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• March 24, 2005 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 40 Issue Number 12 •

Franco-Phare plans to set up retail shop in Trenton

by Laurie McVicar
Assistant Editor

Quinte's only francophone community and non-profit organization held a press conference at the Quinte West Public Library on Tuesday to announce plans to set up shop in Trenton's retail district.

Franco-Phare recently received more than \$30,000 in funding from Trenval Business Development Corporation and Le Regroupement franco-ontarien de developpement economique et d'employabilite (RDEE) to conduct a market and feasibility study in regards to the commercial venture.

"This store would offer French language and cultural products to the Quinte area population at large, while actively promoting Francophone events and organizations. It would also encompass a "bistro" style venue whereby specialty coffees and varied other products will be featured," stated a news release issued by all three organizations involved.

"This initiative stems from our strategic plans which was published last January," said Jacques Dufort,

President of Franco-Phare. "Through that plan, after months of public consultation, we created Franco-Phare...It's mission is to promote francophone-based initiatives in order to facilitate community, cultural and social-economical development."

The plan identified three main goals for the organization – establishing a French store, find a permanent location for Franco-Phare, and hire staff instead of relying solely on volunteers.

"An initiative like this has been long awaited by Quinte's Francophone community and Le Franco-Phare is happy to be at the forefront and delivering on some of the communities expectations," stated Dufort in the press release.

His enthusiasm was shared by both Bob Campney, Mayor of Quinte West, and Colonel Andre Deschamps, Commander of 8 Wing/CFB Trenton.

"We're pleased you're establishing a francophone store in this area. Quinte West is fortunate to have so many cultures. A variety of cultures benefits everyone, we should support them all and we will," said

Major Campney. "The francophone people in our area are well thought of, we get along well together thanks to the base and the sharing of facilities with each other. We're fortunate to have them."

"When Monsieur Dufort approached me a few months back with the concept of francophone group in Quinte West as a formal organization versus the informal arrangement that was in place, I was certainly enthused with the idea. The base has a large French population. Although we have activities on the base – we have the French language school and the resource centre – it tends to be localized or small groups that do their own thing.

"The idea of having an organization structured around the social-economic (aspect) is certainly interesting. There's enough population base to make it self-supporting. I do believe it will bring a sense of focus. Location is everything, hopefully they get a good spot with lots of visibility so people, whether they are francophone or not, can come in and ask questions. It brings a whole world of opportunities for



Jacques Dufort (left), President of Franco-Phare, accepts a cheque from Andrew Redden (centre) and Gerrit DeBruyn, Executive Director of Trenval Business Development Corporation. The money was made possible through the Local Initiatives Program under the Eastern Ontario Development Fund (EODF). The money will be added to a \$9,000 funding commitment from Le Regroupement franco-ontarien de developpement economique et d'employabilite (RDEE).

interaction. The intention is bang on. It's exactly the right thing to do," said Col Deschamps.

Franco-Phare will be conduct-

ing online and live surveys in early April to get public input into the project. For more information, log onto www.franco-phare.ca.

BAPTISMAL CENTRE DEDICATED



Photo: Cpl David Cribb, 8 Wing Imaging

Padre Dave Kettle, on behalf of the Chaplain General, dedicated the Baptismal Centre on Sunday, March 20. Assisting was Bishop Donald Theriault, the Roman Catholic Bishop Ordinary for the Military Diocese.

Prepare for take off: The 8th Biennial Canadian Women in Aviation Conference

by Holly Bridges
Chief of the Air Staff Public Affairs

*The 8th Biennial Canadian Women in Aviation Conference
June 2, 3, & 4, 2005,
University of Ottawa, Ottawa, Ontario*

OTTAWA—Women aviators from all Air Force occupations and ranks are invited to "Prepare For Takeoff" June 2 - 4, 2005 at the 8th Biennial Canadian Women in Aviation Conference at the University of Ottawa.

Among the speakers will be Canada's

first female CF-18 pilot Major Dee Brasseur. Those tentatively attending so far are Lieutenant-Colonel Karen McCrimmon, the first female Commanding Officer of an operational flying squadron in Canada, CC-130 Hercules pilot Major Mickey Colton, the first Canadian female Hercules pilot to reach 5,000 hours, as well Major Maryse Carmichael, the first female Snowbird pilot.

Watch for updates in The Maple Leaf in the coming weeks for more information on this conference and possible subsidy information for out-of-town members. For more information including online registration, visit www.cwia.ca/conference.htm.

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81 AEF running on a high tempo

by Capt J.R.J.-C. Comeau,
OC 81 AEF

As this fiscal year nears the end, the busy Beavers from 81 Airfield Engineering Flight are working at full speed on various projects on the Base here in Trenton. All year long, 81 AEF's work force, comprised of military carpenters, plumbers and electricians, were involved in many renovation and construction projects.

We started the year at a good pace, as we received a group of US Air National Guard engineers who were involved in constructions and renovations all over the Base, including the Junior Accommodation Building, Bldg 21, and the Hazmat Compound on Winnipeg Ave (north side). 81 AEF then focused on some in-house renovations and helping Habitat for Humanity in Belleville.

Recently, 81 AEF has started different upgrades throughout the Base. As of last November, early December, we opened up all the valves working on three main projects at the same time.

