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CUPID(S) TAKE AIM AT WINTER

Photo: Cpl Simon Duchesne, 8 Wing Imaging



Unseasonably mild weather and a healthy dose of morale made this year's 8 Wing / CFB Trenton Winter Carnival, held last Friday at Baker Island, a truly memorable one. Eighteen teams took part in the Valentine's Day-themed event, which included fun games such as : Dress the Mummy, Pass the Parcel (charades), Memory Game, Red Heart Relay, Mirror Throw, Love and War Tug and Walk of Love, to name just a few. Taking first place with the most points was JNBCD #4, while WEXEC (pictured above) swept the competition for best team spirit.

SMILES ALL AROUND



Photo: Laurie McVicar

Who exactly is this man, and why is he smiling? Well, he's a wonderful, generous man who has good reason to smile, and that big smile is definitely contagious, particularly over at the Royal Canadian Air Force (RCAF) Memorial Museum. Please see story on Page 2 to find out more about this mystery man...

Tree cutting begins at 8 Wing

by Capt Nicole Meszaros

Work is currently underway to trim or reduce the number of trees around Runway 06-24 in order to ensure the highest level of safety for aircraft departures and arrivals at 8 Wing/CFB Trenton.

The trees, which have grown to the maximum allowed height, have altered the departure procedures of the CC-150 Airbus. As a result the Airbus and other heavy load aircraft are unable to take off with their designed maximum fuel and cargo loads. The loss of this capability also affects commercial aircraft wishing to land in

Trenton. The affected trees are located on DND, private and municipal property and tree cutting will be done in accordance with Transport Canada's regulations.

The safety of the members of the wing and the people of the community is an important objective at 8 Wing/CFB Trenton, therefore now that the natural growth of vegetation has reached critical heights that may interfere with the path of aircraft during take-off and landing, the project to rectify this situation has been undertaken.

Prior to the start of the project, an Environmental Assessment (EA) was com-

pleted by a private company at the request of 8 Wing/CFB Trenton. The assessment included a species at risk study, a species impact study, and an examination of other aspects of potential impact on the environment. The EA determined that the project is compliant with environmental regulations and sound forestry practices and that the project is unlikely to cause significant environmental effects to the areas affected and the wildlife found on those areas.

The project is expected to conclude by March 31. It's anticipated there will be very little interference to local motor vehicle traffic.



Photo: 8 Wing Imaging

No excessive tree cutting will occur; only those trees that directly impact the movement of aircraft on Runway 06-24 will be affected.

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Museum fundraiser gets huge boost

by Laurie McVicar
Assistant Editor

In 1942, at the age of 20, (Flight Lieutenant Ret'd) Ray James sacrificed his youth to fight in World War II. Now, at the age of 83, he's sacrificing some of his wealth and good fortune to preserve the memory of it.

During a presentation at the RCAF Memorial Museum on Wednesday, James unveiled a cheque for \$512,995.79, making him the largest single source donor to date. The money will help fund the ongoing expansion project that will someday house the very same type of aircraft he flew in over the skies of Europe as a bomb aimer with 434 Squadron.

Prior to the cheque presentation, Chris Colton, RCAF Museum Executive Director, gave details about a phone conversation he shared with James in late November. During the call, James expressed his pleasure in the work done by the organization and suggested to Colton the museum should take better measures to recognize their donors. James then asked whether tax receipts were provided when donations were made. Colton confirmed that they were issued.

"He asked me if the cheque had five zeros at the end of it, would it be



Photo: Laurie McVicar, Contact

Ray James helps Chris Colton, RCAF Memorial Museum Executive Director, and Ken Kee, Museum Fundraising Campaign Chairperson, unveil a donation cheque for \$512,995.79.

acceptable. I said, 'that would be wonderful,'" stated Colton.

Colton became somewhat discouraged after hearing nothing more on the subject, until he received an interesting piece of mail on December 28, 2004.

"We received a letter from a security company in the United States stating an account had been opened in the museum's name with stock provided to the account. It took a moment to register (that Mr. James was involved)," said Colton. The stock is for Johnson and Johnson. "It's wonderful to see a friend come forward to help in a time of need."

James is no stranger to the museum and has been there many times to monitor the rebuilding of North America's only Halifax bomber. Describing what it was like to see the aircraft in its new home on Wednesday, James stated, "There were a few tears and I was shaking. It's a huge experience for a person who has been away from this life and been in business for years to look back on a part of your past that is in perfect shape and being rebuilt and eventually will be completed. I don't think that's what you expect to ever see...ever. The people who have done this certainly deserve a pat on the back for what they have accom-

Gen Hillier assumes command of the CF

DND-CF

OTTAWA - (Feb 04, 2005) General Rick Hillier is officially the new Chief of the Defence Staff for the Canadian Forces. General Hillier was given the top command in a ceremony presided over by Her Excellency the Right Honourable Adrienne Clarkson, Governor General and Commander-in-Chief of Canada. Prime Minister Paul Martin attended the ceremony.

"The role of Chief of the Defence Staff—which

General Hillier assumes today—requires leadership, vision and exceptional dedication," said the Governor General.

"He is responsible for the well-being of the men and women of the Canadian Forces as they undertake numerous tasks, both in Canada and around the world. General Hillier embodies both the experience and passion for such a role. As Commander-in-Chief, I know that Canadians count on the professionalism of our men and women in uniform. I wish General Hillier every success as he undertakes his mandate."

"Our armed forces are tangible expressions of our nation's belief and extend our values and ideals worldwide. Wherever they go, they are remarkable ambassadors and promoters of Canadian values," said Minister of National Defence Bill Graham. "As such, they deserve the best leadership possible. For four years, General Henault offered them just that. And with General Hillier and the amazing wealth of knowledge and experience he brings to the position, the Canadian Forces remain in very good hands as they move forward."

General Hillier has served throughout Canada, twice in both Europe and the United States, and with the United Nations and NATO forces in the former Yugoslavia and in Afghanistan.

In Afghanistan he commanded some 6,000 troops from 35 nations as the commander of NATO's International Security Assistance Force (ISAF) from February to August of 2004. This was the largest multinational mission commanded by a Canadian since the Suez crisis in 1956. The command proved to be critically important as the mission established the stable security situation within Afghanistan that allowed for the nation's first democratic elections to take place in October 2004.

