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WOMEN’S TEAM REIGNS SUPREME



Photo:Cpl J-F Neron 8 Wing Imaging

Trenton Women’s Hockey Team are Champions! The 8 Wing/CFB Trenton Women’s Hockey Team, comprising the following members: MCpl Martel, Cpl Picotin, 2Lt Besnard, Cpl O’Krafka, WO Rowe, Cpl Tonopa, MCpl Arsenaault, 2 Lt Morin, Sgt Bureau, Cpl Langevin, Cpl St-Denis, Pte Logan, Cpl Flecknell, MCpl Raybould, Capt Valliere, MCpl O’Brien, and Coach MCpl Harriet, participated at the Ontario Region Women’s Hockey Championship held in Trenton 29 Jan - 01 Feb 06. The Trenton Team defeated CFB Borden with 15 seconds left in the game. Congratulations on a job well done to our Women’s Hockey Team. The Trenton Team will represent the Ontario Region at The CF National Women’s Hockey Championship 4 - 8 Mar 06 in Borden.

NO SNOW? NO PROBLEM



Photo:Cpl Simon Duchesne, 8 Wing Imaging

The rain did not dampen the spirits of over 100 participants in this year’s Olympic-themed Winter Carnival at Baker Island on February 3. Pictured above are Cpl John Stenning (left) and Cpl Aaron Provost-Mercer of Wing Supply participating in the lumberjack contest.

Another Trenton milestone for the Canadian Forces

by Lt Andrea Clement

In 1885, women first joined the military through the Nursing Services. Now, 121 years later, women are still making milestones. This year, the Wing Transportation and Electrical and Mechanical Engineering Squadron boasts the first all-female WtN/EME management team in the CF. This past APS, CWO Pauline Fortin was promoted to her current rank, and became the first female CWO in the MSE Op trade. This is quite an accomplishment to be celebrated. Women occupy the top five management positions within the Tn/EME Sqn. Many person-

nel within the Squadron were intrigued with the changes, and wondered how a group of strong women would interact. They have all been pleasantly surprised. MSE Ops are professional drivers integral to the operations of Wings and Bases across the Canadian Forces. MSE Ops are trained to perform and supervise the following: provide transportation support to a Base/Wing or Station operation; effect snow and ice control (SNIC) operations; provide heavy equipment services; provide MSE accident investigation and safety coordinator services; provide transport for personnel and stores to include deployed operations; basic mainte-

nance of equipment and vehicles; instruct air brake systems to DND drivers; driver training for non-trade CF drivers; and common logistics occupation skills. Pictured, from L to R: MWO Tracey Gordon (Deputy Mobile Support Equipment Officer), Sgt Josée Fontaine (ret’d) (Sgt I/C Safety), Maj Suzanne Raby (Officer Commanding Wing Transportation and Electrical and Mechanical Engineering Squadron), CWO Pauline Fortin (Mobile Support Equipment Controller/Squadron CWO), Lt Andrea Clement (Mobile Support Equipment Officer), Sgt Nicole Bureau (Chief Dispatcher), Capt Heather MacCharles (Wing Electrical and Mechanical Engineering Officer).



Photo:Cpl F. Van Putten, 8 Wing Imaging

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CANR flies defence missions for Super Bowl

by Captain Jennifer Faubert
CANR PAO

The roar of the crowd during Super Bowl XL could not compare to the roar of the North American Aerospace Defence Command (NORAD) fighter jets patrolling the skies above Ford Field. The mission was a complete success, proving that the security of North America does not stop at the 49th parallel. The Canadian NORAD region flew air defence because the big game was on the U.S./Canada border.

"This was a live mission," explained Capt "Dano," a 3 Wing pilot who has flown a number of NORAD training missions. "This (type of mission) is not unique. NORAD is our primary role and we have to share responsibility on our side of the border. We are proud to be able to exercise our capability especially when it's a joint effort."

Many Detroit/Windsor residents heard and saw the Canadian NORAD Region jets from 3 Wing Bagotville; F-16s out of Selfridge Air National Guard Base, Mich.; the E-3 Airborne Early Warning and Control System aircraft; and various helicopters and air refuelling tankers earlier in the week as they all practiced possible NORAD mission scenarios.

