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• April 7, 2006 •

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Photo: Cpl David Cribb, 8 Wing Imaging

Captain Robert Lauder, a Padre from CFB Petawawa, along with Sergeant Pat Murphy, Commander of the Pallbearer Party, escort the remains of Private Robert Costall from a Canadian Forces 437 Transport Squadron CC-150 Airbus. Private Costall was killed March 28 in a firefight in northern Helmand province, approximately 110 km northwest of Kandahar.

Repatriation: A sad day for the Canadian Forces

by Captain Nicole Meszaros
8 Wing Public Affairs Officer

For the second time in less than 30 days the 8 Wing/CFB Trenton airfield was the recipient site of the remains of a fallen Canadian soldier.

Private Robert Costall returned to Canada from Afghanistan on April 1 in a flag-covered coffin met by his wife, Chrissandra, and parents Bonnie Jean and Greg Costall.

437 Transport Squadron had the honourable duty of bringing the private to Canada while the men and women of 2 Air Movements Squadron off-loaded the

coffin to the awaiting pallbearers, who were from the 1st Battalion of the Royal Canadian Regiment of CFB Petawawa.

The Honourable Gordon O'Connor, Minister of National Defence; General R.J. Hillier, Chief of the Defence Staff; Major-General Michel Gauthier, Commander Canadian Expeditionary Force Command and Colonel Andre Deschamps, Commander 8 Wing/CFB Trenton, were present to pay respects to the deceased and family members.

Private Costall was killed and three other soldiers were injured on March 28 when insurgents attacked them with mortars, rocket-propelled grenades and small

arms fire in Afghanistan's Helmand province, which is approximately 110 kilometres northwest of Kandahar. A coalition soldier was also killed in the attack.

"We mourn today the death of Private Robert Costall, who fell while defending his comrades when insurgents attacked them ... northwest of Kandahar in Afghanistan. There is no greater loss to a family and friends than that of a loved one. And there is no greater loss to the Canadian Forces family than that of one of its own ... Private Costall will not be forgotten," said Minister O'Connor in a statement released after the attack.

As Task Force Afghanistan (TFA), approximately 2,300 Canadian Forces personnel are deployed in Afghanistan as part of Canada's commitment to the international campaign against terrorism, Operation ARCHER.

Task Force Afghanistan's mission is to improve the security situation in southern Afghanistan, and play a key role in the transition from the United States (US)-led multi-national coalition (known as Operation ENDURING FREEDOM) to NATO leadership. In the southern provinces, like the province of Kandahar, this transition is scheduled for the summer of 2006.

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New high tech CF aircrew selection

Air Force / Force aérienne -
March 28, 2006

OTTAWA – The Canadian Forces are the first in the world to develop and implement new automated aircrew anthropometric selection procedures and standards based on specific operational requirements.

“This is an excellent example of how we are employing leading edge technologies to transform into a relevant, responsive and effective force for the 21st Century,” said LGen Steve Lucas, Commander of Air Command and Chief of the Air Staff. “These new

procedures and standards also represent an excellent opportunity for more Canadian men and women to pursue a career as a pilot in the Canadian Forces.”

Working with the Air Force, scientists at Defence Research and Development Canada in Toronto have developed a method of digitally scanning the physical dimensions of potential aircrew candidates. The cockpits of all CF aircraft fleets were assessed to accurately determine the body dimensions required to safely operate in these environments. A computer program then analyzes these sets of

data to determine which aircraft fleets an aircrew candidate would be physically eligible to fly. Appropriate and timely decisions can then be made regarding the continuation of aircrew selection, training and career planning.

It is expected that these new anthropometric procedures and standards will result in more people, particularly women, being eligible to pursue military pilot training. In the past, anthropometric standards were based on statistical data gathered in the 1960s and were not tailored to specific and current aircraft cockpits.

Technologie d'avant-garde dans la sélection des membres d'équipage d'aéronef des FC

Air Force / Force aérienne - le 28 mars 2006

OTTAWA – Les Forces canadiennes sont les pionniers, à l'échelle internationale, de l'élaboration et de la mise en œuvre de nouveaux processus et de nouvelles normes de sélection anthropométrique automatisée des membres d'équipage d'aéronef en fonction des exigences opérationnelles particulières.

« Cet exemple illustre à merveille la manière dont nous utilisons les technologies de pointe pour devenir une force active, efficace et adaptée au XXIe siècle, déclare le Lgén Steve Lucas, commandant du Commandement aérien et chef d'état-major de la Force aérienne. Ces nouveaux processus et ces nouvelles normes offrent aussi à un plus grand nombre d'hommes et de femmes canadiens d'excellentes possibilités d'embrasser la carrière de pilote au sein des Forces canadiennes. »

Travaillant de concert avec la Force aérienne, des scientifiques de Recherche et développement pour la défense Canada, à Toronto, ont mis au point une tech-

nique de scannage numérique des mensurations des candidats qui souhaitent devenir membres d'équipage d'aéronef. Les postes de pilotage de toutes les flottes d'aéronefs des FC ont été évalués en vue de définir les dimensions corporelles requises pour travailler dans de tels milieux en toute sécurité. Un programme informatique analyse ensuite ces données pour déterminer à quelles flottes d'aéronefs un candidat donné est admissible. Par la suite, des décisions adéquates et opportunes peuvent être prises concernant la poursuite des activités de sélection, d'instruction et de planification de carrière.

On s'attend à ce que ces nouveaux processus et ces nouvelles normes de sélection anthropométrique permettent à plus de personnes, en particulier des femmes, de suivre une instruction de pilote militaire. Par le passé, les normes anthropométriques étaient fondées sur des données statistiques recueillies dans les années soixante; elles n'étaient donc pas adaptées aux postes de pilotage particuliers des aéronefs contemporains.



