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• April 21, 2006 •

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 41 Issue Number 16 •

LANDMARK RESTORATION



Photo: Cpl Tom Parker, 8 Wing Imaging

The project here at 8 Wing/CFB Trenton to restore the old water tower, estimated at a cost of \$750,000, is well underway. One of the first visible structures constructed on the base in 1931, the iconic tower is no longer a water tower, but instead a communications tower and serves as the airfield's rotating beacon. Work is slated for completion later this spring.

Newest Air Force general welcomed in Winnipeg

by Major Andy Coxhead, 1 Cdn Air Div Senior Public Affairs Officer

Winnipeg - About one hundred staff from, 1 Canadian Air Division turned out in the foyer of the Billy Bishop Building on Friday 14 April to greet Canada's newest air force general, Brigadier-General (BGen) André Deschamps.

The unsuspecting BGen Deschamps arrived at 1 Air Division Headquarters to discuss air mobility issues with senior staff when he was met at the door by Major-General (MGen) Charlie Bouchard, Commander, 1 Cdn Air Division and Canadian

NORAD Region.

MGen Bouchard was quick to introduce, "the latest and newest BGen in the Canadian Air Force" to the gathered masses and pointed out that newly promoted BGen Deschamps was out of dress. Then, on behalf of the Chief of the Air Staff, he handed BGen Deschamps a new 'General Officers Wedge Cap.'

"It is a privilege and a pleasure," said BGen Deschamps. "You don't plan to become a General, you just do your job the best you can and if the senior leadership of the CF and the Minister of National Defence recognize your effort, it is a priv-

ilege."

BGen Deschamps was promoted to that rank on 12 April, without official military ceremony and he asked his wife Gayle to put on his new rank in the comfort of their Belleville, ON home. "It was a personal affair for us, and it marked the day quite nicely," said BGen Deschamps.

BGen Deschamps has been the Wing Commander at 8 Wing/CFB Trenton since the summer of 2004. He is posted to Canadian Expeditionary Forces Command and will assume the duties of the Chief of Staff at that headquarters in Ottawa.



Photo: Cpl Steven Bogue

At left, Major-General Charles Bouchard, Commander, 1 Canadian Air Division and Canadian NORAD Region, greets new Brigadier-General André Deschamps as he signs the 1 Canadian Air Division guest book on April 14, 2006. Command of 8 Wing/CFB Trenton will transfer to Colonel Tom Lawson on May 3, 2006.

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Appointment of new Judge Advocate General for the Canadian Forces

April 10, 2006

OTTAWA – Defence Minister Gordon O'Connor is pleased to announce that Colonel Ken Watkin will be promoted to Brigadier-General and assume the responsibilities of Judge Advocate General (JAG) of the Canadian Forces on April 14. Pursuant to Section 9 of the National Defence Act, the new JAG was appointed by an Order-in-Council for a term of four years.

“Col Ken Watkin has broad experience in the administration of military justice and impeccable credentials in the critically important area of operational law,” said Minister O'Connor. “The latter is particularly important as my senior legal advisor will be a key player as we rebuild the Canadian Forces, integrating a three-ocean navy, a robust army and a revitalized air force into an effective team at home and abroad. I have the utmost confidence in his abil-

ities.”

A graduate of Queen's University Law School with Bachelor and Master of Laws degrees, Col Ken Watkin has served as a Canadian Forces legal officer for 24 years. He has been trial counsel at courts martial and appellate counsel before the Court Martial Appeal Court. Since 1993, he has specialized in the field of operational law. He was government counsel for various national and international investigations arising from the Rwanda Genocide, and provided legal advice to Canadian commanders in Bosnia and the Canadian Navy during the turbot dispute with Spain. He has published widely on operational law, the law of armed conflict, discipline and human rights.

Col Watkin replaces Major-General (MGen) Jerry Pitzul, who is retiring from the CF after eight years as the senior Canadian Forces legal advisor. He has been

appointed Honorary Professor of Law at the University of Western Ontario.

Minister O'Connor praised MGen Pitzul's reform of the military justice system through a tenure that began on the heels of the 1997 Report of the Special Advisory Group on Military Justice and Military Police Investigation Services. “I realize how far-sighted National Defence was in appointing him to this position,” said the Defence Minister. “He has brought a wealth of experience to the job and has implemented the most significant revision of the military justice system since 1950.”

During MGen Pitzul's tenure as JAG, he has overseen the provision of operational legal advice during a number of complex conflicts such as the Kosovo air campaign, and the post-September 11 campaign against terrorism, as well as numerous international and domestic operations.