NORAD was one of several Canadian and U.S. agencies providing protection of the skies over the Detroit/Windsor area for the Super Bowl. Nav Canada and FAA interior radars fed air pictures allowing instant communication with the FBI, local and state law enforcement, the RCMP, and Transport Canada.

NORAD, founded in 1958, ensures air safety and security against potential air threats and in the past has supported special events such as the G-8 Summit and the visits of foreign dignitaries.



Photos: Cpl Jean-Francois Neron, 8 Wing Trenton

Captain "Dano," a fighter aircraft pilot from 3 Wing Bagotville and other personnel from the Canadian NORAD Region (CANR) took part in Operation Noble Eagle (ONE) air defense protection missions on 5 February 2006 in support of Super Bowl XL at Ford Field in Detroit, Michigan.



Captain "Dano," a fighter aircraft pilot from 3 Wing Bagotville, explains to Trenton area journalists the different characteristics of an F-18 aircraft during a pre-flight check.



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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On January 31, 2006, Wing Supply and guests gathered to celebrate with Mr. James Pullen in honour of his 55th anniversary of Public Service. Capt Gary Connolly, Wing Supply Officer, presents Jim with a print on behalf of Wing Supply and guests. Jim reached his 55-year milestone on January 23, 2006 and we would like to extend our congratulations on this tremendous accomplishment. Congratulations and Thank You Jim!



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Out with the old, in with the new for 413 Wing

by Andrea LeBlanc
Managing Editor

February 7 was a banner day for 413 (Air Commodore Leonard Birchall) Wing of the Air Force Association of Canada (formerly named "Air Force City").

It was moving day for the Wing members—time to move out of their "home" at 300 West Street in Trenton and into a beautiful, brand new building on North Murray Street.

According to Master Corporal (MCpl) Walter Peckham, 413 Wing's 2nd Vice President, it was an exciting day for the members.

The new, completely

accessible building, which boasts 7,500 square feet, features a 175-person capacity banquet hall, a huge, all-stainless steel kitchen, staff and public washrooms, a 85-person members' lounge, 10 dart boards and more.

MCpl Peckham was quick to acknowledge the assistance of ATESS personnel—Sgt Tina Gores, MCpl Todd McGowan, MCpl Tony Roach, Cpl Sebastien Turgeon, and Cpl Giovanni Cruz-Lopez—who volunteered their time and muscles on moving day.

He also credited the members of 413 Wing for their ongoing volunteer efforts in the construction of

the new building, estimating that the Wing had saved approximately \$200,000 in labour alone.

The cost of the building, the bulk of which was paid for with 413 Wing funds, is estimated at \$600,000.

Mark your calendar—the grand opening of the new building is slated for April 1, 2006. And also mark May 7, 2006, when a cairn will be dedicated in memory of A/C Birchall, courtesy of 888 (Komox) Wing in British Columbia, on the grounds of the new 413 Wing location.

Watch *The Contact* for more details as these two important events draw nearer.

Photos: Andrea LeBlanc



Volunteers from ATESS helped move furniture out from the old home of 413 Wing, Air Commodore Len Birchall, at 300 West Street, Trenton...



...and into a beautiful, brand new building on North Murray Street (right beside Glo Space, at the intersection of North Murray and Hamilton Road).

Search & Rescue UPDATE

424 Squadron had three taskings in the past week.

The first was for an ELT in the Montreal area. While training in the Quebec area, our CC-130 was asked to proceed to north of Montreal to investigate an ELT. When approaching the area the crew picked up the signal for about 10 minutes—then it was lost. Nothing was heard again so the crew was stood down and they continued with their training.

On Friday evening our Griffon was tasked to go to the Bay of Quinte for a person who had fallen through the ice. The individual had been rescued by the local police before our helicopter got in the air.

On Monday evening JRCC tasked the Griffon crew to a small lake near Minden On. for five snowmobilers who fell through the ice. The weather made the flight to the area a challenge, but when they arrived they found the area lit by the OPP on-site. The helo landed on the slush-covered lake and picked up the five casualties and delivered them to hospital staff in Minden. The crew returned to Trenton via a fuel stop in Peterborough. Until next week, stay safe.