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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



YMCA Intern, Tara Hamilton, under the watchful eye of Cpl Greg Evans from 81 AEF, installs a steel stud stiffener on a 20-foot fire wall partitioning 8ACCS and the Bowling Alley.

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OF TITANIC PROPORTIONS



Photo: Submitted

This Titanic model was built from scratch by Cpl James Kiomall of 8 Air Maintenance Squadron over a period of eight months—or just over 700 hours of work. Weighing a total of 92 pounds, it was constructed entirely from technical plans obtained on the Internet and from dozens of photographs. Some of the technical format drawings had to be enlarged to eight feet for template adaptation of forming the main wood construction. Some of the furnishings were ordered through the hobby shops, but most of the ship (99%) had to be handcrafted. The ship is also fitted with two 15-amp motors geared into a two-to-one transmission single drive prop. The boat is controlled by a two-channel radio control set. The ship is currently on display at 10 Hangar, AVSO Canteen (5 Bay breeze-way) until April 12. It will be on display at St. Peter's Catholic School beginning April 18. Any other area schools interested in displaying the ship can contact Cpl Kiomall at 392-2811, local 2961 or 2754.

Search & Rescue UPDATE



This week 424 Squadron was tasked by RCC four times, for missions involving both the Hercules and Griffon aircraft.

Two of these searches were for ELT signals—in both cases our airplanes were stood down after nothing was found. In the third case, our helo was dispatched to investigate a bush fire near Lake Simcoe. This fire was believed to have been started by an airplane crash. After arriving on scene, it was determined that there was no downed aircraft, and our Griffon was recalled to Trenton.

The final case also involved the Griffon, sent to rescue persons stranded on an ice flow in Lake Abitibi. Rescue 491 was stood down after local air support was arranged.

Until next week, stay safe.

Missions for 2006:30 Missions for Mar.: 16 Persons rescued: 5

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The Contact Newspaper

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

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



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message from the

Editor

I don't believe I have ever been so grateful to see the end of March.

No, not because of the unpredictable weather, March break, or any other standard reason.

March was Nutrition Month, and I, for one, have heard more than enough.

Now don't get me wrong, I am a firm proponent of healthy eating. As the daughter of a nurse and the mother of two young boys, I am fully aware of the importance of enjoying a balanced, healthy diet. I know the Canada Food Guide by heart. I read the news, about cholesterol, saturated fats, Aspartame, the evils of white sugar, the importance of reading product labels etc, etc. I am also diligently teaching my sons the same.

I do however, have to draw a line in the sand here, and voice my opinion on the current (tidal) wave of nutritional directives being issued both far and wide.

Did you know that school children are being bombarded with food facts from schools, health units and other agencies? I take issue with the sheer volume of flyers being sent home (how many trees were chopped down for this?), but I was actually rendered speechless when I heard, through colleagues and friends, of teachers actually sending lunch items home because they were "unacceptable or inappropriate." Excuse me?

Stopping my child from bringing peanut butter or other foodstuffs containing nuts or nut products is completely understandable given the realities of life-threatening allergies. I can even live with banning pop in schools (although moderation is the key to life). But where is it the school's business what my child eats for lunch? My sons eat well, but if I only put tofu, carrot sticks and wheat thins in my younger son's lunchbox, then he would simply go hungry all day! Is that what we want? I would much prefer that he eats his "lunchable" with cheese and meat and crackers etc, than suffer with an empty stomach all day. Are potato chips, fruit rollups and cookies so bad? Unless they are the main course, I would think that school staff would do better to focus on, oh, how about curriculum?

What's next, is the school going to tell me what to make for dinner? Is the local health unit going to monitor my grocery list each week?

I sincerely hope that no teacher of my children ever crosses this line. Teaching and encouraging good eating habits is laudable, but enforcement of such is not—and never should be—in the domain of the any school.

Canadiana Crossword

Ladylike Lakes

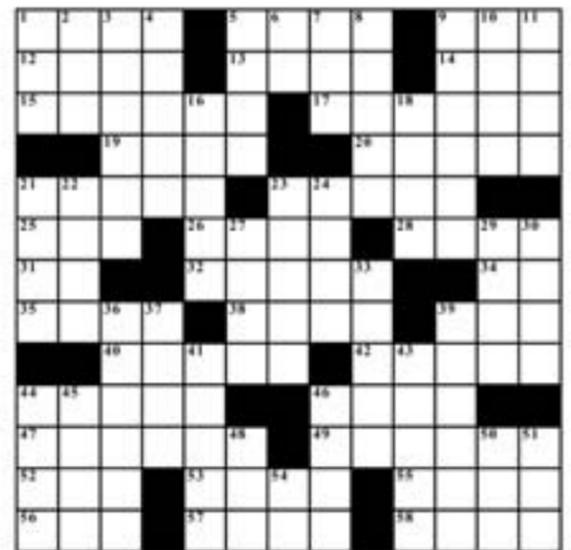
By Bernice Rosella and James Kilner

ACROSS

- 1 A bit of whiskey, slangily
- 5 Couriers du Bois quest
- 9 Lead in to stream or riff
- 12 Gelling agent
- 13 On a grand scale
- 14 Stringed instrument, slangily
- 15 Alberta's Lake _____
- 17 Mature woman
- 19 Popular insecticide
- 20 Meat counter choices
- 21 Infant
- 23 Saskatchewan's _____ Lake
- 25 Fish eggs
- 26 Dutch cheese
- 28 Saskatchewan's Lake _____
- 31 Blood type
- 32 Commonest cotton
- 34 One
- 35 Pear
- 38 Creme _____
- 39 Sign of success?
- 40 Alberta's _____ Lake
- 42 Bird _____
- 44 A bit of parsley
- 46 Long long time
- 47 Actress May
- 49 Most cunning
- 52 Space
- 53 Saskatchewan's _____ Lake
- 55 Lotion ingredient
- 56 _____ for the money
- 57 _____ pump
- 58 Manitoba's _____ Lake

DOWN

- 1 Dance, in Dollar
- 2 Sense of self
- 3 Manitoba's _____ Lake



- 4 Test
- 5 Nourish
- 6 Increase
- 7 Putter's dread
- 8 A kind of burn
- 9 British Columbia's _____ Lake
- 10 Image
- 11 Hideaways
- 16 Lop follower
- 18 Gown
- 21 Shell fish
- 22 Tramp
- 23 Mansion
- 24 Among
- 27 Lucille's man

- 29 Husband, to Henriette
- 30 Sweetsop
- 33 British Columbia's _____ Lake
- 36 Use a ulu
- 37 Roman 152
- 39 Sensibly
- 41 Ontario's _____ Lake
- 43 Word in RCMP
- 44 Lily bulb
- 45 Prepare
- 46 Soonest
- 48 Flightless bird
- 50 Offspring
- 51 Small integer
- 54 Metric meas.