Disability benefits move from Pension Act to Veterans Charter

CF Personnel Newsletter | Bulletin du personnel des FC

From Chief Military Personnel (CMP)

As of April 1, 2006, the new Veterans Charter — the Canadian Forces Members and Veterans Re-establishment and

Compensation Act, enacted in May 2005—has replaced the Pension Act with regard to medical disability claims related to military service.

CF personnel and veterans with service-related medical disabilities who already receive benefits under the Pension Act will

continue to receive those benefits unchanged. If you have submitted a claim under the Pension Act but have not yet received a decision, you may withdraw your application and re-submit under the charter.

• Consult the new Veterans Charter on the

Veterans Affairs Canada website at <http://www.vacc.gc.ca/general/> for the latest information on programs and services.

• Visit the Department of Justice Canada at <http://laws.justice.gc.ca/en/c-16.8/text.html> for the Canadian Forces Members and Veterans Re-establishment and Compensation Act.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Clothing Stores gets a face lift!—Pte Wiebe assists Cpl Tobin in the new look of Clothing Stores. The unit has been recently reorganized and refurbished to improve customer service. The main entrance is now directly off the parking lot (old kitting entrance). Hours of operation are 0830hrs – 1500hrs.



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Education Assistance Loan Program

CF Personnel Newsletter |
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From SISIP

If you or your dependants are thinking of pursuing a post-secondary degree, the Canadian Forces Personnel Assistance Fund's (CFPAF's) Education Assistance Loan Program (EALP) can help.

The program offers low-interest loans of \$1200 and \$1500, increasing in increments of \$500 up to a maximum of \$4000 per student per year, to a lifetime maximum of \$16 000 per student.

Can I apply? Yes, if you are a current or former

member of the CF who served in the Canadian Army after October 1, 1946 or in the CF after January 31, 1968, and have a minimum of one year of regular force military service, you are eligible to apply. Selection may be based on family income, years of service and individual family circumstances.

How do I repay it? You can repay your loan over a 12-, 24-, 36- or 48-month period.

How do I apply? You can get an application form on the SISIP website at http://sisip.com/en/Downloads_e/ ealp_e.asp. You can pick one up from your CF base financial counsellor, at

any Veterans Affairs Canada district office, or at any provincial command office of the Royal Canadian Legion. You can telephone (613) 760-3447 or 1-888-753-9828, or write the CFPAF office, 234 Laurier Avenue West, Ottawa ON, K1P 6K6.

When is the deadline? If you are seeking an ELAP loan in time for the semester beginning September 2006, your application should arrive at the CFPAF office by June 30. Otherwise, applications will be accepted throughout the year until the funds allotted for the EALP are exhausted.

• Visit www.sisip.com for more information.

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Search & Rescue UPDATE



On April 14, two men on snowmobiles went through the ice of Lake Abitibi. The weather in this northern area was poor, and the Hercules that was dispatched to the scene needed to perform a cloud-breaking procedure to gain visual contact with the search site. Survival radios and other supplies were dropped to the frozen party, who were shivering around a fire on a small island. They were told to settle in for the night and wait for a morning helo extraction. At first light they were airlifted to Earlton, ON, where they received follow-up medical treatment.

Until next week, stay safe.

Missions for 2006: 35 Missions for Apr.: 7 Persons rescued: 7

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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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Intranet: LeBlancAL@CFBTrenton@Trenton

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



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LETTER

On Saturday night, April 8, 2006, we had quite a scare, which turned into a 911 call.

As Mary-Anne was feeding Dalton, our seven-week-old baby, she noticed that he was not waking up when she tried to burp him. We tried everything possible to wake Dalton, but to no avail. Mary-Anne decided to call a local hospital, but they told us to take the baby to Belleville. We decided that was too far for us, so I called the MP section and asked Jack Gentles to call in a 911, which he did.

Within minutes, Cpl Jules of the MP Section arrived at our home and observed the situation. Arriving very shortly after was the 8 Wing Fire Department—Blue Crew was on duty that night. Led by WO Maynard, the blue crew immediately went into action. MCpl Verreault and Cpl Charest were assigned to Mary-Anne and I to calm us down, while Pte Krauss was assigned to Dalton. They also had Cpl Martin and Pte Benoit on hand outside to keep onlookers away. Back at the station house, were Pte Summerhayes and MCpl Sylvester in the alarm room.

