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FIRST DART PERSONNEL RETURN HOME FROM MISSION



Photos: Pte Kimberly Gosse, 8 Wing Imaging



The first group of Disaster Assistance Response Team (DART) personnel returned from Sri Lanka, arriving at 8 Wing/CFB Trenton February 15, 2005, to a warm welcome from BGen Greg Young (centre), Commander of Land Forces Central Area.

KUDOS TO KIDZ KARNIVAL



Photo: Laurie McVicar, Contact staff

An impressive 600-plus people turned out for the 4th Annual Kidz Karnival, held at the Gymnasium on Sunday, February 13. The popular event expanded its activities for this year, adding more games, laser tag and a gigantic inflatable carousel. Cash and non-perishable food items were collected by organizers in support of the Trenton Food Bank.

Students from afar learn at 8 Wing

by Laurie McVicar
Assistant Editor

Four international military students will leave 8 Wing/CFB Trenton two weeks from now with newfound knowledge of aeromedical evacuation (AE) and a lasting impression of the Squadron that delivers the training.

The students, members of the Royal Netherlands Air Force and the Royal Danish Air Force (RDAF), have been working with 426 Squadron since late last month and are entering the final phases of the training.

According to Major Gayle Quick, Flight Commander for the AE program, the course opened to international students in 1992 and has quickly gained popularity throughout the world.

"It began with a request from the Royal Netherlands Air Force. Because they don't have any training in their

own country, they were looking for somewhere to send people and they chose Canada. One reason they wanted to come for training here is that we actually fly on our course. Some other programs they looked at were all ground-based," said Maj Quick. "Once other countries heard about the availability of this course, it sort of grew. We have three courses a year and there's an international student on every course."

Other countries that have taken part include: Belgium, England, Greece, Norway, Portugal, Turkey and Denmark.

The training consists of eight performance objectives delivered in three different phases.

"At the end of this course, the students who graduate get a set of aircrack wings. Because of that, a lot of the content of the course is not medical," said Maj Quick.

The first thing students are taught is See International, Page 2



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International students train, Cont'd from Pg. 1

flight safety.

"They learn about how to use the aircraft for (aeromedical) evacuation missions, such as how to configure it so they can have patients lying down and sitting up, how to use the onboard oxygen, and emergency escape exits."

The training is done primarily using the CC-130 Hercules, however starting in April, the course will incorporate helicopters as well.

"The Herc is a very common aircraft throughout NATO and is used for

We teach them the principles which they can then go home and apply to the aircraft they fly on."

She noted that even Canadian students must do this.

"Here in Canada we use a number of aircraft so our students have to adapt the information," stated Maj Quick.

This information also includes: use of medical equipment found onboard the aircraft, how to tend to patients while in the air, how to deal with in-flight stress, how to provide rou-

high-risk areas.

"We start out in the classroom and provide them with new knowledge. We then go to ground training, which we do either out at the aircraft on the flight line or at our Cargo Compartment Trainer (CCT) simulator. That's where they put into practice what they've learned, but in a safe environment," said Maj Quick. "The last part of the course is when we go flying. So, it's a stepping stone kind of approach."

Add in various written tests and a constant flow of information offered at a head-spinning speed and you can understand why this course is identified by students as highly challenging.

"This course is very fast-paced and there's so much information in such a short period of time. For international students, depending how fluent they are in English, it is even more work. I sure couldn't do a course in Dutch, so I think they do very, very well," said Maj Quick.

For Major Palle Neumann, Flight Surgeon and Chief of the Aeromedical Evacuation Squadron for the RDAF, there is the extra challenge of having to evaluate the course for his home country. The Danish Air Force has had an AE function since 1995 and is looking to expand.

"I'm the first Dane on this course, so I'm here to learn and see if we can use anything from this course

for our own course. I think we can," he stated. "I'm very impressed with the program."

Also taking the course are Sgt First (Sgt 1st Class) Class Didacus Beeloo, Sgt 1st Class Edo de Bakker, and Captain Marc Brouwers, members of the RNAF.

"I've got a really good impression (of the program). One of the highlights has been safety; we've been tested on it many, many times. After that we can take care of our patients," said Sgt 1st Class Beeloo.

"It's a tough nut to crack in the first two and a half weeks. They aren't teaching you anything about your patients and how to really take care of them like we are used to in the hospital," said Sgt 1st Class de Bakker, a nurse.

The Dutch, explained Sgt 1st Class Beeloo, have high standards for medical care in both the civilian and military community. Law dictates patients must have care within 50 minutes of their injury and be in an operating room within one hour.

"They must have the same care in the air as they would have on the ground," said Sgt 1st Class Beeloo.

As the group wraps up its fourth week, all are happy to see the introduction of medical theory into the curriculum.

"Now is the time to combine safety and patient care," said Sgt 1st Class Beeloo.



Sgt First Class Edo de Bakker, a nurse with the Royal Netherlands Air Force, assists in loading a mock patient into the CCT simulator.

