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March 3, 2006 ·

Serving 8 Wing/CFB Trenton · 8^e escadre/BFC Trenton

· Volume 41 Issue Number 9·

8 WING MEN'S HOCKEY TEAM WINS "GOLD" FOR ONTARIO



The 8 Wing Trenton Men's Hockey Team reigned supreme at the Ontario Region Hockey Championships at Constantine Arena on February 23, 2006, winning their fifth straight title. Team members include (in no particular order): Maj S. Duffy, Maj M. Beauchesne, Pte A. Baran, 2Lt B. Fee, Capt R.J. Ellis, Capt C. Izenor, Cpl P. Hunt, Capt S. Bronsard, Cpl J. Stenning, Cpl D.J. Manser, MCpl D. Dorken, Cpl T. Durocher, Cpl K. O'Donnell, Sgt W. Simpson, Cpl S. Pinard, Cpl L. Browne, Sgt R. Plante, Cpl R. Pyle, Pte C. Morrow, and coach Bryan Pearce.

Conference focuses on maintaining a healthy balance

by Amber Gooding
Contact Staff

A group of determined women gathered at Trenton's MFRC on February 25 for the "You Can Do it!" Women's Conference 2006, despite Mother Nature's attempts to hinder the event.

With a wide variety of workshops geared towards personal growth, overcoming physical challenges and everyday obstacles, the inspirational theme of the day brought women of all ages together with a common goal in mind -- maintaining a healthy balance.

Although Canadian triathlete and guest speaker Sharon Donnelly was not able to attend due to the less

than accommodating weather conditions, organizers and participants carried on with the scheduled events.

A total of 12 workshops were offered, ranging from Pilates, Yoga, Mitzvah, Nia and Tai Chi, to belly dancing and cardio kickboxing. Each participant was able to attend two sessions over the course of two hours before meeting at the 8 Wing Chapel for presentations focused on the health of mind, body and spirit.

A popular choice among the ladies was a barefoot cardio workout known as Nia, which is the combination of spirit and energy from Eastern and Western disciplines. While incorporating nine movement forms

and philosophies from dance, martial arts and healing therapies with the random movement inspired by the human body, Nia embraces the idea of simply feeling your body.

Instructor Barb Phillips, who also teaches Pilates, demonstrated the element of cardio training added with the need to continue core support and expressive movement inspired by the body's functional needs.

"Nia engages the spirit and touches the heart," said Phillips. "In Nia you obtain all the traditional benefits of cardiovascular conditioning, stamina, endurance, strength, flexibility and relaxation."

Another area of interest was Mitzvah, a fairly new

approach to achieving a pain-free lifestyle for those suffering from regular body aches caused by tension, injury and chronic joint and muscle pain.

Instructor Danella Hesler suffered from years of pain due to stiffness, stress and whiplash. After discovering Mitzvah and the benefits one can achieve from gentle body work that allows a person to release tension from the deepest part of the body, she now lives a pain free life, something she was once very skeptical about.

"Mitzvah works on deep tissue with little effort while incorporating exercises based on slow, gentle movements," said Hesler. "I teach
See Conference, Pg. 3



Sara-Jane Gregg (centre), who regularly assists with a beginner's belly dancing class conducted by Cindy Vieau at Trenton's MFRC, demonstrates some warm-up techniques and movements at the "You Can Do It!" Women's Conference.

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The making of a flight engineer

by Sgt Doug Hall, 426 (T) SQN STF

426 (T) Squadron has been training Flight Engineers at 60 Anson Ave since 1971, when 426 Squadron was reactivated with the amalgamation of the former RCAF Number 4 Technical Training and Number 4 Operational Training units.

Although the squadron has had a rich flying history dating back to 1943 this new Squadron formation is in direct opposition to the Squadron motto "ON WINGS OF FIRE". 426 Squadron is completely wingless with no aircraft on Squadron inventory. At that time, FEs were trained on Hercules, 707, Buffalo, Falcon and Challenger aircraft. In 1979, 426 (T) Sqn established a formal Flight Engineer Initial course that provides training to aircraft trades people who wish to remuster to the Flight Engineer trade and prepares them for further qualifications on specific aircraft types in the CF.

So what is a Flight Engineer? Along with a keen sense of smell and stunning good looks the FE prepares the aircraft for flight, carries out corrective action during emergencies and system malfunctions during flight, and operates aircraft systems. On top of all that, the FE troubleshoots and if possi-

ble, repairs whatever will eventually break. The maintenance qualifications held by Flight Engineers permit the CF to operate its aircraft globally without requiring maintenance support facilities around the world.

Today the Flight Engineer Strategic Training Flight consists of two training cells. The Flight Engineer Initial training cell has a staff of four Flight Engineer instructors that constantly update the teaching material to conform to today's modern aircraft technologies and provide instruction for up to 36 students per year. Over a period of 37 training days the students will cover a variety of topics including aircraft avionics, fuel, hydraulics and pressurization systems. Additional topics covered are meteorology, charts and other aircrew skills that they will require during their career as Flight Engineers.

Instruction for the mighty CC 130 Hercules is carried out with a staff of ten Flight Engineer instructors. Up to 24 FE students per year will receive, over a period of 80 intense training days, ground school, flight simulator and flight training prior to moving to an Operational Hercules Squadron. The CC 130 Flight Engineer staff also provides technical training for pilots, navigators and loadmasters.



Although the Hercules has been with the CF since 1960, it has seen many updates and changes in the roles that the aircraft is subject to. The training material has to be constantly updated to adjust to these ever-present changes.

426 (T) Squadron has taken the lead within the CF with the latest cutting edge teaching technologies and practices, such as a Squadron developed simulator graphics designed to function with smart board technology. This allows the instructor to provide a functioning visual tool of the CC 130 mechanical systems. So there you have it. Welcome to 426(T) Squadron Flight Engineer Strategic Training Flight.

ON WINGS OF FIRE.