Missions for 2006: 8 Missions for Feb.: 3 Persons rescued: 5

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The Contact Newspaper

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

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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LETTERS

The following letter was sent to the attention of MCpl Liz Hayden.

Dear Friends:

On behalf of The Salvation Army Trenton Community and Family Services, we thank you so much for participating in our Christmas cheer effort. Thanks to people such as you, we can all help spread a little warmth in the Quinte West area at Christmas time.

Together, we do make a difference! We are looking forward to working with you again next year.

God bless.

*Hazel Gonyea
Community & Family
Services Coordinator
& Don Roy*

THANKS

On Friday, 02 December 2005, the Canadian Parachute Centre held its Annual Christmas Dinner and Dance at the Knights of Columbus Hall. The Commanding Officer, LCol Ewing, and all members of the Canadian Parachute Centre would like to take this opportunity to recognize the following sponsors for their generosity and support in making this event a successful one:

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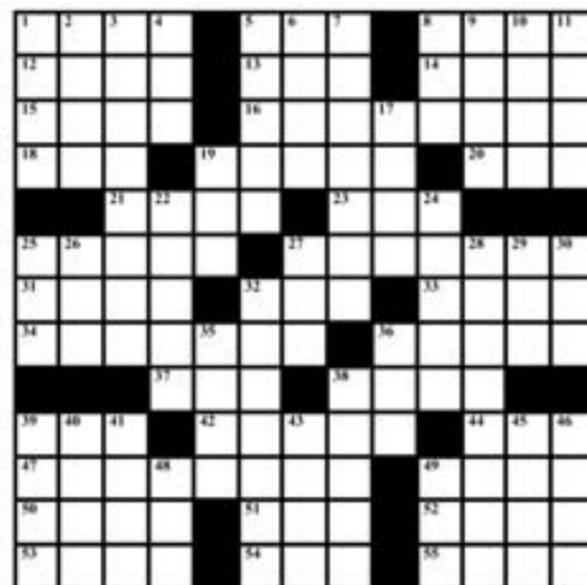
By Bernice Rosella and James Kilner

ACROSS

- Child's game
- Tell
- Middle European
- Precious
- ___ de cologne
- Flowering tree
- Receptors
- Cherished
- Film rating
- Partner of blood, on occasion
- Madame, abbr.
- Pickford or Poppins
- A grown woman, socially
- Pain
- Sweetheart
- Clod
- Lad
- Teen terrorizer
- Paralysis
- Circle
- Sun god
- Chop up
- Ember
- Love
- Stumblebum
- Interrupt a journey
- Make well
- Pile
- Fruit salt trademark
- Bewildered
- Place in a parliament
- Hideaway
- Rhythm

DOWN

- Brainwave
- Sargasso and Marmora
- Lover



- 41000 and 2000 e.g.
- Respond
- Swiss river
- Weekday
- Slalom
- Threaten
- Astringent
- Jar
- Precieux
- Cook
- Wagers
- Tedium
- Matterhorn, for one
- Tibetan Gazelle
- MS ___

- Refrigerator's predecessor
- Compass pt
- Goop
- Honey
- Manhattan art district
- Druthers
- Shore bird
- Vipers
- Eye infection
- Israeli dance
- Spanish baby
- Region
- Exploit
- Sweetie
- Taxi

This Week in Contact

1996 – On January 20, the Canadian Multinational Brigade Headquarters, the Brigade HQ from 2 Brigade in Petawawa, took operational control of the Northwestern portion of Bosnia and Herzegovina with 850 Czech and 500 British soldiers under command. This did not make an appearance in the Toronto Star nor did it get a one-hour discussion on CBC--because there was no media with them at the time.

1986 – The Canadian Forces Search and Rescue (SAR) capabilities in Ontario and Quebec were greatly increased on February 7, 1986, when 424 SAR Squadron declared operational its twin-rotored Labrador A helicopters here at CFB Trenton. The Squadron now has two such helicopters and will receive a third in the near future.

1976 – Courageous actions during a September 1973 rescue of two downed pilots has earned a Chief of the Defence Staff commendation for Master Corporal Edward C Neufeld, 31, of Warman, Sask, a firefighter at CFB Cold Lake, Alta. Neufeld volunteered to be lowered from a helicopter hoist to retrieve pilots during a nighttime rescue mission in northern Alberta.