Our main priority right now is the retrofitting of the Warrant Officers' and Sergeants' Mess, where a complete face-lift is now required, and for that mission, 81 AEF has started stripping down the washroom facilities, the flooring, and some electrical lines and distribution panels rewiring.

Second in our priority is the completion of the Communication Loop Manholes on the north side and in the General Restricted Area (GRA). This project was started by the ANG last summer and stopped due to various reasons; we were given the go-ahead to resume work a few weeks ago. As it may seem strange to perform such work during the winter season, it is a viable solution as this underground loop is located in a particularly swampy or wet location, whereas heavy equipment vehicles and concrete mixers would not be able to reach that location during the summertime.

Lastly, 81 AEF has also started the complete upgrade of the Heavy Equipment washrooms, located in B152 on the north side. The existing system was also so obsolete that major renovations are required. At this time, one half of the two washrooms has been upgraded, and we have started demolishing and upgrading the second half, which should be completed in the next few weeks.

As for the future, 81 AEF projects are on-going once more in CFS Alert, for the reconstruction of the fuel pipeline in between the Lower Tank Farm to the Upper Tank Farm. We also plan to redo the Peterborough Armoury roofing above the drill hall, reconstruct the Northern Lodge facility in Kaladar (North of Napanee), and construct a new Pyrotechnic Shed for 424 Squadron.

"First in, Last out". CHIMO!



Photos: Capt Comeau
81 AEF personnel hard at work renovating the Heavy Equipment washroom.



Personnel working on the Comms Loop on the north side of 8 Wing/CFB Trenton.



An interior shot of the renovations at the WO's & Sgts' Mess on the south side.

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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Wing Transportation Squadron utilizes the Driver of the Month Award to recognize the outstanding service and support of our military and civilian drivers. Each month one driver is selected from a list of nominees based on service, dress and deportment, attitude and their contributions to the Wing. This award is presented amongst their peers as well as a gift certificate from various local agencies. Cpl Guillemette is seen receiving the award from WtNo Maj Giles.

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Arctic sovereignty patrol to include air crash exercise

DND-CF

Yellowknife, NWT – (March 16, 2005) The Canadian Forces will soon carry out a major sovereignty patrol in the high Arctic. During the patrol, the participating soldiers will conduct an emergency response exercise simulating an air crash in a remote area.

Held between March 31 to April 15 from the abandoned weather station at Isachsen on Ellef Ringnes Island in Nunavut, the sovereignty patrol will include snowmobile expeditions to several islands in the area. The ground force will live in tents throughout the operation. Isachsen is

1,400 kilometres north of the Arctic Circle and is said to have the worst weather in Canada.

The air crash exercise, to be conducted on Friday, April 8, will focus on the wreck of a U.S. Air Force DC-3 transport aircraft that crashed at Isachsen during the 1950s.

“This sovereignty patrol is part of regular operations conducted by Canadian Forces Northern Area,” said patrol leader Major Stewart Gibson, Commanding Officer of 1 Canadian Ranger Patrol Group. “In addition to the training value, such patrols reinforce our presence in the Canadian

high Arctic.”

The Canadian Rangers and 440 Transport Squadron will be exercising search-and-rescue skills that the Joint Rescue and Co-ordination Centres in Victoria, Trenton and Halifax could utilize to save lives in the event of a mishap in the high Arctic.

The patrol will involve 14 Canadian Rangers from the Northwest Territories, Yukon, Nunavut and Saskatchewan; nine Regular Force members from Canadian Forces Northern Area; and two CC-138 Twin Otters and their six crew members from 440 Transport Squadron in Yellowknife.

Search & Rescue UPDATE



424 Squadron had a busy few days last week. It started on March 17 when our Herc was tasked, while out training, to investigate an overdue aircraft between Kitchener and St. Clair County International Airport in Michigan. The CC-130 crew searched the area until their crew day was finished, without any results. After a new Herc crew was called in, they were sent back to continue doing numerous search patterns using night vision equipment. The following day both our Cormorant and Herc continued the search for the missing aircraft. The Herc concentrated its efforts near Port Huron, Michigan, and the Cormorant was looking in the Kitchener area. After crew changes on both search aircraft, the search continued. Squadron personnel here in Trenton were gearing up to deploy a Search Headquarters with a Search Master. All the required people and equipment were gathered, loaded on an aircraft and sitting at the end of the runway awaiting clearance when the search was called off. The missing aircraft was located in a farmer's wood lot approximately 10 miles north of London. Unfortunately, the pilot did not survive the crash.

After that flurry of activity, the rest of the week was quiet. Until next week, stay safe

Missions for 2005: 20 Missions for Mar.: 9 Persons rescued: 2



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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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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Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



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



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message from the

Editor

This is one of my absolute favourite times of year, and not solely because the weather is finally shrugging off the cold mantle of winter.

It is also internship time here at The Contact, a time I have grown to very much anticipate and appreciate.

Since I began my tenure as editor, I have kept a promise I made to myself to do my part when it comes to fledgling journalists. Each spring, I receive requests from Loyalist College students seeking job placements to fulfill their graduation requirements. I have always been, and will always remain, happy to oblige.

In addition to enjoying the huge benefits of an extra pair of hands, I must confess that it's nice feeling knowing that you are helping to shape the future of these young writers and photographers (can you tell I'm a teacher's daughter?). It's my chance to set a good example, catch undesirable practices before they mature into full grown bad habits, and it also refreshes my own outlook on my profession--there's nothing like a young, eager and unjaded journalist to remind you of why you became one yourself.