Within five minutes, the ambulance arrived and, after getting a report from Pte Krauss, the ambulance personnel went into action. It was determined at this time to transport Dalton to the hospital—his vital signs were all good but he would still not wake up. After arriving at Belleville General, the hospital staff took over and by 11:30 p.m. our son woke up. He was kept overnight for observation and on Sunday afternoon we had our son back home and in great spirits.

Needless to say, it sure put a scare in all of us.

At this time, Dalton and Mary-Anne and I would like to thank the GREAT response from the MP section as well as the Blue Crew from the fire department, and the ambulance personnel. Without each member doing his or her job with the utmost professionalism, the result could have been quite different.

Thank you!

Chuck Ladouceur
Commissionaire

Canadiana Crossword

Legal Tender Test

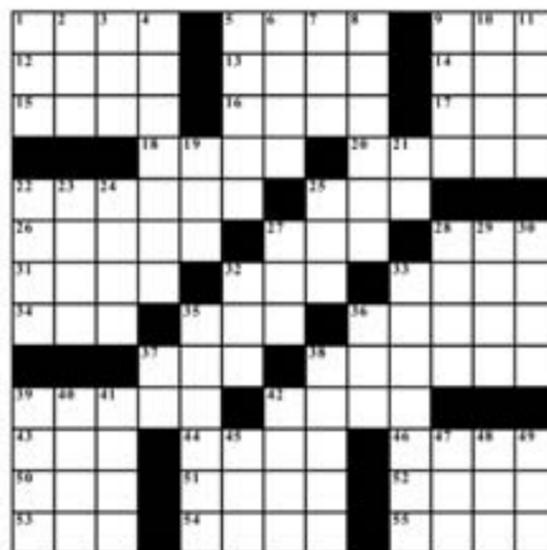
By Bernice Rosella and James Kilner

ACROSS

- 1 A kind of rival
- 5 Topple
- 9 Rear (nautical)
- 12 Boy friend, in Beupre
- 13 Enthused about
- 14 Compete
- 15 Maize
- 16 Mutt's moniker
- 17 I have, condensed
- 18 Companion of dashes
- 20 Bulges
- 22 Lovingly
- 25 Bill with an osprey
- 26 Covered with croopers
- 27 Animal fodder
- 28 Vestment
- 31 Mingle
- 32 Lout
- 33 Pier
- 34 Tenths of ems
- 35 No, in Naim
- 36 Check the financials
- 37 Photo
- 38 Food fish
- 39 Funny one
- 42 Kokanee or Canadian
- 43 Caviar
- 44 Passionate
- 46 Audio or video follower
- 50 Mime
- 51 Dash
- 52 Test
- 53 Hated tax, abbr.
- 54 Matron
- 55 Correct

DOWN

- 1 Detergent brand
- 2 Collector car
- 3 Hand or club follower
- 4 Bill with a Canada goose



- 5 Bill with a snowy owl
- 6 Cuckoos
- 7 Co, designation
- 8 Coin with a loon
- 9 Enthusiastic
- 10 Bill with a marten
- 11 Supports
- 19 Stale
- 21 Forward
- 22 Coin with a schooner
- 23 Tied
- 24 Troubles
- 25 Child's play
- 27 Colour
- 28 Quatro maker
- 29 Secular

- 30 Series of bits
- 32 ___ La Ronge
- 33 Coin with a moose
- 35 Coin with a beaver
- 36 Brewery product
- 37 16th Greek letter
- 38 Coin with a maple leaf
- 39 Mountain peak
- 40 A word for the awkward?
- 41 Encounter
- 42 Necklace part
- 45 Guido note
- 47 Dismiss, in a way
- 48 Bachelor's quarters, slangily
- 49 Civil defense org.



This Week in Contact

1996 – The international effort in Haiti was precipitated by the overthrow of the democratic government with the coup that deposed president Jean Bertrand Aristide on September 30, 1991. As the human rights situation deteriorated in the Caribbean State, the international community was forced to take a more vigorous role in dealing with the ruling Haitian military junta.

1986 - Visitors to 2AMU are going to notice some changes in the passenger terminal, including a metal detector and an X-ray machine. Once the system is in place passengers will be required to pass through the metal detector prior to entering the departure lounge. Hand luggage and stowed baggage will be X-rayed. All the military passenger terminals in Canada will be undergoing similar renovations.

1976 – Defence Minister James Richardson has announced the formation of an Air Reserve Group as part of the Canadian Forces Air Command, with headquarters in Winnipeg. Mr. Richardson attended the inauguration of the new formation April 4. The group's new commander is Brigadier-General Richard Rohmer, DFC, CD, QC, Senior Air Reserve Advisor to Gen JA Dextraze, Chief of the Defence Staff.