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



Health Promotion in the Canadian Forces
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Bye bye cigarette ... une fois pour toutes!

par Gloria Kelly

Vous avez pris la résolution de cesser de fumer ou encore vous souhaitez tout simplement vous débarrasser de cette mauvaise habitude? Pour vous aider à atteindre votre objectif, l'équipe d'Énergiser les Forces lance son quatrième défi de désaccoutumance au tabac.

« Relevez le défi "Le 1er mars, j'arrête!" et libérez-vous de l'emprise du tabac une fois pour toutes », affirme Donald Déry, chef du programme de réduction de l'utilisation du tabac d'Énergiser les Forces.

« Le défi consiste à cesser de fumer pendant au moins quatre semaines, soit du 1er mars au 1er avril. »

« Le dernier sondage d'information sur la santé et les habitudes de vie des FC indique que 75 % des militaires ne fument pas. La baisse du nombre de fumeurs au cours des quatre dernières années surpasse la baisse constatée chez la population canadienne en général. En outre, la plupart des fumeurs (91 %) souhaitent cesser de fumer ou réduire la quantité de tabac qu'ils consomment. Ils sont au courant des conséquences néfastes de la consommation de tabac, et un petit incitatif pourrait les encourager à arrêter », explique M. Déry.

L'an dernier, des milliers de personnes ont relevé le défi. La campagne s'adresse aux membres de la Force régulière et de la Première Réserve, au Cadre des instructeurs de cadets, aux Rangers canadiens, aux employés civils du MDN, aux employés des fonds non publics et aux membres de la Réserve supplémentaire qui fument régulièrement.

Le défi présente une date précise aux personnes qui souhaitent cesser de fumer mais qui n'ont pas encore choisi de date pour le faire. Le programme prévoit également la participation de parrains (des non-fumeurs) qui ont la responsabilité d'encourager et de conseiller les fumeurs qui participent au programme. Les participants et les parrains ont la chance de gagner des prix d'une valeur totale de 16 000 \$ offerts par CANEX et les

Services financiers du RARM, partenaires du défi « Le 1er mars, j'arrête! ». « Les maladies et la perte de productivité liées au tabagisme coûtent chaque année plus de 36,5 millions de dollars aux FC, et ce, pour la Force régulière seulement », indique M. Déry.

« Il s'agit de pertes qui n'ont pas de raison d'être. »

M. Déry croit que le programme répondra aux besoins des personnes qui ont décidé de cesser de fumer ainsi qu'à ceux qui ont arrêté depuis moins de six mois. Les chances de réussir augmentent avec chaque tentative. En moyenne, il faut essayer six ou sept fois avant de pouvoir se libérer de l'emprise du tabac pour la vie.

L'appui des pairs, de la famille et des collègues de travail est un facteur important du défi. Les parrains sont chargés d'aider les fumeurs à éviter les produits du tabac pendant la durée du défi et après.

« Si une personne peut cesser de fumer pendant un mois, c'est un bon début », ajoute M. Déry. « Si elle peut cesser pendant un an, il y a de fortes chances qu'elle cesse pour la vie. »

Les militaires admissibles qui veulent cesser de fumer peuvent avoir accès à des médicaments et à des programmes de consultation pour cesser de fumer adaptés à leurs besoins spécifiques, comme le programme « Écrasez-la ».

Cette année, nous sommes fiers d'annoncer que les participants au défi « Le 1er mars, j'arrête! » auront accès à un service de conseils téléphoniques en tout temps, grâce à Téléassistance pour fumeurs.

« Personne ne laisse entendre que cesser de fumer est facile, mais les bienfaits en valent la peine », conclut M. Déry. Pour s'inscrire, il suffit de remplir le formulaire se trouvant à l'adresse suivante : www.asffc.com/health (au plus tard le 28 février) ou de communiquer avec le directeur, Promotion de la santé de toute base, escadre ou unité des FC.

Mme Kelly est agente des communications au Groupe des Services de santé des FC.

Free yourself once and for all...

by Gloria Kelly

So you made a New Year's resolution to stop smoking, or you simply want to kick the habit? To help you achieve that goal the CF Strengthening the Forces team is launching its smoking cessation challenge for the fourth year in a row.