This year I am particularly blessed, with a total of three interns to welcome into The Contact fold--Amber Gooding, an online journalism student, Nicole Bryski, a photo-journalism student, and Jocelyn McLean, a print journalism student.

The only downside of these internships is they all come to an end, and sooner rather than later. But all good things must eventually come to an end, and I for one, prefer to see this particular glass as half full.

Canadiana Crossword

An Easter Prayer

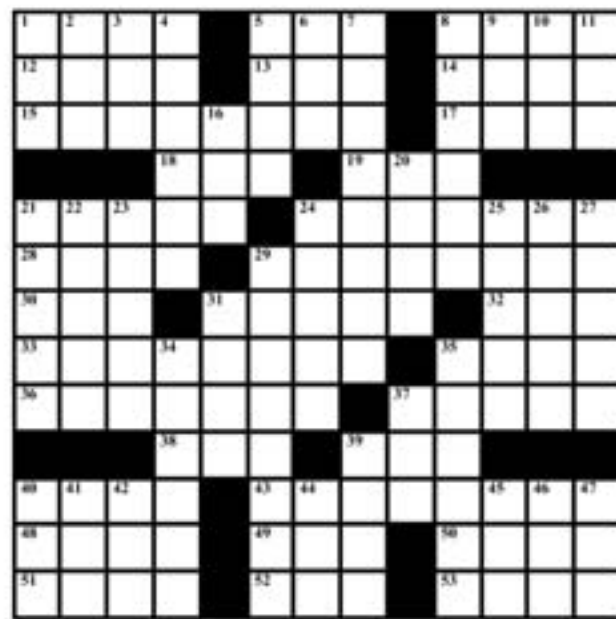
By Bernice Rosella and James Kilner

ACROSS

- 1 Start of an Easter prayer
- 5 It is, to Tennyson
- 8 Hied
- 12 Chickpea stew
- 13 Mythical bird
- 14 Plot
- 15 Easter prayer part 2
- 17 Bit
- 18 Gangster's gun
- 19 Receptor
- 21 Throat condition
- 24 Negations
- 28 Get wind of
- 29 Kind of blind?
- 30 Easter prayer part 4
- 31 Easter prayer part 5
- 32 Recreation spot
- 33 Impaired one's hearing
- 35 Sometimes seen on a screen
- 36 Sea shores
- 37 Braid
- 38 So so mark
- 39 That woman
- 40 Graf _____
- 43 Easter prayer part 8
- 48 Overrule
- 49 Scots topper
- 50 Fuzzy fruit
- 51 Singer Edith
- 52 Friend, in Falaise
- 53 Besmirch

DOWN

- 1 Gatos or Negros
- 2 Hurray, in Hidalgo
- 3 _____ Tin Tin
- 4 Evader
- 5 A kind of gait
- 6 Gambler's promise, abbr.



- 7 Shown in a theatre
- 8 Easter prayer part 3
- 9 Arafat's org
- 10 Dine
- 11 Genetic info
- 16 Sound off
- 20 Again
- 21 Fishes
- 22 Belief
- 23 Navigation aid
- 24 Yukon natives
- 25 Passageway
- 26 Blue stone
- 27 Pics
- 29 Feud

- 31 Levesque, for one
- 34 Easter prayer part 7
- 35 Damages
- 37 Easter prayer part 6
- 39 Partly
- 40 Letters denoting "If you please"
- 41 Smallest prov.
- 42 Itinerary ref.
- 44 A kind of actor
- 45 Rend
- 46 Small integer
- 47 Strike

This Week in Contact

1975 – Air Marshall Robert Leckie, CB, DSO, DSC, DFC, CD (Ret'd) of Ottawa, one of Canada's aviation pioneers, and the last surviving wartime RCAF Chief of the Air Staff, died at 84 years of age. Born on April 16, 1890 in Glasgow, Scotland, he arrived in Canada at the age of 16. In 1915, Air Marshall Leckie entered the Royal Naval Aviation Service as a pilot. He also played a vital role in the development of Canadian civil aviation when he organized and helped pilot the first trans-Canada flight. After returning to Britain in 1922, he served in various capacities, including flying from HM Ships Hermes and Courageous, two of Britain's early aircraft carriers.

1985 – Remote Call Forwarding (RCF) was introduced by Bell Canada to meet the growing needs of its customers. It was developed to serve out-of-town markets and to better serve businesses with an opportunity to establish a local presence in major Canadian and United States centres, without incurring the cost of establishing branch offices in those centres. At the time, the service involved the rental of a local telephone number in a target market, with numbers listed in both local white and yellow directory pages.

1995 – An annual survey that tracked and analyzed social trends in Canada showed results identifying three significant shifts in Canadians' attitudes, characterized by the rejection of authority, the desire for self-determination and concerns about personal security. Overall, the responses to the defence polling indicated a strong and growing core of support for the Canadian Forces, where overall 92 per cent of Canadians felt the Canadian Forces were doing a good job. Only seven per cent felt they were doing a poor job.

**Created by Lt J. H. MacDonald,
Compiled by Amber Gooding**



Air Force Support Capability delivers key support to operations at home, abroad

WINNIPEG — In order to continue addressing the security needs of Canadians, both here at home and abroad, the Air Force is putting increased emphasis on becoming more expeditionary. The Air Force Support Capability (AFSC), is a part of that concept as it exits today.