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



Les prestations d'invalidité passent de la Loi sur les pensions à la Charte des anciens combattants

CF Personnel Newsletter | Bulletin du personnel des FC
du Chef - Personnel militaire (CPM)

La nouvelle Charte des anciens combattants (Loi sur les mesures de réinsertion et d'indemnisation des militaires et vétérans des Forces canadiennes, édictée en mai 2005) a apporté des modifications à la Loi sur les pensions concernant les demandes d'invalidité liées au service militaire, et ces modifications seront en vigueur à partir du 1er avril 2006.

Les prestations demeureront les mêmes pour les membres des Forces canadiennes et les anciens combattants qui ont une invalidité médicale liée au service militaire et qui reçoivent déjà

des prestations selon la Loi sur les pensions. Si vous avez présenté une demande selon la Loi sur les pensions et que vous n'avez pas encore obtenu de réponse, vous pouvez la retirer et en présenter une nouvelle selon la Charte.

- Consultez la nouvelle Charte des anciens combattants sur le site Web du ministère des Anciens combattants (<http://www.vac-acc.gc.ca/general/>) afin d'obtenir les plus récentes informations au sujet des programmes et services.

- Visitez le site Web du ministère de la Justice (<http://lois.justice.gc.ca/cgi-bin/notice.pl>) pour consulter la Loi sur les mesures de réinsertion et d'indemnisation des militaires et vétérans des Forces canadiennes.

Programme de prêts d'études

CF Personnel Newsletter | Bulletin du personnel des FC

du RARM

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Suis-je admissible? Oui, si vous êtes ou avez été membre des FC, que vous avez servi au sein de

l'Armée canadienne après le 1er octobre 1946 ou des FC après le 31 janvier 1968, et que vous avez fait au moins un an de service militaire dans la Force régulière. Le processus de sélection sera fondé sur le revenu familial, le nombre d'années de service et les circonstances familiales particulières.

Comment s'effectue le remboursement? Vous pouvez rembourser votre prêt sur une période de 12, 24, 36 ou 48 mois.

Comment remplir la demande de prêt? Vous trouverez le formulaire de demande de prêt sur le site Web du RARM, à l'adresse suivante : http://sisip.com/fr/Downloads_f/calp_f.asp. Vous pouvez aussi l'obtenir auprès du conseiller financier de votre BFC, à n'importe quel bureau de district du

ministère des Anciens combattants ou à n'importe quel bureau de Direction provinciale de la Légion royale canadienne. Vous pouvez également appeler au (613) 760-3447 ou au 1 888 753-9828, ou encore, écrire au bureau de la CAPFC, à l'adresse suivante : 234, avenue Laurier Ouest, Ottawa (ON) K1P 6K6.

Quelle est la date limite? Pour obtenir un prêt en vertu du PPE à temps pour la session qui débute en septembre 2006, vous devez faire parvenir votre demande au bureau de la CAPFC au plus tard le 30 juin. Autrement, les demandes sont acceptées tout au long de l'année, jusqu'à épuisement des fonds attribués au PPE.

- Veuillez consulter le site Web www.sisip.com pour de plus amples renseignements.

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Sports

Fitness, Sports & Recreation

Gardening is on par with jogging

(NC)-Gardening is now on par with traditional exercise as a health promoting activity.

It has become highly regarded for its physical, mental and spiritual benefits and indeed, an April 2000 study by the University of Arkansas found gardening to be more effective than jogging, swimming, and walking for protection against osteoporosis.

Tasks such as digging, composting, raking and planting deliver an excellent workout for people of all ages, according to informa-

tion posted on the Ontario Ministry of Health Promotion's website, HealthyOntario.com.

These tasks require the same energy as aerobic activities while they strengthen limbs and muscles and promote flexibility. It would appear however that gardening has a health component all its own.

Fitness specialists point to the untold benefits of spending time outdoors, for getting our hands dirty, to make things grow, for seeing the rewards of our work and literally stopping to smell the roses as we go.

Gardening is known to deliver a steady and significant psychological boost.

It is not to feel you must do heart-pumping aerobics to maintain healthy physical fitness. Canadian and American research shows that 30 minutes a day of moderate exercise, such as gardening, will help you control your weight and reduce the risk of developing, or dying from, such chronic conditions as heart disease, diabetes, high blood pressure and colon cancer. HealthyOntario.com is Ontario's resource for health and wellness information.

Youth Clinic

A youth Strength and Conditioning clinic will be held on Wednesday, April 26, at 1600 - 1715 hrs.