General Hillier joined the military in 1973. After graduating from Memorial University, Newfoundland, in 1975, he joined the armoured corps serving with both 8th Canadian Hussars and the Royal Canadian Dragoons.

General Hillier takes over as Chief of the Defence Staff from General Ray Henault, who was elected Chairman of the NATO Military Committee and will assume that position this spring.

WLEO PICTURE OF THE WEEK



Advising and assisting Wing units on hazardous materials handling is part of the daily routine of Wing Environment. Our personnel routinely give hands-on training and assistance to support units to comply with all environmental laws and regulations. Cpl Chilton is seen here assisting the ATESS Aircraft Refinishing Shop to dispose of an empty barrel that can not be reused because it contained solvent. Cpl Chilton can be reached at 3997 for assistance with disposal and reduction of hazardous waste.

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ALL YOU CAN EAT BUFFET

Our skilled reporters want to cover your events! You can reach us at the following locals:

Andrea LeBlanc (Editor) ~ 7005
Laurie McVicar (Assistant Editor) ~ 3978

FIESTA TIME AT JUNIOR RANKS

Photos: Laurie McVicar, Contact



The only thing missing from last Saturday night's Caribbean Fiesta at the Jr. Rank's Mess was the sun and sand. The evening included music from steel pan soloist Winston "Pappy" Fredrick (above) and band Shandu.



Search & Rescue UPDATE



424 Squadron was called out for three missions in the past week. The Hercules was tasked on Feb. 3 to locate an ELT near St-Andre Avellin, which is approximately 25 nautical miles (nm) northeast of Ottawa. The ELT was located 2 nm south of the Gatineau airport, coming from a Cessna 185 on floats, and was turned off by a Gatineau Serabec member. The Hercules then returned to base.

On the evening of Feb. 4, the Herc was tasked to a possible crash site 60 nm north of Montreal. The crew did a sector search in the area; during the search 15 flares were dispatched but even with the extra illumination, nothing was seen. The Herc returned to base after the area was thoroughly searched.

On the morning of Feb. 5, the Herc was retasked to search the area from the night before. The crew conducted an expanding square, out to 10 miles, in the area where the crash was thought to have occurred. After approximately three hours, nothing was seen and the crew was instructed by RCC to return to base.

Missions for 2005: 9 Missions for Feb.: 3 Persons rescued: 2



Happy Valentine's Day
from
the staff of the Contact

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|---|------------------------------|-----|-----|--|--|-----|
| 6 SUPERBOWL SUNDAY | 7 | 8 | 9 | 10 General mess meeting 1430 HRS Astra lounge | 11 TGIF 1700 hrs Lasagna 1800HRS Pool | 12 |
| 13 | 14 <i>Valentine's Day</i> | 15 | 16 | 17 | 18 TGIF 1700 hrs Chicken Wings 1800hrs/ Eachre | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 TGIF 1700 hrs DONAIRS 1800hrs/ POOL | 26 |
|  <h1>FEBRUARY</h1> <h1>2005</h1>  | | | | | | 28 |

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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.



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Fire ravages historic home

by Chris Charland
 Associate Air Force Historian
 1 Canadian Air Division

In the early hours of Saturday, Jan. 22, 2005, fire swept through the historic Allerton Park Castle near Knaresborough in Yorkshire, England.

The alarm was raised shortly after 02:04 hours. The 10 guests staying there at the time escaped safely. More than 100 firefighters were on scene battling the stubborn blaze. They were forced to draught water from the two small lakes on the 200-acre estate.

This was the second time the fire service had been called to the home. Less than three hours earlier, the Knaresborough Fire Station of the North Yorkshire Fire and Rescue Service, responded to a chimney fire which was quickly extinguished. The blaze destroyed 40 per cent of the 162-year-old Tudor-Gothic home.

Allerton Park Castle has a very special and historic association with Canada. On Oct. 25, 1942, an Advance Party arrived there to set up what would become the Headquarters for R.A.F. Bomber Command's No. 6 (RCAF) Group. The main move took place on Dec. 6, 1942. No. 6 (RCAF) Group assumed operational status at 00:01 hours on Jan. 1, 1943 under the command of Air Vice Marshall George Eric Brookes of Owen Sound, Ontario. The bomber group was originally responsible for six operational squadrons, one Heavy Conversion Unit and four flying stations. By war's end, it controlled 14 operational squadrons and seven flying stations. With the war in Europe over, No. 6 (RCAF) Group was transferred to the R.C.A.F.'s Eastern Air Command on July 14, 1945. There it was to reorganize and commence training for duty in the Pacific as part of the R.A.F.'s 'Tiger Force'. No. 6 Group was officially disbanded at Halifax, Nova Scotia on Sept. 1, 1945.

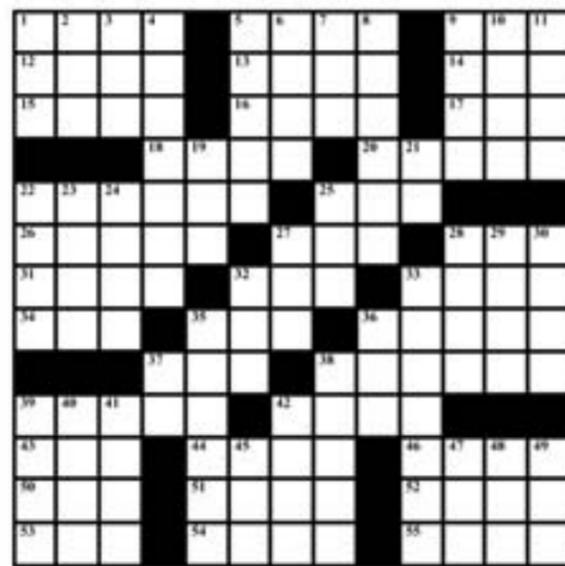
Like the mythical phoenix rising from the ashes, so too will Allerton Park Castle. Doctor Gerald Rolph, the owner since 1983, has vowed to rebuild it to its former stately glory.