WING LOGISTICS AND ENGINEERING PHOTO OF THE WEEK



Mary Lake, working in Wing Supply Clothing Section, was recently appointed as an indeterminate employee with the Public Service. Congratulations Mary, from all of us at Wing Supply.

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Conference helps women find right balance, Cont'd from p. 1

people how to sit, stand and walk properly. My clients define their needs based on what type of work they do and we look for ways to improve their patterns of movement so they use less effort to get more done efficiently."

Cheryl Rothenberg, Director of Health Promotion for PSP at 8 Wing/CFB Trenton, discussed the areas of ones health that are often ignored — the mental and spiritual state people may not achieve from exercise alone. She explained that achieving the balance sought in a chaotic lifestyle is a personal choice and simple exercising and healthy eating may not ensure you are achieving the optimal balance desired.

"If you can do things for your body, you can do things for your mind. It is important to make the time for inter- and intra-personal success," said Rothenberg. "You do not need aggressive exercise in a gym to be fit; there are a number of activities such as Yoga,



Danella Hesler shows participant Irene Copland the effect that simple body work and Mitzvah techniques can have on the body and the ability to work deeply on the neuromuscular and skeletal parts of the body.

that work your mind as much as your body." She explained that it is important to find an activity suitable for you and your needs but to also be aware of the elements that are impor-



Photos: Amber Gooding

Fitness and health professional Barb Phillips conducts a Nia class and demonstrates the adaptable movements to help individuals get fit--Nia is the body's way by combining a number of concepts adopted through various forms of dance.

tant to your spirit. She encourages a healthy lifestyle and ways to consider the things that are important to your overall success in achieving a happy relationship between your mind, body and soul.

"There are many ways to make healthy choices that will carry

through into your everyday lives," she said. "Define unique, personal ways to make every day an opportunity for personal growth."

As the days events wrapped up with a lunch and chance for participants to mingle and chat about the activities they took part in, the insight

achieved from the conference was a clear and common desire that each individual shared with each other — that regardless of the goal set, it would take both mind and body to achieve the health, wellness and motivation required for a balanced lifestyle.

Search & Rescue UPDATE



On February 26, a 424 Squadron Griffon helicopter was tasked by RCC to aid in the search for a missing person near Big Island. Tiger 491 worked on-site with the OPP to scour the shoreline and surrounding frozen lake. They were stood down after reporting min. fuel and recovered to Trenton safely.

Until next week, stay safe.

Missions for 2006: 14 Missions for Feb.: 9 Persons rescued: 5



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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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LETTER

Reference your Feb. 24 edition, page 9, I wish to point out that Major Walter Peters was not the first black pilot to serve in the RCAF. That distinction belongs to one Gerry Bell.

Gerry received his pilot's wings in 1929. He joined "B" Flight of the RCAF Auxiliary for his pilot training at Camp Borden in 1932. Eventually Gerry joined 119 Squadron in Hamilton and then the Regular Force in September 1939.

During World War II, Gerry helped train bomber pilots before transferring to 424 Squadron to serve as an air gunner. Demobbed in 1946, Gerry re-joined postwar RCAF in 1950. He served on bases across Canada until he left the military in 1961. His next career was as a Technical Inspector with SPAR Aviation.

Gerry's decorations included 1939-45 Star; Defence Medal, CVSM & Bar; 1939-45 Medal and the Air Efficiency Medal. Gerry passed away here in Trenton in January 1989.

There is a nice display of Gerry at the RCAF Memorial Museum. I trust you will find this of interest and will amend the above-mentioned article.

Agnes Ward

Editor's Note: Thank you very much for this information. We have also informed the air force website (our source for the story) of the error.

Canadiana Crossword

Famous Fauna

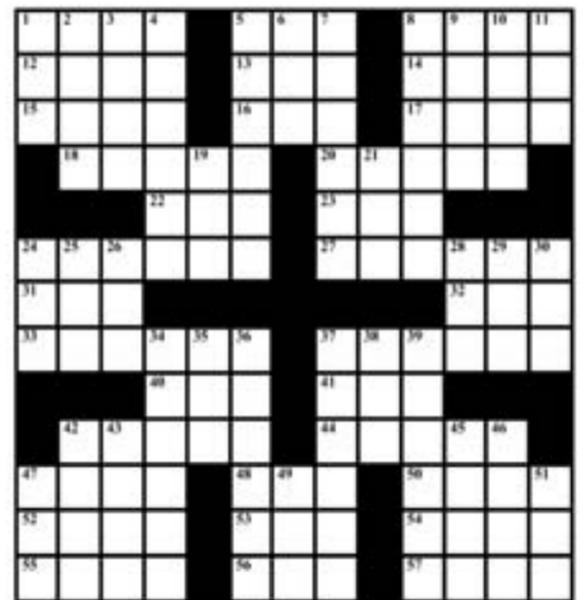
Bernice Rosella and James Kilner

ACROSS

- 1 Colas
- 5 Observed
- 8 Race
- 12 Zone
- 13 Motor or focal preceder
- 14 A kind of sax
- 15 Rip
- 16 _____ tin tin
- 17 Tidy
- 18 Famous orca
- 20 More pleasant
- 22 Canadian Prov.
- 23 Bar necessity
- 24 Whalebone
- 27 Continent
- 31 Eskimo knife
- 32 Follower
- 33 Famous show jumping horse
- 37 Warton _____
- 40 Wood sorrel
- 41 Travel acronym
- 42 Famous TV rodent
- 44 Tie
- 47 Pear
- 48 Mollifier
- 50 Bowline, for one
- 52 Swedish rockers
- 53 Commotion
- 54 Handbag
- 55 Bouquet
- 56 Urge
- 57 Back then

DOWN

- 1 MacKenzie King's dog
- 2 Mineral sources
- 3 Mountain feature
- 4 Mexican shawl



- 5 Stress
- 6 Aristotle, to his pals
- 7 Storied bear
- 8 Famous horse, Northern
- 9 Away from wind
- 10 Headliner
- 11 Wrathful
- 19 Born as
- 21 Hosp. feature
- 24 Boy or man, slangily
- 25 Cassius, now
- 26 Machine part
- 28 Lubricate
- 29 Pressure meas.
- 30 Saguenay summer?
- 34 Indian city
- 35 European trade org.
- 36 Object
- 37 Uzi or Bren
- 38 It is, condensed
- 39 Servant
- 42 TV dog
- 43 Stock traders, for short
- 45 Upon
- 46 Sightsee
- 47 Deplete
- 49 Praiseful poem
- 51 Knotted count



This Week in Contact

1996 – Construction Engineering (CE) has entered into a contract with Honeywell Ltd to better our use of energy on the Base. The goal is to save money while maintaining or improving the workplace environment through the application of the latest technologies. Over the next few months Honeywell will be doing a complete inventory of the buildings which have been targeted for improvement. They will need to gain access to all areas of these buildings in order to carry out their mandate.