“We may be good at being quick out the door, but what the Canadian Forces needs now is a sustainable expeditionary presence beyond ROTO 0.” That is how Lieutenant-Colonel Russ Mann, project director for the AFSC project, sums up the challenge facing Canada’s Air Force in describing an initiative that is “reinforcing a changing culture” in the Air Force.

The AFSC is about developing the right mix of deployable kit, personnel and training to support CF operations. The concept behind the AFSC is to

have support personnel who belong to a deployable unit or Mission Support Unit (MSU) for a fixed period of time. The intent is that each MSU would have one or two deployable teams of logistics, airfield engineers and CIS personnel and be situated where the deployable aircraft are based. The concept would see units adopt deliberate and disciplined training along with a predictable window of deployment that will see the team deploy as a unit.

“I think the AFSC can make a very positive impact and help people deploy with confidence,” said LCol Mann.

When the AFSC team examined how domestic and international operations are supported by the Air Force, it identified the need for a more strategic approach.

“AF support personnel are often tasked in “ones” and “twos” and they are se-

ing new equipment in-theatre they have never seen before,” said LCol Mann.

“Additionally, our flying squadrons and the Army have shown us that there is better rear party support for families of deployed members when they deploy as a unit or a team,” he said. “The AFSC would apply this lesson to make ad hoc the exception, not the rule where our support personnel are concerned.”

The AFSC received ministerial approval in 2003, and began to evolve shortly after with the creation of six, Air Board-approved MSUs. The AFSC concept phase is now complete, and lessons learned on this project will be used to help define how the Air Force participates in integrated expeditionary force, as the CDS’s Action Team defines what capabilities, force generation and command and control elements are required to meet Canada’s defence needs.

ESDP service medal approved

CF Personnel Newsletter
From the Assistant Deputy Minister
(Human Resources – Military)

The Government of Canada has approved the acceptance and wearing of the European Security and Defence Policy (ESDP) service medal by CF members.

The European Union (EU) awards the ESDP service medal for 30 days continuous service on a designated EU-led crisis management operation. The medal is always awarded with a bar identifying the operation being recognized.

Bars have been created recognizing service on the European Union-led:

- Police mission (EUPM) in Bosnia,

since January 1, 2003;

- Military operation ARTEMIS in the Democratic Republic of Congo, from June 12 to September 1, 2003 (CF Operation CARAVAN);

- Military operation CONCORDIA in the former Yugoslav Republic of Macedonia, from March 31 to December 15, 2003 (CF Op FUSION);

- Police mission PROXIMA in the former Yugoslav Republic of Macedonia, from December 15, 2003, and;

- European Union Force (ALTHEA) in Bosnia-Herzegovina from December 2, 2004 (CF Op BOREAS).

Visit the Directorate of History and Heritage at <http://hr.ottawa-hull.mil.ca/dhh> for more information.



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Garth Turner

His name is John, he's a real estate agent, and the guy tells me he has not had a listing in the past year for more than five days. Every time a house comes into his hands, it sells – in a couple of days, or a few hours.

"And the price doesn't matter, with mortgage rates at three per cent, there are always buyers," he says.

Indeed. A recent Royal Bank survey of home buying intentions found that one in eight Canadians plan on purchasing a house within the next year. Another poll found that over 80 per cent of people think real estate is a good investment right now, despite the fact prices have never been higher and affording a piece of it means taking on a honking big pile of mortgage debt.

In fact, numbers from across the western world show just about exactly the same thing – real estate is, right now, the investment asset of choice everywhere from Halifax to Washington to Toronto to Paris and London. Average folks are still suspicious of equity markets, down on mutual

funds and mistrustful of anything they can't throw a little drywall on.

And hey, it's hard to argue the point, really. A house bought five years ago in a demand Toronto area like the one John works in has doubled in value in that time. The million-dollar threshold has been broken street after street after street in Canada's major urban markets. Along the American eastern seaboard you can drop \$10 million U.S. on a reasonably nice country estate. Martha Stewart paid \$16 million for hers.

Prices keep going up, of course, because the cost of money is no longer an impediment to buying. You can now rent a \$1 million home for \$5,300 a month. You can buy a house with no money down. If you have a pulse, congratulations, you qualify for financing.

With the prime rate at 4.25 per cent, and variable rate mortgages available in the three per cent range, houses remain affordable even as prices rise, and borrowers qualify for mortgage

amounts that would have been just impossible a decade ago. Added to this heady mix is a war for market share among lenders who are more accommodating than ever. Because mortgages are considered "relationship" products by the big banks – leading to car loans, RESPs, GICs and RRSPs – margins are sliced razor thin just to gain new customers.

Now, along come some party-pooping economists who are layering some respectability on a theory as yet unproven – that real estate values are probably unsustainable. One of them is Merrill Lynch's David Rosenberg, who has applied the same kind of yardstick commonly used to evaluate stock prices to house prices. The price of a piece of real estate is compared to the cash it could generate if rented, or what you could save in rent by owning that house.

The bad news is that, by this measure, house prices have hit an all-time high. The really bad news is that they are at about the same level the stock market achieved in 2000 – yeah, before it collapsed. Think houses, Rosenberg is suggesting, and think dot-com.

