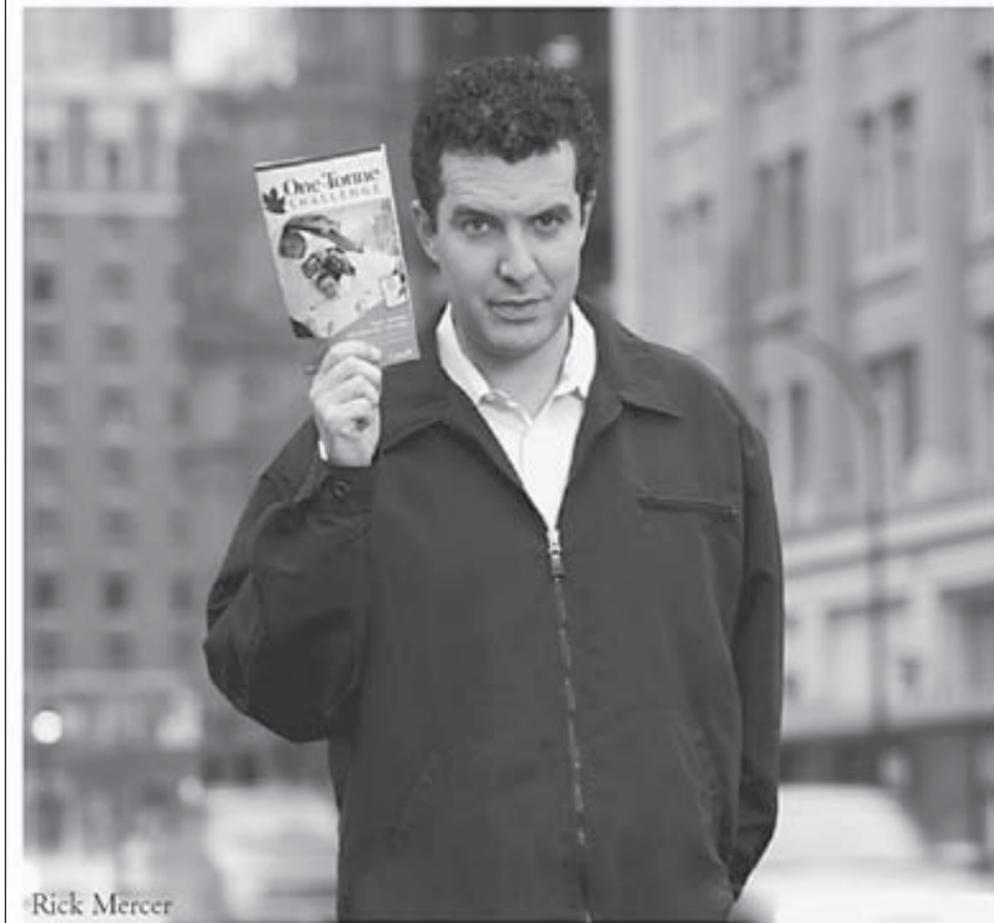
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Rick Mercer

Every Canadian loves a challenge, right?

On average, each Canadian produces five tonnes of greenhouse gases a year. Driving, heating and cooling our homes, using appliances... almost anything we do that uses fossil fuels for energy also creates greenhouse gas (GHG) emissions. And these emissions are causing our climate to change.

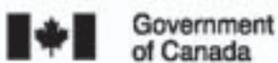
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Community Events

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

1:00 7:00 9:10
 1:05 7:05 9:20 (Sat & Sun)

1:10 7:10 9:15
 3:10 (Sat & Sun)

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.

MONTHLY BOOK SALE

THE FRIENDS OF TRENTON PUBLIC LIBRARY

SATURDAY, MAR. 26TH BETWEEN 9 A.M. AND 1 P.M.

BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

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

Proceeds go to all Quinte West libraries.