This Week in Contact

1996 – The Canadian Forces Argus maritime patrol aircraft that sat on the tarmac at Mountain View for the better part of two decades is about to be reborn. Members of Air Transport Group's 8 Air Maintenance Squadron are painting the plane, after cleaning and renovating it. Recently, it was towed from workshops at 8 Wing Trenton to 10 Hangar, to be sanded down and repainted in the colours of 415 Squadron, with which it flew during its service life.

1986 – The Ministry of Tourism and Recreation will provide a grant of \$10,000 to the Quinte International Air Show, Minister of Tourism and Recreation John Eakins and Minister of Industry, Trade and Technology Hugh O'Neil have announced. This one-time grant will be used on a cost-sharing basis for the marketing and promotion of the air show, to be held here at CFB Trenton on June 28 and 29.

1976 – Captain KI Struthers, 28, of Ottawa, has won a Chief of the Defence Staff commendation for safely landing his CF-104 Starfighter jet that was experiencing engine malfunctions over Germany's Black Forest last June. A member of 441 Tactical Fighter Squadron, he flew his CF-104 fighter-bomber back to base, about 20 nautical miles distant, after the aircraft experienced a series of compressor stalls reducing engine rpm

Created by Lt J. H. MacDonald,
Compiled by Jason Newman.

REPATRIATION CEREMONY

Photo: Cpl Gayle Wilson, 8 Wing Imaging



A repatriation ceremony for Private Robert Costall from Afghanistan, was held in Trenton 01 April 2006. Pte Costall, a soldier with 1st Battalion of Princess Patricia's Canadian Light Infantry (1PPCLI) Edmonton, was killed in a battle with insurgents in northern Helmand province on March 28, 2006.

413 Wing opens the doors to a brand new, beautiful building

by Andrea LeBlanc
Managing Editor

It was a day many never dared to dream would come, and a day none are likely to forget.

On Saturday, April 1, 2006, members of 413 Air Commodore Leonard Birchall Wing of the Air Force Association of Canada (AFAC), officially and proudly threw open the doors to their new home, a gorgeous new structure located on North Murray Street in Trenton.

On hand for this celebration were numerous dignitaries, including John Oliver, President of 413 Wing; Noel Funge, Ontario Group President, AFAC; Lieutenant-Colonel (LCol) Mark Roberts, 8 Wing Administration Officer; and Quinte West Mayor Bob Campney, not to mention many members of 413 and 406 Wing (Montreal) and 8 Wing/CFB Trenton.

Coinciding with the 82nd anniversary of the Royal Canadian Air Force, the official opening ceremonies featured the 413 Wing Pipes and Drums, led by Pipe Major Beth Cleaton, and the



Photo: Andrea LeBlanc

The ribbon was cut and the new home of 413 Air Commodore Leonard Birchall Wing was officially declared open on April 1, 2006. Attending were, from left to right: Noel Funge, Ontario Group President, AFAC; LCol Mark Roberts, 8 Wing Administration Officer; John Oliver, 413 Wing President; and Quinte West Mayor Bob Campney.

raising of the flag at the front of the new building.

413 Wing President John Oliver commented at the start of the ceremony that many members of the wing had noted in the past that "never in our lifetime will we see a new building."

"Well, it has been accomplished," noted Oliver with obvious pride.

"We raised \$65,000 by share donors (\$500 each) and were helped with thousands of man-hours and woman-hours of volunteer labour."

Oliver also singled out

building supervisor Pat Dobson, noting that "without his work, this new building would never be done." In recognition of his dedication and hard work, the members' lounge and games room has been renamed "The Pat Dobson Room."

Thanks were also extended to Doug Whitley and Frank Miron, for the assistance they provided in securing the necessary financing for the project.

Quinte West Mayor Bob Campney also spoke briefly to those assembled, congratulating 413 Air Commodore Leonard Birchall Wing on its "wonderful new building" on behalf of the members of Quinte West Council and the citizens of Quinte West.

LCol Mark Roberts, representing Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, also congratulated 413 Wing, noting that the new building's closer proximity to 8 Wing/CFB Trenton was a very positive thing.

Noel Funge, representing 28 other AFAC wings across Ontario, called the new building a "magnificent achievement" and a "shining example for all of Ontario Group."

Padre Sid Horne was present to bless the new building, noting the many difficulties that were overcome to bring this project to a successful conclusion.

Following this, a brief ribbon cutting ceremony was held and the new building was declared officially open.

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Safety

Your back is working around the clock



Submitted by
Don Heans,
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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News

Snowbirds prepare for season

15 Wing, Moose Jaw -- The Canadian Forces Snowbirds will put the polishing touches on their 2006 show in Comox, British Columbia, from April 3 to 20 in preparation for the upcoming air show season.

"We are always grateful for the warm welcome we receive from the Comox Valley Community," said Major Ian McLean, Commanding Officer, Canadian Forces Snowbirds. "The Comox Valley provides us an important training venue to practice flying our show over mountains, water and diverse landscape."