(aeromedical) evacuation. We use the Hercules here as a training aid," said Maj Quick. "At the end of the course, (students) aren't just Hercules aircrew members.

tine and emergency care, managing a mission, responding to an aircraft emergency, and how to perform an AE in a tactical setting, which can occur in

WLEO PICTURE OF THE WEEK



From left to right, Pte Smith, Pte Rondeau, and Pte Jensen receive their QL4 Supply Tech Certificates. This not only qualifies them for their first hook but certifies them as apprenticeship level Supply Techs. The training consists of several years of OJT, plus an intensive testing process in each of Supply's functional areas (Clothing, Repair, Aircraft Spares, Procurement, etc). Each of the three Privates excelled in the course, demonstrating enthusiasm, dedication, and a strong commitment to providing a high level of customer support. The recent influx of such highly committed Privates into Supply indicates a bright future for the trade.

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University accreditation for military training, experience

The University of Québec, through Télé-université and the Canadian Forces University Program (CFUP), offers an ever widening range of accreditation possibilities for military training and experience.

A complete inventory of accreditations currently applicable can be found on the University of Québec (Télé-université) website (www.teluq.quebec.ca) under the topic "Canadian Forces University Program".

Accreditation of military courses, under the direction of the CFUP Coordinator, must be a continuing process, as military courses are constantly being changed and updated and new courses are created. Each year additional military courses are added to an already impressive list of accredited military courses.

Thus, over the last

year only, the following military courses have been analyzed and accredited by the University of Québec (Télé-université) :

- Land Army Operations Course (LAOC)

- CF Command and Staff Course (update)

- Public Affairs Officer's Course (Fort Meade)

- Intermediate Leadership Qualification Course (ILQ) for senior NCOs

- Air Force Officer Basic Course (AFOBC)

A most interesting benefit

Accreditation for military training and experience represents a most interesting benefit for military personnel, who can thus progress more rapidly towards a university certificate or bachelor's degree.

As an example, a military member of

Master Corporal or Captain rank or above, who holds a language profile of BBB and more in his/her second language, and who has completed one or more OPME course(s), or a Staff or ILQ course, could obtain between 18 and 33 university credits in advanced standings (depending on his/her level of qualification and on the program elected) towards a certificate (30 credits) or a bachelor's degree (90) program.

The Personnel Selection Officer, the Military Family Resource Centre, and the Career and Learning Centre on each base are responsible for the distribution of information on the Canadian Forces University Program.

The University of Manitoba CFUP offers similar benefits to Anglophone military members.

Search & Rescue UPDATE



Another quiet week in the world of Search and Rescue; 424 Squadron had no call-outs.

Until next week, stay safe.

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



Invisible Ribbon Gala

Hosted by the Trenton Military Family Resource Centre

Saturday, March 5th, 2005

Ramada Inn, Belleville

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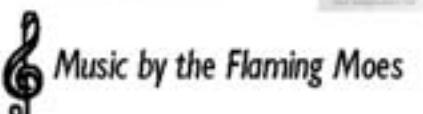
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Opinion / Editorial

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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Editor-in-Chief: Capt. Andy Coxhead
Editor: Andrea LeBlanc
Asst. Editor: Laurie McVicar
Advertising Sales: Judy Leavere
Advertising Sales: Adriana Galeota
Advertising & Promotions Assistant: Ronie MacDonald
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Assistant Translator/Proofreader: Sgt Louise Fagan
PSP Manager: Bob Payette
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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.

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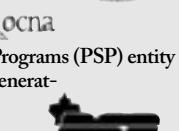
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message from the Editor

Just when things can't get much worse, when you're fed up with snow, freezing rain, a sunless sky, shovelling, heating bills, Christmas credit card grief and the world in general, something happens that renews your faith and optimism.

For me this winter, it was discovering once again that Breadner Elementary School is truly in a league of its own.

Showing (and *teaching*) the true meaning of community, the school is organizing a March 2 skateathon in support of one of their own—my son's Grade 4 teacher, Mrs. Hall.

About to become a mother for the first time, Mrs. Hall is also awaiting the homecoming of her husband, who was paralyzed during a swimming accident last summer. He has been hospitalized in Kingston since the accident, and a number of modifications have had to be done to their home to accommodate him upon his release. In addition, expensive medical equipment has had to be purchased.

In response, the Breadner staff, students and families have come together in a wonderful way. Bravo.

CORRECTION

Canadian Forces Logistics Branch Celebrated 37th Anniversary

On February 1, members of the Wing who belong to the CF Logistics Branch gathered in the Astra Lounge to proudly celebrate the fine tradition of their branch. The Wing's senior logistician, LCol Mark Roberts, Wing Admin O, and LCol Darwin Gould, Wing LEO, were at the lounge for the occasion. Last week The Contact erroneously identified the celebration as that of the Wing Logistics and Engineering Branch; to all members of the Wing who proudly wear the Logistics Badge, we apologize for the error.

