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## DART fully deploys to Sri Lanka as part of relief effort

by Laurie McVicar  
 Assistant Editor

Members of the Canadian Forces Disaster Assistance Response Team (DART) departed from 8 Wing/CFB Trenton this week to join international relief efforts in tsunami-stricken South-East Asia.

In a press conference held Tuesday in Trenton, Colonel Pat Stogran, Commanding Officer of the Joint Operations Group, stated that a reconnaissance party had identified Sri Lanka as the region in most need of the team's aid.

"We are now in the process of sending over 300 tonnes of equipment and 200 personnel roughly 12,000 miles to the other side of the world in order to assist in the recovery and reconstruction operations in Sri Lanka," said Col Stogran.

The equipment will be transported via chartered Antonov flights.



Col Pat Stogran

"This deployment is what I would refer to as a non-traditional deployment for DART," said Col Stogran. "DART was intended to deploy rapidly to a specific area that had suffered a natural disaster with a view to bridging the gap between the actual event and the time the non-governmental organizations or international aid agencies could begin operations. I stress in a specific area. By non-traditional we see that virtually the entire coastline of South-East Asia has been flooded and indeed the

area is alive with international aid and non-governmental organizations and other military forces. We are now deploying into a region as opposed to a city like (following) the earthquakes in Turkey or Honduras... As a member of the Canadian Forces, I find it very gratifying that we can make some contribution towards relieving the suffering in the area that experienced the tsunami."

Due to the scale of the disaster, a reconnaissance poll operation was necessary, noted Col Stogran. The reconnaissance team, led by DART Commander Lieutenant-Colonel Mike Voith, deployed on December 30 and consisted of 11 CF personnel, three representatives from Foreign Affairs Canada, two representatives from Canadian International Development Agency (CIDA) and one from the Public Health Agency.

"We went in knowing See DART deploys, Pg. 2



Photos: Cpl Gayle Wilson  
 8 Wing Imaging

Cpl Benjamin McCafferty, an engineer with 2 Combat Engineering Regiment, Petawawa, loads hoses into the Reverse Osmosis Water Purification Unit (ROWPU) at the Disaster Assistance Response Team Warehouse in Trenton in preparation for deployment to Ampara, Sri Lanka.

## HUMANITARIAN AID BOUND FOR MALDIVE ISLANDS



Photo: Capt Andy Coxhead,  
 8 Wing PAFFO

Pte Stephen Graveline of 2 Air Movements Squadron here at 8 Wing/CFB Trenton oversees the loading of a pallet of blankets on a CC-150 Polaris Airbus on January 3, 2005, headed for the Maldivian Islands. The 437 Squadron Airbus was expected to arrive in the capital of Male (pronounced Maa-ley) on January 6. On board are much needed humanitarian aid supplies including over 5,000 blankets, as well as water bladders and plastic piping, flashlights and batteries, tents, tarpaulins and garbage bags.

Days earlier, on December 28, an Airbus carrying 25 tonnes of aid left 8 Wing Trenton bound for Colombo, Sri Lanka, carrying Red Cross aid for victims of a tsunami that struck the island following an earthquake in the Indian Ocean on Dec. 26. The local Red Cross sent water, water containers, water purification tablets and plastic sheets. The Canadian government has pledged \$4.2 million in aid to the stricken areas.

**THE YEAR IN PICTURES.**

A photographic review of 2004.

Please see pages 8, 9.

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# DART deploys, cont'd from Page 1

the full capabilities of the DART team and it was up to them to identify a region that not only needed our services but also wanted our services. Obviously the entire South-East Asia needs additional services and for that Canada as well as many other countries in the world is pitching in. But, as you can imagine, some areas have a lot of aid while others don't have much."

The DART team will focus on Ampara, a district of approximately 600,000 people and one of the worst areas affected by a tsunami that hit the coast on December 26. An estimated 10,400 deaths have been reported there and a total of 105,560 people have been forced to seek temporary shelter.

"We're deploying four Reverse Osmosis Water Purification Units. Each one has the capacity to produce 50,000 litres of pure, clean water per day," said Col Stogran. "We're also deploying a limited medical capability—meaning everything short of trauma and surgery—so we will have staff consisting of doctors, nurses, preventative medicine technicians as well as hygienists. It's our intention to link our facilities to the existing infrastructure in the region. In other words, what we'll

be doing with our medical facilities is identifying hospitals that are in the region and providing them with the necessary support."

In addition, the team will provide limited specialist engineer capabilities and establish a command and control structure that allows for effective communications between the DART, the host nation and the other agencies involved in the relief effort.

Col Stogran did not want to speculate how long the DART team would be deployed, commenting, "Normally we get in fast and leave within 40 days. Right now, we're unsure how long the operation will take. We have it from the local authorities that they expect to be in a position to conduct operations themselves within six weeks."

This deployment is part of a larger commitment made by Canada to assist tsunami victims. The government has set aside \$40 million for immediate relief; CIDA has promised \$4 million; a further \$20 million will be forthcoming; and the balance – with possible additional funding – will be allotted following ongoing assessment efforts on site.

# PREPARING TO DEPLOY



Photos: Cpl Gayle Wilson  
8 Wing Imaging



**Top:** MCpl Pat Daigle, a member of the Canadian Forces Disaster Assistance Response Team (DART), moves out a SUPACAT so the Wing Supply personnel can get at the equipment on the shelves behind at the DART Warehouse in Trenton.  
**Bottom:** Cpl Jason Lloyd, a Traffic Technician with 2 Air Movements Unit, Trenton, rearranges pallets with the rest of the Traffic Team in preparation for deployment to Ampara, Sri Lanka.

## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Although EME Squadron has a lot of vehicles and equipment on the Wing to maintain, a very important part of the squadron is the Tool Crib. As you can see, tools come in many different sizes. Here is a picture of Bdr Bell, MCpl Baker handing over one of the tools to Mr. Tarzwell. By the smiles on the face of the guys behind the counter, they are more than happy to serve our mechanics with all the tools they need to maintain the equipment.

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# Building, sustaining retention

*CF Personnel Newsletter  
From the National Retention Team*

Over the past two years, 2760 of you—CF members—from 19 military occupations completed the CF Retention Survey, providing important information on career and organizational satisfiers and dissatisfiers.

Overall, in terms of satisfiers, many of you reported:

- that you are positively involved in and engaged by your work;
- that you have an active voice in your workplace;
- a belief that your military occupation has a positive future;
- satisfaction with your working relationships with co-workers and immediate supervisors;
- satisfaction with the working climate;
- satisfaction with your pay and benefits;
- satisfaction with the bilingual resources provided on training; and
- satisfaction with administrative support provided for postings.

However, with regard to dissatisfiers, the survey results suggest trends for the CF as a whole, with many of you reporting:

- a lack of confidence in how senior leadership overcomes organizational problems and challenges;
- a lack of satisfaction with the direction in which senior leadership is steering the CF;
- low to medium levels of affective commitment or emotional attachment to the CF;
- agreement that the CF has become too political and too “civilianized”, with too much emphasis on superficial image and not enough emphasis on members’ training and equipment;
- a feeling that the CF is too lax in dealing with unproductive military and civilian personnel;
- dissatisfaction with the CF’s bureaucracy and with the logic of policies and regulations;
- dissatisfaction with the way competencies and promotions are linked; and/or
- a perception that the organization is not supportive (i.e., in areas of work-family balance).

Despite these observations, the CF does not have a general attrition problem. In

fact, at 3 per cent, the CF’s voluntary attrition rate is considered to be low. However, retention is about much more than ensuring a low attrition rate. Retention is about having in place a framework of good human resource policy supporting both you and the organization. Ensuring the retention of experienced members who voluntarily and gladly stay with the CF helps to maintain organizational effectiveness and capability.