Canadiana Crossword

Connections

By Bernice Rosella and James Kilner

- ACROSS**
 1 Paint, in a way
 5 Care
 9 Slide downhill?
 12 French verb
 13 Handbag
 14 Until, for short
 15 Wander
 16 Eskimo
 17 Cobbler's tool
 18 Just
 20 Ontario town and French namesake
 22 Manitoba town and German namesake
 25 Mil. rank
 26 Concern
 27 Prompt
 28 From E to I
 31 Gosh
 32 Drunkard
 33 Ontario village and Turkish namesake
 34 Concession
 35 Inlet
 36 Missile
 37 Buster
 38 Truths
 39 Ontario town and British namesake
 42 Brewery products
 43 Roman household god
 44 Diversion
 46 Edible root
 50 Mysterious airship, abbr.
 51 Concerning poetry
 52 Norse god
 53 Encountered
 54 Smell
 55 Theatre section



- 3 Pot
 4 Town in Quebec and British namesake
 5 News sources
 6 Narrow passage
 7 Votress
 8 New Brunswick town and French namesake
 9 Celebrity
 10 Tropical fruit
 11 Evils
 19 Unspecified number
 21 Blue Jays league, for short
 22 Astonishes
 23 Trademark
 24 Ambush
 25 Snub
 27 Shy
 28 Card game
 29 Steal, slangily
 30 Gees partner
 32 Pouch
 33 New Brunswick town and British namesake
 35 Hamlet in Saskatchewan and Welsh namesake
 36 Fire
 37 Modus operandi, for short
 38 Smart ____
 39 Astringent
 40 Diner
 41 Gallop easily
 42 Girl friend, in Gaspe
 45 Cooler
 47 Hullabaloo
 48 Semi
 49 Ace



This Week in Contact

1975 – A new rest and recreation program for Canadian servicemen on United Nations duty went into effect January 1. Members of Foreign Duty Allowance (FDA) postings are now eligible for a new R&R system, originally proposed by the NDHQ Pay Studies Team. It was given Treasury Board approval just before the end of 1974. Until acceptable United Nations facilities are established, Canadian UN contingent commanders will be given \$25 per month per man to be put into a special R&R fund.

1985 – On 04 Feb 85, the official opening of the new CC-130 H Flight Simulator was marked by a ribbon cutting by BGen K.O. Simonson, Commander Air Transport Group, Col GRJ King, Base Commander; and Mr. Ken Hansell, VP Operations CAE Electronics. The new CC-130 H Flight Simulator replaces two simulators built by CAE in 1967. It will provide all pilot, flight engineer and technician simulator training for the CC-130 aircraft. The old simulators will become cockpit procedures trainers.

1995 – Canada should consider establishing a multi-billion dollar national space defence program, a special Senate committee has recommended. The committee, chaired by Senator Paul Lafond, said in a report released yesterday that the government should define its objectives in North American space defence "as clearly as possible and concentrate on those aspects that are essentially defensive in nature." A military space program should employ satellites for northern communications, surveillance and early warning against Soviet attack. the study says.

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



National Black History Month: A Discovery

by Cpl Petra Morningstar

Did you know Black History Month existed? I did not until it was brought to my attention last year. While researching for this article I have been encouraged and excited by my discoveries.

My adoptive family is of Scottish - Dutch stock, and although my father has always been fascinated with all things African, we did not live where there were many other people of Jamaican ancestry for me to consistently identify with. I hope that what I have discovered encourages you to do your own discovering.

Black History Month began as Negro Week in 1926, founded by historian and Harvard PHd(class of 1912) Carter G. Woodson. The month of February was chosen to honour both Fredrick Douglass and Abraham Lincoln, who were both born in February. In the 1960s, Negro Week was renamed Black History Month and it was imported to Canada when the Ontario Black Society of Toronto began to celebrate it, and the Ontario provincial government recognized it before it attained national recognition. Canada's first black woman elected to parlia-

ment, the Honourable Jean Augustine, P.C., M.P. Etobicoke-Lakeshore, rose to the occasion. It was through her motion that Black History Month was brought to the national agenda. Her goal was to promote the contributions black people have made in Canadian history and to have them included in our national curriculum. In 1995, the House of Commons carried the motion to recognize Black History Month, with the support of Honourable members of Quebec, Kootenay East and Burnaby. Ms Augustine's website can be found at : http://jean-augustine.com/main_index.htm.

Did you know that in the 1600's, black people were hired as interpreters for trade routes? When Samuel de Champlain arrived in North America, he had with him a man named Mathieu DeCosta. Mr.DeCosta had been contracted in Amsterdam as an interpreter for the French. He worked as a liaison between the Micmacs and French explorers. He remained on this continent as Governor of Acadia. Later in our history, during the years 1793 and 1834, Upper Canada and Britain banned slavery regionally and empirically, followed by our Canadian Court ruling that



Cpl Petra Morningstar

escaped slave John Anderson could not be extradited to the U.S., at Osgoode Hall in 1861. This ruling set a precedent for refugees and disallowed slave hunters to extradite escaped slaves from Canadian soil.

With the promise of freedom, many American black slaves attempted to make the trek to Canada, "the promised land," via the Underground Railway. Many, many were successful, many died reaching for freedom and many were captured by slave hunters and returned to their owners. Former slaves and/or their descendants who reached freedom did contribute in the laying of the

Canadian foundation: Henry Bibb, abolitionist and writer; Thorton and Lucie Blackburn - founding the first Toronto horse drawn taxi cab, "The City"; Royal Mariner and Victoria Cross recipient, William Edward Hall; Canadian soldier William Hamilton Merritt; Fredrick Douglass, advisor to Abraham Lincoln during the American Civil War; Harriet Tubman who led over 300 slaves to "the promised land"; John "Daddy" Hall (1783-1900), a popular town crier; Jeremy Jones, who took a nest at Vimy Ridge and his fellow armsman, Curly Christian, was a quadrilateral amputee survivor of WWII. Mr. Christian was in attendance at the unveiling of the Vimy Ridge memorial in 1936. Our Wing's very own Sgt Dwain Desmond is a descendent of serving member(s) from the 2nd Construction Battation (1916-1920).