During their time in Comox, the Snowbirds are scheduled to practice twice daily, weather permitting. From April 4 to 8, the team is scheduled to fly both morning and afternoon practices over the 19 Wing, Comox.

From April 10 to 14 and April 17 to 20, the team is scheduled to fly morning practices over 19 Wing and afternoon practices over the Strait of

Georgia.

As a show of appreciation for the tremendous hospitality, the Snowbirds will perform a demonstration flight Saturday, April 15 at 11 a.m. over the Comox Waterfront, weather permitting. The team will also be available to sign autographs after the demonstration at the Air Force Museum, 19 Wing, Comox, at 1:30 p.m.

The Canadian Forces Snowbirds are proud ambassadors of the men and women in Canada's military, who are making a difference around the world.

In 2006, the Snowbirds will have the privilege of participating in 64 air shows in 41 communities across North America from coast to coast.

The Snowbirds' mission is to represent the skill, professionalism and teamwork of the Canadian Forces and to inspire others to consider an exciting career in Canada's military.

Surf n' Turf race two months away

Surf n' Turf entry forms are now available at the base gymnasium or you may obtain an electronic version via email at refausse.e@forces.gc.ca.

The annual 50 km race, which incorporates running, swimming, canoeing and biking and stretched across Quinte West will take place on June 2 so don't delay!

For further information about the race please visit www.cfbtrenton.com or contact Lisa at local 3328.

The April Fit Bits newsletter is now available online at www.cfbtrenton.com. If you wish to be added to the email distribution list please contact Lisa at refausse.e@forces.gc.ca

Spin class

There will be a special spin class being held on Wednesday, April 12, at 1200 hrs at the base gymnasium. This master class will have all instructors teaching.

Come check out our great new spin bikes with this high-energy launch to our Spin program. Hope to see you there!

FALCONS LAND AT 8 WING

Photos: Cpl Tom Parker, 8 Wing Imaging



(Above) Five F-16 Fighting Falcons commonly known as Vipers from 312 Fighter Squadron of Volkel Air Force Base of the Royal Netherlands Air Force landed in Trenton April 4 to undergo engine oil analysis as facilitated by ATESS. The Vipers were en route to 4 Wing/CFB Cold Lake, Alberta to commence six weeks of night bomber training before participating in Exercise Maple Flag for a further four weeks.

(Below) Major Jan Ryedisueli, who is a pilot from Volkel Air Force Base of the Royal Netherlands Air Force, drains oil from his Viper so it can be analyzed by personnel with the Aerospace and Telecommunications Engineering Support Squadron (ATESS) at 8 Wing/CFB Trenton.



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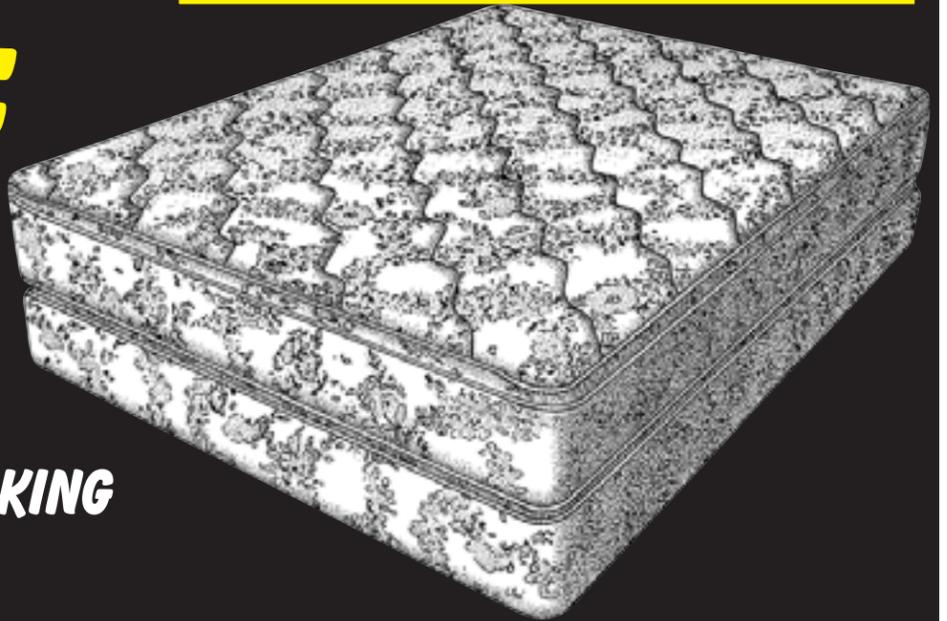


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"SMILES ARE FREE"



Breadner Elementary gets some green to go even greener

by Amber Gooding,
Contact Staff

The students of Breadner Elementary School received a surprise grant of \$2,000 from Toyota Evergreen Learning Grounds to help transform their schoolyard.

The mission, to create an outdoor classroom providing students with a fun, inviting and informative place to play and learn, was brought forth by the Hastings and Prince Edward District School Board's (HPEDSB) EarthCARE initiative, which focuses on youth engagement through three core themes; energy efficiency, waste reduction and water.

The Toyota Evergreen Learning Grounds Program is a national program available to schools across the country. Various corporations, foundations, government agencies, and individual Canadians help to fund this program, bringing a natural learning environment to Canadian students.

The Toyota Evergreen Learning Grounds major sponsors for 2005/2006 include Toyota Canada Inc. and Franklin Templeton

Investments.

The money will be used to purchase approved native plant species, as outlined by Evergreen, that possess certain traits, making them uniquely adaptable to local conditions. This interactive, hands-on approach includes the planting of native tree, shrub, wildflower, grass, aquatic and vine species that occur in the region in which they have evolved.

Breadner will be creating a memorial walkway of trees leading to a seating area, which will be available for students during recess and classes for outdoor learning.

Surrounding the seating area will be various trees and shrubs, with a butterfly garden along the fence line, all of which directly links to the Ontario curriculum's focus as it relates to habitat.