"Take the "March 1st, I Quit!" challenge and free yourself from tobacco use once and for all," says Donald Déry, head of the Tobacco Use Reduction Program, for Strengthening the Forces.

"The challenge is to quit smoking for at least four weeks, from March 1 to April 1." "The latest CF Health and Lifestyle Survey indicates that 75 per cent of CF members do not smoke. The decrease in smoking rate in the past four years has been even greater than that in the general Canadian population. The large majority of smokers (91 percent) want to reduce or to quit smoking. They know there are important negative consequences associated with smoking, but an extra incentive may help to make the break," said Mr. Déry.

Last year, thousands of people took up the challenge. The campaign targets CF Regular and Primary Reserve Force members, the Cadet instructor cadre, Canadian Rangers, DND civilian employees, non-public fund employees, and Supplementary Reserve Force members who smoke regularly. The challenge provides a quit date for smokers already motivated to refrain from smoking and who have not yet set a quit date. The program also provides an opportunity for the involvement of supporters (non-smokers), whose job is to provide encouragement and advice to smokers enrolled in the program. Participants and supporters in the challenge are eligible to share in over \$16 000 worth of prizes provided by CANEX and SISIP Financial Services,

partners of the March 1st, I Quit! Challenge. "Tobacco use costs the CF upwards of \$36.5 million annually in illnesses related to smoking and lost productivity for the Regular Force only," said Mr. Déry. "That's a significant drain on the system that simply does not need to be there."

Mr. Déry believes this program will best meet the needs of those who have already made the decision to quit smoking and those who have quit smoking for less than six months.

Success in quitting smoking increases with the number of quit attempts, averaging 6-7 times before quitting for life.

Support of peers, family and co-workers is an important factor in the challenge. Supporters are encouraged to help the smoker keep away from the tobacco products throughout the challenge and hopefully well beyond.

"If a person can stay smoke-free for a month that is a good start," said Mr. Déry. "If they can kick the habit for a year it's a pretty good bet that they will remain smoke-free."

Eligible members attempting to quit smoking can access smoking cessation medication and counselling programs adapted to their specific needs such as Butt Out Programs.

This year, we are pleased to announce that participants to the March 1st I Quit! will have access to telephone counselling services available 24 hours a day through the Canadian Smokers' Helpline.

"No one said it would be easy to stop smoking but the rewards are worth it," said Mr. Déry.

To register, simply fill out the form available on-line at www.cfpsa.com/health (deadline February 28) or contact the Health Promotion director at any CF base/wing or unit.

Ms. Kelly is a communications officer with the CF H Svcs Gp.

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**Richard Gobeil
et Daniel**

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Time to diversify, before it is too late

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Last week in this column I posed the question of whether or not a politician – a Member of Parliament – should also be a newspaper columnist. This was in my own naked self-interest, of course, since right now I am both. Actually, I enjoy both. I also believe that being elected to represent other people is an honour, not a punishment. Fortunately, you agree with me. Since writing that, I have been buried in reader response, without a single negative comment.

So, sucks to the establishment. Write, I shall. And when the last politically-correct editor and pablum-loving publisher shuts the lights out on me, my words will still be there online. Want advice on your variable rate mortgage or retirement savings? Then let freedom reign, baby! (Maybe I'm taking this way too seriously...)

In any case, being a columnist-MP had nothing to do with a revolution that bubbled over within the professional real estate community in Toronto last week. In response to a column I wrote for 50-

something Baby Boomers who typically have all their assets in real estate, some realtors become downright revolting. One of them started a chain letter of protest, which spread through the community in hours, engendering responses like this: "Talk about biting the hand that feeds you! Here we are in the heat of what appears to be a hotter than ever real estate market and not only does Garth Turner write this article about not putting your money into real estate and putting it in stocks and bonds, but somehow this article manages to get into the paper!"

Another realtor responded, suggesting I was less than a dog for penning the offensive words. But there were some dissenting voices, like this: "That is what freedom of speech is all about. We need different points of view, whether the pubic takes note is up to them. Most people these days are living beyond their means and Baby Boomers are no exception. Thanks for not being afraid to voice your opinion."