The 2nd Battalion consisted of black members with white officers responsible for their care. During this time period, no white doctor would take care of the battalion except Anne Murray's great grandfather. A documentary called Honour Over Glory was created by Anthony Sherwood Productions Inc. It is based on the diary of Reverend

William White, who was the only black officer of his time. More information can be found at the Veteran Affairs website at: http://www.vac-acc.gc.ca/general/sub.cfm?source=feature/black_history.

If anyone would like a poster commemorating the battalion, they are available through 8 Wing Employment Equity Advisory Group.

This month on cable channel 21, the Vision Channel, a number of shows commemorating Black History Month will be aired starting the first week of February. You can find their schedule at: http://www.visiontv.ca/Media/Releases/Black_History2005.html. My short research journey has taken me to research the Queen of Sheba and her visit to King Solomon upon hearing of his wisdom. In a book called the Kebast Negrast, it is told that they produced a son, Menelek, who became the first king of Ethiopia's Dynasty. Perhaps, Menelek's reign is connected to the claim that the Ark of the Covenant is currently in safe keeping in Ethiopia and the future beginning of Ethiopian christianity.

I hope that what I have discovered encourages you to do your own search for historical connections.



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Garth Turner

Millions of Canadians are sitting on billions of dollars that are providing them with absolutely no income, while they are paying too much income tax at the same time. Typical is a reader named George who says he lives in a mortgage-free home worth \$750,000 and has almost no other investment assets.

down the road?"

Hey, George, good questions – asked like a true Canadian! You can certainly be excused for having concerns over the tax status of an investment loan, but your financial advisor should not. Fire the guy.

The law is clear: When you borrow money for investment purposes – to buy stocks, to buy rental real estate, or to buy a business – the interest on that money is fully deductible from taxable income, whether that is business or personal income. The reason for this is simple: investing is good for the economy and the country. It helps create jobs so people can earn money and pay taxes. This is something the tax code is meant to encourage.

And for people sitting on paid-for houses, borrowing to invest is today a very sweet deal, for several reasons. First, you can borrow a lot of money, since many mainstream lenders will advance you up to 90 per cent of the value of your

home. Second, you can get the cash at an extremely low rate – typically the prime rate, which right now is just a tick over 4 per cent (and rumour has it one bank may soon go much lower). Third, once you set up a HELOC (home equity line of credit), you can borrow money as you need it. In other words, setting up a \$400,000 line does not mean you get the cash at once – just spend it as investment opportunities arise.

Fourth, you can make interest-only payments on the money you borrow, which means this form of borrowing is vastly different than a mortgage – where the principal is amortized and blended payments imposed. And, fifth, you can deduct all of this interest from your taxable income if you use the money to invest in assets that will generate income.

That means if you live in a house worth (like George) \$750,000, you can easily set up a \$500,000 line of credit, which would cost about \$20,000 a year in interest. If you are in the top tax bracket (as is George), then you can deduct that from your taxable income, netting a tax reduction of approximately \$10,000 a year. That means the effective

interest rate on the money borrowed has been reduced to 2 per cent, and where else are you going to find money that cheap?

If this cash is invested in a well-managed set of mutual funds, or given to a portfolio manager to put into good stocks, or put into a diversified portfolio of equities and fixed income assets – the chances of getting more than 2 per cent annual return is extreme. In fact, the historic average return on equity investments is around 7 per cent.

So, here is a way of taking equity from your house, creating an income stream from it and paying less income tax at the same time. You achieve financial diversification and suddenly are not as exposed to ultimate gyrations in the real estate market (no, houses do not go up in value forever).

And as for the feds changing the rules and disallowing the interest deductibility on investment loans, well, it's not going to happen. If it did, the country would see an investment exodus, not to mention an economic crisis. Just because this is too good to pass up, George, does not make it illegal or immoral.

Or even un-Canadian!

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This space could be yours. Call Adriana (local 7008) or Judy (local 2748) today to promote your business in The CONTACT NEWSPAPER.

A column I wrote a couple of weeks ago on home equity loans peaked his interest.

"I read that article closely," he writes. "I had recently broached the subject with my investment advisor, specifically borrowing against the equity in my home through a line of credit. My financial advisor suggested caution should be exercised with this option because Revenue Canada may take a dim view on this type of investment with regard to the tax-deductible interest in the near future.

"Just what is Revenue Canada's current policy regarding this type of financial investment? Can, and will, it change

Attention seniors and students: The CRA Web site is even better – for you!

A faster and easier way to get answers to your questions

Faster refunds and less paper

Service for Seniors, give it a try. Filing your return has never been easier.

The Canada Revenue Agency (CRA) Web site has been redesigned to serve you better. It's now easier to use, and you can get information, forms, and answers to your questions 24 hours a day, seven days a week!

If you use CRA-certified software or a Web-based application to complete your return, you can transmit it directly to them, using NETFILE. If you completed your return on paper, you can send it by telephone using TELEFILE. Not only are these services secure and confidential, they are accurate, environmentally friendly, and you can get your refund in as few as eight business days...or less with direct deposit!

My Account

After your return is filed, or at any other time during the year, visit the CRA Web site and select the My Account link. This secure and confidential service shows your personal income tax data, including your tax refund or account balance owing, instalment payment information, and your RRSP contributions made, deductions claimed, and contribution limits. You can even make a change to your return or disagree with your assessment through My Account.

Reliable answers to your questions

The CRA surveyed their staff and found the most commonly asked tax-related questions about refunds, instalments, benefits, RRSPs, and moving expenses, to name just a few. They have redesigned their Web site with these questions in mind so that they can better respond to your needs. Now you can quickly and easily get the answers you need, when you need them!

Service for Seniors

Thousands of seniors were mailed a personalized letter inviting them to file their tax return using a simple telephone tax filing service called Service for Seniors. It's free and requires no special skills or equipment; there are just a few questions to answer. If you received a letter for

It's never been faster, easier, and more convenient to find the right answers to help you understand your tax situation and file your return. Visit the CRA Web site today at www.cra.gc.ca. (NC)



Nutrition Month set to launch

Weight is a top nutrition concern of Canadians. While dieting is a popular remedy for weight loss, decades of research have shown that diets are not effective for long-term health and weight control. Dietitians of Canada is taking a more positive, solution-based approach to healthy weight for March 2005 National Nutrition Month Campaign. Go the Healthy Way!