Kathleen Sutherland, a primary special education teacher of the William R. Kirk School satellite class at Breadner, first learned of the project during a Monarch butterfly workshop that she participated in a couple years ago.

"My goal is to create a place for students to study, learn and gather with

Photos: Amber Gooding, Contact Staff



A group of students receive a cheque at an assembly held in the gymnasium of Breadner Elementary School on March 31. From left to right are students, Ashley, Alley, Jae, Jessica, Robert and Jonathan, in front of Kathleen Sutherland and Pat Farlow from Belleville Toyota.

friends," she said. "We are also hoping to release Monarchs this spring, to watch them emerge from cocoons, which will coincide with elements of the Ontario curriculum."

Plans for the project are already in place, with hopes to begin creating the space late April or early May, to ensure that all trees and

shrubs are planted before summer. Sutherland would also like to add birdhouses and further expand the possibilities for habitat, as the project expands. She is currently pursuing another grant that is designed specifically for habitat-related gardens.

Students, parents and staff of Breadner are active-

ly involved in bringing the greening project to life, including PLAN (People Learning About Nature), who will be following through with care through the next school year.

The launch of EarthCARE in HPEDSB was held back in November, when David Suzuki presented local students with a

presentation called "You Matter! Respect and Responsibility in Our Community".

Now, with the arrival of spring, the students who have worked diligently behind the scenes planning the development are eagerly awaiting the arrival of the elements that will bring this garden to life.

Wo's & Sgts Mess

SUN MON TUE WED THU FRI SAT

Bar Hours:
Monday - Thursday 1130 - 1330 & 1500 - 1900 hrs.
Friday 1130 - 2100 hrs.
Saturday & Sunday 1200 - 1500 hrs.

Office Hours:
Monday - Friday 0800 - 1600 hrs.

2	3	4	5	6	7	8
Games Room Mixed Darts 1300 hrs					Fireside Lounge Soup & Sandwich 1130 - 1330 hrs. TGIF Pet Luck 1700 hrs.	
9	10	11	12	13	14	15
Games Room Mixed Darts 1300 hrs		Fireside Lounge Meeting/Training 1430 - 1700 hrs.	Main Lounge 1000 - 1200 hrs. RAMS Honors & Awards	Fireside Lounge Soup & Sandwich 1130 - 1330 hrs. TGIF Rover Bus 1300 hrs. PUB Coffee Break 200 hrs.	Good Friday Mess Office Closed Bar Hours: 1200 - 1500 hrs.	
16	17	18	19	20	21	22
Happy Easter!	Easter Monday Mess Office Closed Bar Hours: 1200 - 1500 hrs.				Fireside Lounge Soup & Sandwich 1130 - 1330 hrs. 1/4 Chicken Dinner 1700 hrs.	
23	24	25	26	27	28	29
Games Room Mixed Darts 1300 hrs	Miscart Conference 24 - 26 April 06 0800 - 1600 hrs.			Compo's Binge Main Lounge Doors Open: 1800 hrs. Binge Starts: 1900 hrs. WCBU Coffee Break 1800 hrs.	Fireside Lounge Soup & Sandwich 1130 - 1330 hrs. TGIF Fish and Chips 1700 hrs.	
30	April 2006					
Games Room Mixed Darts 1300 hrs						

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2	3	4	5	6	7	8
					TGIF 1700 hrs Subs Sports/ 1800 hrs Pool	
9	10	11	12	13	14	15
				TGIF 1700 hrs Pizza Sports/ 1800 hrs Euchre	Good Friday Mess Office Closed	
16	17	18	19	20	21	22
Easter Sunday	Easter Monday Mess Office Closed				TGIF 1700 hrs Donairs Sports/ 1800 hrs Pool	
23	24	25	26	27	28	29
					TGIF 1700 hrs Fish & Chips Sports/ 1800 hrs Euchre	
30	APRIL 2006					



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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
April 9 - April 15

ARIES (March 21-April 19): Cover your back and ensure you don't fall behind on the 9th, 10th and 11th. Your gift of gab will slow you down, especially if your conversations are trivial. It's time to make your personal environment better. Concentrate on the things you can change on the 12th and 13th. Collect or pay off an old debt and you will feel relieved. Consider forming a partnership if it will help you get an idea you have off the ground. Talk, travel and taking action will bring results. You'll be in an adventurous mood on the 14th and 15th. Make plans to do something entertaining. Keep a fast pace and you will get some great ideas regarding future prospects and plans.

GEMINI (May 21-June 20): Alterations in your life will surprise you on the 9th, 10th and 11th and it will be difficult to control the outcome. Don't expect anyone to understand your actions or reactions. Someone you thought you could count on will let you down. Emotional matters concerning social acquaintances will surface. Check out a new job or pick up a new pastime that excites you on the 12th and 13th. The busier you are, the better you will feel. A problem with someone you work with may cause you some grief. Stick to what you know and do best. Take a hands-on approach to whatever you do on the 14th and 15th. A short trip will help you solve some of your problems.

CANCER (June 21-July 22): Don't hesitate on the 9th, 10th and 11th -- the sooner you get on with things, the better. Holding on to the past just won't cut it. Once you begin to move with the times you will look back wondering what took you so long. You are in a high cycle regarding love and romance so don't waste it. You've got everything going for you on the 12th and 13th. Take action and you will get things off to a good start. Travel, romance, socializing will be positive and will bring some interesting concepts to the table. A chance to do something different on the 14th and 15th will illuminate the possibility of turning one of your talents into a lucrative enterprise.

LEO (July 23-Aug. 22): Complaining will only lead to discord on the 9th, 10th and 11th. Don't worry so much about what everyone else is doing. A money deal you've been working on should take top priority. You can get ahead financially if you are smart and quick to make a decision. Question what you are being told on the 12th and 13th. The truth is likely to be stretched and that may lead you in the wrong direction in a personal matter. Friends and relatives will help you keep things straight. Don't push your luck on the 14th and 15th. Go it alone when it comes to money or business. An emotional matter will arise in your personal life if you aren't honest and secrets divulged if you aren't discreet.