In fact, there is a valid point here – financial assets (which include real estate) have a certain value because of their ability to generate a certain level of income. The

price you pay for a neighbourhood plaza, for example, is directly related to the income it produces and the net return you'll get on your money. So, Rosenberg's calculation is that the cost of a house in North Vancouver, for example, should bear some relationship to what that house would rent for.

But, it doesn't. Investors everywhere are finding that real estate today is getting more expensive while rental accommodations are getting cheaper. While renters flock to become owners, landlords are cutting rents to cope with soaring vacancy rates. Just as a lot of Internet companies had sky-high stock prices, and yet no reasonable expectation of an operating profit, so today house prices – some economists warn – are out of whack with reality.

Does this mean a 1990s-style real estate collapse? Of course not. Mortgage rates are not expected to rise for a long time, and then not by much. Governments are in surplus, inflation is in check, the economy is growing steadily and consumer confidence in real estate remains strong. So, no meltdown is likely. But, increasingly, neither are more big year-over-year increases.

Therefore, if you buy a home, make sure you like it and intend to live there for a number of years. If this is not the peak of the market, then it's just a click or two away.

The tax refund dilemma: Just what should you do with the money?

(NC)—For Canadians who contribute towards a Registered Retirement Savings Plan (RRSP), early spring often brings a nice tax refund. However, before you rush out to buy that big-screen TV or new designer handbag, you should have a closer look at your overall financial situation.

"Some investors treat their tax refund as bonus money, but there are more effective ways to use it," says Julie Sheen, Vice President BMO Term Investments. "While a refund may be the result of smart investing, it's often already accounted for in an overall financial plan that an advisor has

helped you put together. Investors should consult an investment expert to get a greater understanding of how this money could be put to work."

Leveraging your tax refund intelligently will make a significant difference to your standard of living. Potential options include:

Pay outstanding debt – Most financial experts recommend reducing personal debt on which you may be incurring non-deductible interest.

Stick to your initial savings plan – Many Canadians work with a financial expert who has developed a plan specifically for them. Depending on the strategy developed, the financial

plan may require the tax refund to be put towards next year's RRSP contribution. By spending your tax refund, you may be unwittingly altering your retirement nest egg over the long-term.

Develop a long-term financial strategy – If you haven't started thinking about your retirement, using the tax refund as part of next year's contributions could be a good way to start.

By meeting with a financial advisor at your local BMO Bank of Montreal branch, investors can develop a plan that ensures their tax refunds are fully leveraged to achieve long-term goals as opposed to short-term rewards.

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Health Unit offering workshop

A free workshop this month will help adults understand the messages our young people are receiving from the media.

The workshop titled Long Live Kids is being offered by LifeWorks, a local healthy living coalition. The workshop will be held on March 30, 2005 at Quinte Secondary School, 45 College Street West in Belleville from 7:00 to 8:30 p.m. It will provide information and tools that can help children understand, interpret and deal with the media world they live in. The Long Live Kids workshop is a lead-up to the Third Annual TV Turnoff Challenge set to run in April. No pre-registration is required. For information on the Long Live Kids workshop call the Health Unit at 476-7471 or

966-5513 ext. 621.

A second Long Live Kids workshop will be held, specifically for educators. It will include information on media literacy and health as it applies to the Ontario curriculum. For more information on this workshop call the above phone numbers.

Media, including television, video games and the Internet, has become part of children's daily lives. Though media can be educational and entertaining, it can also be a contributing factor to health issues such as physical inactivity, unhealthy eating and body image.

The average Canadian child watches 23 hours of television a week. Time spent on the Internet and playing video

games is not included in that number. Sleeping is the only activity that consumes more time for the average child, according to the Canadian Pediatric Society.

"Media can also play a role in the increasing rates of obesity through messages it sends," says Jennifer Ronan, a public health nurse with the Hastings & Prince Edward Counties Health Unit. The Health Unit is a member of the LifeWorks coalition.

"Children are exposed to aggressive ad campaigns for fast foods, candy and sugary cereals. Airbrushed images of thin stars distort our children's views of what a healthy body looks like. Kids need help to deal with the media world they live in."