"Long-term weight management and good health can be achieved by getting off the dieting bandwagon, focusing on enjoyable physical activity, tasty, healthy

foods and feeling good about yourself," explains Mary Sue Waisman, RD, National Nutrition Month spokesperson for Dietitians of Canada. "A healthy lifestyle isn't difficult, painful or time-consuming. To make your efforts successful, the foods you eat and the activities you do must be enjoyable, so it becomes a daily habit. Small gradual steps over time are the key."

Dietitians of Canada is launching the "Healthy Way Challenge" at www.dietitians.ca/eatwell...Use this fun and effective way to fuel

your knowledge about healthy weights during Nutrition Month. Starting on March 1, a series of four weekly on-line challenges will be introduced giving participants the chance to win great prizes and learn about healthy living. The challenges include: a crossword puzzle, finding clues for healthy living "on the go", a scavenger hunt, searching credible websites to find answers to popular questions about healthy living, Tips to "Go the Healthy Way", submit tips for healthy living and read the success stories for others and an Eating + Activity

Tracker to assess your daily food and activity choices.

The Nutrition Month slogan Go the Healthy Way...Eat Well, Live Well and Feel Great! reflects the positive, personal, feel good focus that dietitians are emphasizing to help people achieve their personal goals.

Dietitians of Canada is the national voice for 5,000 dietitians across Canada. Dietitians of Canada's March 2005 Nutrition Month campaign is an annual event to profile key nutrition issues and link Canadians to credible information sources.

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

HEALTH PROMOTION
58 Polaris Ave., Bldg 21, Rm 10
Cheryl Rothenburg, Health
Promotion Director
Local 3767
rothenburg.cl2@forces.gc.ca

WEIGHT WELLNESS

Are you interested in... achieving a healthy weight? Developing healthy physical activity and eating habits? Weight Wellness takes a self-management approach to behaviour change. The program consists of 12 group meetings over 15 weeks.

Session One begins 14 Feb 05.
Local 3768, pitt.l@forces.gc.ca

Strengthening the Forces Programs are free and open to regular and reserve CF members, their families, and civilian employees

Visit www.dietitians.ca/eatwell and the Canadian Health Network website www.canadian-health-network.ca for real life solutions to Eating Well, Living Well and Feeling Great.

"March 1st I QUIT!"

Do you want to quit smoking but have not set your quit date yet? This challenge is for you!

Are you a non-smoker and interested in supporting a smoker attempting to quit? This challenge is for you too!

BE A WINNER!

By registering in the challenge "March 1st, I Quit!", you enhance your quality of life.

You could also win one of:

- 4 gift certificates of \$1,000
- 40 MP3-CD players
- 15 digital cameras

Register online at www.cfpsa.com for more details, call the Health Promotion office at local 3768

You're a non-smoker?

You can participate in the challenge by becoming a supporter and helping someone to quit smoking.

Supporters are eligible to win one of:

- 1 gift certificate of \$1,000
- 40 MP3-CD players
- 5 digital cameras

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

CANEX and 3007 Financial Services are the sponsors of the "March 1st I Quit" Challenge.

Take the Challenge! Quit smoking for at least one month and you could WIN! Non-smokers can also participate.

Canada

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Penny Blake is a long time resident of the Kingston region and has worked with over 1500 military families in the past 15 years. She is Kingston's #1 female military relocation specialist because she ensures that members and their families receive the attention they deserve. Information on necessities such as school zones, bus routes, medical/dental access, and shopping districts are all part of the package Penny offers. Contact Penny Blake, truly above the crowd!

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WLE BRANCH CELEBRATES 37 YEARS OF SERVICE



On February 1, the CF Logistics Branch celebrated 37 years of service. In recognition, Wing Logistics personnel gathered in the Astra Lounge for cake and refreshments. Pictured are LCol DJ Gould (WLEO) and Pte Christa Strickland of WAdmin, the youngest member of the Wing Logistics Branch, cutting a cake which was prepared by PO1 Kevin Stewart of the Yukon Galley.



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News is an essential element of



Get on board and take advantage of the RRSP season!

by Renée Trépanier
SISIP

We are only a few days away from the deadline (March 1, 2005) for contributions to RRSPs for the 2004 fiscal year. The following are some strategies which will enable you to maximize RRSP income at retirement.

- Refer to your notice of assessment received from the federal government for the 2003 taxation year to determine how much you can contribute to your RRSP and the total unused contribution from previous years. Admissible RRSP contributions for 2004 are calculated as follows: the lesser of 18% of earned income in 2003 and \$154,500, minus the pension adjustment for 2003 if you were a pension plan member plus your unused RRSP room from previous years.

- If you are anticipating a major change in your income between 2004 and 2005, you should check with your financial planner to determine whether you would be better off contributing to an RRSP for the 2004 taxation year or using these RRSP credits in 2005. All contributions made to an RRSP within the first 60 days of the year can be deducted from either the current or the previous taxation year.

- Start an automatic savings plan into your RRSP. Regular contributions will help you achieve

your financial goals faster.

- If necessary, borrow to invest in RRSPs as long as the loan is repaid in a reasonable time frame – a year at the most. If you receive a tax refund, put it toward your loan in order to repay it faster. Don't forget that the interest on RRSP loans is not tax deductible.

- If your spouse is likely to have a lower income than you at retirement, consider contributing to a spousal RRSP. This strategy would result in the higher income spouse claiming the tax deduction for the contribution, while the lower income spouse will take the funds received during retirement into income and will be taxed at a lower marginal tax rate.

- Contribute at the start of the year. Invest in your RRSP as soon as you have the available cash flow. In the investment world, time is money. Time allows you to increase the value of your investment through tax-sheltered compound interest.

The RRSP is one of the most effective and flexible tax planning strategy available to you. It allows you to maximize your income at retirement or achieve other various objectives such as purchasing a home or returning to school. It is a good idea for you to contact your financial planner for more information.

This article is for general information purposes only and is the opinion of the writer.