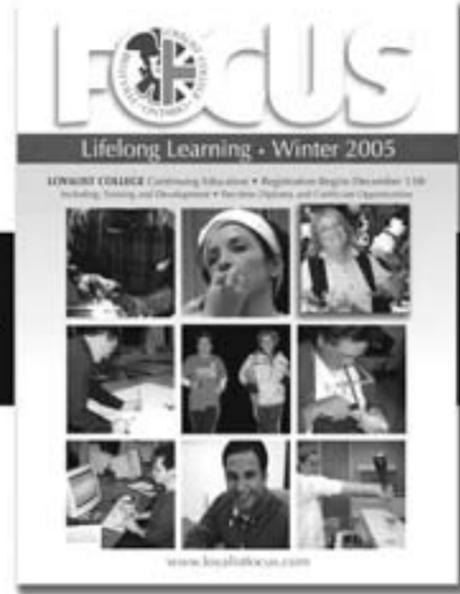
And that’s where the National Retention Team (NRT) comes in. The NRT, comprising Environmental and HR staffs and the Director of Military Employment Policy (DMEP) Attrition/Retention Team, was convened to respond to your concerns and is looking for ways to build and sustain a culture that supports retention, organizational effectiveness and excellence. We’ll accomplish this through the review of policies (and their development by the appropriate agencies) designed to foster a positive and supportive workplace. We will work to ensure that nothing the organization may do would cause you to prematurely, voluntarily leave.

Our focus will be on organizational dissatisfiers that many of you, from across all the surveyed occupations, share. These dissatisfiers are associated with procedural justice (fairness), career opportunities, and work/family balance issues. These issues will be examined because they directly affect every one of you.

Over the next year, NRT members will evaluate the dissatisfiers, define the problem(s) and determine how best to solve them. Working with the appropriate subject matter experts, we will assess CF policies, instructions, communications and practices, and will submit to the Assistant Deputy Minister (Human Resources – Military) (ADM(HR-Mil)) retention recommendations intended to mitigate or remove the dissatisfiers in manner that meets your needs and those of the CF.

The CF needs a culture that encourages the retention of experienced, mission-focussed members who are committed to continuing service in the CF. The NRT is trying to build that kind of culture. For more information on the NRT and the work being done, please contact Maj Deborah Howe, DMEP 4-5, at (613) 996-5331 or at Howe.DA@forces.gc.ca.

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# Search & Rescue UPDATE



Happy New Year from the Tiger's Lair here in Hangar 9. The Tigers had an extremely quiet holiday season--we were not called upon for any SAR missions. In 2004, 424 Squadron was involved in 181 SAR missions and we rescued 38 people. Until next week, stay safe.

Missions for 2005: 176 Missions for Jan.: 0 Persons rescued: 0

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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.

### The Contact Staff

**Editor-in-Chief:** Capt. Andy Coxhead  
**Editor:** Andrea LeBlanc  
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**Assistant Translator/Proofreader:** MCpl Louise Fagan  
**PSP Manager:** Bob Payette  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

### Letters to the Editor:

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

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

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



### A Military Community Newspaper



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



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### message from the

## Editor

What a year! Looking back over the past year, 2004 was certainly a hectic one.

Every year at this time, as we here at the Contact compile photos that we feel best represent the activities, events and accomplishments of the preceding twelve months (see pages 8, 9), it never fails to amaze me. You live and work through a veritable whirlwind of happenings, not stopping (when would you have the time?) in the midst of it to marvel at the sheer magnitude of it all. Events chosen for our photographic year in review for 2004 include: the deployment to Haiti; the 100th anniversary of medical services in the military; the bittersweet retirement of the hallowed Labrador; the introduction of the revolutionary new body scanning system (BoSS XXI); the long-awaited RCAF Memorial Museum expansion; the start of construction on the new base hospital; the unveiling of the new Air Force Vision by MGen Marc Dumais, Commander, 1 CAD ... And these are only a few of the many milestones and accomplishments!

Well, enough of looking back--let's now look ahead with anticipation to the year 2005. Who knows what the future holds....

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## Canadiana Crossword

### Alberta Aces

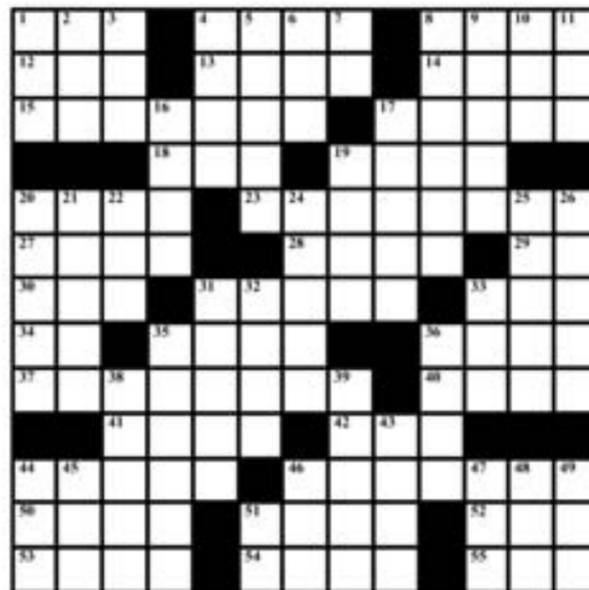
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Child's game
- 4 Baby goats
- 8 Alley
- 12 Age
- 13 Exploiter
- 14 Elevator maker
- 15 Stingy
- 17 Poet Birney
- 18 Parents and Teachers org.
- 19 Against
- 20 Rank
- 23 Futurist McLuhan
- 27 Old Irish tongue
- 28 Make a face
- 29 Shoe size
- 30 Colour
- 31 Thunderstruck
- 33 Druthers
- 34 Blood type
- 35 Thomson and others
- 36 Let
- 37 Noblewoman
- 40 Opening bet
- 41 Landed
- 42 Dads
- 44 Winter beverage
- 46 Actor Fox
- 50 Musical notation
- 51 Cabbage
- 52 Arafat's org.
- 53 Peasant
- 54 \_\_\_ and dashes
- 55 Salamander

#### DOWN

- 1 Pro \_\_\_
- 2 Aristotle, familiarly
- 3 Helium e.g.
- 4 Skater Browning
- 5 Muslim faith



- 6 Eastern title
- 7 RIF beneficiary
- 8 Despise
- 9 Heart chambers
- 10 None
- 11 Compass pt
- 16 Fencing sword
- 17 Follow
- 19 Lined up
- 20 Make well, slangily
- 21 Caribbean island
- 22 Toronto Mkt.
- 24 Collect
- 25 Tilted
- 26 Philippine island
- 31 Ancient Greek colony
- 32 No. in Novograd
- 33 Mole
- 35 Photographer Beny
- 36 Skin problem
- 38 Surin or Bailey
- 39 Overflowed
- 43 Ones
- 44 Metric units
- 45 Rah in Cadiz
- 46 China's Chairman, once
- 47 Imitate
- 48 Pixie
- 49 Destiny
- 51 Singer Lang

## This Week in Contact

1975 – CFB Trenton has been chosen by NDHQ/DPERA to evaluate two new physical fitness tests, which have been proposed as possible alternatives to the ½ mile aerobic test. The tests are a four-mile walk/jog for time and a 750-yard swim for time. The test sample will be composed of 200 total volunteers in all age groups including service women.

1985 – The Canadian Navy is preparing for its 75th anniversary this year with a renewed sense of pride and with anticipation of new ships, which will place it at the forefront of naval technology. Construction of the first of six new frigates will begin this spring and the sailors should be wearing distinctive new blue uniforms by summer.

1995 – On Thursday, December 1, a new organization was formed at 8 Wing/CFB Trenton. This event marked the end of life for 8 Wing Telecom Squadron and 708 Comm Squadron and the birth of Wing Telecommunications and Information Services Squadron (WTISS). Major MDO Stark, CD, is the first officer commanding this new organization. The occasion was marked by an inauguration ceremony.

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



# What's new at the DLN

by Lynne Bermel,  
DLN Communications

The Defence Learning Network (DLN), a joint military/civilian initiative, provides CF members many interesting DND/CF learning and training opportunities.

We offer many courses online, for example. Among them are the popular Microsoft Word, Excel and PowerPoint courses, all of which you can take at your own pace simply by logging on at [www.forces.gc.ca/dln-rad](http://www.forces.gc.ca/dln-rad), the DLN's Learning Management System (LMS).

You can access the LMS, the DLN's electronic backbone for distance learning, anywhere you have Internet access – at home, at a GP Net

workstation, or at your local Learning and Career Centre (LCC). Courses are offered at beginner, intermediate and advanced levels, take a very short time to complete, and are free-of-charge to any CF member or civilian Defence employee.