The clinic will be run by instructor Todd Peart and is open to youths ages 14 to 17-years-old.

For more information, or to register, please contact Todd at 7160.

2006 CISM men's soccer camp

The 2006 CISM Men's Soccer Training and Selection Camp will be held 1 - 9 June 06 at CFB Borden.

This camp is in preparation for the competition to be held in Borden 1 - 8 Sep 06; DF Ireland vs

CISM Canada. This camp is open to all CF and Reserve Class A, B, and C men's soccer players.

Interested players must have completed the 20 MSR evaluation with a minimum level 12 or better by 12 May 06.

Booking of 20 MSR can be done by calling local 3467. To register for the event or to obtain more information, please contact the Military Sports Coordinator, Dan Cormier, at local 3467 al 3373.

Sporting event of the season

Surf n' Turf entry forms are available for pick up at the base gymnasium. You may also obtain an electronic version by contacting Lisa at refausse.e@forces.gc.ca or at local 3328, to register your team or sign up to volunteer.

The annual 50 km race includes a 475 m swim, 10 km run, 22 km road race, 2km cross country run, 10.5 km mountain bike, 4 km run, 7 km canoe, and a 1.5 km sprint to the finish.

This event will take place on June 2. For further information about the race please visit www.cfbtrenton.com. Hope to see you there!

The Fit Bits newsletter is online at www.cfbtrenton.com.

To be added to the email distribution list please contact Lisa at refausse.e@forces.gc.ca

Don't forget to check out the Fitness and Sports pages at cfbtrenton.com, for seasonal equipment loaning information

Splash with us!

Fitness & Sports flight will present a specialty aquafitness class on April 27th, at 1200 hrs, at the RecPlex!

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Co-owner Krista Miron sports the new Mark Martin coat that's now being raffled off.

The draw will be made during a NASCAR Saturday Night Party - April 22. Sponsored by Red Beard Sports, Bayview Mall, Belleville, a different coat is up for grabs every month. If you win the coat, and Mark is not your driver, or it's not the right size, Red Beard will offer a full exchange - at equal value.

- Stix & Stones Billiards salutes our friends at CFB Trenton.
- Military personnel who bring their ID will receive 10% off pool ALL the time!
- Wednesday is CFB Trenton Day. Personnel can take advantage of food & drink specials.
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TIME: 9:00am - 1:00pm

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Ground fault circuit interruptors



Submitted by
Don Heans,
Wing General Safety
Officer

Ground Fault Circuit Interruptors (GFCIs) are little safety devices with big potential. They can save you from fatal electrical accidents.

A Ground Fault Circuit Interruptor compares the amount of electricity flowing to the tool with the amount returning. If there is a difference, the GFCI opens the circuit, therefore shutting off power to the tool.

Equipment used near or in contact with water is a leading cause of electrical accidents. GFCIs should be installed in any circuit where electrical equipment is used around moisture.

The most common cord-related hazard is stress to the internal wiring when strain relief fails. This stress pulls back the insulation around the individual conductors and exposes the bare leads.

In some cases, the exposed wires contact the

metal case, electrifying the entire machine. In other cases, the wiring is pulled free of its terminals allowing it to contact the housing.

In both cases the operator is exposed to the full 120V potential. Even properly grounded equipment can pose a hazard when the grounding conductor is damaged by stress.

Ground Fault Circuit Interruptors can be installed as a permanent part of the equipment, or furnished as an extension cord. These are the main types of GFCIs:

--In-Line Ground Fault Circuit Interruptors, installed directly on the equipment supply cord offer full time protection to the equipment operator.

The unit is normally mounted about two feet from the plug end of the cord set. In this way the GFCI can normally rest on the floor with little or no extra weight at the plug.

At the same time, the major length of the cord is protected. The operator is also protected in case the strain relief on the protected equipment should fail.

Receptacle-Type Fault Circuit Interruptors give you the advantage of being able to share one GFCI for a number of applications.

Water-Proof Ground Fault Circuit Interruptor

Extension Cord Sets are fully submersible cord mounted GFCIs that are the ideal answer where rain or heavy moisture is a factor. The units come with both a plug and receptacle making them useful as either a GFCI protected extension cord or as a permanent supply cord.

Panel Mounted GFCIs: Mounting a GFCI into the equipment itself places the controls near others and protects it from the harder use it might receive if mounted on the supply cord. A panel mounted GFCI does not provide protection if the failure should occur in the supply cord or if the strain relief should fail.