So, what the heck did I say to inflame real estate passions? Here are the offending words, after I reminded readers that 90 per cent of Canadians have virtually no retirement savings, although they may own a house: "Hey, I know it's hard to make the decision to downsize your real estate and give up that trophy house. I know it's scary to jump into stocks and mutual funds whose value changes every hour. I am aware how much guts it takes to sit down and write a honking big cheque to a financial advisor. I know that proactive investing is against the Canadian grain, and that friends and family members will cling to their houses and their pathetic-yielding GICs, and tell you you're going to lose your shirt."

But be brave. There is no doubt in my mind that anyone today in their fifties with a home and a bunch of equity in it can achieve financial freedom. But it will not come through inaction. Nor will it arrive by doing what you have been used to doing. Millions of others will, sadly, fail. They will not enjoy the retirements they envisioned."

My point is a simple one: The bulk of net worth of average Canadian families now sits in residential real estate. The housing market is at high tide, with prices currently higher than every before. And while some will tell you real estate values will go up forever, history says otherwise. Just imagine,

if nothing changes, what will happen in 10 years when nine million Boomers figure they'd better sell the house because they have no financial assets to live on, and no pension.

So, prudent financial planning, Garth Turner-style, is this: Yes, make real estate the cornerstone of personal financial wealth. After all, it's a solid and investment and you need a place to live. But you also need cash, and – most importantly – an income stream in retirement. That might come from an apartment building or a portfolio of rental properties, but not everyone wants to be a hands-on landlord or tie that much capital up in just one asset class (or enjoys fixing toilets).

So, how about diversifying, borrowing against the newly-created equity in your home and investing that in a portfolio of quality stocks, bonds, trusts and mutual funds? That will give you a broader base of wealth, appreciating assets which can be turned into cash with a phone call, capital gains tax deferral, and a loan with deductible interest, dropping your income tax burden. Plus, you still get to keep your home.

This is radical advice? I'd say the people telling you to keep 100 per cent of your money in bricks and mortar have some serious explaining to do. Garth Turner is MP for Halton, and a financial author. There's more heresy at www.garth.ca.

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Interested swimmers must have achieved a short or long course meet minimum requirement during the 05/06 competitive seasons. For further info and standards required or to register contact the Mil Sports Coord Mr. Dan Cormier at loc 3373, via mail, fax 965-2704 or email with the following information NLT 24 Feb 06:

- a. Ser #;
- b. Rank ;
- c. Last name;
- d. First name;
- e. Initials;
- f. Sex;
- g. Loc;
- h. Home phone #;
- i. Fax #;
- j. Email address (if applicable);
- and
- k. Events wishing to participate in
- l. Best time in that event during competitive season.

Basketball Runner-up

The 8 Wing/CFB Trenton Basketball Team, comprising the following members: MCpl Courchesne, Lt Gehl, Cpl Nuyda, Capt Jones, Pte Dugas, Pte Andrada and player/coach Capt Hungler, participated at the Ontario Region Basketball Championship held in Petawawa 18 – 21 Jan 06, losing to Petawawa 79 – 69.

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I/S Sports Standing as of 5 Feb 06

WHL Team Standing

A Div Teams	Win	Loss	Tie	Points	Place
CPC	8	0	1	17	1st
2 AMS	6	3	1	13	2nd
Hangar Hogs	4	4	1	9	3rd
ATC	4	6	1	9	3rd
ARO	0	11	0	0	5th

B Div Teams	Win	Loss	Tie	Points	Place
JNBCD	6	4	0	12	1st
WTISS	6	5	0	12	1st
424 Sqn	5	5	0	10	3rd
436 Sqn	4	3	0	8	4th
ATESS	4	4	0	8	4th
Work Shops	3	7	0	6	6th

NHL Team Standing

Teams	Win	Loss	Tie	Points	Place
Red Wing	11	6	0	22	1st
Habs	8	8	1	17	2nd
Bruins	7	8	2	16	3rd
Flyers	6	10	1	13	4th

Floor Hockey League Team Standing

Teams	Win	Loss	Tie	Points	Place
911	6	1	1	13	1st
W Sup	4	3	1	9	2nd
2 AMS	4	3	1	9	2nd
8 ACCS	3	2	3	9	2nd
ATESS	0	8	0	0	5th