Our online courses include:

- How to be an Online Learner
- Distributed Learning for Managers
- HRMS Coach
- Naval Environmental Training Program
- Army Officers Course

The DLN has several LCCs under its umbrella, including hubs in major centres such as Halifax, Winnipeg, Edmonton and Kingston, and satellites in Gagetown and Greenwood.

LCC services include everything from classroom courses and workshops, through the loan of audio, video and print resource materials and laptops, to learning and career advice.

The DND/CF commitment to offering CF members learning throughout their military careers extends to providing members access to learning facilities no matter where they are located. Current plans call for an expansion of the LCC network to most Bases and Wings over the next couple of years.

For more information, please visit the DLN at [www.forces.gc.ca/dln-rad](http://www.forces.gc.ca/dln-rad) or at <http://hr.ottawa-hull.mil.ca/dln-rad> (Intranet users only), or telephone 1-888-486-4743.

# Quoi de neuf concernant le Réseau d'apprentissage de la Défense?

par Lynne Bermel,  
Conseillère en communication du RAD

Le Réseau d'apprentissage de la Défense (RAD), une initiative conjointe visant à la fois les militaires et les civils, fournit aux membres des FC de nombreuses possibilités d'apprentissage et de formation au sein du MDN et des FC.

Nous offrons plusieurs cours en ligne, dont les cours très demandés sur Microsoft Word, Excel et PowerPoint, que vous pouvez suivre à votre propre rythme. Il suffit de cliquer sur le site [www.forces.gc.ca/dln-rad](http://www.forces.gc.ca/dln-rad) pour entrer dans le Système de gestion de l'apprentissage (SGA).

Vous pouvez accéder au SGA, le système de base du RAD pour l'apprentissage à distance, partout où il y a une connexion Internet, que ce soit à partir de chez vous, d'un poste de travail de réseau

ouvert ou d'un Centre d'apprentissage et de carrière (CAC) local. Les cours sont offerts aux niveaux débutant, intermédiaire et avancé, n'exigent pas beaucoup de temps et sont gratuits pour les membres des FC ou les employés civils de la Défense.

Quelques cours offerts en ligne :

- Comment réussir comme étudiant en ligne
- Distributed Learning for Managers
- HRMS Coach
- Programme d'instruction de la Marine
- Cours pour les officiers de l'Armée de terre

Plusieurs CAC, y compris des bureaux principaux situés notamment à Halifax, à Winnipeg, à Edmonton et à Kingston, ainsi que des satellites à Gagetown et à Greenwood, sont branchés au RAD. Les CAC offrent toutes sortes de services incluant des cours et des ateliers offerts en salle de classe,

l'accès à différents types de ressources, comme des documents sonores, des vidéos, des documents imprimés, et des ordinateurs portatifs, et la prestation de conseils sur l'apprentissage et la carrière.

Non seulement le MDN et les FC s'engagent à offrir à leurs membres des possibilités d'apprentissage tout au long de leur carrière militaire, mais ils tiennent également à leur fournir un accès à des établissements d'apprentissage, peu importe où ceux-ci se situent. On prévoit élargir le réseau des CAC, au cours des deux prochaines années, pour permettre aux bases et aux escadres de s'y brancher.

Pour obtenir de plus amples renseignements, veuillez visiter le site du RAD à l'adresse [www.forces.gc.ca/dln-rad](http://www.forces.gc.ca/dln-rad) ou à l'adresse <http://hr.ottawa-hull.mil.ca/dln-rad> (réservé aux utilisateurs de l'Intranet), ou composez le 1-888-486-4743.

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						1 Happy New Year!
2	3	4	5	6	7 TGIF 1200 hrs Donairs 1700 hrs Fish & Chips	8
9 Sunday Mixed Darts 1300 hrs	10	11	12 1000 HRS Coffee & Donuts	13	14 TGIF 1200 hrs Chicken & Ribs 1700 hrs Lasagna	15
16 Sunday Mixed Darts 1300 hrs	17	18	19 1000 HRS Coffee & Donuts	20	21 TGIF 1200 hrs Lasagna 1700 hrs Shepherds Pie	22
23/30 Sunday Mixed Darts 1300 hrs	24/31	25	26 1000 HRS Coffee & Donuts	27	28 TGIF 1200 hrs Fish & Chips 1700 hrs 1/4 Chicken	29

# JANUARY

# 2005





# 2005: A year for confident borrowing...

## it's your Money



Garth Turner

A shiny new year always seems to bring a sense of optimism and promise. This is human nature at its finest--when we can somehow ignore staggering credit card bills, crappy Canadian weather, salt stains up to your knees and the latest Avril Lavigne album.

For investors, and anyone worried about building and preserving capital, 2005 looks like it is going to be above average, and following on some of the dominant themes of last year. Count on the stock market improving steadily--as it did in 2004--thanks to cheap money, little inflation, steady economic growth and a whole lot fewer corporate scandals. For all of you who

have been v-e-r-y bad over the past four years, and shunned your RRSP contributions, this is the year to catch up.

Another big story will be residential real estate in 2005, as it struggles to maintain the boom status it's enjoyed now for the past six years. Right across the country, house prices have hit record levels, mortgages have bloated in size, renters have swarmed to become owners, and real estate has turned into the asset of choice for millions of families. Never before have we had so much riding on a single investment, with houses now equaling almost 75 per cent of the nation's entire house-

hold wealth.

This means any downturn in real estate values will have a profound effect, and many experts have warned that a sudden rise in interest rates would have a double-whammy effect, with real house prices falling at the same time mortgage payments jumped. So, is 2005 a year in which we need to worry about rates?

Just four months ago, the answer was a distinct and vocal 'yes' from the economists I hang with. The call was for the prime rate, then 4 per cent, to rise close to 6 per cent by the end of 2005. That would effectively double the cost of below-prime, variable rate mortgages, and doubtlessly scare off a lot of potential new real estate investors.

But the reality in the first few days of this year is that interest rates, and the cost of a mortgage, will remain exactly where they are until at least the middle

of the summer. This is because the Bank of Canada is concerned about the impact of our high dollar on exports, which could slow economic growth and impact employment. Any rate hikes now would simply make that situation worse, which is why the bank decided on December 7th, to take no action when it came time to review the cost of money.

My bet is that bank will be in pussycat mode for all of this year. There may be an increase or two by the beginning of 2006, but it will amount to no more than a half a point, which means the prime rate will still be in the 4 per cent range come next Christmas. Long and short-term mortgage costs will be barely unchanged from today, and the impact on the real estate market will be minimal.

For borrowers, and anyone with a home loan, this means that you have another year

ahead in which it makes absolutely no sense to have anything other than a variable-rate mortgage. All the lenders will give you VRM money at 4 per cent or less these days, while traditional fixed, five-year mortgages stick in the 6.5 per cent range. So those wimps who decide they want to lock in and avoid any potential rate hikes in months to come are paying a huge insurance policy.

What a waste of money that is, when the same cash could be shoveled against the mortgage principal itself, or dumped into an RRSP to get a big dose of tax relief, and

create an investment portfolio. So, too bad that approximately half of all homeowners in this country now have borrowed the wrong way--talked into costly, unnecessary, inappropriate mortgages by Big Bank reps who probably know better. Too bad that Canada's financial regulators are chasing down mutual fund managers who shave a little extra off on trades, while millions of borrowers are talked into making billions in extra, needless, payments.

So, in 2005, be a smart borrower. Go short. Go variable. Be confident. I'll tell you when it's time to duck.

*My bet is that bank will be in pussycat mode for all of this year. There may be an increase or two by the beginning of 2006, but it will amount to no more than a half a point, which means the prime rate will still be in the 4 per cent range come next Christmas.*



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## Debit cards — we love 'em!

(NC)—Canadians use their debit cards millions of times a day. And no wonder—they're so convenient.

If you're a good consumer, you'll be able to get the biggest bang for your buck out of your debit card, while reducing your odds of being a fraud victim.

Debit cards can charge transaction fees, which add up quickly. Find out from your financial institution just what you're paying each time you use your card. Then, track the fees on your statement and add up the total you're paying every month—it could surprise you! You may be better off paying a flat monthly amount, which then lets you make 10, 15

or more transactions without additional charges. When you need cash, avoid fees by trying to use only Automatic Banking Machines (ABMs) that belong to your own financial institution. Or try to pay cash, and avoid the charges altogether!