VIRGO (Aug. 23-Sept. 22): Emotions will run high on the 9th - 11th especially if you are forced to deal with personal matters. Don't let someone you care about take advantage of you. Hold your own -- you can achieve what you want with persistence. Sudden changes regarding a partnership can be expected. Remain as confident and calm as possible on the 12th and 13th if you want to be eligible for a raise or new position. A partner may give you a hard time or force you to make a change you aren't happy about. No matter what happens don't get involved in an argument. Someone from your past will be on your mind on the 14th and 15th. Contact this person.

LIBRA (Sept. 23-Oct. 22): Strive to keep everything out in the open on the 9th, 10th and 11th. A professional change will be to your advantage. Someone you have worked with in the past will suggest you for a new position. Be careful while in transit. Do what appeals most to you on the 12th and 13th. Engage in a creative hobby, spend time with friends or make personal changes. Short trips will help you make a difficult decision. You can advance by talking and sharing your ideas with the right people on the 14th and 15th. Sign up for volunteer work that will bring you in contact with interesting and informative individuals. You can make a difference by offering your time and your kindness.

SCORPIO (Oct. 23-Nov. 21): Don't divulge any secret information on the 9th, 10th and 11th. An idea you have must be carried out. You stand a good chance of making something out of nothing if you pursue your creative dreams. You will be surprisingly inventive on the 12th and 13th, coming up with right solutions and putting them into play. You will be a little ahead of your time, but everyone will catch up in time to celebrate your victory. A chance to come into money is looking good on the 14th and 15th. You can make a deal, invest, or collect old debts with ease. Changes to your living quarters will make a huge difference to your emotional well-being.

SAGITTARIUS (Nov. 22-Dec. 21): Problems with relatives or close friends can be expected on the 9th, 10th and 11th. Don't shy away; be honest about the way you feel so you can work matters out amiably. Get outside help or counselling, if necessary. Don't be too trusting of the people who are pledging to help you on the 12th and 13th. A disappointment is apparent. A disagreement with someone will escalate if you don't back down. Consider whether or not you have been fair. Someone will exaggerate to get you to do something on the 14th and 15th. Don't get railroaded into spending money you don't have. Avoid joint ventures and refuse to let anyone bully you.

CAPRICORN (Dec. 22-Jan. 19): Everything is turning in your favour on the 9th, 10th and 11th. A chance to visit people you enjoy spending time with will lead to some interesting conversations and a possible opportunity. This is a good time to determine what it is you want out of life. A great opportunity is evident on the 12th and 13th. Take a leap of faith and you will find yourself moving in an upward motion professionally and financially. Don't be shy. Take the initiative. Your involvement in industry events or seminars, tradeshows or conferences will pay off on the 14th and 15th. Your helpful attitude and knowledge will be impressive. A change in your career direction will be positive.

AQUARIUS (Jan. 20-Feb. 18): You may be uncertain about personal issues on the 9th, 10th and 11th. Try to keep things in perspective. Time may be required to sort through past or ongoing troubles. Don't let yourself slip into depression. You really have to set your priorities straight and get down to business on the 12th and 13th. Someone may try to lead you astray but, if you rely on yourself and your own research, you will discover that anything is possible. Do not confront a situation that is bothering you on the 14th and 15th. Wait until you have had more time to think things through. Problems with loved ones cannot be resolved with anger or aggressive action.

PISCES (Feb. 19-March 20): Stick to what you know and do best on the 9th, 10th and 11th. Avoid anyone who tries to corner you into making a decision. Give yourself enough time to see what will unfold before you commit to anything or anyone. Listen to what others have to say on the 12th and 13th but don't give in to pressure or bullying. If you are not in agreement with what your partner or someone else is doing, back away and let him or her go it alone. Follow your own path on the 14th and 15th and you will accomplish what you want. Travel or learning about different cultures will lead to information that will come in handy. A creative project will entice you.

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7:10 (Mon-Thurs)		
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7:00 (Mon-Thurs)		
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7:05 (Mon-Thurs)		

CALL
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FOR INFORMATION

Matinees
Saturday & Sunday

MOVIES
MOVIES
MOVIES

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.

Calling All Choristers

We are searching for the alumni of the Hastings and Prince Edward Children's Chorus to celebrate our 20th anniversary!

Please notify your friends and family. Send us your name, the number of years you were in the choir and when, along with any special memories and photos. Help us piece together the history of the Hastings and Prince Edward Children's Chorus for a commemorative book, which will be made available for sale.



Please join us for our Anniversary Concert and Gala dinner on June 11, 2006. Please feel free to write to us at choir20thanniversary@sympatico.ca

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PARISH ORGANIZATIONS

Parish Council 4th Sun 1330 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL 2nd Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs

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WORSHIP SERVICE

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Holy Communion 1st Sunday of the month

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

BAPTISM/BAPTEME

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.



QUINTE TRASHBASH 2006

CORPORATE CHALLENGE

Quinte Watershed Cleanup is once again staging the Quinte Trashbash. This year, Trashbash falls on April 22, which also happens to be Earth Day.

We challenge all area businesses to get involved!!! Several area companies and small businesses have already entered teams of staff and their families.

TrashBash will be doing a media campaign to let the community know how environmentally minded some of our local businesses are. Take this opportunity to get involved in this annual event that makes Quinte a better place to live.

You can register a team online at www.quintewatershedcleanup.org, or by calling Bridget Stevenson at 394 1074. The team that collects the most trash will be awarded the TrashBash trophy in recognition of their efforts.