Once you have installed a GFCI, it is imperative to retain a grounding wire.

The ground system is an important safety feature and should always be maintained and retested on a regular basis.

Further, if a ground fault should occur, the leakage current will pass down the ground wire and trip the GFCI usually without the operator receiving any shock.

GFCIs can save you from getting the shock of your life. Consider installing them to ensure your safety and the safety of others.

2006 "I QUIT" WINNERS



Photo: Amber Gooding, Contact Staff

Andy Moreau, CANEX Manager (left), presents the winners of this year's "I QUIT" contest with gift certificates ranging from \$75 to \$200. First place went to MS Valerie Hemphill, previous smoker of 35 years, second place to MCpl Dave Small, previous smoker of 17 years and third place winner was MCpl Wendy Burgess, previous smoker of 33 years. The winners also took part in the Butt Out program run by Cheryl Rothenburg (right), Health Promotion Director.

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6. The Loyalist staff has been absolutely incredible and so supportive. In addition to the National Garfield Weston Merit scholarship that I have received for the past three years, I also received the Queen Elizabeth Aiming for the Top scholarship which was fantastic. When I first heard the news I did back flips around the house. These scholarships really helped my parents and me cover my expenses.

TIMOTHY DURKIN
Broadcast Journalism 2005
2nd year Radio Broadcasting Student

Reasons #1, #2, #3, #4, #7, and #8?

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Real Estate

Getting the most from your home-buying team

(NC)—For many of us, our home will be our most significant asset.

Therefore, it makes sense to employ the services of top-notch professionals when setting out to buy. Referrals from friends, family, or other housing professionals are always a good place to start looking for these key players:

Real estate agents

The job of the real estate agent is to help you find the home you want, so make sure you tell them exactly what you're looking for and willing to pay.

Armed with that knowledge, a licensed real estate professional will:

- Inform you about the state of the market and evaluate potential neighbourhoods.
- Pre-screen homes to ensure that you see only what fits your wants and budget.
- Provide you with sound, practical advice to get the best deal possible.
- Tell you when to involve other professionals, such as a lawyer and home inspector.
- Help you prepare and submit your offer to purchase and see the transaction through to a successful conclusion.

Mortgage lenders

With many options available, choosing the right mortgage can be difficult. Speak with your personal

banker who will help you create a borrowing strategy that's perfectly suited to your personal goals.

Creating a borrowing strategy is all about improving your cash flow, lowering your overall borrowing costs, and managing interest rate risk.

Lawyers

The work of the lawyer usually begins when you submit your offer to purchase. Your lawyer will:

- Review the offer to purchase (if necessary).
- Do a title search on the property.
- Ensure there are no outstanding disputes regarding property lines.
- Ensure there are no liens, mortgages, or taxes owing on the property.
- Search the Personal Property Registry to ensure there is nothing owed on freestanding items, such as appliances, included in the offer to purchase.
- Arrange the transfer of title, and payment of land transfer fees and taxes.
- Take care of all closing arrangements, including the transfer of keys from the vendor's lawyer.
- Referrals are a good way to find a lawyer, or you can call the law society to find one who specializes in real estate law. Although fees vary, the costs for all the legal duties will usually set you back between \$500 and \$1,500.

Home inspectors

A professional home inspector is a valuable addition to your team. They will examine your home assessing its structure, plumbing, insulation, roofing, and so on.

The home inspector will identify areas that need repair, and provide estimates of what it would cost to fix any problems. Take care when choosing an inspector, as most anyone can claim to be one. Most provinces have associations that require inspectors to meet professional standards.

Insurance brokers

You'll want to protect your home and its contents, so you'll need property insurance when you purchase. You'll also want to ensure that your family's mortgage payment will be taken care of should something happen to you, so consider mortgage life insurance.

Your insurance broker can help you decide on the type of coverage you need, and will find the best available rates. It also pays to shop around, so if you already have contents insurance, for example, ask your agent what they can do for your new home.

Scotiabank wants to help Canadians find the money and become financially better off by finding relevant, practical and insightful solutions to meet their needs for borrowing, saving and investing. For more tools, tips and advice on how to find the money visit findthemoney.scotiabank.com.

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Belleville, \$169,900
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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
April 23 - April 29

ARIES (March 21-April 19): You should probably have less involvement on the 23rd with someone you've been questioning. A short trip will pay off in information you gather and things you see. Money is in the picture on the 24th and 25th. Renovations, buying or selling real estate, look positive. Good fortune is heading your way. Your impatience will be what causes problems on the 26th and 27th. Don't leave yourself too much time to ponder aggravating things. Plan to do things on your own and challenge yourself physically to ease your stress level. Your intuition is on track on the 28th and 29th. Now is the time to push for what you really want. You will attract attention.