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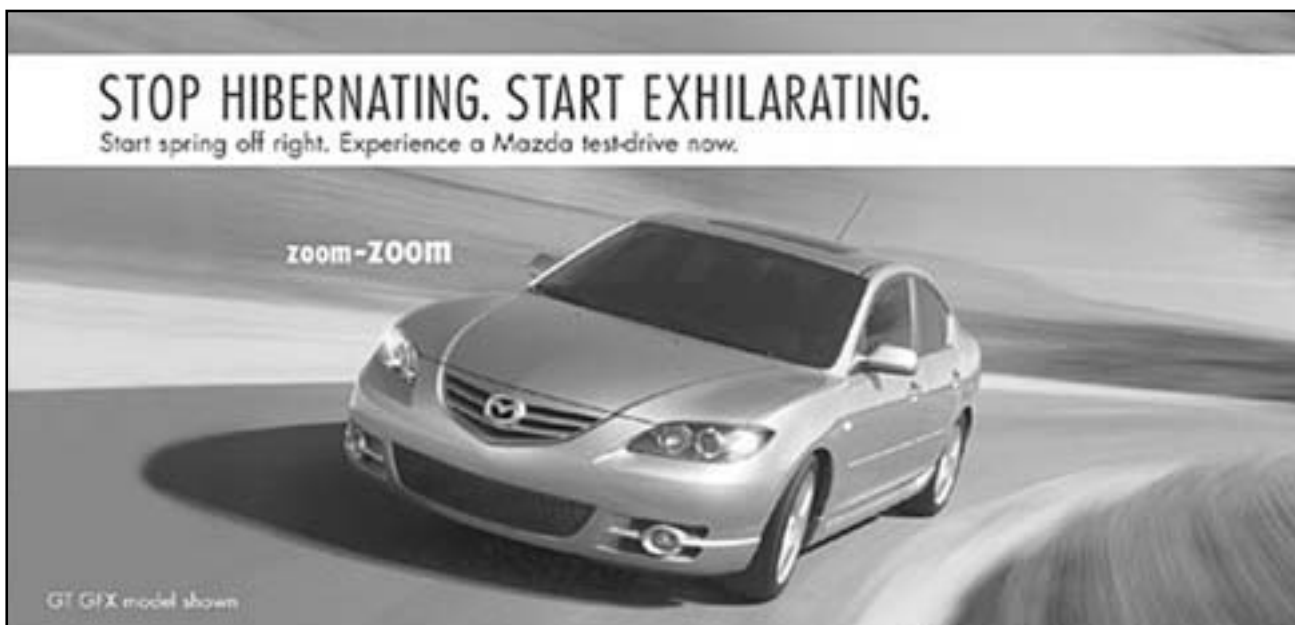


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Notice TO ALL VETERANS

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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Sprains - stretched or torn ligaments - are an especially common knee injury; the anterior cruciate ligament (ACL) is the

one most often damaged. This can happen, for example, when you change direction quickly, twist a leg or fall, slow down when running, or land from a jump. Typically, a torn ACL will be immediately disabling: you'll feel or hear a "pop," and the knee seems to "give way." Even though it might not be painful, see a doctor right away. Surgery may be necessary.

Knee pain can also come on gradually from overuse of the joint. For example, "patello-femoral syndrome," or pain caused by the kneecap being pushed against the sides of its groove, can occur if you do a lot of running. The pain, either sharp or dull, is usually felt in the front of the knee. Squatting or walking down stairs often makes it worse, and you might feel a grinding or "clicking" in the joint. A sports medicine specialist can help you to rebalance the kneecap and prevent further pain through proper training, stretching, and strengthening exercises.

Morning fitness classes start soon

Why not start your mornings off right with an energizing morning fitness class taught by Jen Lecuyer, Fitness and Sports Instructor?

Starting April 4, the Base gym will be offering morning classes on Monday and Wednesdays, from 0630 - 0745. Jump start your week on Monday by joining in on a 45min spin class that's sure to wake you up better than any cup of coffee.

Break through hump day (Wednesday) by combining the power of the body and mind as one with an intense Yoga session. Military members have priority but people who have gymnasium memberships will be granted access on a space available basis.

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News from the RecPlex

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, March 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.) Cost: \$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.) Cost: \$5 military & CRA member; \$60 military community non-members; \$75 general public.

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Foreign-born Canadian Forces dependants are Canadians

CF Personnel Newsletter
From the Assistant Deputy Minister (Human Resources – Military)

In October 2002, Social Development Canada (SDC), formerly Human Resources Development Canada (HRDC), reduced the number of documents deemed as acceptable proof of identity during the application process for a Social Insurance Number (SIN). The “Certificate of Registration of Birth Abroad” was one of the documents deemed no longer acceptable.

Fast forward: A CF dependant, born overseas, applies to change her SIN documents to reflect her married name. SDC does not accept her application because her “Certificate of Registration of Birth Abroad” is no longer acceptable proof of her identity, and indicates that only a “Certificate of

Citizenship” is acceptable proof of identity for anyone born outside Canada. This response causes the CF dependant in question to believe she is not a Canadian citizen.

In fact, she is a Canadian citizen. Without doubt, children born outside of Canada to deployed CF members are Canadian citizens.

After a review of this and other situations, SDC intends to reinstate the “Certificate of Registration of Birth Abroad” as acceptable proof of identity for CF dependants applying for a Social Insurance Number (SIN).

The citizenship of CF dependants born overseas is not in doubt. However, CF dependants who were born abroad to a parent who was also born outside Canada may have to make formal application, before their 28th birthdays, to retain their Canadian citizenship.

The definition of those to whom this latter

situation may apply is complex. If you think this may apply to you or to someone you know, please consult www.cic.gc.ca/english/citizen/retention-worksheet.html for comprehensive information on requirements and procedure.

You can consult CANFORGEN 037/05 and references at <http://vcds.dwan.dnd.ca/> for more information, or read CF Administrative Order (CFAO) 26-9 at www.admfincs.forces.gc.ca/admfincs/subjects/cfao/intro_e.asp.

You can visit www.sdc.gc.ca/en/gateways/topics/sxn-gxr.shtml for information about obtaining a Social Insurance Number.

Additionally, the “Certificate of Registration of Birth Abroad” has been and remains acceptable proof of citizenship for CF dependants applying for Canadian passports. Visit www.ppt.gc.ca/menu_e.asp for more information.