Canadiana Crossword

Bright Lights of BC

By Bernice Rosella and James Kilner

ACROSS

- 1 Duceppe's Parti
- 5 Tenor Heppner
- 8 Hockeyist Kariya
- 12 Pro _____
- 13 Summer in Saguenay
- 14 Dishevelled
- 15 Envelope abbr.
- 16 Cleo's companion, sometimes
- 17 Levesque, for one
- 18 Justice Berger
- 20 Chapeau
- 22 PQ neighbour
- 23 Artist Carr
- 26 Baseballer Walker
- 29 Rte.
- 30 Americas org.
- 32 Great one?
- 33 Affirmative
- 34 Man In Motion Hansen
- 35 Trainer's command
- 36 Male child
- 37 Little finger
- 38 Music producer Foster
- 40 Citizen of southeast Asia
- 41 Rage
- 42 Architect Erickson
- 46 Auto racer Moore
- 49 Punter Passaglia
- 51 Not challenging
- 52 About aviation
- 53 Newt
- 54 Ascend
- 55 Rip
- 56 Avalanche goalie
- 57 Some cameras

DOWN

- 1 Scamp
- 2 Slat
- 3 _____ Von Bismarck

4 Air Faree's Mike from

- 5 Animal
- 6 50 Down crew, perhaps
- 7 Kinfolk
- 8 Bernard's org.
- 9 Reverence
- 10 Vessel
- 11 Caustic
- 19 Unspecified amount
- 21 Girl's given name
- 24 Cut of beef
- 25 Chatter
- 26 Actor Nielsen, familiarly
- 27 Parched

48 Epoch

50 ET conveyance

28 Premier Johnson

29 Ms Pheasant

31 Heavens

33 Alpine vocalist

34 Rowdies

36 Knight's title

37 Golf score

39 Robustness (var.)

40 Hoi polloi

43 Crop destroyer

44 Cold war acronym

45 Whiskeys

46 Heater?

47 Ms Ruff

48 Epoch

50 ET conveyance



This Week in Contact

1975 – Defence Minister James Richardson has announced the names of the first two female members of the Canadian Armed Forces to be assigned to peacekeeping duties in the Middle East. Captain Violet Connor, Kingston, Ont., and Sergeant Maire Timoney, Glasgow, Scotland, will leave Canada on February 27 to join the United Nations Emergency Force in Ismailia, Egypt (UNEF). They are the first of about 50 females Canada is assigning to the force, and they will serve there on a six-month tour basis, the same as their male counterparts.

1985 – In an effort to preserve the benefits of unification, the Minister of National Defence has introduced new environmental uniforms for the CAF. Once assigned to one of the three uniforms, a member will wear that uniform permanently for the rest of his or her career. Change will only be permitted as a result of alterations in force structure or formal remuster/reclassification. Changes in the uniforms include: Sea (winter—navy, summer—white), Land (winter—green, summer—tan) and Air (light blue for both seasons). In terms of cut: Sea (double-breasted for all ranks in winter), Land (current CF style with additional epaulettes) and Air (current CF style).

1995 – On Friday, January 27 the 8 Wing Commander, Col B.D. Krall, officially cut the ribbon to open the new international squash court located at the South Side Recreation Centre. As part of the opening ceremonies, the Ladies' and Men's CF Squash Champions, Maj Joanne Macdonald and Capt Paul Weatherall participated in exhibition squash play with Nancy Orford, ranked number two in women's squash for central Ontario, and Stacy Bell, ranked number one in junior squash for Ontario.

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



MFRC plans Invisible Ribbon Gala

The Trenton Military Family Resource Centre (TMFRC) is hosting its first Invisible Ribbon Gala on March 5, 2005, at the Ramada Inn in Belleville.

The event (generously sponsored by Smylie's Independent, Trent Valley Re/Max, Thompson's Tents and Quinte Broadcasting) will be an evening of dinner, dancing and auctions on fabulous, unique items.

The TMFRC sees this as an opportunity to not only raise funds for the centre but also to have a great community gathering.

The TMFRC is a not-for-profit organization that provides support for families in the military and in the community. It offers a wide variety of "Quality of Life" programs including children and youth pro-

grams, language courses, deployment support, counseling as well as a daycare that is also open to the community.

The MFRC has a great number of volunteers that help with the programs, committees and day-to-day activities and heavily relies on fees and fundraising to continue quality support. Even though the TMFRC is open to the general community, its main focus is to provide tools and support for the military families.

8 Wing / CFB Trenton is an air transport base with continuous deployments and families are in constant transition. The centre is a home away from home and it's a family when your family is far away. The Invisible Ribbon represents those "who wear the invisible uniform."

The Invisible Ribbon Gala is all about the community and the celebration of family. The evening is going to be full of music, starting with the acoustic sounds of The Flaming Moes, then a five-piece ensemble from the renowned 8 Wing Concert Band will delight the diners.

Then dust off your dancing shoes while The Flaming Moes go electric and play everybody's favourites.

Jim Nelson will be conducting a live auction with prizes such as a VIA Rail travel package, A Day in the Life of Jodie Jenkins (DJ Mix 97), and a T-Bird Ejection Seat. The base has also donated fabulous packages including a ride in the Hercules Flight Simulator at 8 Wing / CFB Trenton. These are thrill-of-a-

lifetime experiences!

This is going to be a great evening with something for everybody. Show your support for a great organization that provides tools and support for healthy military families and in turn supporting a healthier community. There are more than 2,600 military families in the Quinte area. We are your neighbours, your co-workers, your child's teachers, and your friends.