The overwhelming number of debit card transactions are trouble free, but debit card fraud is a concern, and it could happen to anyone. The Office of Consumer Affairs of Industry Canada can show you how to take steps to protect your debit card and PIN number, and help you spot debit card scams. Visit [consumer.ic.gc.ca/debit-fraud](http://consumer.ic.gc.ca/debit-fraud).

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## Quitting saves a lot more than your life

(NC)—By now, smokers, whether they want to quit or not, have likely been told numerous times of the effect of their habit on their health.

But what many may not have stopped to think about is the toll their habit is taking on their wallet.

In 2004, the Canadian Cancer Society launched a "cost of smoking" calculator so that smokers can see the financial cost of smoking. Smokers simply have to type in the number of cigarettes smoked daily, the price they pay for a pack and the number of cigarettes per pack to find out the estimated daily, weekly, monthly and yearly costs – and what that money could buy if it were not spent on cigarettes.

The calculator does not leave out the physical toll of smoking, reminding smokers of the healing powers of the body with each passing smoke-free day.

For example, a 15 cigarette-a-day smoker can save \$1,752 in one year – enough to buy a stainless steel stove for the kitchen. And by that time, their risk of a smoking-related heart attack has been reduced in half.

"Quitting smoking isn't easy. But being truly motivated and understanding the obstacles you'll face will help you along the way," said Gail Luciano, manager of the Canadian Cancer Society's Smokers' Helpline.

Call the Canadian Cancer Society's Smokers' Helpline. Service is available in English and French, Monday through Thursday 8 a.m. to 9 p.m. and Friday 8 a.m. to 5 p.m. EST at 1 877 513-5333.

To try out the Canadian Cancer Society's cost of smoking calculator, visit [www.cancer.ca](http://www.cancer.ca).

# New Year's Resolutions 2005

by Lori Weistflock  
Mental Health Services

I often wonder, how many of us make New Year's resolutions? A resolution simply put is that which we want to change in our lives to make us feel better about ourselves. Here are some examples of common New Year's resolutions:

- lose weight
- quit smoking
- change jobs
- make more money
- get involved in more activities
- take a trip
- save money
- work less

How many of us make of these resolutions?

- work harder on my relationships
- spend more time with my family

- stop making work more important than my family life
- quit drinking/ drugging because I am doing it to mask the pain
- start being nice, respectful towards others
- stop blaming others for things that go wrong in my life
- stop being self centred; absorbed
- stop feeling sorry for myself
- stop being abusive, controlling towards others
- stop feeling that everyone is my enemy
- stop using others for advancement or self gratification
- stop my negative thinking/ daily anger
- stop being dishonest

Many of us would not choose any from the second list because we would then have to look carefully at ourselves and our lifestyles, which can be a difficult

thing to do. How is it that some people choose negative behaviour and thinking over and over again? They may lose their jobs, friends, family, dignity, self-respect, physical and mental health. And yet with a little bit of hard work, soul searching and perseverance they have the **POWER TO REGAIN CONTROL OVER THEMSELVES.**

If you know your behaviour is hurting you or others--you need to change it.

So if you choose to have a New Year's resolution this year, make it one that is challenging--and when you see positive results you will feel better about yourself. Remember change takes great courage! Change is a process, often beginning with poor physical or mental health, admitting you have a problem, asking for help, and following through with healthy solutions.

## Weight-loss success starts from within

(NC)—The road to weight loss can be long and frustrating and it is even harder if you haven't planned it properly. Taking the right steps can help you achieve long-term weight management and make positive and healthy changes in your life.

Acting on your decision to lose weight is often the toughest step of all. It means breaking your old habits and overhauling your entire relationship with food and exer-

cise. This kind of change is not easy to do and requires a huge commitment. However, if you really believe in losing weight, nothing will stop you.

It doesn't occur to most people to talk to their doctor when they are starting a weight-loss program but your doctor can be a great resource. They can help you understand what success really means, provide you with tips on calorie reduction and

exercise, and support you in your lifestyle changes. In some cases, they may even prescribe a weight-loss medication to assist their patients in achieving their weight loss objectives.

Make sure your doctor knows how important it is to you to lose weight. This means showing them that you are committed to losing weight and you are completely ready to take the steps to weight loss. Make an

appointment with your doctor for this reason only, and bring a diet and exercise diary.

Losing weight is a challenge because it often requires dramatic lifestyle changes. There are some days when this will be hard and you will fall short of your own expectations. Keep looking forward. People are more likely to achieve steady weight loss, and maintain it, if their motivation to do so comes from within.



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# Looking back at 2004 - a year in review

2004 was another banner year here at 8 Wing/CFB Trenton, with many new projects, celebrations, and accomplishments taking place over the course of 12 months. And while these two pages reflect only a fraction of the noteworthy happenings, they allow readers to remember some of the more memorable events of 2004, involving and affecting military and civilian personnel here on the Wing.



Photo: Sgt Frank Hudec, Combat Camera

Master Corporal Dave Daly, of 8 Wing's 429 Squadron, helps Darnika Brisard adjust her seatbelt aboard a CC-130 Hercules. The aircraft was one of three that assisted in airlifting Canadian nationals and others out of strife-ridden Haiti. (March 5, 2004)



Photo: Cpl Henry Wall, National Support Unit, Arabian Gulf Region

The prestigious Gordon McGregor Memorial trophy was awarded to the Kabul Theatre of Operations Support Element at Camp Mirage. The team was recognized for its outstanding achievement in the field of air transportation supporting Canada's Operation Athena. The presentation was made by HCol John Enns to the current CO of Camp Mirage, Col Steff Kummel. (December 3, 2004)



Photo: Cpl Bernie Kuhn, 8 Wing Imaging

Major-General Marc Dumais, Commander, 1 Canadian Air Division, met face-to-face with close to 1,100 8 Wing/CFB Trenton personnel on May 12 to unveil the Air Force Vision. The briefing was held at the Gymnasium. MGen Dumais stressed that in order to ensure long-term sustainability and relevancy, the Canadian Air Force must evolve and transform its capabilities. (May 14, 2004)



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Lieutenant-Colonel Bill Lewis, as Acting Wing Commander, lights the torch for the Medical Services Snow/Mud Day. The event marked the 100th anniversary of medical services in the military. (March 12, 2004)



Photo: Cpl Tim Jordan, (formerly) 8 Wing Imaging

PM Jean Chretien boarded a 437 Squadron A310 Polaris for the final time as Prime Minister of Canada during a trip to Nigeria to meet with the world's Commonwealth leaders. (January 9, 2004)