1986 – Associate Defence Minister Harvie Andre accepted the first C7 rifle on behalf of the Canadian Forces in a brief ceremony at the Diemaco Inc factory, where the weapons are produced. The rifle is the first of 79,935 C7 rifles as well as 15,565 C8 carbines, which will be manufactured by Diemaco between now and 1991. Mr Andre accepted the first rifle from Mr Helmut Hofmann, President of Devtek Corporations in Markham, Ont, Diemaco's parent company.

1976 – Defence Minister James Richardson has announced that Canada's senior military man, General JA Dextraze, has been extended in his post as Chief of the Defence Staff until Sept 1977. In making the announcement, Mr. Richardson said that Gen Dextraze, now 56, normally would have relinquished his appointment later this year, but will remain for the extended period to implement decisions emanating from an extensive defence structure review now nearing completion

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

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CF Experimentation Centre takes part in major study

February 24, 2006

OTTAWA — Between February 27 and March 17, 2006, the Canadian component of a major multi-disciplinary experiment will take place at the Canadian Forces Experimentation Centre (CFEC). Using simulation technology and an international wide-area network, Multi-National Experiment 4 brings aid workers, diplomats and military personnel from Australia, Britain, Canada, Finland, France, Germany, Sweden, the United States and NATO together to work through a scenario concerning a stability and humanitarian operation in Afghanistan.

This experiment "will have a number of applications, but the biggest one will be improving the way we all work together," says Captain (Navy) Kevin D.W. Laing, the CFEC commanding officer.

The experiment is designed to improve participants' understanding of the political structures, economy, military capabilities, infrastructure, culture, religions and information systems in a failed or failing state. The goal is to encourage a holistic approach to international interventions in troubled areas.

As the scenario unfolds, about 800 participants in locations around the world will respond to a simulated series of events over the experimentation network. Each national team will focus on measuring how well information from various sources is integrated and disseminated, how actions are planned, and how well each action supports coalition objectives.

The Multi-National Experiment series began in 2002 as an initiative of U.S. Joint Forces Command to refine the conduct of multi-national operations.

@the RCAF Memorial Museum

with Joan Wright

Canada's National Air Force Museum

Next time you visit "The Museum" take a stroll down the north aisle, past the First World War exhibits. Just before the Link Trainer look up at the wall. There you'll see a model diorama of a typical British Commonwealth Air Training Plan station, complete with hangars, control tower, H-hut, administration building, hospital and various training aircraft.

Working on this project is one of our faithful volunteers, Sergeant Karl Braschuk. Karl, in real life, is an AVN Technician, presently taking the CF French Language Training. In his spare time, he assists the curatorial staff in various ways. He has conducted tours of the Air Park for cadet and other groups, explaining the roles of the a/c there and produced an informative Air Park display pamphlet. Now he is transforming the north wall into an airfield; no mean feat, working at 90 degrees to the deck.

The exhibit is by no means finished. Karl envisages some ground crew types and motor vehicles (Bowser, etc.) parked around the bright yellow trainers; a familiar sight across Canada during the Second World War. The trees may be on hold - we're thinking prairie location.

The BCATP came into being at that time for the training of aircrew for the Commonwealth countries. Canada was the ideal location - wide, open spaces and away from the battle. There were approximately 89 such airfields constructed across Canada, leading Franklin D. Roosevelt, then President of the United States, to call Canada the "Aerodrome of Democracy".

Karl will have this exhibit finished some time soon, depending on his schedule. He, as do many of our volunteers, comes to help when he can and we appreciate that. If anyone out there thinks this sounds like fun, come and see us. We have many projects in the offing. Our museum operates on volunteer power and we artefacts like having the younger generations aiding and abetting us!

One of the Artefacts

P.S. Karl also is a glider pilot, takes courses from RMC and plays a mean set of bagpipes with the 8 Wing Trenton Pipes & Drums.

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Taking health research to the community

(NC)—What does health research mean to you? Do you think of doctors in white lab coats, test tubes and expensive equipment?

It's true that lots of health research takes place in hospitals and universities but, across Canada, health research is also happening right in the community for the benefit of the community.

The Canadian Institutes of Health Research (CIHR) invests money from the Government of Canada in health research. CIHR funding supports close to 10,000 researchers working across Canada. Some of these researchers are working directly with community groups and organizations to solve community-based problems.

Here are a few examples of the kind of work taking place.

In Manitoba, a team of researchers, regional health authority representatives and provincial planners have been working on a series of projects to help improve the health of people in communities across the province. In one study, the team found that between 1997 and 2002, one in four Manitobans had at least one mental illness diagnosis. It has now published a guide for regional health authorities to help them

meet the need for mental health services.

A community-based research team in Kahnawake, Quebec, is working to prevent diabetes, a major threat in the community and within Aboriginal communities across Canada. Among other things, the group published a community newsletter to inform community residents about the dangers of diabetes and tell them about prevention tactics for better health.

Across Canada, health care services are no longer being delivered just in hospitals and care facilities. More and more, health care is being given in the home and the community. A team based at the University of Toronto is studying these changes to help improve health care services. Current projects include studying out-of-pocket costs for cancer patients, pediatric home care and the impact of the privatization of services such as physical therapy.