Noon hour fitness class schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	31 Step	1 Spinning	2 Cardio & Core	3 Sweat
6 Hi-Lo Pump	7 Step	8 Spinning	9 Cardio & Core	10 Sweat
13 BOSU Specialty Class	14 Step	15 Spinning	16 Cardio & Core	17 Sweat
20 Hi-Lo Pump	21 Step	22 Spinning BashClass	23 Cardio & Core	24 Sweat
27 Hi-Lo Pump	28 Step			

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Photo: Submitted

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Trenton MFRC Daycare offering new infant program

by Laurie McVicar
Assistant Editor

Parents of young infants faced with the tough decision of choosing a daycare before returning to work can now take comfort. The Trenton Military Family Resource Centre Daycare is now extending its quality programming to children as young as 10 months old to 18 months.

The new "Baby Busy Bee" group is already receiving an amazing response, according to Lesley Patterson, Daycare Director.

"The program came from a need in the military community. They really wanted infant care and we had a big waiting list for our 18-month-old program. There was a four-month gap between when the year-long maternity leave ended and when they could get their child into our regular program," said Patterson.

She explained that parents are further challenged by the fact there are so few infant spaces available in Quinte area daycare.

"There is some home

care, but there are parents who don't want that. Some families also have other children who come to this daycare and don't want to make more than one 'drop-off' in the morning," said Patterson.

She warns parents that the Baby Busy Bee program costs more than any other one offered by the daycare.

"It is expensive at \$55 a day. Parents should know that these costs mainly cover staffing. We run at a one to three ratio (with staff and babies). It's a break even program for us and it's only a short-term cost for them," said Patterson.

The daycare recently received funding from the County of Hastings for the infant group, which was used to purchase glider rockers and cribs. In addition to providing some of the comforts of home, daycare staff members provide plenty of love to the babies as well.

"There is no shortage of staff to provide cuddles," noted Patterson.

After spending three weeks visiting the Busy Baby Bee room with her year old daughter, Sofie,

Lieutenant (N) Petie Ledrew is feeling better about going back to work, as the new Assistant Public Affairs Officer for 8 Wing/CFB Trenton.

"It's not easy, but it has to be done," said Lt (N) Ledrew. "I'm feeling very confident. From what I've seen so far, I'm very impressed. The staff is very professional and the babies get lots of cuddles and attention. That's very reassuring for mom."

For more information about this program, contact the daycare at 965-2442.

Pictured at right are some of the little ones enjoying a new program being offered by the Trenton Military Family Resource Centre Daycare. This new program--the "Baby Busy Bee Group" offers care to children aged 10 to 18 months old. For more information about this new program, interested parents can contact the daycare at 965-2442.



Photos: Laurie McVicar



Be at the height of safety--use all ladders with care



Submitted by
Don Heans,
Wing General Safety
Officer

Whether it's a simple step stool, or one which soars to many feet above the ground, ladders help you reach heights you never thought you could. There's far more to safe ladder use than having a sturdy ladder and lots of physical agility. Many people are seriously

injured by falling from ladders, whether from close to the ground or higher up.

By following some simple safety procedures, you can ensure that you successfully climb a ladder to your destination...without experiencing a fatal 'downer'!

Choose the right ladder for the job. They range from very short step ladders to extension ladders which must be well supported. They are made of various materials such as fiberglass, aluminum or wood.

Examine your ladder before you use it. You do not want to use one which is defective or in need of repair...it could mean injury to you!

The rungs, siderails and locking spreaders should all be sturdy and in good condition. Oil the spreaders on a regular basis to keep them working smoothly. Do not paint ladders. Cracks and splits may be hidden under the paint and the paint itself may provide a slippery surface.

Instead of painting a ladder to protect it, try double-coating it with two coats of clear wood preservative such as shellac, varnish or linseed oil.

The steps or rungs should be solid and non-slip.

Aluminum ladders should not be bent out of shape. Make sure the ladders are free of grease, clean

and dry.

Do not use aluminum ladders when working on or near electricity, even if all you are doing is changing a light bulb. Aluminum acts as a conductor for the electricity and you could be seriously injured.