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TRENTON

Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 965-3575

Women's Conference 2005
 Saturday, February 26
"De-Stress and Be Happy!"
 Register by February 11th and be eligible for the Early Bird Draw
Keynote Speaker: Cate Gibson
"Recharge and renovate your emotional state"



Conférence des femmes 2005
 Samedi le 26 février
"Relaxe et savoure ta vie"
 Inscription avant le 11 février pour être éligible au tirage participant hâtif
Oratrice principale: Cate Gibson
"Ressourcez-vous et restaurez vos émotions"

Personal Development

Couple Communication
 February 21 & 28/ 7pm to 9 pm
\$10 registration fee per couple
 In these two session workshops participants will focus on solutions not problems. They will explore how men and women communicate differently. Participants will work on how to look for the feelings behind the words.
 Childcare is available but must be reserved in advance.

Perfectionnement personnel

La communication entre le couple
Les 21 et 28 février - de 19h à 21h **Coût : 10,00\$ par couple**
 Durant ces ateliers de deux sessions, les participants se concentreront sur les solutions et non sur les problèmes. Ils étudieront les différences entre la façon de communiquer des femmes et celle des hommes. Les participants s'efforceront de reconnaître les sentiments qui se cachent derrière les mots.
 Un service de garde d'enfants est disponible, toutefois les réservations doivent être faites à l'avance.

Trenton MFRC Pre-registered DROP-OFF Childcare
(18 months to 6 years)

NEW

When: Mondays - Thursdays and Saturdays
 Time: 9:00 am - 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.



Invisible Ribbon Gala

Saturday, March 5th, 2005
 Cocktails at 5:30pm at the Ramada Inn, Belleville.
 Semi-formal dinner, dance and auction.

Tickets: \$75 per person
 Proceeds to support services and programs of the Trenton Military Family Resource Centre and *"the ones who wear the invisible uniform."*

Great music, great food, great company and a great cause!
 Tickets available at the Trenton MFRC.



Gala Ruban Invisible

Samedi le 5 mars 2005
 Cocktail à 17h30
 Ramada Inn, Belleville.
 Souper, danse et encans

Billets: 75\$ par personne
 Les profits supporteront les services et programmes du Centre de ressources pour les familles des militaires de Trenton et *"à ceux qui portent l'uniforme invisible."*

Bonne musique, bon repas, bonne compagnie et une bonne cause!
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Fitness, Sports & Recreation

8 WING TEAM TAKES PART IN BADMINTON REGIONALS

Photo: Submitted



The Ontario Regional Badminton Championship was held at 16 Wing Borden from February 3 - 6. From left to right the following members represented 8 Wing/CFB Trenton: MCpl Francois Lapointe, Cpl Danis Leclerc, WO Sylvain Roy, Cpl Real Laflamme and Cpl Dan Girouard. The first day, the team enjoyed a training camp where everyone regardless of experience learned something new. The second and third day was devoted to the selection of the Ontario team who will be representing the region at the Canadian Forces Nationals. Every member of the team had a lot fun and discovered muscles they didn't know they had. We wish Sylvain the best of luck at the Nationals, which will be held in Winnipeg from April 4 -10.

Feelin' the love at the 2005 Winter Carnival



Photos: Cpl Simon Duchesne, 8 Wing Imaging

News from the RecPlex

Bronze Cross Course

Sunday mornings, 10 a.m. - 12:30 p.m. at the RecPlex Pool. Cost: \$110 / CRA members, \$120/ Military Community - Non CRA Members, \$130 / General Public . Manual \$35 extra

National Lifeguard Services Course

Two weekends - February 11, 12 and 13 and February 25, 26 and 27th, 2005. Time: Fridays 6:30 - 10:30 p.m., Saturdays 10:30 a.m. - 10:30 p.m., Sundays 10 a.m. - 8:30 p.m. Cost: \$210/ CRA Members, \$220/ Military Community - Non CRA Members, \$250 / General Public, \$35 manual fee extra.

March Break Kids Kamp

Registration on now for Military Community until Monday, February 21, 2005. Registration for General Public begins Monday ,February 21, 2005. For prices, call the Community Recreation Association: 392-2811 ext 3361/3348

4th Annual Kids Karnival

The PSP Community Recreation Associaton at 8 Wing/CFB Trenton is preparing for their 4th Annual Kids Karnival to be held at the CFB Trenton Gymnasium on Sunday February 13, 2005 from NOON to 4:00 p.m.

This event is designed to alleviate the winter blahs by producing an event that families can take part in together. There will be live entertainment, refreshments, bouncing castles, mini bike for little tykes, a great selection of carnival games and prizes and Laser Tag. Non-perishable food items are being accepted at the door for our local food bank.

We are looking for adult and youth volunteers to help with games. If you are interested and available to help with this event, please give us a call. If you have any questions or concerns, contact the RecPlex at 392-2811 ext 3361.

New listings needed New listings needed

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
February 13 – February 19

ARIES (March 21-April 19): You will accomplish more if you trust in your own abilities on the 13th instead of thinking everyone can do better than you. Don't let your temper get the better of you on the 14th and 15th, concentrate on what you can do, not what you can't. A deal can be made on the 16th, 17th and 18th, but before signing make sure you are getting everything you want and that you aren't giving too much away in return. Progressive action will result in positive alternatives. Your dreamlike manner will catch everyone off guard on the 19th. Be careful not to lead anyone on who may be counting on you. Don't let disgruntled friends or family members make you feel guilty.

TAURUS (April 20-May 20): Don't get angry on the 13th; get even by being the best you can be. A love interest may be hiding something from you. You may be a little emotional on the 14th and 15th, and that could lead to trouble if you take what others say to heart. Don't say you can't on the 16th, 17th and 18th before you try. You must create your own opportunities if you want to get ahead or make changes that will bring long-term results. Slowly but surely you are beginning to pick up momentum. Reliability will be what keeps you ahead. Social activity attended on the 19th will turn out to be better than anticipated. Someone you meet will entice you.

GEMINI (May 21-June 20): Love is in a high cycle on the 13th. Getting out with friends will result in an interesting dialogue with someone knowledgeable about something that fascinates you. The chance to try something totally different on the 14th and 15th will spark an idea that can turn into a prosperous venture. Someone who interests you will give you something to think about. A unique opportunity will arise on the 16th, 17th and 18th if you are determined to get ahead. Take a progressive shot at something new — it will pay off. You can get a lot done if you buckle down and put in some extra hours on the 19th. You will impress your peers by taking action.