Health research helps improve the health and quality of life for Canadians. Community-based health research is one important tool in this effort.

For more information, visit www.cihr-irsc.gc.ca.

OFFICERS' MESS

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Ladies Club 1900 hrs	2 MTGIT Chinese 1730 hrs	3 Sandwich Bar 1130-1315 hrs	4
5	6	7	8	9 MTGIT Quinos Subs 1730 hrs	10 Sandwich Bar 1130-1315 hrs	11
				16 Irish Band MTGIT Fish & Chips 1730 hrs	17 St Patrick's Day Sandwich Bar 1130-1315 hrs	18
				23 MTGIT Golden Chicken 1730 hrs	24 Sandwich Bar 1130-1315 hrs	25
				30 MTGIT Wings 1730 hrs	31 Sandwich Bar 1130-1315 hrs	

MARCH
2006



Check it out! Health Promotion is launching a new healthy eating campaign at the Galley. See next week's issue of *The Contact* for more details.

Visez Juste – Mangez Santé

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Pour plus d'informations à ce sujet ou sur autre programme d'Énergiser les Forces, contactez votre bureau local de Promotion de la santé.

http://www.forces.gc.ca/health/Services/English/health_promotion_home_1.asp

Set Your Sights on Healthy Eating

Look for this symbol in CF dining halls

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 - lowering salt

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http://www.forces.gc.ca/health/Services/English/health_promotion_home_1.asp

PSP

Fitness, Sports & Recreation

Flyers win Ontario regional hockey championship five years in a row

The Flyers' strive for five straight Ontario Region Championships was successful during the 2006 Ontario Region Hockey Championships in CFB Kingston, 19-23 Feb.

Trenton sent one of its strongest teams on paper, with depth in all positions, and out-scored the opposition 27-6. The 8 Wing/CFB Trenton Flyers team members are: Maj S. Duffy, Maj M. Beauchesne, Pte A. Baran, 2Lt B. Fee, Capt R.J. Ellis, Capt C. Isenor, Cpl P. Hunt, Capt S. Bronsard, Cpl J. Stenning, Cpl D.J.

Manser, MCpl D. Dorken, Cpl T. Durocher, Cpl K. O'Donnell, Sgt W. Simpson, Cpl S. Pinard, Cpl L. Browne, Sgt R. Plante, Cpl R. Pyle, Pte C. Morrow. The champions are coached by Brian Pearce.

The Flyers demonstrated their skill and discipline against strong competition going through the round robin with a 7-1 and 12-3 victory--earning them a position in the finals.

The final game was against CFB Petawawa. Petawawa, though trailing

4-2 in the second period, continued to play with skill and determination. Trenton finished the game strong, prevailing 8-2 to take home the gold. The team will be off to CFB Borden 22-28 April to represent 8 Wing/CFB Trenton and the Ontario Region at the CF Nationals.

The team would like to congratulate Major Sean Duffy (424 Sqn), 2LT Brad Fee (ATC), Cpl Sabastien Pinard (CPC) and Pte. Andy Baran on winning their first CF Regional.



Base Kingston G1 Svcs OC, Captain Jane Ann Swim, presents Trenton 8 Wing Flyers with the winners plaque at this year's closing ceremonies on 23 February 2006

Surf n' Turf Committee meeting

The 8 Wing / CFB Trenton annual Surf n' Turf race is just three months away!

Please join us on Tuesday March 7 at 10:00 a.m. at the Gymnasium (South Side), if you are interested in joining the planning committee for the 20th annual version of the popular event.

We will be meeting to discuss t-shirt design, logo design, commemorative 20th Annual additions, route concerns and much more!

We also value your feedback and request that you please let your attendance be known prior to, by contacting Fitness Coordinator Lisa Refausse at local 3328. See you on the 7th.

If you require any further information about the programs available prior to race day, or regarding the event itself please do not hesitate to call or stop by the gymnasium. Our staff can answer any questions you may have.

Mark those calendars and get ready to race on 2 June 2006!

SWIMMERS TAKE THEIR MARKS



Photo: Amber Gooding, Contact Staff

The 2006 COSSA swim meet was held at the RexPlex on February 23. Fourteen area schools and approximately 300 swimmers participated in the event to qualify for the OFFSA championships being held on March 7 and 8 in Etobicoke.

Noon Hour fitness classes

March Fitness Class schedules are as follows:

- Mondays -- HI LO
- Tuesdays -- STEP n' Strength
- Wednesdays -- SPIN
- Thursdays -- Cardio & Core Strength
- Fridays -- SWEAT Circuit

For more information please contact Lisa Refausse at local 3328.

Reminder: Unit PT requests

Just a reminder Unit PT requests can be made with Fitness Coordinator Lisa Refausse at refausse.e@forces.gc.ca or at local 3328.

We also have many class formats available as well as programs and workshops if required. If your unit would like to put a team together and registered for Surf and Turf. We are also providing training PT session to get you and/or your team ready for the eight-leg race.

Remember to check out cfbtrenton.com for March's Fit Bits newsletter!



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2006 International Women's Day Conference

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CANADIAN FORCES BASE TRENTON
THURSDAY MARCH 9, 2006
0800 - 1500 HOURS - ASTRA LOUNGE

Please join us for an engaging conference on celebrating International Women's Day and exploring ways to "Inspire Potential"

Speakers
 LCol Fran Allen - CO ATESS
 Linda Clark - Brain Gym
 Rebecca Ryan - Lolly Lodge
 Lisa Allen - Partners In Planning Financial Services Ltd.
 Chris Vern - Women's Worth

For more information contact Lt Andrea Clement at local 3370.

Registration extended to 8 March 2006

Registration is free
(Donations of toiletry items for Three Oaks Foundation would be appreciated)
 and is open to all military and civilian DND personnel and CFPFA members. Only the first 100 registrants will be accepted.
 Please contact Kym McClinton via email prior to March 8th at mcclinton.k@forces.gc.ca to register.