Purchase your tickets at the Trenton Military Family Resource Centre or the Canex. For more information about the event or how you can be involved call Terry at 969-8128.

Attending the gala is a fabulous way to have fun and, at the same time, show your support for the "heroes behind the heroes."

TOP STUDENT

Photo: 16 Wing Imaging



Congratulations to Cpl Simon Duchesne after he finished at the top of his class after five and a half months of extreme QL3 training. Cpl Duchesne began with limited knowledge of photography at CFSATE, Imaging, in Borden. He received the top student award from Major Al Corbeil, Chief Instructor at CFSATE, in September 2004.

8 Wing Imaging is proud and happy that Simon is working here with us. He is fast becoming a valuable asset and is diligently pursuing his apprenticeship training. Cpl Duchesne is happy to be here in Trenton. He will be out and about over the next few years perfecting his skills, and we expect to see great things from him.

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
B	14 Valentine's Day	15	16	17	TGIF 1700 hrs Chicken Wings 1800 hrs/ Bachre	18
20	21	22	23	24	TGIF 1700 hrs DONAIRS 1800 hrs/ POOL	26
28						

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Get Active - Heart-Walk Workout

When to start?

Start off slowly - do the program just as it is. At first, resist the urge to walk longer. If you overdo it, you may feel sore and tired afterwards and get discouraged. If 10 minutes is too much to start, walk just five minutes or simply do the warm-up routine. You can continue to follow the program by adding five minutes to your walking as it progresses.

Be sure to warm-up and warm-down every time you walk. Keep track of your progress on a calendar. How

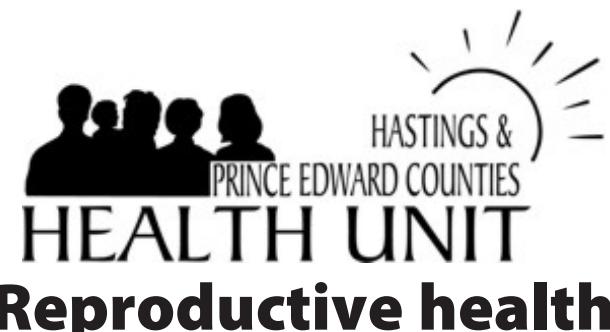
it works: Weeks 1 and 2: Walk every SECOND day. Walk 10 minutes; Set an easy pace the first week, go a little faster the second week. Weeks 3 and 4: Work out FOUR times a week. Walk 10 minutes; Set a little faster pace; Speed up and go further the fourth week. Weeks 5 and 6: Work out FIVE times a week. Walk briskly for 25-30 minutes; Start to pump or swing your arms; Walk up gentle hills; lean forward a little when going up hill.

Workout tips: Find a

walking partner. Keep each other motivated! If the weather is too hot or cold, walk in a mall instead. Match clothing to weather. If it's cold, layer clothes. If you've had open heart surgery or a heart attack, ask your doctor about a cardiac rehabilitation program.

Program goal - Build up your exercise tolerance until you can walk at least 30 minutes, five times a week. Feeling great? Build up to an hour!

Source: The Heart and Stroke Foundation



Hastings and Prince Edward Counties/Feb. 8, 2005 – On February 12, Canadians celebrated National Sexual and Reproductive Health Day.

On this day and throughout the entire year, the Hastings and Prince Edward Counties Health Units encourage parents and teens to discuss these topics and take advantage of the many services and supports offered through the Healthy Sexuality and Reproductive Health program.

"We encourage people to consider the importance of maintaining reproductive health. We urge them to talk about issues of healthful decision-making with the people they care about," said Pat Brown, Director of Nursing for the Hastings & Prince Edward Counties Health Unit.

The Health Unit is a member of the Teenage Pregnancy Prevention Coalition that, working with Quinte Destinations for Youth, created the Sexual Health Communication Campaign.

"Local youth were asked for their input, including through focus groups," says Brown. "Their concerns have been reflected in their communication campaign which includes radio public service announcements, posters and website development. It has given them a voice to talk about sexual health issues important to them."

For information about the Sexual Health Communication campaign, contact Michele de Jonge, at 966-5513, extension 247 or Judy O'Brien, Executive Director of Quinte Destinations For Youth at 961-1616.

Teens and Sex: What's Up? is the name of an upcoming event by the Health Unit. At separate daytime and evening sessions, two well-known speakers will discuss current trends in teenage sexuality. Alex McKay is an author, researcher and coordinator of the Sex and Information Education Council of Canada (SIECCAN). Ann Barrett is a public health nurse and educator with the City of Toronto Health Department. For more information on this Tuesday, April 26 event, contact the Healthy Sexuality Program at 966-5513, extension 243.

Prenatal classes specially designed for teens are being developed by the Health Unit's Reproductive Health Program and the Hastings and Prince Edward Prenatal Education Coalition. Classes will be held in Belleville in April and May.

For more information call Sharon Thompson at 966-5513, extension 264.

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.