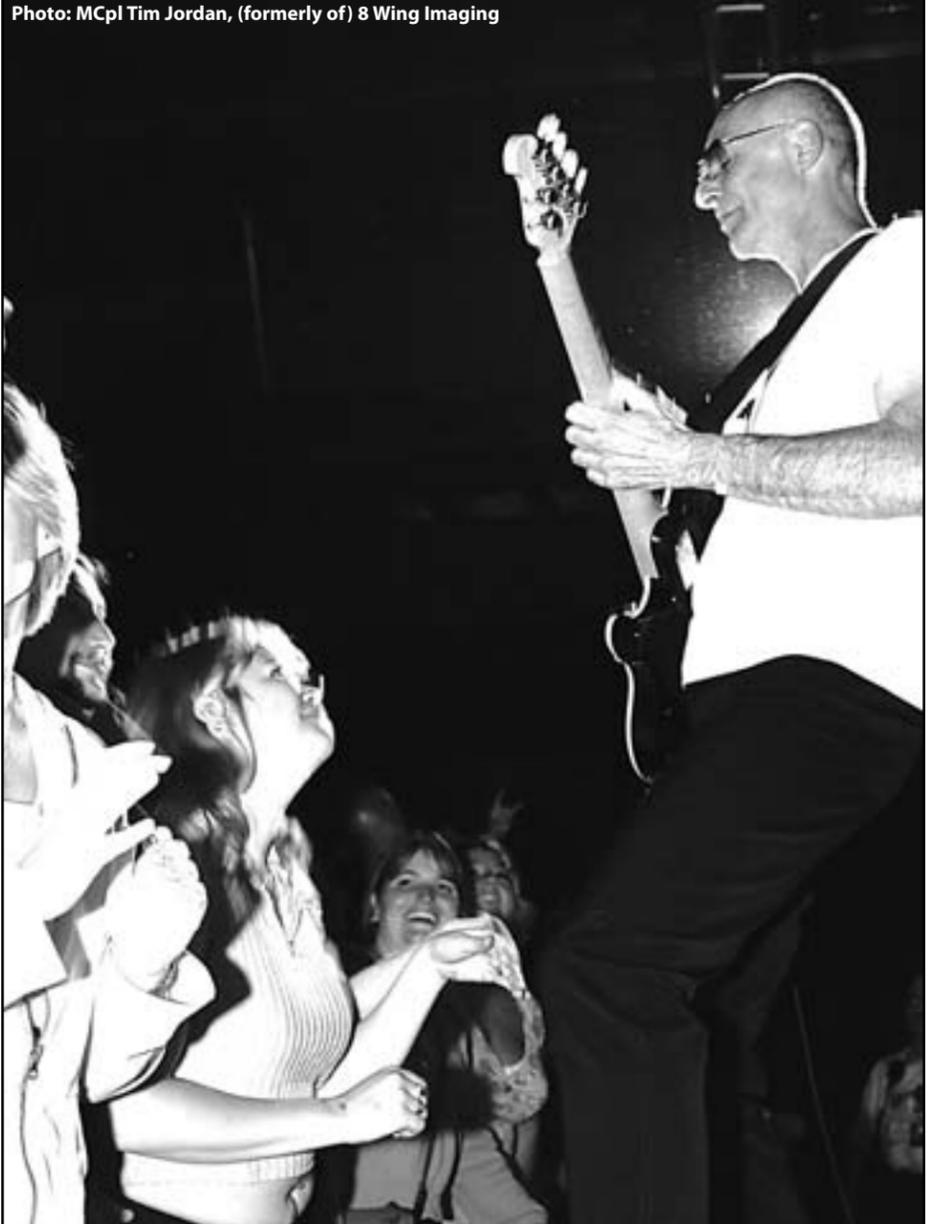
# Looking back at 2004 - a year in review

Photo: Cpl Gayle Wilson, 8 Wing Imaging



Captain Mark Levesque puts the CH113 Labrador through its paces during the retirement ceremonies of the helicopter fleet. (July 2, 2004)

Photo: MCpl Tim Jordan, (formerly of) 8 Wing Imaging



The legendary Kim Mitchell performed before a crowd of 700 people at the RCAF Flyers Arena. The concert, billed as a community appreciation event, was hosted by 8 Wing/CFB Trenton. (June 25, 2004)

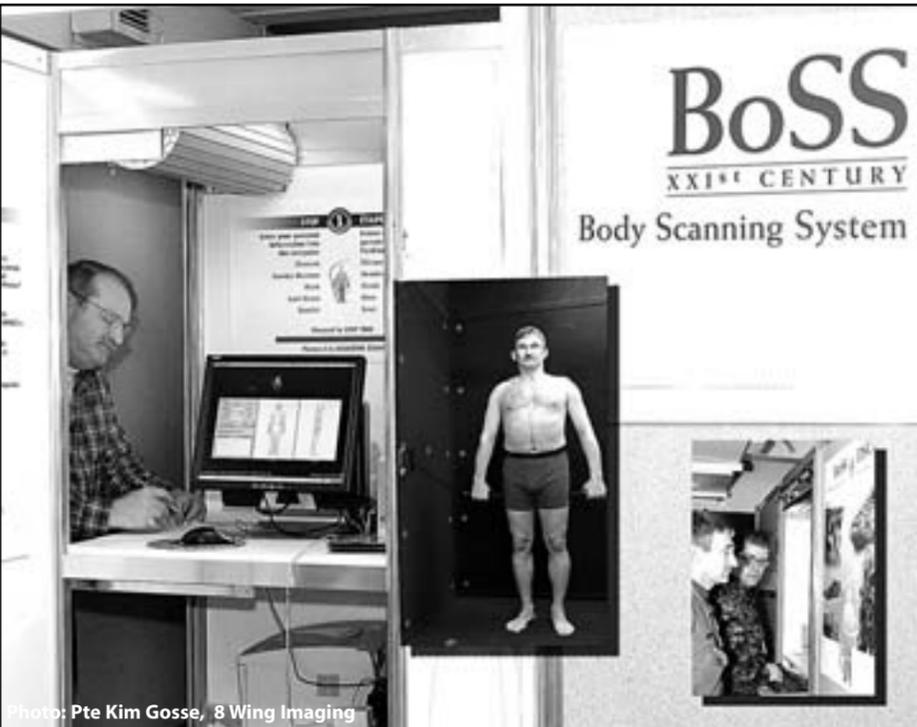


Photo: Pte Kim Gosse, 8 Wing Imaging

8 Wing/CFB Trenton is the trial base for a revolutionary new body scanning device called the BoSS XXI. This high-tech system uses high resolution digital cameras and specialized software to measure the body. (February 13, 2004)

Photo: Laurie McVicar, Contact



Construction began on a new \$6.8 million hospital at 8 Wing/CFB Trenton. The new facility, targeted for completion in May 2005, is expected to streamline the way health care is offered to military personnel stationed here. "The biggest advantage of the new facility is that all of the health care services will be consolidated in one site," stated Lieutenant-Commander Murray Doggett, Commanding Officer of 24 Health Services Centre. The new hospital will be home to labs, x-ray services, the pharmacy, physiotherapy, preventative medicine, dental services, and an enhanced mental health section. (May 21, 2004)



Photo: Pte Kim Gosse, 8 Wing Imaging

The Halifax Bomber currently undergoing restoration at the RCAF Memorial Museum - Canada's official National Air Force Museum - was rolled into its new home on October 16 inside the recently erected expansion building. This will be the permanent display area for the Halifax and other priceless artifacts. Fundraising efforts for this construction project are still ongoing. (October 22, 2004)



# Fitness, Sports & Recreation

## WINNER OF ELLIPTICAL MACHINE



Photo: Laurie McVicar, Contact

Master Corporal Dan Gorman has one more piece of equipment to add to his new home gym after his winning ticket was picked in the PSP draw for a new elliptical machine. The fundraiser brought in a total of \$524 for the United Way. Pictured above are Apollo Athanasopoulos (left) and MCpl Gorman.

## Get active, lower cholesterol

(NC)-Regular exercise can help lower cholesterol levels and may boost the "good" cholesterol (HDL or high-density lipoprotein) that protects against heart disease and stroke. So, for a healthy heart, get moving!

The key is to start slowly and get used to being more active. Eventually work towards being physically active for 30 minutes per day at least three to five times per week.

Walking is the most popular activity, which is an easy and relaxing heart-healthy approach to exercise.

You don't need any special equipment or skills, just a good pair of shoes;

You can do it with a friend or by yourself;

You can walk just about anywhere, anytime

- around your neighbourhood, near your workplace, or even in a mall; and

You can listen to your favourite music while you walk - enjoy it!

Other easy exercise tips:

. Instead of taking an elevator, take the stairs;

. Walk or bike to the store instead of driving;

. Get off the bus a few stops early and walk the rest of the way home; and

. Make use of the pool at your local community centre.

Include family and friends into your daily activity. Make it part of your everyday routine and lifestyle.

Young or old, adopting a heart-smart lifestyle makes sense. It's never too early to start taking good care of your heart and it's never too

late. Don't have a half-hour to put aside? Try three ten-minute sessions instead. Be realistic in your choice of exercise - take on activities that are right for you and set goals you can achieve.

Remember to plan for all seasons. You need to stay active in the winter too.

Check with your doctor if you plan on starting a new exercise regime, especially if you have a history of heart disease or stroke.

Exercise is an important step in keeping your heart healthy and a great way to keep your cholesterol levels low.

For more information about the benefits of exercise and how it may help to lower cholesterol, visit [www.makingtheconnection.ca](http://www.makingtheconnection.ca) or call toll-free 1-877-4-LOW-LDL (1-877-456-9535).

## Astra Lanes bowling report

Mike Stoddart, Cathy Stoddart, Donna Stoddart and Jim Edworthy moved into first place with a great week. The race for first is still very close with the team of Rick Clark, Derek Cook, Pat Kolupanowich, and Janette Burns only 2.5 points behind.