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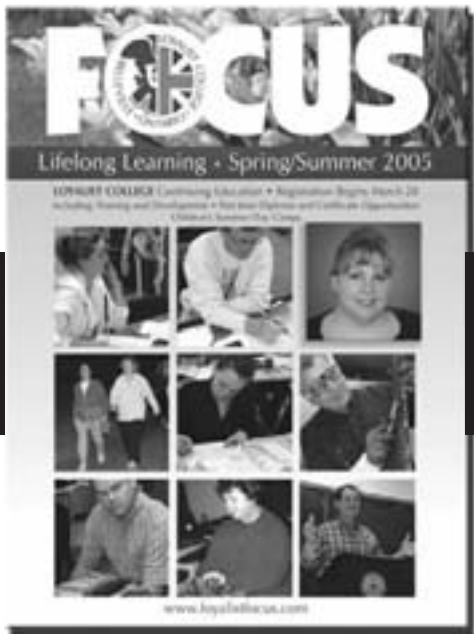
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20	21	22	23 ☘	24 TGIF Pizza 1700Hrs Sports- Pool 1800 Hrs	25 Good Friday	26
27 Happy Easter	28 Easter Monday	29	30	31	🐰	

MARCH 2005

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March 26th "Mark Taylor" @ 9:30 p.m

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
March 27 - April 2

ARIES (MARCH 21-APRIL 19): You've got your act together and you mustn't waste any more time. Draw the people you are in harmony with closer on the 27th and get rid of the people who are dead weight. Use your power of persuasion coupled with your ability to get things done and you will excel on the 28th and 29th. This is the ideal time to pickup information that will help you make your next important decision. Your mind will be in overdrive on the 30th and 31st and you should be able to achieve pretty much anything you set your mind to. An opportunity you want to take advantage of on the 1st and 2nd may not be as good as you first thought. Play it smart and you will have no regrets.

TAURUS (April 20-May 20): Reevaluate your position and your direction on the 27th. If you aren't happy with the way things are going you may want to consider making a move. Getting together socially with friends or colleagues on the 28th and 29th will be worthwhile but don't be too eager to share the way you feel. Hold back and see what everyone else is thinking before you divulge your own thoughts. Contracts or legal papers can be signed, sealed and delivered on the 30th and 31st. Don't trust others to do something that you should really do yourself. Handling matters using proper protocol will be the key to your success on the 1st and 2nd.

GEMINI (May 21-June 20): You will pick up information quickly on the 27th. Attending a seminar, conference or even surfing the Internet will lead to knowledge and the ability to make a better decision. You may not be all that happy about something going on around you on the 28th and 29th but if you stick to what you know you will overcome any pitfall that confront you. Count your blessings on the 30th and 31st. So many opportunities are available to you and if you don't stand up and take advantage of what's right in front of your nose you will miss out. Don't trust anyone with your financial, legal or health issues on the 1st and 2nd.

CANCER (June 21-July 22): You really need to rejuvenate. The 27th is all about you and taking care of your needs. You will be in a sociable mood on the 28th and 29th but not everyone around you will share your enthusiasm. Focus on doing something nice for someone you care about. The 30th and 31st is all about work; money, financial deals and getting yourself back on track. Do your best to put matters to rest that have been pending for some time. Don't stifle your chances because you are afraid to participate. You may have to watch you're back on the 1st and 2nd. Someone may try to make you look bad or blame you for something. Expect the unexpected.

LEO (July 23-Aug. 22): You won't have to say a thing on the 27th your presence will say it all for you. Your strength, courage and determination will lead you to the winner's circle. Your heart is in the right place on the 28th and 29th and your ability to grasp what is going on and act quickly to make matters better will pay off. You can have everything you want on the 30th and 31st. You are riding a high crest and all you have to do is reach out and grab your goals. Make plans to do something that will give you a thrill on the 1st and 2nd and you will open the door to a new activity as well as new friends.

VIRGO (Aug. 23-Sept. 22): You will have to make sure that everything is in order first if you want to make a change on the 27th. An important deal or contract should be looked at and signed if possible on the 28th and 29th. Your ability to make a change midstream will be to your benefit and certainly not expected. An element of surprise will keep you ahead of the competition. Prepare to think fast and to put out the fires that you face as soon as they ignite 30th and 31st. There will be no room for error. You can get things done on the 1st and 2nd and feel good about your future. You are in control so don't fret about the outcome.

LIBRA (Sept. 23-Oct. 22): Diplomacy, integrity and patience will put you in everyone's good books on the 27th and enable you to get what you want. Do whatever it takes to keep the peace on the 28th and 29th. A change in career can turn out to be a blessing. Take a different approach to whatever you do and you will be considered a genius. You can count on friends and family to lend a helping hand on the 30th and 31st. You will be introduced to someone who can influence your future in a positive manner. Personal matters may escalate if you aren't compassionate to the needs of others on the 1st and 2nd. Observe before making judgment.

SCORPIO (Oct. 23-Nov. 21): Change is eminent on the 27th and will bring about an interesting turn of events. Secret action will bring the best results. Busy yourself with things that you can do by yourself on the 28th and 29th. The less you have to rely on others the better. Stick to what you do best. Work should be your prime concern on the 30th and 31st. Whether you are trying to accomplish something for love or money the results will be positive. Don't let anyone hold you back or stifle your dreams and aspirations. Aggressive action will bring results. View change as an adventure on the 1st and 2nd and you will discover how much life has to offer.