Quinte West Lion's Easter Egg Hunt

Saturday, March 26th
 Batawa Community Centre
 8:00 a.m. Pancake breakfast
 10-11:45am Fun & Games
 12 SHARP Easter Egg Hunt

Ages 13 & up \$4.00 cost
 Hotdogs \$1.00 each after the hunt
Kids 12 & under FREE

Fire Truck Demo & Sparky the Dog!

Lots of games, prizes & Face Painting!




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

Morning Break

Who: Parents and care givers
 What: A free play group
 Where: Bridge Street United Church in Belleville
 When: Tuesday mornings between 9:15 and 11:15
 Please join us every Tuesday morning for coffee and a chat. We provide trained care for your children while you enjoy the company of other mothers and caregivers.



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WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p>MASS Sunday Mass (English) 1015 hrs Messe Dominicale: 1130 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre Catherine Morrison (ACC)</p> <p>WORSHIP SERVICE Divine Worship (Sun) 0900 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS 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.

SPRING'S A COMING! ARE YOU READY?

The Quinte West Public Library is pleased to offer a workshop for gardeners. A representative from Connon Nursery will focus on what the amateur gardener has to do to get ready for spring. Attendees are welcome to bring brown bag lunches if they desire.

Where: Trenton Main Library - Multi-Purpose Room
 When: Wednesday, March 23
 Time: 12 noon
 Cost: Free

For more information, contact:
Robert Amesse
 394-3381, ext. 3325




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Bowl for Kids' Sake

Club Medd, Trenton--April 10, 2005
 Presqu'île Lanes, Brighton--April 17, 2005

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 toddcat@sympatico.ca



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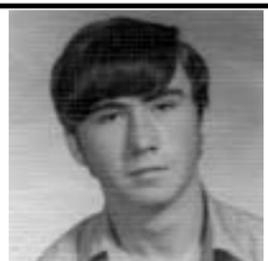
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Y	E	N	S			D	O	S	T		N	E	T	

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	<div style="background-color: red; color: white; padding: 5px; transform: rotate(-15deg); display: inline-block;"> \$159 <small>BIWEEKLY** OR</small> \$21,900 </div>	<p>2004 JEEP TJ SPORT 4X4</p> <p style="font-size: x-small;">Auto., V6, bucket seats, air conditioning, CD and more! 17,800 kms. Sk#528P</p>
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	<div style="background-color: red; color: white; padding: 5px; transform: rotate(-15deg); display: inline-block;"> \$236 <small>BIWEEKLY** OR</small> \$29,900 </div>	<p>2005 CHRYSLER 300M</p> <p style="font-size: x-small;">Auto., V6, loaded with luxury! Sunroof, power seats, and much more! 17,547 kms. Sk#5180A</p>
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	<div style="background-color: red; color: white; padding: 5px; transform: rotate(-15deg); display: inline-block;"> \$172 <small>BIWEEKLY** OR</small> \$19,900 </div>	<p>2001 DODGE DAKOTA SLT</p> <p style="font-size: x-small;">Auto., V6, air, CD, pwr. windows & locks, tonneau cover, cruise & tilt. 52,232 kms. Sk#4489C</p>
	<div style="background-color: red; color: white; padding: 5px; transform: rotate(-15deg); display: inline-block;"> \$188 <small>BIWEEKLY** OR</small> \$16,900 </div>	<p>'00 DODGE DAKOTA SLT</p> <p style="font-size: x-small;">V6, alloy wheels, pwr. pdl., tonneau cover, bed liner, cruise and tilt. 86,657 kms. Sk#4424-A</p>
	<div style="background-color: red; color: white; padding: 5px; transform: rotate(-15deg); display: inline-block;"> \$119 <small>BIWEEKLY** OR</small> \$14,995 </div>	<p>2004 DODGE SX 2.0</p> <p style="font-size: x-small;">Auto., 4 cylinder, air conditioning, bucket seats, power windows & locks, very low kms. 1,047 kms. Sk#487P</p>

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