Ideas and tips for safe computing



Submitted by
Don Heans,
Wing General Safety
Officer

Nature never intended the human body to sit in a chair all day with hands pounding a keyboard and eyes staring at a computer screen.

Fatigue, discomfort and injury can be the result of this kind of work. Your body is inactive except for repetitive motions of the hands.

Carpal Tunnel Syndrome and other Repetitive Stress Injuries caused or aggravated by computer work can become permanently disabling.

Take an ergonomic approach to your computer job. Good posture, workstation layout and work habits can help prevent many of these problems.

Here are some sugges-

tions for safer computing:
--Your keyboard should be placed at the height of your elbows. It should be tilted up slightly to help keep your wrists in a natural position. Your wrist and lower arm should be parallel to the floor. Split level desks with a lower surface for the keyboard are better for computer use than a standard desk.
--Use a cushioned wrist rest to put less strain on your wrists. Don't rest your hands on the keyboard or your wrists on the edge of the desk. Don't bend your hands up at the wrist.

--The computer mouse should be placed so your arm (from your shoulder to your hand) is in a comfortable relaxed posture. If you have to reach too far or twist and shift your body, the mouse is not in the right place on your work table.

--Keep a loose grip on the mouse. Use your whole arm to operate the mouse, rather than just moving your hand and wrist. If you use the mouse a lot, in work such as graphic design or computer aided design, use a desk extension for your mousepad so

you can rest your entire arm on it.

--Instead of a mouse, consider alternative pointing devices such as a trackball or joystick.

--Type with a soft touch to lessen the impact on your hands.

--Adjust your furniture so you can maintain good posture as you work. Your knees should be at the same level or slightly higher than your hips.

--Use a footrest if necessary to achieve this position. Your chair should allow you to maintain the natural curves of your spine. If it doesn't have sufficient padding, place a lumbar cushion or a rolled-up towel against your lower back.

--Flex your fingers and wrists before you begin data entry. If you do rapid keyboarding, start slowly to warm up.

--Don't rest a telephone receiver on your shoulder while you are using the computer. This can cause injury to your neck and shoulders. Instead, use a hands-free headset for your phone.

--Take regular breaks from using the keyboard or mouse. You can use

this time to do non-repetitive tasks such as telephoning or filing.

--Promptly report any symptoms that could indicate Carpal Tunnel Syndrome or other Repetitive Strain Injuries. Early treatment and revision of your work habits and work station are important in preventing long-term problems.

--Arrange your work station so you can work efficiently. Frequently used materials and equipment must be placed where you can reach them easily without bending or stretching.

--Work surfaces should be free of clutter; items used only occasionally should be placed elsewhere.

--Your computer workstation should be free of tripping hazards. Cords should be located away from traffic areas. There should be a storage area for briefcases, handbags and other personal items.

Pay attention to these ergonomic suggestions off the job too. Playing computer games or surfing the Internet at night can also contribute to Repetitive Strain Injuries.

Is it really safe to travel these days?

(NC)-Hurricanes, earthquakes, disease and civil unrest have been front page news around the world for so long now, many Canadians are wondering if it's safe to travel abroad. The answer is yes, providing they take the proper precautions.

The Government of Canada has put together an excellent online resource for travelers that gives them everything they need to know about traveling in Canada and overseas, and how to plan their trip with safety in mind.

Start by visiting the main Government of Canada

website, servicecanada.gc.ca and clicking on Public Safety. From there you can click on Travel and Transportation Safety and find 14 different sub-categories.

Each of the sub-categories handles different aspects of travel safety. One of the most helpful of these is the Safe Travel Tips, including a link to Travel@home and abroad, a comprehensive guide for anyone traveling and living overseas.

Proper preparation and smart planning are the keys to successful, safe and enjoyable travel.



Bryan Pearce Don Thompson Julie Robitaille Steve Tracze



The 8 Wing Elite Hockey School has become the premier hockey school in the Quinte area and this year it promises to be even better! We continue to improve the quality of instruction and increase the fun quotient for all of our participants.

This summer's highlight will be the introduction of Julie Robitaille, power skating instructor. She has agreed to a five year contract to instruct at the 8 Wing Elite Hockey School. Julie comes highly recommended by many pros, NHL agents and teams from the Quebec Major Junior Hockey League. You can have your first glimpse of Julie at our March Break School, March 13 to 17 from 8am - 4 pm at the base arena.

Steve Tracze former Belleville Bull, noted local sportsman and educator will be returning to direct the skills program along with Brad Richardson (Colorado Avalanche) and Jeff Bateman.

Also returning will be Mike McKeown, Mark Allen, Gabe Proulx and Ben Blakely who will instruct the skills sessions.

Don Thompson will be back for his 5th year at the school. This year Don will be conducting two weeks of goalie specific training in the month of July.

Natasha Pearce from Vancouver will be returning to run dry land training sessions. Natasha's background includes working extensively with elite athletes. She has received training from Peter Twist, well-known national fitness expert.

Other highlights include the availability of residence at the Yukon Lodge for those traveling from outside our area and for those who are interested in the full package. The players will enjoy a full range of balanced meals at the Yukon Galley Restaurant. This year, along with sweaters, each player will receive socks to match and a ball cap. On the final day, we will conduct a skill competition in each age group with the winners receiving a one-piece hockey stick. Sorry no duplicate winners!

The facility has three full size gyms, indoor and outdoor pools, soccer fields and some of the latest dry land equipment and techniques available.

Interested participants may register in person at the Base Pool. You can also find our brochures and posters at arenas throughout the region.

You may also visit us on the web at www.cfbtrenton.com

(Please register early as our groups are limited in size and we were full last summer)

We look forward to adding to your summer Hockey experience!!