### Monday Match Play

*High Average:* Mike Stoddart, 266; Rick Clark, 224; Don Harvey, 216.

*Women's High Average:* Marilyn Ekman, 202; Cathy Stoddart, 202; Edie Rathbun, 199.

*High Quad:* Mike Stoddart, 1216; Rick Clark, 1006; Harold Stoddart, 998.

*Women's High Quad:* Donna Stoddart, 921; Jennifer Foster, 920; Gaetane Harvey, 915.

*High Single:* Mike Stoddart, 358; Harold Stoddart, 310; Don Harvey, 295.

*Women's High Single:* Edie Rathbun, 328; Donna Stoddart, 298; Pat Kolupanowich, 286.

*Most Points Won:* Jim Edworthy, 27; Stephen O'Neil, 23; Rick Clark, 22; Mike Stoddart, 22.

*Women:* Janette Burns, 24.5; Sherry Crawford, 23; Pat Kolupanowich, 18.5; Darlene Klassen, 18.5.

## WINTER CARNIVAL 2005

It's coming sooner than you think! More presents, chocolate, candies, love... can you handle it?

This year's Winter Carnival has a Valentine's day theme, so hurry up while love is in the air and get your team together for a fun-filled day of games and laughter.

**When:** Friday, Feb. 4

**Time:** 09:00 to 12 noon (BBQ to follow)

**Where:** Baker Island

Teams of eight participants plus one volunteer to assist the PSP staff.

For more information or to register your team, contact Tammy Whalen at the gym at local 2822.



# JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Happy New Year!
2	3	4	5	6	7 TGIF 1700 hrs Pizza Sports/ 1800 hrs Euchre	8
9	10	11	12	13	14 TGIF 1700 hrs Subs Sports/ 1800 hrs Pool	15
16	17	18	19	20	21 TGIF 1700 hrs Donairs Sports/ 1800 hrs Euchre	22
23/30	24/31	25	26	27	28 TGIF 1700 hrs Fish & Chips Sports/ 1800 hrs Euchre	29

# JANUARY 2005



INFORMATION / REGISTRATION / INSCRIPTION 965-3575

Personal Development & Deployment Support Services

Self-Help Group

1st Monday of every month at 6:30 pm Boardroom, Trenton MFRC/ Siskin Centre

- Second Language Training, register by January 12th
• Beginner voice and piano/keyboard lessons
• Pilates classes, starts January 10th
• Tai Chi, starts January 13th
• Quilting
• Belly Dancing, beginner and intermediate, starts January 17th
• Scrapbooking on January 15 & 16
"NEW" Wednesday Morning Workshop
• Handmade cards, on January 19th
• True Colours Workshop on January 28th

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Groupe d'entraide

1er lundi de chaque mois à 18h30 Salle de conférence, CRFM de Trenton / Centre Siskin

- Cours de langue seconde, inscription avant le 12 janvier
• Leçons de chant, piano & clavier, niveau débutant
• Classes de Pilates, débute le 10 janvier
• Classe de Tai Chi, débute le 13 janvier
• Cours de courtpointe
• Danse du ventre, débutant & intermédiaire, débute le 17 janvier
• "Scrapbooking", le 15 & 16 janvier
"NOUVEAU" Atelier du mercredi matin
• Cartes faites à la main, le 19 janvier
• Atelier "Vraies couleurs" le 28 janvier

Wednesday Night Out! 6 p.m. to 8 p.m. in the Bistro Please register for the workshop and childcare by calling 965-3575/965-3595. There is no cost for childcare for families of deployed members. January 12th, Reunion Stress, Getting back together after deployment.

Renegotiating your relationship. Deployment Support for children While you are participating in the Wednesday Night Out, your children (6-10 years old) are with others who are going through the same experience of a separation of a parent due to deployment. Please register in advance.

Sortie du mercredi soir! Au Bistro du CRFM De 18h à 20h 12 janvier, Le stress de la réunion, Réunion et vie commune après le déploiement, renouer les relations. Soutien au déploiement, programme pour les enfants Vos enfants âgés de 6 à 10 ans se joignent à d'autres vivant les mêmes expériences qu'apporte la séparation avec un parent à cause d'un déploiement. Durant ce temps vous participez à la sortie du Mercredi soir

Women's Conference 2005 on Saturday, February 26 "De Stress and Be Happy!"

Conférence des femmes 2005 Samedi le 26 février "Relaxe et savoure ta vie"

Need space for a Birthday Party? Your MFRC is now offering space for your celebration for a small fee. Subject to availability, so book early by calling 965-3575.



Avez-vous besoin d'une salle pour une Fête? Votre CRFM offre maintenant de l'espace pour votre célébration pour un coût minimal. L'espace est limité, donc réservez tôt en téléphonant au 965-3575.

"Yellow Ribbon" Magnets for your vehicle are now available at the Trenton MFRC \$5.00 each



Les aimants "Ruban jaune" pour votre véhicule sont maintenant disponibles au CRFM de Trenton 5,00\$ chacun

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
January 9 - January 15

**ARIES (MARCH 21-APRIL 19):** Think twice before you accuse someone or you oppose an idea that is put on the table. You won't get off easy if you make a mistake on the 9th, 10th and 11th. The key is to be agreeable. Listen closely or you will misunderstand what's being said. You'll have plenty of energy and a do-it-now attitude on the 12th and 13th. Concentrate on accomplishment and doing what you know will bring the highest returns. Protect yourself from phonies. Take the initiative and start something new on the 14th and 15th. If someone owes you money, now is a good time to collect. Your assets will be greater than you think. Go over your personal papers.

**TAURUS (April 20-May 20):** Question anyone who questions you on the 9th, 10th and 11th. Your solid point of view and your confident manner will help you get what you want if you are persistent. Now is the perfect time to follow through with your plans. Travel, learning and enjoying the company of others will bring valuable information your way. You've got a lot going for you on the 12th and 13th. Believe in yourself and your ideas, and you will be convincing when you talk about your plans with potential partners. A phone call, promise or someone offering to do you a favour could change your life on the 14th and 15th. Don't be shy. Go over your plan one more time.

**GEMINI (May 21-June 20):** Look at a property investment or a new place to lease on the 9th, 10th and 11th. A move may be just what you need in order to get a fresh new start. Change is something you thrive on. Expect some opposition. A creative idea will interest someone you talk to on the 12th and 13th. Don't sell yourself short — you are the one to oversee your ideas. Opportunities are available but someone may tempt you to try something that will not turn out to be advantageous. A new direction on the 14th and 15th will keep your mind alert and hold your interest. You'll be ready to give whatever you do your all, but someone isn't likely to make it easy for you.

**CANCER (June 21-July 22):** Don't talk in circles especially when it comes to personal issues. Someone who cares will want a straight answer on the 9th, 10th and 11th so that he or she can make a decision. It's time to make up your mind. Take the initiative on the 12th and 13th and make the first move if you want to get to know someone better. Common interests will lead to a close bond. Visiting, communicating and traveling are highlighted. You will get so many great ideas if you find out more about other traditions on the 14th and 15th. Travel, community events or getting to know someone from a different background will enrich your life.

**LEO (July 23-Aug. 22):** Find a way to guarantee that you will make extra cash on the 9th, 10th and 11th. The fastest way to pay down debt is to work hard. If you are busy you'll have no time to spend. Concentrate on getting ahead professionally and you will make progress. There is plenty happening around you on the 12th and 13th. Get out and mix and mingle with people who are doers. Call in favours from your peers. You can prosper if you react. Sudden financial changes are apparent. Be smart with your money. Fitness or getting involved in any activity that will help you perform at your best is the answer on the 14th and 15th. Love will flourish — get out and do a little romancing.

**VIRGO (Aug. 23-Sept. 22):** Social events or taking up a new hobby will all lead to a change in your routine on the 9th, 10th and 11th. Your love life will pick up because of a new interest that you've gotten involved in. You'll be in the right place at the right time. Go after whatever or whomever you want. The more unique you are, the further you will get on the 12th and 13th. Your ideas will get everyone around you thinking. You can take a leadership position. Bending a little to accommodate someone you really care about will pay off. Don't criticize someone you like on the 14th and 15th, or you may get more than you bargained for in return. Positive talks will lead to a better understanding.