TAURUS (April 20-May 20): Stop pressuring yourself and start to appreciate what you do on the 23rd. Taking a trip down memory lane will remind you of your goals and what you need to do to achieve them. A blast from your past can be expected on the 24th and 25th. Reconnect with people you used to know and you will discover some interesting things about yourself. You may find it difficult to control your feelings on the 26th and 27th. Don't sit back feeling sorry for yourself, refuse to let anyone take advantage of you. Someone you know may try to influence you the wrong way on the 28th and 29th. Ulterior motives are possible and must be considered before you make promises.

GEMINI (May 21-June 20): Someone may be trying to put one over on you on the 23rd. Don't fall for fast-talking. Stand your ground and make your own decisions. Your ability to pick up the loose ends and tie everything together on the 24th and 25th will lead to your victory. Follow the path that best suits your lifestyle and your needs. Promote your own talent on the 26th and 27th. You will be awarded favours if you ask for help. A serious approach to what you do will result in respect from your peers. You will have to dig deep to unravel some of the secret information being withheld from you on the 28th and 29th. Less talk and more observation will do the trick.

CANCER (June 21-July 22): Get out and have fun with friends, your lover or children on the 23rd. The more entertaining you are, the more popular you'll be. A little effort will go a long way. There will be plenty going on in your life on the 24th and 25th. Don't sit back waiting for people to come to you. An opportunity to make some extra money is evident. Offer help or your services for the right reason on the 26th and 27th. Professional gains can be made if you talk about your intentions and ideas. You can count on others to assist you in reaching your goals. Believe in your ability. Take part in activities that will include your friends and family on the 28th and 29th. Don't overindulge.

LEO (July 23-Aug. 22): You'll be tempted to spend too much on the 23rd. Put your credit cards away and let your entertaining personality be enough to keep everyone intrigued. Invest in your surroundings on the 24th and 25th. An unusual moneymaking opportunity will interest you. Find out all you can but prepare to move ahead quickly. Participating will be the name of the game on the 26th and 27th. Find an organization or person that can provide you with the most extensive information regarding something you want to pursue. You can settle disputes, get involved in community reforms and make changes to yourself with good results on the 28th and 29th.

VIRGO (Aug. 23-Sept. 22): Things may not go according to plan on the 23rd because of emotional ups and downs. Try to take things as they come, enjoy the moment and you will bypass some of the more difficult situations. Stick to your game plan on the 24th and 25th and you will accomplish exactly what you set out to do. You should be able to put legal and financial matters to rest. Money ventures are looking very positive on the 26th and 27th and love and romance are in a high cycle so make social plans. Not everyone will be on the same page as you on the 28th and 29th. You will have to fight long and hard to get your way. It may be time to let go of the past and initiate the change.

LIBRA (Sept. 23-Oct. 22): Your creative touch will ensure you produce something unique and marketable on the 23rd. Stick to your basic principles on the 24th and 25th and you won't go wrong. An unusual set of circumstances involving a child or someone you are close to will develop. Professional advancement is apparent on the 26th and 27th and the chance to take on a new challenge will enable you to prove your worth. Money matters may take a dive, especially with questionable investments. Take care of business and financial matters on the 28th and 29th. Your ideas are good but, if you don't act on them, you won't get ahead. Get back to doing the things you enjoy most.

SCORPIO (Oct. 23-Nov. 21): Visiting someone from your past on the 23rd will open up a whole new perspective. Talk about your personal goals and you will get insight on how you can make things better. Consider what you can do to make improvements to your lifestyle on the 24th and 25th. Strive for greater balance in your life if you want to feel better. Partnership problems can be expected on the 26th and 27th. Don't limit yourself by taking on responsibilities that don't belong to you. Don't let anyone put demands on you on the 28th and 29th. Do what you can but don't feel guilty for what's impossible to do. Think twice before you spend money you don't have. Renovations will not run smoothly.

SAGITTARIUS (Nov. 22-Dec. 21): Don't make things more complicated than they have to be on the 23rd. You are likely to have a problem with a contractor. Don't spend money you don't have. Your focus should be on yourself, you're home and family on the 24th and 25th. Make changes that will help to settle any family matters holding you back. Money is headed in your direction -- be prudent. Taking part in something competitive or physically challenging on the 26th and 27th will do you good. The process of putting yourself on the line will motivate you in other areas of your life. You may be left out of the loop on the 28th and 29th, ask questions if you want to know where you stand.