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TRENTON

Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 965-3575

Personal Development

Wednesday Night Out
 Pre register please by calling 965-3595 or 965-3575
 March 8th - Tole Painting
 March 15th - Card Making

Perfectionnement personnel

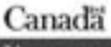
Les sorties du mercredi soir.
 Veuillez vous inscrire à l'avance en appelant au 965-3595 ou 965-3575
 8 mars - Tole painting , peinture campagne
 15 mars - Cartes confectionnées la main



Tell us about your experiences with the Military Family Services Program

Provide valuable feedback to the Director Military Family Services and your local Canadian/Military Family Resource Centre

The Trenton MFRC will be conducting the survey from February 25 to March 10





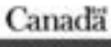
YOUR PARTICIPATION IS VOLUNTARY, VALUED AND CONFIDENTIAL!



Faites-nous part de votre expérience du Programme des services aux familles des militaires

Vos commentaires sont précieux pour la Direction des services aux familles des militaires et votre Centre de ressources pour les familles des militaires/canadiens

Le CRFM de Trenton tiendra le sondage entre le 25 février et le 10 mars.





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Pour les parents/responsables de garde et leurs enfants (0-6 ans)



* For parents/caregivers and their children (0-6 yrs. old), these programs are offered in French only.

For more information on other drop-in programs,

Halte-jeux francophone

Jeux libres - Bricolage - Activités - Ressources

Tous les jeudis de 09h00 11h30 1 école Citø-Jeunesse

Home Childcare Network

We are a group of committed caregivers eager to share and learn new ideas with other caregivers in the community about the dynamics of the business. **We invite you to join us!**

We meet once a month on the 3rd Tuesday at 7:00-8:30 pm at the Siskin Centre .Professional development is offered at the Trenton Military Family Resource Centre through workshops, parenting courses and informs the group of other opportunities in the community such as the local Early Years Centers and Networking with community caregivers.

Meetings are open to all caregivers. No fee or registration needed.

For more information or to join us for an evening please contact:
Patsy-394-5822 or Jeanette-392-0257

Réseau d'aiguillage pour les pourvoyeurs de soins

Nous sommes un groupe de pourvoyeurs de soins enthousiastes qui aimons se rencontrer pour échanger et partager de nouvelles idées et discuter de divers sujets se rapportant à la garde d'enfant avec d'autres pourvoyeurs de la communauté.

Nous nous rencontrons le 3ième jeudi de chaque mois de 17h00 - 18h30 au Centre Professionel Siskin. **Nous vous invitons à vous joindre au groupe!** Au C.R.F.M. nous offrons des ateliers de développement professionnel de "parenting" et nous vous informons des autres activités communautaires qui sont offertes telles que le Centre des premières années et le réseau d'aiguillage avec d'autres pourvoyeurs de la communauté.

Tous les pourvoyeurs de soins sont les bienvenus à ces réunions.

Pour de plus amples informations ou pour vous joindre à nous pour une soirée, veuillez contacter:Patsy: 394-5822 ouJeanette: 392-0257

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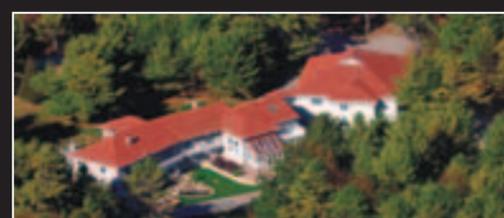
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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
March 5 - March 11

ARIES (March 21-April 19): You will have added discipline on the 5th that will allow you to follow through with your self-improvement plans. Your dedication will impress the people you meet along the way. You will have an inside view on the 6th and 7th of what can happen if you aren't careful with your money. A chance to get involved in something helpful to others will lead to a better emotional comfort zone. Don't look back on the 8th and 9th -- focus on the present and the future. Avoid the people who drag you down. You've got more going for you than you realize on the 10th and 11th. Don't be afraid to say what you think or to do as you please.

TAURUS (April 20-May 20): You can make a difference to the people around you. Personal changes should be considered on the 5th. You can go for interviews, talk to superiors about advancement or talk your way into a new position at work on the 6th and 7th. An opportunity is likely to come through an old associate or someone you have met through a group you once belonged to. Do what must be done without complaining on the 8th and 9th. Someone may keep a secret from you but it will probably be because he or she wants to surprise you. Don't overreact to what is going on around you on the 10th and 11th. You aren't likely to get your way so don't push your will on others.

GEMINI (May 21-June 20): Don't consider trying to get away with something on the 5th. You will be caught in your own trap if you do. You may be a little confused about what you should do next on the 6th and 7th -- torn between taking on something new and perhaps learning a new skill. Both will be to your benefit. Passion and pleasure should be on your mind on the 8th and 9th. Take time out to enjoy the things you like to do and the people you like to spend time with. Don't give in to peer pressure on the 10th and 11th. Do what's right and you will feel good about yourself. Look to friends and relatives for answers, not acquaintances who don't really understand.

CANCER (June 21-July 22): Romance is in the stars but avoid people who are already involved with someone else on the 5th. Travel arrangements will be disrupted or not go according to plan. There is not enough information being handed down to enable you to make a decision on the 6th and 7th. Give yourself time to think and for circumstances to unfold a little further before you proceed. You are overdue for a trip or at least incorporating some new lifestyle change on the 8th and 9th. Set your goals and you will see how quickly things develop. Get your to-do list out on the 10th and 11th and start chipping away at it. You'll be surprised how much you can accomplish.

LEO (July 23-Aug. 22): Going somewhere exotic should be your plan on the 5th. Love should be a top priority. Consider three areas of your life that are in need of change and do something about it on the 6th and 7th. Your philosophical beliefs are expanding and this will bring you greater freedom. A financial plan can be put into play. Don't bend to personal pressure. Don't hold back on the 8th and 9th -- let everyone in your life know how you feel and what your intentions are. Don't let your personal life interfere with your productivity. You'll have plenty to think about on the 10th and 11th. A serious approach to issues that have been lingering on for too long will bring much-needed resolutions.