Teams can be any size. Clean up around your business or pick an area where your team can all meet and have fun. Materials (garbage bags, etc.) will be supplied if needed. Clean up on Friday or Saturday - just be sure to bring all your collected trash to one of the designated drop-off sites before noon on Saturday, April 22 so that your collected amount can be noted by one of our volunteers.

For more information call Bridget at 394 1074 or Colleen Dupuis at 827 5314. We look forward to you joining in the clean-up!!



QUINTE TRASHBASH

April 22, 2006

8:30 a.m. to 12:00 p.m.



Help us clean our community by picking up litter. Join your neighbours for a fun way to help our environment.

For more information, or to register, please visit www.quintewatershedcleanup.org or call 324-4829.

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The RCAF Memorial Museum is looking for ATC personnel from all parts of the country who may be interested in promoting an ATC display in the museum.

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Garth Turner

As you may have read, last week I gave my controversial, unsolicited pre-budget report to Finance Minister Jim Flaherty and to Stephen Harper. Both guys were receptive when I handed it over, and certainly knew all about it before the hand-off occurred. My strategy of working up a little media interest in advance had just the effect I expected, which was to ensure this piece of work would not be ignored.

Some have criticized me --both locally and nationally--for my tactics as an MP, and I certainly understand that. I have spoken my mind since being elected, and repeatedly stated who I am working for, which is the voters and not my party. Of course, I am a Conservative and for good reasons. But as an MP, my job is promote the people's interests first and foremost. In that, there is no compromise. Period.

So, back to the budget report. As reported elsewhere, I have thrown my support behind a Family Tax return, which will allow income-splitting for both working and retired couples, as well as a new after-

tax retirement savings plan (for all those who are behind in their finances), a move to a simplified form of Flat Tax, and recommended against a change to capital gains tax which would cost a mint and benefit relatively few. My report also came out against letting homeowners deduct mortgage interest from taxes--a very contentious topic which most people (and I heard from 11,000 voters) turned thumbs-down on.

The next hurdle, of course, is to get this report turned into action. Sure, Jim Flaherty and Stephen Harper and every other Tory MP have the report, but my experience has taught me that changes as substantial as I am proposing need a big kick in the tosh, not just a nudge. They also need consensus, hard work and leadership.

So, here's the plan. I am turning the report back to the voters, from whence it came. It will now be the task of a committee of taxpayers and citizens to come up with a formula for turning ideas into policies. Constituent David Fisher, a self-employed father of two from north Oakville, is the

chair, chosen by me because he is one of the most sensible and civic-minded people I have ever met (we first shook hands four months ago when he hosted an election debate in his living room).

The committee will not report to me, but rather to Parliament. Yes, this is a radical idea and, to my knowledge, has not been done before. But, why not? Maybe it's time we had a lot more direct voter input into the House of Commons to supplement the representation given by MPs. Maybe that would be a great tonic to the disillusionment, cynicism, and sense of disengagement most Canadians are feeling right now. Hey, something sure is wrong when public trust surveys rank MPs lower than used car salesmen?

So David's committee has been mandated by me to find ways of building consensus (if there is one) for the ideas the report presents. Then it needs to work with the Library of Parliament and the legislative resources at the House of Commons to draft legislation reflecting the new goals. This will be complex, research-oriented and daunting. But it will also be a pure adrenalin rush for many people who will actually be able to craft a bill aimed at the floor of the House of Commons.

Success depends on me handing over my resources as an MP, opening the

doors of Parliament for the citizens, and helping guide them through the process. Ultimately, it will be me -- as the guy with a seat in the House--who stands and presents the new statute. And that will be a proud moment--perhaps the first time that legislation for the people, and by the people, has come to the green chamber.

Of course, we are a long ways from that. The first order is finding willing, engaged citizens who are ready to slog away at identifying goals, researching the path ahead, understanding the impact on all existing laws, building a network of support and then tackling the private member's bill itself. As with any bill I might write, there is no guarantee of success. No assurance it will not be struck down by other MPs. No fast track to becoming law without the support of the House. And that means, clearly, a citizen-to-citizen effort, influencing MPs across the country. It has to start somewhere. And that would be with David.

Are you interested in being a part of this journey? In trying to accomplish these reforms? If you are, please drop me a line (garth@garth.ca) or my riding office manager Esther Shaye (esther@garth.ca).

This might be a bold new experiment. It might fail. It might not. But giving people more voice is the right thing to do.

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Air Force combines Habitat for Humanity with leadership training at 16 Wing

16 WING BORDEN — Canadians have traditionally been known for their generosity and over time the military has made countless contributions toward continuing that legacy.

Through peacekeeping missions CF members have long demonstrated a willingness to put the needs of others ahead of their own in order to improve the lives of impoverished people worldwide. However, on the home front, when the duty day ends and the uniforms come off, many of folks often settle into their normal routines, forgetting there are Canadians who could also benefit from assistance.

The staff at the Air Command Academy at 16 Wing Borden was determined to address this concern and decided to incorporate a community service project into their Primary Leadership Qualification (PLQ) course to help make a positive impact for those they are sworn to protect and defend. So far the results have been outstanding.

The program itself has two components. First, the students select a charitable organization and then conduct fundraising initiatives to raise money which is then donated to that charity. The second portion requires them to go out into the community and dedicate a day to helping worthy groups working to improve the

lives of those less fortunate. Although the program is still in its infancy, students in attendance since June 2005 have already raised more than \$2000.00 for the charities they have selected and have provided more than 300 hours of labour working in partnership with the local Habitat for Humanity project.

Stacey Mandley, Store Manager at the Habitat for Humanity Re-Store in Barrie Ontario, has been very impressed by the contributions made to his organization.

"The support we have received from the PLQ students has been phenomenal. In the short time we've been working with them we have received more assistance from the folks at 16 Wing Borden than we have from the entire community in the past year. We have also gotten very positive feedback from our civilian volunteers on the quality of the people who've come out from the base and a recent article in one of the local newspapers highlighting CF support for our cause has greatly enhanced the stature of military personnel within the community as a whole. Many of the people who read the article had no idea that personnel from the base were so involved in the project and it has inspired them to chip in and help as well".