Supporters are eligible to win one of:

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

Prizes are donated by DANER and BSP Financial Services. All proceeds of the "March 1st, I Quit" Challenge

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Lot 18 Sunshine Lane, Appledene Park this Wednesday & Thursday from 1 p.m. - 3 p.m.
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For pictures and floor plans click on: www.hildenhomes.com

The Crestwood - 1557 Sq. Ft. \$223,500 Lot 18, Sunshine Lane

Located in Appledene Park, Trenton, this three bedroom split entry home features a large country kitchen, ceramic foyer, a vaulted ceiling, ensuite and bright roomy basement for future finishing, high efficiency furnace, 10' x 12' deck and more.

Whispering Woods

The Cambridge - 1668 Sq. Ft. \$269,900 Lot 12, Whispering Woods

Located in Whispering Woods, off Highway 2 between Trenton and Brighton, this gracious all brick home is located on a beautiful one acre treed lot. It features a vaulted ceiling, ensuite with corner jet tub, fireplace, high efficiency gas furnace and more.

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Immediate Occupancy available in some model homes

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Two different models featured this week.

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Located in Appledene Park, Trenton, this three bedroom split entry home features a large country kitchen, ceramic foyer, a vaulted ceiling, ensuite and bright roomy basement for future finishing, high efficiency furnace, 10' x 12' deck and more.

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L'accréditation universitaire pour la formation et l'expérience militaires

L'Université du Québec, via la Télé-université et le Plan universitaire des Forces canadiennes (PUFC), offre un éventail de plus en plus large de possibilités d'accréditation de la formation et de l'expérience militaires.

On peut trouver un inventaire complet de l'accréditation en vigueur présentement en visitant le site internet de la Télé-université (www.teluq.quebec.ca) sous la rubrique « Plan universitaire des Forces canadiennes »

« Formation et expérience militaires créditées ». L'accréditation des cours de formation militaires, sous la direction du coordonnateur du PUFC, doit être un

processus continu puisque les cours militaires sont en constant changement et que de nouveaux cours viennent sans cesse s'ajouter. À chaque année, de nouveaux cours militaires viennent s'ajouter à une liste déjà impressionnante de cours accrédités.

Ainsi, au cours de la seule dernière année, les cours militaires suivants ont été analysés et accrédités par la Télé-université :

--Cours d'Opérations de l'Armée de Terre (COAT)

--Cours de Commandement et d'Etat-major des FC (mise à jour)

--Cours d'Officier d'Affaires publiques de

l'IÉD Fort Meade --Cours de Qua l i f i c a t i o n Intermédiaire en Leadership (pour sous-officiers seniors)

--Cours pour officiers de la Force aérienne - Niveau élémentaire

Un bénéfice des plus intéressants

L'accréditation de l'expérience et de la formation militaires représente un bénéfice des plus intéressants pour les militaires, qui peuvent ainsi progresser plus rapidement vers l'obtention d'un diplôme universitaire, qu'il s'agisse d'un certificat ou d'un baccalauréat.

Ainsi, un militaire du grade de caporal/chef ou

de capitaine ou plus, qui aurait un profil linguistique de BBB ou plus dans sa deuxième langue, et qui aurait complété un ou des cours du PEMPOs, ou un cours d'état-major ou le cours de QIL par exemple, pourrait obtenir entre 18

et 33 crédits universitaires en accréditation (selon le niveau de qualification et selon le programme universitaire choisi) vers l'obtention d'un certificat (30 crédits) ou d'un baccalauréat (90 crédits).

L'Officier de sélec-

tion du personnel, le Centre de ressources des familles militaires, et le Centre d'apprentissage et de carrière de chaque garnison sont responsables de la diffusion d'informations concernant le Plan universitaire des Forces canadiennes.

The Progressive Pick-Me-Up - Quick Tips for Continuous Improvement

As a continuation of last week's article, Trenton Continuous Improvement Office offers a variety of personal and professional development workshops. This week we feature our popular Communications Workshop.

This workshop examines communications as a skill, and explores techniques, barriers to effective communication, assertiveness, active listening, and giving & receiving constructive feedback. The objective for participants is to increase their ability to distinguish interpersonal communication styles and apply this knowledge to real-life settings. Another key objective is to enhance participants' understanding of their own communication styles and techniques. This interactive workshop encourages student awareness and participation, and is designed to reach a maximum number of DND members and employees. We'll give you the tools; the rest is up to you!

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

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4 p.m. Room 119

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Our skilled reporters want to cover your events.
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Andrea LeBlanc 7005
Laurie McVittor 3978

"March 1st I QUIT!" Only a few days left! Take the Challenge!

Quit smoking for at least one month and you could win one of:

- 4 gift certificates of \$1,000 chèques-cadeaux de 1 000 \$
- 40 MP3-CD players lecteurs de MP3-CD
- 15 digital cameras appareils photos numériques

Relevez le défi !
Cessez de fumer pendant au moins un mois et vous pourriez gagner l'un de ces prix.

"Le 1^{er} mars J'ARRÊTE! Plus que quelques jours!"

Attention! This challenge is for all members of the DND/CF team, including CI members' immediate family. See the brochure for more information.
Attention! Ce défi est destiné aux membres de l'équipe MCN/FC, y compris les proches parents des membres des FC. Veuillez lire et consulter le dépliant pour plus de détails.