VIRGO (Aug. 23-Sept. 22): Show your worth and stand up for your beliefs on the 5th. You are likely to face opposition but, if you back down now, you will regret it. Not everything will unfold the way you want on the 6th and 7th. Someone you thought you could trust will mislead you. Get to the bottom of things by asking direct questions. Don't overreact to situations that arise on the 8th and 9th. If you meddle in other people's affairs, it will backfire, making you look like the bad guy. You will be drawn to someone who may be exaggerating about his or her position on the 10th and 11th. Back away swiftly if this person tries to take charge of your life.

LIBRA (Sept. 23-Oct. 22): You can make things happen on the 5th if you share your ideas and coax others to help you with your plans. A romantic encounter is apparent. Charm will work wonders for you on the 6th and 7th. You will be in demand and very influential, convincing people your plan is a good one. Focus on work, money and getting all the support you can muster. Expect the unexpected and don't count on things falling into place on the 8th and 9th. Adaptability will be required if you want to accomplish anything at all. Travel if possible on the 10th and 11th -- it could alter the way you view your future. An unusual professional opportunity will be up for grabs.

SCORPIO (Oct. 23-Nov. 21): Keep your wits about you on the 5th. Someone may have something interesting to say but it may not be as functional an idea when put into play. Protect yourself and your assets. Engage in things that include people you find motivating and easy to work with on the 6th and 7th. Utilize your talents and you will end up finding your way through any confusion you have about your future. Learn from what you see and hear on the 8th and 9th and you will have that much more to apply to the things that count most in your life. Changes at home may leave you feeling perplexed on the 10th and 11th. Don't make a hasty decision. Nothing will be as bad as you think.

SAGITTARIUS (Nov. 22-Dec. 21): You are up for plenty of change on the 5th. Disputes are likely to develop if you discuss your intentions. You may feel like everyone is out to get you on the 6th and 7th but that's not the case. People just don't want you to make a mistake you might regret later. Take a closer look at your financial situation on the 8th and 9th. Collect or pay old debts. The stress that will be relieved by taking care of such matters will surprise you. A chance to take a short trip or visit an old friend should be in the works on the 10th and 11th. The less time spent at home, the better. Distance yourself from any personal problems you've been experiencing.

CAPRICORN (Dec. 22-Jan. 19): Step outside the normal and consider unusual options on the 5th. You need a change that will shake your foundation and teach you something new. You will have to be more open to what the people around you want on the 6th and 7th. That doesn't mean you have to follow the crowd but it does mean you must respect others' decisions. An opportunity may lead you in a new direction on the 8th and 9th. Don't be afraid to try something totally different. Mix business with pleasure on the 10th and 11th and you will be able to write your own ticket. You will get the help you need. Your charm and diplomacy will lead to an offer you can't refuse.

AQUARIUS (Jan. 20-Feb. 18): You won't agree with someone in your family or someone you live with on the 5th. Avoid confrontations by taking action, not with verbal abuse. Make some physical changes to your home on the 6th and 7th and you will feel good and impress the people who know and love you. Passion, romance and making a commitment are apparent on the 8th and 9th. A chance to learn something valuable will come into play and help you get ahead in the future. An honest answer will be what counts. A little compromising on the 10th and 11th will spare you grief later on. Improve your living conditions and you will feel good about your future.

PISCES (Feb. 19-March 20): Someone may try to derail your belief system on the 5th. Don't get frazzled. Be thankful you have such solid convictions. Be honest with yourself if you want things to work in your favor on the 6th and 7th. Money matters can be resolved if you are willing to move on and do something that really counts. You can make amends, convince others to join your cause and spend time improving your appearance on the 8th and 9th. Minor mishaps or accidents are apparent if you aren't careful. Romance is looking good on the 10th and 11th. A chance to make or come into money or a gift is apparent.

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Community Events

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• Final Destination 3 (14A)		7:05 (Mon-Thurs)	9:00 (weekend)
• Date Movie (PG)	1:10	7:00 (Mon-Thurs)	9:10 (weekend)
• Curious George (G)	1:00	7:10 (Mon-Thurs)	9:10 (weekend)
		(Sat & Sun)	

Coming Soon: Eight Below, Shaggy Dog
 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.

ATTENTION AIR TRAFFIC CONTROLLERS

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. For more information, contact David Weir, BA, CD (Ret'd ATC) toll free at 1-800-263-2177 or via email at david@davidweir.com.

Belleville Youth Swim Team

"The Beast Kids of Steel Triathlon"

Planning has already commenced for the third Annual Belleville Youth Swim Team "Kids of Steel" Triathlon, to be held 4 June 2006 in Belleville. Last year's event was an overwhelming success with over 250 participants from around the province. This year, we have expanded the event to include 300 athletes with participation available for ages 6-17 years old. The three stages of the triathlon, swim, bike and run, are all catered to the particular age of the athlete. If your child is interested in sharing in this exciting and rewarding experience, an initial sign-up and information booth will be set up at the Quinte Mall during the Homeshow, from Friday 3 March until Sunday 5 March, 2006. In addition, registration information is available on-line by visiting the BYST Triathlon website at www.beastkids.ca.

Come on out and "Challenge the Beast"!!!!

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Information may be obtained by:
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 Cornwallis N.S.
 B0S 1H0

Tel: 1-902-638-3434 // **Fax:** 1-902-638-3101
E-mail: cornwallisreunion@fundymail.ca
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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.

Finance

Mortgage interest break stirs debate

it's your Money



Garth Turner

I have been asking Canadians over the past couple of weeks about changes they'd like to see in the way we are taxed. After all, I did get myself into the House of Commons, so the least I can do is try to get the government to listen, right? Well, that's the theory. And I'm working hard at it.

So, I have let loose a number of trial balloons, and asked you to shoot them down or watch them fly. One is the ability of people to write off the interest on their mortgages from income tax. The Americans have been able to do this for decades, which means houses are more affordable there. Or are they? Some people argue when interest is deductible, rates will probably be higher. Others say houses rise in value precisely because homeowners get this break. Others point out that Americans have to pay capital gains taxes on their home profits if they do not use them to buy another home.