CANCER (June 21-July 22): What you think and what is actually happening will not coincide on the 13th. Keep things in perspective or you'll have to answer for your actions. Patience will pay off and bring you that much closer to getting what you want on the 14th and 15th. As long as you stay within reason, you will not be let down, turned down or passed by. Take a moment to make the much-needed changes at home on the 16th, 17th and 18th. Once you have this task out of the way, you will feel free to pursue something new. Legal or financial settlements will be in your favour. Information will be made available through an interesting source on the 19th.

LEO (July 23-Aug. 22): An underhanded individual may try to take advantage of you on the 13th. Keep your wits about you and you won't be fooled. Be careful what you wish for on the 14th and 15th. You may have far more to contend with if you aren't willing to compromise. An offer that sounds too good to be true probably is. Remind yourself of what you have, not what you don't have. Your mind will be on love, romance and, of course, pampering and pleasure on the 16th, 17th and 18th. Creative ideas will bring about a lucrative change. Home is where the heart is on the 19th, so plan to entertain or make changes to your home.

VIRGO (Aug. 23-Sept. 22): Changes can be expected on the 13th, and being diverse will be your thing. A good challenge will lift your spirits and enhance your confidence. Go the distance on the 14th and 15th if it means you will make someone you care about happy. Travel, communication and turning any wrong into a right should be your intent. You may be eager to get to the bottom of things, but haste will definitely make waste on the 16th, 17th and 18th. Slow down, be observant and don't think twice about letting your perfectionist quality lead the way. Strive for the best and you'll get it. An investment may tempt you on the 19th. Don't spend what you don't have.

LIBRA (Sept. 23-Oct. 22): Everything will be a little tense on the 13th, but only because you have so much going on around you. Organization will help you handle the confusion. Do whatever you can to please on the 14th and 15th. The more you engage in playful action with someone you fancy, the better the response you will get in return. Put all your cards on the table and go for broke on the 16th, 17th and 18th. You have Lady Luck in your corner and the intuitive wisdom that will lead you down a very fortunate path. Don't let the little things hold you back. You will have to buckle down and do your fair share on the 19th. A mistake will lead to tension.

SCORPIO (Oct. 23-Nov. 21): Take a look around you on the 13th; if you are the only one doing all the work, you may want to make a few changes. Your ability to get things done must not be taken for granted. Don't help lazy people who don't give back. Feeling sorry for yourself will only result in adversity on the 14th and 15th. Do what's right — not what you feel like doing. A change is in order; if you make the right moves, you will be able to follow through with what you know in your heart you should be doing on the 16th, 17th and 18th. Don't let indecision be your downfall. You will meet someone on the 19th who can alter your future. Follow your gut feeling and proceed with confidence.

SAGITTARIUS (Nov. 22-Dec. 21): You'll have everything under control on the 13th. Get involved in a new hobby and you'll probably be able to turn it into a lucrative business in the future. A little thoughtful word, card or gift will put you in everyone's good graces on the 14th and 15th. It's never too late to make up for past mistakes or misdoings. Act fast and reap the rewards on the 16th, 17th and 18th. Money, love and health may all be an issue, but if you play your cards right, you will beat the odds on all counts. Someone may not agree with what you are trying to do on the 19th. Listen to the advice offered and look before you leap.

CAPRICORN (Dec. 22-Jan. 19): You won't be given all the information you require to do what is asked of you on the 13th. Work hard and do your best. No one can fault you or criticize you as long as you try. You will be in a loving mood on the 14th and 15th. Expand your horizons through the people you meet. Travel or getting together with good friends will be inspirational. Change is good and probably necessary on the 16th, 17th and 18th. Not everyone will agree, but unless a better solution is found, you should be able to get your own way. Emotions will run high on the 19th. It will be important to savour a worthwhile relationship.

AQUARIUS (Jan. 20-Feb. 18): Sitting idle, letting time pass you by will be a waste of time on the 13th. Get out and someone special will change your life. Love is in the picture. Don't take too much for granted or take on too much on the 14th and 15th. Concentrate on what you know you can handle, and do it well. You can have it all if you are ready to pursue new people, places and activities on the 16th, 17th and 18th. Being a participant will lead to personal or professional relationships. You are on the verge of making a comeback. Mix and match on the 19th in order to come up with something different. Your creative talent will be recognized.

PISCES (Feb. 19-March 20): You will be in dreamland on the 13th. Let your imagination lead the way and you will find the answer you are looking for. Do something nice for others and you will find yourself in some very interesting company on the 14th and 15th. Love is in the air and you mustn't miss out on an opportunity to engage in a little flirting with someone you think is rather special. Caution will be your best friend on the 16th, 17th and 18th. You may have some interesting thoughts, but now is not the time to share them. Once you can determine what will work best, you can make your move. Don't hide from the inevitable on the 19th. Embrace new beginnings and you will excel.

Avoid injuries, take notice of close calls



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

Close call incidents happen more frequently than you think. Did you catch yourself from slipping any time today? Did you walk over a spill in the lunch room? Or did you get a minor electrical shock from a power tool you were using?

All of these minor incidents can lead to major accidents if they are not reported and the hazard repaired or removed.

It may seem a little ridiculous to you to report every little inci-

dent you may encounter during the day. What if your boss gets angry at you for reporting a close call incident? What if you ruin your perfect safety record for reporting a near-accident? No doubt these questions have crossed your mind — but are any of these questions important if a close incident forgotten turns into the death of a co-worker? It happens.

Perhaps you are not sure what a close call incident is. Let's look at these examples:

A co-worker is using a ladder. It seems fine, but as he comes down, one of the rungs sags as he steps on it. He notices a crack. He puts the ladder back without tagging it as needing repairs. The next day you grab the same ladder. As you start to climb you put your foot through the rung, lose your balance and fall, spraining your

ankle. You are hurrying into work as you are running late. As you back out of your driveway, you bump the garbage can because your brakes don't seem to respond normally. You think nothing of it, but as you drive home that evening, your brakes fail and you crash into a telephone pole.

Your co-worker grabs a cup of coffee and spills some of it on the floor. You see him spill it but you step over it on your way to the coffee pot. The next minute you hear a loud crash. Someone else has fallen on the floor after slipping on the coffee. He has broken his wrist.