You're a non-smoker? By helping a smoker to take the "March 1st I Quit" challenge, you will become eligible to win one of:
4 gift certificate of \$1,000
40 MP3-CD players
5 digital cameras
To get your info leaflet or for further information, call the Strengthening the Forces promotion office on your base or check on the Web site: www.cipsa.com/health

ONLY A FEW DAYS LEFT TO REGISTER! REGISTER ONLINE: www.cipsa.com/health BEFORE MIDNIGHT FEB 28th, 2005.
PLUS QUE QUELQUES JOURS POUR VOUS INSCRIRE! INSCRIVEZ-VOUS EN LIGNE www.cipsa.com/health AVANT MINUIT LE 28 FEV 2005.

Sous réserve non-fumeur ? En encourageant un fumeur à relever le défi "Le 1^{er} mars, j'arrête !", vous pourrez gagner l'un des prix suivants :
1 chèque-cadeau de 1 000 \$
40 LECTEURS CD-MP3
5 APPAREILS PHOTOS NUMÉRIQUES
Pour vous inscrire, remplissez un formulaire d'inscription ou pour obtenir des renseignements supplémentaires, téléphonez au bureau de chefferie de votre base ou consultez le site Web: www.cipsa.com/health



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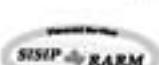
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TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 965-3575



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 et danse et encans

Billets: 75\$ par personne

Les profits supporterons 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!
Billets disponibles au CRFM de Trenton

Personal Development

Couple Communication

February 21 & 28/ 7pm to 9 pm / \$10 registration fee per couple

In this two session workshop 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.

Home Buyers Seminar

Wednesday, March 9 / 7 pm to 9 pm / Free of charge

Operational Stress Injuries

Information and Education Session

March 8th at 7p.m., Siskin Centre

What is the Operational Trauma and Stress Support Centre?

Presenters: Kim Guest and Susan Gill from OTSSC, will talk about their services and the impact of Operational Stress Injuries and Post Traumatic Stress Disorder on the CF members family.

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

When: Monday - Thursday and Saturday's

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.

Youth Centre - Winter Hours

Wednesday - Deployment Support 6:00 - 8:00 pm, 8 - 10 year olds
Please register in advance

Thursday - Homework Club 3:30 - 5:30 pm

Friday - Teens only 6:30-10:30 pm

Saturday - 9:30 -11:30, 8 -10 year olds

12:00 - 2:00, 11 - 13 year olds

2:30 - 4:30, 14 - 16 year olds



Centre des jeunes - Heures hivernales

Mercredi - Soutien au déploiement 18h à 20h, 8 à 10 ans,
téléphonez à l'avance

Jeudi - Club de devoirs 15h30 à 17h30

Vendredi - Ados seulement 18h30 à 22h30

Samedi - 9h30 à 11h30, 8 à 10 ans

12h à 14h, 11 à 13 ans

14h30 à 16h30, 14 à 16 ans

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Fitness, Sports & Recreation

Kidz Karnival the perfect solution to winter blahs

More than 600 people took part in the 4th Annual Kidz Karnival, held at The Gymnasium on Sunday, Feb. 13. This year's event featured more games, a giant inflatable carousel, and laser tag. Money and non-perishable items were collected and will be donated to the Trenton Food Bank.



Photos: Laurie McVicar, Contact

2005 Ontario Region Men's Hockey Championship

8 Wing/CFB Trenton will be hosting the 2005 Ontario Region Men's Hockey Championship from 27 Feb – 02 Mar 05 at the RCAF Arena. Come out and support the team in its conquest for the Championship and the right to represent the base and the Region at the CF National Championship.

Schedule Of Events

Sunday 27 Feb 05

1630 hrs	Pre-Tourny Briefing
1825 hrs	Warm up
1845 hrs	Ice Maintenance
1900 hrs	Kingston vs Trenton

Monday 28 Feb 05

1320 hrs	Warm up
1340 hrs	Ice Maintenance
1355 hrs	Opening Ceremonies
1400 hrs	Petawawa vs Kingston

Tuesday 01 Mar 05

1325 hrs	Warm up
1345 hrs	Ice Maintenance
1400 hrs	Trenton vs Petawawa

Wednesday 02 Mar 05

Finals	1000 hrs	1st vs 2nd
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Fit for Heart Annual 4-on-4 Ball Hockey Tournament

Where: South side gymnasium

When: Thurs 24th Feb 05

Why: Raise money for the Heart and Stroke Foundation

Time: 08:30 – 12 noon

Who: All military and DND civilian employees

Cost: \$5.00 donation per person

Each team consists of 4 players with one spare allowed. The shooter tooters will be used only. No goalies. February is heart month so come out and have some fun this year while getting a great cardio workout. The more teams the better.

For more info or to register contact Tammy Whalen by email or by calling local 2822.





HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

February 20 - February 26

ARIES (March 21-April 19): Use your intuition to guide you safely through some unpredictable events on the 20th. Keep your wits about you and prepare for whatever challenge comes your way. Make a list and stick to it on the 21st, 22nd and 23rd. You will dazzle everyone watching as long as you stay calm and concentrate on the task at hand. This can be a turning point for you if you are confident, precise and show leadership. Question everything and everyone on the 24th and 25th. Someone you least expect will help you out. You may be feeling emotional on the 26th, but that's no reason to give in or give up on anyone. Take a look at your options before moving forward.