So, what do you say? The last time a federal political proposed this was w-a-y back in 1979, and Joe Clark ultimately went down to defeat even with this as a policy plank. Would you like to have this US-style bonanza? Or are their problems

lurking within? Here are some of your comments:

From Toronto: I think the tax-free accumulation of value from a primary residence outweighs the benefit this promises if we start taxing the capital gain on homes. I also think it would be a burden to the homeowner and tax department to figure out the capital gain on a primary residence.

From Kelowna: For millions of people like myself who have spent a lifetime paying mortgages with after-tax dollars, I would suggest that it would be unfair in the extreme to phase out our capital gains exemption. Aside from being unfair, I believe it would create a major problem for many people who will require the tax-free assets of their residences in order to sustain them in their later years of retirement. So let's not solve one problem by creating another.

From Bedford, NS: Since we follow a lot of the USA's lead, why on earth haven't we followed THIS one? I probably will never live long enough to pay off my mortgage, so this would help. It would even allow me to pay down my mortgage a little once a year!

Theoretically this would be great. I just don't think we could afford to give up the taxes from

this, especially all at once. I'm also nervous that something like this would inflate the housing markets even more. And with the trade off of capital gains this may not be in the interest of everyone in the long term.

From Victoria: Depends on any offsetting changes to Capital Gains Exemptions, and the amount of permitted deduction. Canada would be a different place if Joe Clark had known how to count, and this policy had been adopted in the early 80's. My American friends can tell me all about what might have been (and they do). So of course it makes much sense, but as a member of the generation born immediately after the baby boomers (its not unlike coming to town just after a swarm of locusts has passed through) I'm not certain I would want to pay Capital Gains on the sale of my home, if I chose to move up from my 1600 sq ft Victoria townhouse to a larger home that would accommodate my growing family. Especially after my slightly older boomer siblings and cousins have already enjoyed the benefits of using their own untaxed equity and moving up to upscale homes themselves.

From Edmonton: This has always been an issue that makes me want to salivate...at the possibility!

From Montreal: American style deductible interest on mortgages sounds good! But is it really? I think not. Right now you pay for your house and then you probably own it (unless in the unlikely event that government expropriates it). When you sell it the proceeds are yours.

If we were allowed to deduct the interest on home mortgages it is certain that we would be faced with some sort of capital gains tax upon the sale of our homes. After all the government has to recapture the money it lost from the original tax break.

If interest is deductible this will also be reflected in the market place. A \$350,000 home will become a \$425,000 home since it is in effect being subsidized in the interim. This will translate into higher property taxes and higher insurance costs. Where is your tax break now?

We can now see who exactly will be helped by this deductibility. Someone who already owns a mortgaged house, never ever plans to sell, and doesn't care about any capital gains taxes his children will have to pay.

No forget interest deductibility! Select your home and pay for it yourself. If you deal with government agencies or loan sharks you will certainly be burned.

From Vancouver: Huh? Rates are so low what does that gain us? The rate of appreciation of my property tax-free far outstrips the taxes I've paid to earn the interest payment. Sure if interest rates go up a few points and property values stop increasing the situation changes, but the last thing I want is another 'lever' for the government to play with...like they can do with gasoline tax for instance.

Have a comment for me, as I put together my pre-budget report for Finance Minister Jim Flaherty? Great idea? Wacko? Let me know, at garth@garth.ca.

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Before you fill out your tax return...

Now that the RRSP season is behind us, Canadians turn their attention to income tax time. The deadline for filing your 2005 tax return is May 1st 2006. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

Charitable donations

Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 15% on the first \$200 and 29% on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation receipts can be transferred to your spouse. The higher income earner should claim all donations if the province of residence has a provincial surtax and the higher income earner is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

Medical Expenses

Medical expenses are also transferable between spouses.

Medical expenses can include amounts paid outside of Canada and they must be more than 3% of your net income or \$1,844, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended upon you for support during the tax year. The total of these expenses must be more than the lesser of \$1,844 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

You can claim medical expenses paid in any 12-month period ending in 2005 that were not claimed in the previous year.

Tuition and Education Amounts

You can claim fees paid for post-secondary courses. Each claim must be \$100 or more for each educational institution and the institution should provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children. To find out what amount is eligible, complete the calculation on the back of your T2202A or schedule 11 in your income tax forms.

Spouse or Common-Law Partner Amount

If your spouse or common-law partner earned less than \$8,079 last year, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$7,344 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Age and Pension Credits

These amounts are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2005. Take the time to read the portions of the guide that apply to your claims. It may save you money or prevent you from making a costly mistake.

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

Phil Marcus, CFP
VP Financial Planning
SISIP Financial Services, Ottawa

Canadian fighter pilot impressed by new IMAX film

by Lt Chris F. Courtemanche

recent premiere in Toronto.

TORONTO – Captain Dave Pletz, a Canadian fighter pilot with 425 Squadron at 3 Wing Bagotville, says the new Imax film, *Fighter Pilot: Operation Red Flag*, is the next best thing to being there.

"The only way you could actually get the audience to feel closer to the real thing, short of sitting behind me in the cockpit, would be to hand out helmets and oxygen masks to them," said Capt Pletz after attending the film's

For the veteran pilot and 2004 CF-18 demonstration pilot, the movie is "phenomenal" and very realistic, with a great storyline. "It is a must-see movie", recommends the pilot.

The Canadian Imax premiere of *Fighter Pilot: Operation Red Flag* took place at the Ontario Science Centre in Toronto, on 27 January 2006. The American movie was filmed and produced by famed Canadian director Stephen Low.



Capt Dave Pletz on the set of CITY-TV in Toronto.

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19 Mixed Darts Games Room 1300 hrs Youth Cadet Conference 190-2100			22	23	24 FireSide Lounge Soup & Sandwich 1130-1330 hrs TGIF Main Lounge 1700 hrs Chicken Breast	25
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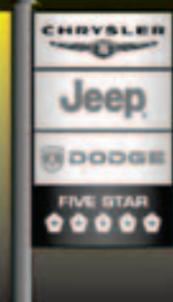
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