**LIBRA (Sept. 23-Oct. 22):** Watch how you broach a subject that has to deal with finances on the 9th, 10th and 11th. If you've been extravagant you may have to answer to someone you share assets with. Prepare to defend yourself. A problem at home will take more time and effort than you expect. Don't sign papers unless you have checked the fine print. You will have a different way of viewing things on the 12th and 13th when it comes to work. Don't fight the changes in your career direction or within the company you are working for. It will be favourable. Don't hesitate to change your direction on the 14th and 15th. If you feel you have been taken advantage of, start looking for better opportunities.

**SCORPIO (Oct. 23-Nov. 21):** Travel even if it is a short distance on the 9th, 10th and 11th. Getting together with old friends or meeting new people at an event you attend will all turn out to be much better than you expect. Listen and you will learn something that will help you make an important decision. You will be in the mood to get things done and to make whatever changes are necessary to boost your confidence on the 12th and 13th. You will get a good buy if you go out shopping. Nothing will stop you once you get moving on the 14th and 15th. Focus on your creative talent and develop something that you've always wanted to do. Follow your dreams.

**SAGITTARIUS (Nov. 22-Dec. 21):** Your mind will be working overtime on the 9th, 10th and 11th trying to come up with ideas that will allow you to make more money. A home-based business may be the answer. Check out the possibilities. Someone you least expect will bend over backwards to help you when you are in need. Put your heart and soul into your work on the 12th and 13th. Trying to sort through your personal problems will be like spinning your wheels. Focus where you'll prosper. Don't complain on the 14th and 15th, or you will get an earful in return. You can make worthwhile contributions or changes to your home that everyone will appreciate.

**CAPRICORN (Dec. 22-Jan. 19):** Don't let things get to you on the 9th, 10th and 11th. Someone may be withholding information because he or she is planning a surprise. Do your own thing and don't ask questions. Pamper yourself for a change. An interesting turn of events will occur. Times are changing and so are you. You have probably taken on too much and made too many promises on the 12th and 13th. Backtrack if you don't want to risk losing out financially. You have to run a tight ship. Just when you think you have everything under control, you can expect the unexpected. Watch your back and don't leave anything to chance on the 14th and 15th.

**AQUARIUS (Jan. 20-Feb. 18):** Time may be of the essence on the 9th, 10th and 11th. If there is something you can do to help someone in need act quickly. You will redeem yourself for some of your not so generous actions in the past. Do whatever you are asked but don't divulge personal information that is not necessary. You will be drawn toward unusual careers on the 12th and 13th. Unexpected changes will help you make up your mind about your future direction. A gift, winning or dividend will surprise you. You will have some unusual ideas on the 14th and 15th, but if you try to get someone to help you, he or she may feel you are ahead of your time. Take it slowly and go it alone.

**PISCES (Feb. 19-March 20):** Love and romance are in the picture on the 9th, 10th and 11th but you may have to make a choice. Your motives may not be clear and you may be inclined to make your decision based on what you see not what you hear. Everything is turning in your favour. You will be unpredictable on the 12th and 13th if you are forced to make a personal decision. Don't put pressure on yourself; instead of jumping into something, check it out from every angle. Don't donate to something on the 14th and 15th unless you are fully aware of how they will use it. You have to use your money in ways that will benefit you, not others. Invest in yourself.

## Safety

# Getting clear on glass safety



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

Glass injuries are serious injuries. Cuts to the skin, muscles, tendons and arteries are all too common. Glass fragments in the eye can cause blindness, not to mention severe pain.

These injuries can occur when handling glass as part of our jobs or even when doing ordinary household tasks. Glass related injuries can occur in the most unexpected places, such as an unseen glass door in a public place.

Here are some reminders about avoiding injuries from glass:

--Wear shatter-resistant safety eyewear when working with glass. This is especially important when you remove glass and caulk from a broken window because the glass can splinter.

--Wear heavy gloves when working with glass. Leather or even metal-reinforced materials are recommended for various jobs. Arm protection may also be required.

--Wear safety shoes when handling glass. A falling piece of glass can easily slice through the soft material of ordinary footwear.

--Don't use excessive force when working with glass. If a window or door sticks, push or pull on the frame, not the glass.

--Extreme temperatures--hot or cold--can make glass more brittle. It can shatter from just a light tap. Take special care when installing glass under these conditions.

--Do not open or close a door by pushing on the glass because you might put your hand right through it. Glass doors should have bars across them to use as a handle.

--If there is a chance of someone walking through a large window or door because they do not see it, mark the glass at eye-level. Such doors may be located in offices,



plant lobbies and homes.

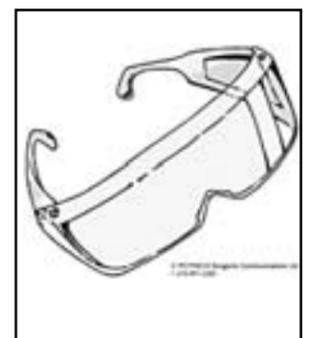
--Many serious injuries have occurred because of broken glass in kitchens. Handle glassware carefully. Don't plunge your hand into a sink of soapy water which may contain broken glass or other sharp objects. Do not use force when wiping glassware dry.

--Wear protective gear including gloves when handling glass for recycling--even at home.

--Clean up broken glass thoroughly to prevent injuries from splinters. Vacuum the area. While wearing gloves, use a damp disposable towel to clean up any stray splinters. If the

glass was broken in a kitchen or eating area, make sure no splinters could have made their way into food or food containers.

Glass is an extremely useful substance we wouldn't want to do without. But never forget its dangers. Handle glass carefully at work and off the job.



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Matinees  
Saturday, Sunday  
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MOVIES  
MOVIES  
MOVIES

**MOVIE LINE-UP**

• Meet the Fockers (PG)	1:00	7:00	9:15
• Ocean's Twelve (PG)		7:05	9:25
• The Polar Express (G)	1:05		
• Blade Trinity (18A)	1:10	7:10	9:20

Coming Soon: Racing Stripes & Are we there yet?  
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](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.



St. John Ambulance Quinte will be holding an Open House on Thursday, January 20 from 7-9 pm.

St. John Ambulance is a non-profit organization whose volunteers provide first aid coverage to many community events throughout the year. All training is provided to volunteers. Anyone interested in becoming a volunteer with St. John Ambulance is invited to attend the Open House at 417 Montrose Road in Belleville.

### EVER BEEN INVOLVED WITH COMOX VALLEY MINOR HOCKEY?

If so, we would like to hear from you. We are writing a book celebrating 40 yrs of minor hockey in the Comox Valley.

Please send any interesting pictures, stories, accomplishments, trivia, etc to:

CVMHA history book, 3020 Barford Cres,  
Courtenay, BC V9N 9L6

or email to: [ponting@shaw.ca](mailto:ponting@shaw.ca).

Deadline for submissions is 30 Jan 05 please.

## SUPPORT THE DOLPHINS

A Youth Dance is slated for January 13, 2005 as a fundraiser for the CFB Trenton Dolphin Swim Team.



The dance is open to all students in grades 4-8 and will be held at the Lion's Club Hall (77 Campbell Street) in Trenton from 7-9:30 pm.

Tickets can be purchased at the door for \$5. The dance will have a live DJ and will be chaperoned by team parents.

## 11<sup>th</sup> Annual Air Force Historical Conference Air Command – 30 Years of Canada's Air Force

6 – 9 June 2005  
Canadian War Museum  
Ottawa, Ontario

### CALL FOR PAPERS

Conference organizers for *Air Command – 30 Years of Canada's Air Force* invite proposals for individual papers or panel presentations of one-hour duration and must address one of the following topic areas:

- Canada & NORAD
- Peacekeepers and Peacemakers – Canada's Diplomatic Contribution
- Peacekeeping Operations
- Peacemaking and the 1990-1991 Gulf War
- Canada and NATO
- Aircraft and Air Operations - National Security and Defence
- Canadian Efforts in the Cold War
- Post Cold War and the New Millennium

Proposals should be submitted in the form of a one or two page abstract with a one-page C.V. for consideration by the Selection Committee. Upon acceptance, final papers are to be provided to the Air Force Historian before the conference for publishing in the Proceedings. All selected individuals will have their accommodations, registration and meals provided.