TAURUS (April 20-May 20): The 20th is a great time to make a move or a change, personally or physically. Don't let your emotions get mixed into whatever equation you are involved in on the 21st, 22nd and 23rd. As long as you can keep a clear head, you should be able to get past any obstacle that arises. Patience will pay off and endurance will be your ally. Don't sit around doing nothing on the 24th and 25th. You should go shopping or make personal changes. A sudden turn of events will lead you in the right direction. Find a way to improve your lifestyle on the 26th. Proper diet and exercise will provide you with what you need to be your best.

GEMINI (May 21-June 20): Not much will turn out as planned on the 20th, so don't even bother trying to stick to any sort of guideline. Love will be on your mind on the 21st, 22nd and 23rd. Don't sit there waiting for someone else to make the first move. Be brave and speak up, but choose your words wisely. An opportunity to make a personal change will result in more confidence and compliments. Do what you can on the 24th and 25th but don't expect anyone to help out. The less interference you have, the better it will be. An opportunity will be within reach on the 26th, but if you take a risk you are likely to come up short. Play it smart and only do what you know will bring positive results.

CANCER (June 21-July 22): Honesty may not always get you what you want, but on the 20th it will help you resolve any pending issues, clear the air and let you know where you stand. Consider changing your direction on the 21st, 22nd and 23rd. A new career may be a little unnerving, but in the long run you will prosper. Good things are headed your way. Get down to business and take an unusual approach to whatever you do on the 24th and 25th and you will draw attention. A good friend will offer you sound advice and lead you to personal changes. Overconfidence will be your enemy on the 26th. Kindness and generosity will bring the best results.

LEO (July 23-Aug. 22): Visiting some of the old familiar places on the 20th you used to frequent will lead to connecting with old friends and lovers. Consider what is dragging you down and holding you back on the 21st, 22nd and 23rd. If you can focus on the good instead of the bad, you will do that much better. Think outside the box and you will come up with a really good plan. Hard work and dedication on the 24th and 25th will bring you benefits in the future that you won't want to miss. Put in extra hours and complete whatever you start before you decide to party. You'd be wise to wait until the facts are in before taking action on the 26th. Love is in the picture.

VIRGO (Aug. 23-Sept. 22): Take a walk on the wild side on the 20th. You are always so staid and reserved, and it's time for you to be a little less rigid. You are going through changes on the 21st, 22nd and 23rd, and although you may not have a clear picture of where you are headed, you must forge ahead. The end result will be favourable. A strong will and endurance will pay off. Let others do as they please on the 24th and 25th, then use their choices to determine whether you will continue to do things with or without them. An unusual offer may be presented at a social function you attend on the 26th. Don't disregard anything that brings about change.

LIBRA (Sept. 23-Oct. 22): Not so fast. You could make a huge mistake on the 13th by not getting all the facts before making an important decision. Don't expect others to do things for you and don't let your heart rule your head. You will meet someone who can change your life on the 21st, 22nd and 23rd if you participate in something that you feel passionate about. Be progressive, not angry. Expect the unexpected on the 24th and 25th and be prepared to deal with whatever comes up. This can be a turning point if you are willing to give and take. A fresh look at an old idea will inspire something that can be prosperous on the 26th.

SCORPIO (Oct. 23-Nov. 21): Someone may not like what you are doing on the 20th, but this time it shouldn't matter. The choice is yours, so stop second-guessing and take on a new challenge. Your life is about to change. Your timing is good, but your emotional well-being isn't on the 21st, 22nd and 23rd, so don't blow it by being indecisive. Get on with what you feel is right and stop waiting for others to come to you. You have to realize your potential on the 24th and 25th in order to take advantage of it. Once you've taken the first step, everything will fall into place. A creative project should finally get the go-ahead on the 26th.

SAGITTARIUS (Nov. 22-Dec. 21): Renovating, buying and selling property, or simply investing in your own talents should pay off on the 20th. You have everything you need to do what you want on the 21st, 22nd and 23rd, so don't let negativity or someone who is constantly putting you down deter you from moving forward. Make up your own mind and don't look back. Emotional matters will escalate on the 24th and 25th, and unforeseen problems will crop up. A low profile is in order. What you see and what you get will not be the same on the 26th. Don't let anyone talk you into something that you really don't want to do. A relationship can develop with someone who will influence your future.

CAPRICORN (Dec. 22-Jan. 19): You will have lots of energy and plenty to talk about on the 20th, but if you are pushy you can expect a good fight. Sit back and give others a chance to contribute. Your mind will be on money and how you can make more of it on the 21st, 22nd and 23rd. An idea you have been toying with will bring you into contact with someone interested in getting involved in a partnership. Be careful not to give too much away. Don't think too big on the 24th and 26th. Stay within your boundaries and you will gain ground. Look out for your own interests on the 26th. You will have to slow down and refrain from taking on too much.