While it remains a school ini-

tiative focused on the area surrounding 16 Wing Borden the intent is for the students to become more involved in their own communities after graduation.

Sergeant Marlene Shillingford, who as Program Director, is the driving force behind the project, has noted that all of the students who volunteer to help out come away from the experience with a positive attitude toward community service. "Everyone who was involved our last time out really enjoyed themselves and many of them told me they intend to become more involved in these types of projects when they return to their units" she says.

One of the principles stressed during the course is leadership through action and clearly the community service project has reinforced this concept and garnered invaluable positive PR within the civilian sector.

The ripple effect from exposure to volunteer work will continue to reap positive benefits across Canada as the students become more involved in their own communities, demonstrating a strong commitment to the core value of "Service to Canada Before Self" while making their own municipalities, and in turn the entire country, a better place to live.

Evening of support for those who wear the invisible uniform

Where can you have a five-course gourmet meal paired with excellent wine, East Coast tunes and unique auction items, and at the same time show support for the families of the Canadian Forces?

You can find it at the 2nd Annual Invisible Ribbon Gala on Saturday, May 13th at the Trenton Holiday Inn. The Trenton Military Family Resource Centre (MFRC) is once again hosting this fun, charming evening to raise necessary funds for their services and programs.

The Trenton MFRC is a non-profit organization that has always provided support and resources for the military families (those who wear the invisible uniform) but it is even more important now with the increase of deployments at 8 Wing Trenton and the increase of uncertainty overseas. Families are able to access deployment support, workshops, youth programs, respite child-care and counseling services. There are unique challenges when you are a military family and the staff at the centre is a great support system.

John Smylie of Smylie's Independent is chairing the Invisible Ribbon Gala and says that it will be a gastronomic delight with Chef Cory Slaughter's creations. Carmela Estates will be providing a different wine for each course and educating diners on the in's and out's of wine selection. Entertaining Jim Nelson will auction off some unique items and experiences, which will lead into a rocking East Coast time with The Fiddleheads.

8 Wing Airbase may not always make the front page but it is well known in this area as the busiest air-base in Canada providing support for many Military operations. The knowledge that their families have support helps our military members to serve their country. The Trenton Military Family Resource Centre provides that support.

To show your support, reserve your tickets for the Invisible Ribbon Gala at the Trenton Military Family Resource Centre on 50 Rivers Dr., Trenton (965-3575) and Smylie's Independent in Trenton (392-0297). Only a limited amount of tickets are available.

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9	10	11	12	13	14	15
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Happy Easter!	Easter Monday Mess Office Closed Bar Hours: 1200 - 1500 hrs.				Fireside Lounge Soup & Sandwich 1130 - 1330 & TGIF 1700 hrs. 1/4 Chicken Dinner	
23	24	25	26	27	28	29
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An excited and heartfelt congratulations to Matt Sheahan and Adriana Galeota-Sheahan, proud parents of Enyazena, who they welcomed into the world at 11:59 p.m. on Tuesday, April 4, 2006. The little sweetie weighed in at a perfect 7 pounds, 14 3/4 ounces. Both mom and baby girl are both healthy and happy.




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The Contact would like to take this time to wish everyone and their families a safe and happy Easter. We would also like to remind readers that the Contact will not be delivered on Good Friday, but will instead be distributed the day before - Thursday, April 13.

Have a great holiday!



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Pre-Delivery Inspection -- new home ownership

(NC)-There is a critical first step all new homebuyers in Ontario must take before moving day, known as the Pre-Delivery Inspection or PDI.

Much more than a just a quick tour, the PDI represents the first opportunity for buyers to view their home in its completed state and thoroughly assess its condition prior to taking possession.

All builders of new homes and condominiums in Ontario are required by Tarion Warranty Corporation to conduct a PDI with their customers prior to a home's date of possession.

Tarion is a private corporation that protects homebuyers according to the terms of the Ontario New Home Warranties Plan Act, which requires that builders provide warranty coverage on every new home built in the province.

"The PDI is an important starting-off point in the new home warranty process," according to Carol Metcalfe, Manager of claims at Tarion. "Most builders are committed to constructing a quality product, but today's new homes are large and complex, made up of many dif-

ferent systems and components. The PDI therefore provides homeowners with a prime opportunity for assessing a home's overall workmanship and features."

The PDI takes place just before occupancy and involves the builder or their representative examining the interior and exterior of the home with the homeowner.

The objective of this inspection is to make a written record of all items that are incomplete, damaged, missing, inaccessible or not working properly.

Items needing attention by the builder are included on a PDI Form, which represents the official record of the home's condition before occupancy. It is also used by Tarion as a reference for any future warranty-related issues.

"Many builders use the PDI as an opportunity to foster a good relationship with their customers, at the start of the all-important first year in the new home," says Metcalfe. "In addition to conducting the inspection with homeowners, builders must explain how the various systems work, including the heating, air conditioning, plumbing and electrical.



It's important for homeowners to be familiar with these as their improper use could affect future warranty coverage."

During the PDI, homeowners should carefully examine the home both inside and out.

While inside, they should look for things like chips in porcelain sinks or scratches on counter tops, damage to floors or walls, and doors and windows that are not secure or do not open and close easily.

Outside they should check things like the quality of brickwork and siding, whether window screens have been installed,

and the appearance of the driveway and landscaping.

It is also a good idea to discuss home maintenance with the builder, as poor or improper maintenance can jeopardize warranty coverage.

Additional information on the PDI, including a complete list of things to look for during the inspection, can be found in 'Getting Ready for the Pre-Delivery Inspection,' a brochure produced by Tarion.

Copies can be obtained by calling 1-877-9TARION or downloaded from the Tarion website www.tarion.com.

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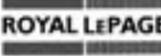
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