Abstracts may be forwarded to the Selection Committee

**Mail:** Air Force Historian      **Email:** [bond.bb@forces.gc.ca](mailto:bond.bb@forces.gc.ca)  
1 Canadian Air Division      [captbond@mts.net](mailto:captbond@mts.net)  
Air Force Heritage & History  
Box 17000 Stn Forces  
Winnipeg, MB R3J 3Y5

**Fax:** (204) 833 – 2512

**DEADLINE FOR RECEIPT OF SUBMISSIONS: 31 MARCH 2005**

Additional information is available from:

Capt. Brendan Bond      (204) 833-2500 X 5152  
Mr. Don Pearsons      (204) 833-2500 X 6276

This Conference is sponsored by  
Office of Air Force Heritage & History,  
1 Canadian Air Division Headquarters, Winnipeg, Manitoba



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From the Staff @ the



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## 2005/06 DEPARTMENTAL SCHOLARSHIP CAMPAIGN

The 2005/2006 Departmental Scholarship campaign was launched this week and will run until 1 March 2005. This is an annual program that provides DND Civilian Employees with up to one year of financial assistance to obtain a degree, diploma, certificate or accreditation through full-time studies at a recognized Canadian educational institution. Over the past six years, the program has helped 89 people prepare themselves and their organizations to meet DND service needs and future challenges.

Over the next few weeks you will receive information about the upcoming competition from various sources. Included will be a Lunch & Learn session offered by the Learning & Career Centre in which details about the program will be discussed and questions will be answered. Arlene Preston, the sole Trenton scholarship recipient from last year, will also join us to talk about her experiences with the program.

If you intend to apply for the 2005/2006 competition or if you would like to know more about the program for future consideration, you are strongly encouraged to attend. Details are as follows:

Date: Tue, 11 Jan 05

Timing: 1200 - 1300

Location: 105 Yukon St, Room 307 (across from the WOs & Sgts Mess, 3rd floor, east end)

This is an informal session, so bring your lunch and a friend who may also be interested. To register, go to [http://hr.ottawa-hull.mil.ca/admhrciv/regions/ontario/LCC/engraph/Trenton/lunchLearn\\_future\\_e.asp](http://hr.ottawa-hull.mil.ca/admhrciv/regions/ontario/LCC/engraph/Trenton/lunchLearn_future_e.asp). Click on the 'Register On-line' link located in the lower right corner (brown & yellow in colour), complete the form, and click 'Submit' to send it to the LCC.

The 2005/2006 Scholarship website is also available--check it out at:  
<http://hr.dwan.dnd.ca/scholarship/>

## Crossword Answers

T	A	G		K	I	D	S		L	A	N	E
E	R	A		U	S	E	R		O	T	I	S
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S	E	R	F		D	O	T	S		E	F	T



# Nurturing our relationships - This is really what the holiday season is all about!

by Renée Trépanier,  
Education and  
Communications  
Manager  
SISIP Financial  
Services, Ottawa

One of the essential elements of successful holidays is time spent with your loved ones. In fact, nothing is more important in life than nurturing relationships that you build with members of your family and friends.

Hopefully, you had fun, took time out for rest and relaxation, and lavished gifts on those you love during the holidays. All this is good, however you may have wreaked havoc on your budget through financial overindulgence.

Think about how you approached buying

gifts during the holidays. Some people have made so many purchases using credit at Christmas, it will take them until late spring or summer to pay them off!

If you are a person for whom the mix of impulse buying and credit is difficult to resist, here is some advice:

--In the beginning of the year, prepare a Christmas budget;

--Establish a monthly savings plan to accumulate the amount necessary to cover holiday expenses;

--Prepare a gift shopping list;

When time comes:

--Take the time to shop around;

--Before buying, verify if this gift is part of

your list;

--Leave your credit cards at home;

--Use your debit card wisely; or

--Pay cash.

In addition, beware of retail stores sales strategies: publicity, sales (such as "2 for 1", "no GST", "50 per cent off on marked items"), easy access to credit and the "buy now, pay later" strategies are the most powerful ones.

The next time you open the door of a retail store for your Christmas shopping, remember the following economic principle: desires are unlimited whereas resources to fulfill them are limited.

In our consumer-driven society, publicity invites you to buy many prod-

ucts of all kinds. It is human nature to always want more, and the advertisers know that. Your desire to please your loved ones with the perfect gift is understandable, but not essential. Whatever your financial situation, your gift list could always be bigger than your wallet. But you can go further than you think if you focus on what matters most: visiting and doing special activities with your family and friends, like decorating the Christmas tree, taking walks in the snow, playing board games, etc., which is really what the holidays are all about.

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

## Felines get homes just in time for the holidays

Dozens of homeless felines were spayed, neutered, vaccinated and placed into loving homes in time for the holidays thanks to a generous donation from The Quinte Cat Club.

Marilyn Dowie (QCC representative) presented a cheque in the amount of \$1,000 to Fixed "Fur" Life President Darlene Quinsey.

The Quinte Cat Club was formed in the early 1990s to educate the public about the importance of spaying and neutering and to help animals in our community. Fixed "Fur" Life was formed earlier this year and is

working aggressively in the community to spay and neuter homeless animals and offer subsidy to low income individuals to have their pets spayed and neutered--in hopes of ending pet overpopulation.

This in turn will take some of the burden off our local shelters who continually have to euthanize animals as the numbers coming in far exceed what they are able to care for. To date FFL has spayed, neutered and vaccinated 354 cats and dogs. They have also prevented 124 animals from going to local shelters as problems relating to their pet not being spayed and

neutered resolved once the pet was fixed. A total of 52 strays to date who were abandoned by their owners have been placed into permanent indoor homes where they will no longer have to deal with the hardships of a harsh winter. Thanks to the Quinte Cat Club dozens more will be altered and placed through Fixed "Fur" Life. If you would like to make a donation towards this worthy cause please contact Darlene Quinsey at 966-0203. If you are unable to make a monetary donation please consider donating your aluminum cans and empty printer cartridges to our "Recycle for Strays" program.

### Amateur Radio Basic Licensing Course

The Trenton Amateur Radio Club (TARC) is running a Basic Licence for Amateur Radio course. This course is being run in conjunction with the Quinte (QARC) and Prince Edward (PERC) Amateur Radio Clubs.

**Course Start Date: 13 January 2005**  
**Course Timings: Class starts at 7:00 pm; ends at 9:00 pm (plus)**

**Course Days:** Twice weekly on Tuesday and Thursday nights, except for the first Thursday and second Tuesday of each month (due to Club meetings).

**Course Cost:** \$50.00--this includes the study guide (\$40.00) and one-year membership into one of the three Clubs (TARC, QARC or PERC.)

**Location:** The course will use the facilities of the Trenton Amateur Radio Club, located in the basement of 5 Anson Drive (the MP building) on the south side of the Base.

**Contacts:** QARC/Course Organizer  
Mike Papper--969-1744  
TARC (VP) Don Shears  
394-1465 or 392-2811 ext 3145



If you'd like to take this course, please

contact Mike so that he can order the

appropriate number of study guides.



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**GOOD WEST SIDE AREA -** 3 Bdrm brick bungalow on McGill Street has 2 baths, full finished bsmt, attached breezeway & garage. Lot is extra large. Close to schools. A well kept home! Call Joyce\* #2047278.

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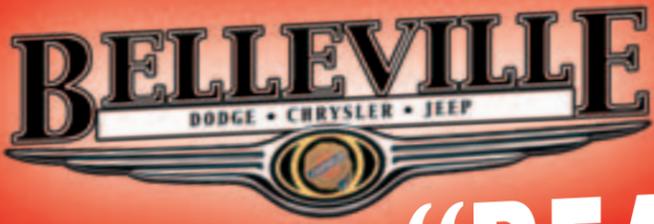
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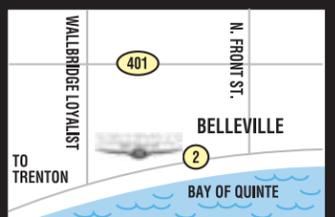
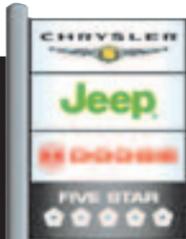
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