SAGITTARIUS (Nov. 22-Dec. 21): No one will stand in your way on the 27th and if someone tries to he or she will soon discover that you are not a pushover. Have a little fun on the 28th and 29th but don't neglect your responsibilities. Romance should be high on your list. Take control and let your true feelings be known. Recreational activities should be scheduled in on the 30th and 31st or at least something that is going to help you look and feel better. Work hard and play hard on the 1st and 2nd. You can have it all as long as you stay ahead of the competition. Rely on yourself and your ability to get things done fast and efficiently.

CAPRICORN (Dec. 22-Jan. 19): Limit the amount you take on. You always want to be in control but you are best to coast along and take it easy on the 27th. Sudden changes in your personal life or with a partnership you are involved in will leave you questioning what to do next on the 28th and 29th. Don't back away from a good thing. No matter how hard you try on the 30th and 31st something will be slowing you down. Refuse to be talked into taking on added responsibilities. Be stern and prepared to say no. Protect your assets on the 1st and 2nd and don't be too willing to offer your time, money or anything else for nothing.

AQUARIUS (Jan. 20-Feb. 18): If you look good you will feel good so do something to enhance your appearance on the 27th. Focus on getting things accomplished on the 28th and 29th. The less you leave undone the better you will feel. Not everyone will be easy to deal with so you must position yourself strategically in order to take care of problems quickly. The time is right to settle a score or to make amends on the 30th and 31st. You just have to be honest about the way you feel and what you want. Keep your ideas to yourself and don't be daunted by what others say on the 1st and 2nd. You have to think for yourself and do what is best for you.

PISCES (Feb. 19-March 20): Someone may try to corner you on the 27th into committing to something you aren't sure about. Say no and move on. Don't make promises on the 28th and 29th. Instead figure out what you want to do with the rest of your life. Change is good and you should embrace it. Your changeable mood may frighten some people off on the 30th and 31st but for those who are as unique and adventuresome as you it's just the beginning of a fabulous relationship. The more you participate on the 1st and 2nd the greater your chance will become to hook up with someone who can better your future either professionally or personally.

Keep safety in mind when renovating



Submitted by
Don Heans,
Wing General Safety
Officer

When it comes to any home renovation, there are many things to be considered, from the types of tools you will need to what type of wall coverings you are going to handle. When was the last time this room had a facelift? Could there be lead in the paint? How about new electrical outlets? Are there only a few things that have to be done, or should you consider hiring professionals to do the work?

With such a list of questions, you are probably thinking it would be much easier to forget it. But remember, when you renovate, it also

gives you the opportunity to fix potential hazards that may cause serious problems down the road.

Let's start with the most important question - "Can I do this renovation myself?" If you don't have the skill or expertise, hiring a reputable contractor could be the answer. Make sure your contractor is aware of all the latest regulations and has a clear picture of what you would like accomplished.

If you decide to do all or some of the renovations on your own, use good safety practices by keeping the following points in mind:

- Contract out jobs that require special knowledge, like electrical and plumbing.

- Be sure the tool you have in your hand is the right tool for the job. If you are not sure what hammer or what screwdriver should be used for a particular task, ask someone who knows. Always keep your tools

properly stored and maintained.

- There is a constant danger of eye damage from using striking tools like hammers and chisels. Use the appropriate safety eyewear. Safety gloves should be considered for some jobs, and if you will be using power tools that cause high noise levels, wear hearing protection. The correct respiratory protection should also be used to protect you from dust and other airborne particles.

- Although lead is no longer used in house paint, some older paint can contain high levels. Find out when the room was last painted, and if you think any paint in your home may contain lead, have it tested. Consult a qualified professional if there is lead in your paint, as removal requires strict safety precautions.

- When you paint, be sure you read the labels on the paint cans before starting the job. Paint in a well-ventilated area,

and use recommended Personal Protective Equipment. Keep heat and ignition sources and combustibles out of the area. Don't smoke while you are painting.

- Have electrical wiring professionally inspected to make sure it passes current safety codes. Outlets in wet areas such as bathrooms and kitchens must be protected by a Ground Fault Circuit Interrupter (GFCI). These devices detect leakage of electricity and turn off the power before you can receive a shock.

It is important to keep safety in mind when doing any home renovation. Although the job may not be all that big, you are working with materials and tools that can harm you if they are not handled correctly. It may take a little while, but by following all the correct safety procedures while working steadily on your project, it will be worth the effort.

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Community Events

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• Miss Congeniality 2 (G)	1:00	7:10 9:20

Coming Soon: Sahara, Hostage
 Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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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 Padre Marc Torchinsky

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 Padre Bastien Leclerc (RC)

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 Sunday Mass (English) 1015 hrs
 Messe Dominicale: 1130 hrs

CONFESSION
 At all times

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

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
 Padre Catherine Morrison (ACC)

WORSHIP SERVICE

Divine Worship (Sun) 0900 hrs
 Holy Communion 1st Sunday of the month
 Mid-Week Communion Wed 1230 hrs

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

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.

The Town & Country Camera Club meets the first Wednesday of each month at 7:30 p.m. at the Dufferin Centre, Trenton. During the next meeting on April 6th, Bill Crowley will give a slide and print presentation on composition, followed by three short slide presentations - "Come Fly with Me", "Windows 2000", and "Graffiti".

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Contact: Todd Holmes
 394-3472 or 965-0410
 toddcat@sympatico.ca



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

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