All three of these accidents involved a warning signal. That warning is a close call incident. In the case of the cracked ladder rung,

all it would have taken was a tag saying "defective" or "not usable" and then reporting it to the right people to have it fixed. With the car brakes, it would have taken a telephone call to a reliable mechanic as soon as you suspected trouble. And the spilled coffee? You saw it the one who created the spill doesn't clean it up, that doesn't mean you just step over it. You have a responsibility to clean it up as well. Do you report a spilled cup of coffee to your supervisor? Probably not — but leaving it could mean filling out an accident report later.

These close call incidents may seem small, but all little incidents can lead to big accidents. Be on the lookout. With your eyes open you will prevent grief for yourself or a co-worker.

Book your space today! Call Adriana (local 7008) or Judy (local 2748) today to promote your business in The CONTACT NEWSPAPER.

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Community Events

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MOVIES
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MOVIES

Coming Soon: Constantine, Ma Vie en cinemascope

MOVIE LINE-UP

| | | | |
|-------------------------|------|-----------------------|-------------------------------|
| • Hitch (PG) | 1:00 | 7:00 | 9:20 (Weekend) |
| • In Good Company (PG) | | 9:05 | 7:00 (Mon. to Thurs.) |
| • Are we there yet? (G) | 1:05 | 7:05 | (Friday, Saturday, & Sunday.) |
| • Hide & Seek (14A) | 1:10 | 7:10 | 9:10 (Weekend) |
| • Racing Stripes (G) | 3:10 | 7:00 (Mon. to Thurs.) | (Saturday, Only) |

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

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

Fête de la St-Jean Baptiste

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

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



FIT FOR HEART BALL HOCKEY TOURNAMENT

February 24, 2005

Keep an eye on the Contact Newspaper for more details or contact the event coordinator, Tammy Whalen, at local 2822.

Roll up your sleeves, Canada!
Blood. It's in you to give.

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Retrouvez vos manches!
Donnez. Vous l'avez dans le sang.

CANADIAN BLOOD SERVICES BLOOD DONOR CLINIC

Canadian Forces Base Trenton
75 Yukon Road
Astra
Thursday, February 17
10:30 a.m. ~ 4 p.m.
Cadet's Mess

1866 JE DONNE

CHAPLAIN SERVICES

SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
 UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
 Padre James Craig
 Padre Marc Torchinsky

WORSHIP SERVICES

OUR LADY OF PEACE (RC)
NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator/Responsable de la communauté chrétienne
 Padre Bastien Leclerc (RC)

MASS
 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

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.

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

The Trenton & District Business and Professional Women's Club would like you to join then and meet our special guest speaker **MICKY COLTON** on Wednesday, February 16 for this exciting and interesting evening.

See you at Tommy's Restaurant - 68 Front Street, Trenton (Meeting Room)
 Free Parking!
 Networking at 6 p.m.
 Dinner at 6:30 p.m.
 contact Joanne Hormann 392-6594 for details!

TRENT VALLEY QUILTERS GUILD

Regular monthly meeting February 15th., 12:30 p.m. King Street United Church, Trenton (Side Door)
 New Members Welcome.

For information contact Marcy 965-0491.

ROMEO & JULIETS

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Information

CLASSIFIED AD RATES
Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

ORDERING AN AD
All advertising must be dropped off at CONTACT 142 Yukon Street, South Side Room 26 before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

ERRORS & OMISSIONS
Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

USERS & AD READERS
CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, CONTACT reserves the right to make necessary changes in ad copy.

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Asst. at 2008 or by looking on the CFPSA web site:
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| W | E | N | D | | D | E | N | E | | A | W | L |
| | | | F | A | I | R | | P | A | R | I | S |
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| W | O | R | R | Y | | C | U | E | | F | G | H |
| E | G | A | D | | S | O | T | | B | A | L | A |
| S | O | P | | B | A | Y | | A | R | R | O | W |
| | | | M | A | C | | A | N | I | O | M | S |
| A | C | T | O | N | | A | L | E | S | | | |
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Quick tips for open house success

(NC)—You never get a second chance to make a first impression – so when it comes to selling your home, make sure it shows its best.

Potential buyers are hoping to be inspired, not distracted, by sweaty sports gear, dustballs tumbling across your floor, clogs of hair in the bathroom sink or the smell of bathroom or cooking odours.

Follow a few easy tips to help create the best possible impression of your home:

- Ensure your home is odour-free – you might not recognize them, but odours from pets, mildew or smoke can be a turnoff
- An overwhelming smell of incense or perfume can be just as offensive as that of foul odours
- Take out the garbage – it can quickly become an unpleasant smell
- Do your laundry – nobody likes sweaty, smelly clothes
- Sweep the floors – make sure there's no dust-bunnies on the loose
- Clean the windows – the added natural light will make your house seem brighter and more inviting
- Organize your clutter – a well organized room will seem more spacious
- Stock bathrooms with fresh towels
- Make sure to clean the bathroom – a dirty bathtub or sink can make buyers feel unwelcome.

You're about to buy a home that represents good value. Choose a home inspection company the same way.

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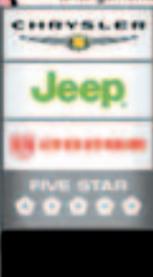


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\$3,000 OFF MSRP - OR - **0% FINANCING**
for 48 months.*



2005 PACIFICA

* Disclaimer: Off MSRP is amount discounted by dealer to customer from manufacturers suggested retail price. Discount cannot be combined with 0% APR financing. Some conditions apply. OAC. All prices plus applicable taxes - dealer admin - window security etching. The Cruise package is subject to conditions outlined in brochure package and is an agreement between you the customer and Travel America Inc. Belleville Dodge assumes no responsibility for travel arrangements and conditions or extra costs. See dealer for complete details. ** Caravan payment based on 96 month term - 7.95% APR zero down \$149 bi-weekly plus applicable taxes OAC. Total cost of borrowing at 7.95% = \$9,382.61



SHOWROOM BUSINESS HOURS:
Mon-Thurs 8:30am - 8:00pm,
Fri 8:30am - 6:00pm,
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