AQUARIUS (Jan. 20-Feb. 18): You may feel tired if you have been overdoing it. Make plans to relax or work quietly on a hobby you enjoy doing on the 20th. A partnership may be questionable on the 21st, 22nd and 23rd. Don't let your head rule your heart. Do what is best for you and don't feel bad if you have to disappoint someone who has taken advantage of you in the past. Everything will come back to ownership, legalities and money on the 24th and 25th. Prepare to give up a few things in order to rid yourself of a responsibility you don't want or need. A new lifestyle or way of living will give you a fresh new start on the 26th. Love is apparent.

PISCES (Feb. 19-March 20): You will be in a splendid position to start something new and exciting on the 20th. Romance is evident so leave some time for pleasure. Make whatever change is necessary to lift the burdens you have accumulated on the 21st, 22nd and 23rd. A shift in the way you live and approach responsibilities will lead to a much happier future. Everything may appear to be up in the air on the 24th and 25th, but you have more control over your situation than you realize. Don't hold on to what's not rightfully yours. You will be in luck on the 26th. Take care of a financial matter that has been hanging over your head.

Your back is working around the clock



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Your shift may end after eight hours, but your back never stops working. That's why back care is an around-the-clock responsibility.

Back care involves preventing injuries from falls, motor vehicle accidents and other traumatic incidents. It also involves using safe lifting techniques to prevent harming the back, as well as using good posture when sitting, standing or lying down.

Follow these guidelines for safe lifting:

- Plan your lift. Size up the item before you try to lift it and try to gauge its weight.

- Get help for heavy or awkward loads. Do a team lift with one person or more, or obtain mechanical help such as a handcart.

- Get close to the load and squat down. Bend your knees, not your back. Lift the load by straightening your legs.

- To put the load down when you reach your destination, reverse the procedure. Squat down again, bending your knees and not your back.

- Do not twist your body while you are carrying an object. Move your feet, not your body, to turn.

- To reach for an

object in a bin or a car trunk, brace your legs against the edge of the bin or vehicle.

Here are more reminders about taking care of your back:

- Use good posture at all times. Stand with your back straight but relaxed. When standing for long periods of time, place one foot on a footrest in a slightly elevated position.

- Sit up straight, maintaining the natural curves in your back. Have your knees at a slightly higher position than your hips. Take regular breaks to move around and stretch.

- Avoid lying on your stomach which can put stress on your back. Sleep on your back or your side with your knees bent.

- Maintain a healthy weight for your height

to reduce the strain on your back.

- Get regular exercise. Strengthening your abdominal muscles can help protect your back.

Serious back injuries can be the result of accidents. Work and play safely to prevent back injuries:

- When working at heights, use fall protection equipment correctly and observe all other safety procedures.

- Wear your seat belt at all times when traveling in a motor vehicle.

- Never dive into water unless you are sure it is deep enough and there are no underwater obstructions.

Back care is a combination of safe lifting techniques, general good health, good posture habits and preventing accidents. It's a 24-hour-a-day job.

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Community Events

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BIRTHDAY PARTIES ARE NOW AVAILABLE

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

MOVIE LINE-UP

- Hitch (PG) 1:10 7:10 9:20 (Weekend)
- Million Dollar Baby (PG) 1:00 7:00 9:30 (Weekend)
- Because of Winn-Dixie (G) 1:05 7:05 9:10 (Weekend)
- Ma Vie En Cinemascope (14A) 3:05 7:05 (Mon. to Thurs.)
- Coming Soon: Robots 3:15 7:05 (Sat. & Sun. only)

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.

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 chansonnier; votre expertise est la bienvenue.

Jaques Dufort: 392-1747, 921-3455

Robert Comeau: 392-2811 (7337), 968-2358

www.franco-phare.ca

PREPARE TO RESPOND AND REGISTER NOW!

Take a Red Cross Standard First Aid/CPR Course at the Red Cross Quinte Branch.

365 North Front Street, Suite 212, Belleville

To register, or for more information, call 962-9122 today!

BIG BROTHERS/BIG SISTERS OF TRENTON AND DISTRICT

Bowl for Kids' Sake

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

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

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

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

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

Prince Edward County Maple in the County Festival

Join us on March 19th and 20th, 2005 for a celebration of maple! It's fun for the whole family with wagon rides, demonstrations of the sticky art of sap boiling, sugar bush tours, winery tours, cheese samplings, pancake breakfasts, maple themed meals and more!

Come and join in the celebration of the sweetest time in Prince Edward County and the coming of spring. Call for your guide to Maple in the County at 1-866-845-6644 or visit www.thecounty.ca/maple



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)

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

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

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

CONFESION
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/BAPTÈME

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 .



Classifieds



classified

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

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

ORDERING AN AD

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

ERRORS & OMISSIONS

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

USERS & AD READERS

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



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T	H	O	M	A	S	H	A	T		
L	A	R	R	Y	H	W	Y	O	A	S
E	R	I	E	Y	E	S	R	I	C	K
S	I	T	S	O	N	P	I	N	K	Y
D	A	V	I	D	L	A	O			
G	R	E	G	L	U	I	E	A	S	Y
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The Contact would like to run articles on some of these tremendous volunteers, found right here at 8 Wing/CFB

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