CAPRICORN (Dec. 22-Jan. 19): You'll have some good moneymaking ideas if you brainstorm with someone who is as entrepreneurial as you are on the 23rd. It won't matter how much talking you do on the 24th and 25th, actions will speak louder than words. Stop talking and start doing. Some personal problems will be brought to your attention. You will know exactly how to handle things. You will be confused by the offer someone makes you on the 26th and 27th. If a relationship you are in is giving you grief, consider ending it. Don't let your curiosity get the better of you on the 28th and 29th. You can stand back and still find out everything you need to know. Play it safe and you'll win.

AQUARIUS (Jan. 20-Feb. 18): Keep your private and professional lives separate on the 23rd or you will face some unwanted criticism from your peers. If you've been pondering over the past on the 24th and 25th, you probably need a wakeup call. Set goals that will help you move forward. Change can be a good thing so let the past go. Make it perfectly clear what you want and need to move forward on the 26th and 27th. Get back to basics and you will find it much easier to cope with everything around you. Make your choices wisely on the 28th and 29th. This isn't the time to be demanding or expect too much from others. Your intuition will not lead you in the wrong direction.

PISCES (Feb. 19-March 20): Someone you are dealing with on the 23rd is being untruthful about his or her financial position. If you really want to invest, invest in your own ideas not those of someone else. Money matters can be resolved on the 24th and 25th if you set up a budget with a goal in mind. Someone may question what you are doing. Don't let it cause you to make a mistake. Consider the consequences of moving ahead on the 26th and 27th without going through the proper channels. Have a little fun on the 28th and 29th and put your troubles on the shelf until you can actually do something about them. Someone you admire will give you some very wise advice.

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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, The Contact Comics.

SI019 BY BRIAN CODAGNONE



DuJour



Rules for Duffers



Not In My Backyard! by Dale Taylor



Community

Community Events

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MOVIES
MOVIES
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MOVIE LINE-UP

- Inside Man (14A) 1:00 7:00 9:25 (weekend)
7:00 (Mon-Thurs)
- Scary Movie 4 (14A) 1:05 7:05 9:05 (weekend)
7:05 (Mon-Thurs)
- Ice Age 2 (PG) 1:10 7:10 9:10 (weekend)
7:10 (Mon-Thurs)

Coming Soon: R.V.
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$6.00 (adults 18+) \$5.00 (youth)

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.

The Friends of Quinte West Public Library would like to invite you to their monthly book sale on Saturday, April 29, between 9 a.m. and 1 p.m. in the Municipal building at 22 Trent Street N. in Frankford. There will be a great selection of book for all ages! For more information please contact Ann at 397-1680.

ORCHARD VIEW BAPTIST CHURCH
178 Lester Rd. Trenton, 392-5284
Pastor: Dr. Raymond Wilson *Worship Service: Sunday 10:30am*
Everyone Welcome!

The Town & Country Camera Club will meet at their new location on May 3, at Loyalist College's Pioneer building, room P17A. Guest speaker, Cyril Sharpe will speak about the "Transition from 35 mm to digital photography". New members are always welcome! For more information please call Harriet at 392-4449 or Tony at 394-5393.

Canadian Red Cross

Quinte Branch

Standard First Aid/CPR Course

All those interested in updating or obtaining their standard First Aid/CPR credentials are welcome to join in on a two-day course April 29 and 30, 2006. Pre-registration is required for all those wishing to attend. The course will be held at 344 Front Street, McNabb Towers, (Lower Unit) in Belleville

For more information, or to register, please call 966-0730.

Books! Books! Books!

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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
Padre Mike Adamczyk
Padre Marc Torchinsky

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator Padre Frank Pellerin</p> <p>MASS Sunday Mass (English) 1130 hrs Messe Dominicaine: 0900 hrs</p> <p>CONFESSION At all times</p> <p>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</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre James Craig</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1015 hrs Holy Communion 1st Sunday of the month</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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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.

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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.

9th Annual County Poker Run

June 10, 2006

All riders are welcome to participate in this 200 km ride. Cost is \$20.00, with all proceeds going to Camp Trillium (Garrett's Island). Departure time: 11:30 a.m. This is a 'ride at your own risk' event. For more information please contact Rick Haagsma at 392-7794.

"Live to Ride -- Ride to Live"

Rainbow Dance

May 6

Bohemian Penguin

399 Front St. Belleville

9 p.m. to 2 a.m.

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

Information

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

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