How you set up your ladder is important. The area where you are working should be clean, and people should be warned to stay away. The ladder should not be placed on an unstable foundation but rather on a solid, flat surface. Position it so that you can easily reach your work.

Stepladders should be fully opened before climbing. Extension ladders should be used with a 1-4

lean ratio. This means that for every four feet of height, the ladder should extend from the supporting wall by one foot.

All ladders should be firmly secured to prevent 'kick-out' when being used.

When you climb your ladder, have both hands free for climbing. Carry your tools up in a tool belt or placed in a bucket that can be hoisted as you climb.

Work smoothly on the ladder, avoiding sudden movements. If you cannot reach without your upper body going beyond the siderails...don't do it!

It's not a good idea to work on a ladder outside in bad weather. You could be put at risk by wind, blinded

or faced with slippery conditions by rain or snow.

If you are feeling tired, dizzy, or are under the influence of drugs or alcohol, you should not be climbing a ladder. Not only is your judgment impaired, but also your physical agility and sense of balance.

For obvious safety reasons, only one person at a time should work on a ladder.

When you are finished using your ladder, put it away in a safe, clean area where small children cannot play on it. When you are up on a ladder, you should also be up on safety. Take the right steps to ensure that you climb with confidence!



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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
February 12 – February 18

ARIES (March 21-April 19): You will be able to come through no matter what you are asked to do on the 12th and 13th. You have the stamina, courage and whatever else it takes to far exceed anyone's expectations. Then it will be time to enjoy being the hero. Every ounce of your energy should go into moneymaking deals, work or a worthwhile project on the 14th and 15th. Keep the doors of communication open. It's important that you stay involved as an integral part of the equation. Stick to basics and focus on business. Taking action will be the way to victory on the 16th, 17th and 18th. Think big but don't go overboard. Baby steps will bring the best results. A disciplined approach to a new interest will help you master it.

TAURUS (April 20-May 20): Relax and don't put pressure on yourself to get things done on the 12th and 13th. Whatever you don't complete can be taken care of later in the week. Instead, enjoy family or your time alone and don't feel guilty. Don't let the little things bother you so much and refuse to overreact on the 14th and 15th. You have far better things to do with your time -- like lending a helping hand to a cause or friend. The more immersed you become in doing what's right, the more personal gain you will make. You may find yourself in a tricky situation where a friendship is concerned on the 16th, 17th and 18th. Know what you want so that you don't end up hemming and hawing, accomplishing little.

GEMINI (May 21-June 20): You've got plenty going for you on the 12th and 13th so don't let anyone ruin your plans. You can adapt easily to any changes. Don't be reluctant to go somewhere alone. You'll make new friends quickly. Don't leave anything to chance on the 14th and 15th. Although you may think everything is falling into place, someone will probably interfere with your plans. Personal problems will surface with someone you can usually count on. You'll want to take in as much as you can on the 16th, 17th and 18th. Travel, entertainment or attending a conference or exhibit should be scheduled. You will be open-minded, curious and enthusiastic, resulting in creative ideas and a new game plan.

CANCER (June 21-July 22): You will find it difficult to take your mind off business and money matters on the 12th and 13th. If it makes you feel better, do a little work to put your mind at ease. You can make a good deal happen if you address any problems head on. You will miss out on a good thing if you are reluctant to take a chance on the 14th and 15th. Romance is in the stars, so make your move. Travel, socializing and hooking up with old friends will turn out superbly. You will be in control and calling all the shots on the 16th, 17th and 18th. Your ability to sense what's going on and what other people are thinking will give you the edge and help you make the right choices. You can help someone out who will be indebted to you in the future.

LEO (July 23-Aug. 22): It's OK to be serious about money and making more of it on the 12th and 13th. You don't always have to be the one who entertains everyone. Focus on how you can get ahead professionally, financially and personally. Don't feel guilty working for your own benefit. Don't limit yourself on the 14th and 15th. Put more time and effort into making things at home more comfortable for you both mentally and physically. Be honest about the way you feel. Keep things in perspective on the 16th, 17th and 18th. A money deal will turn out in your favor. Take a look at contracts and prepare to make your changes. Don't back down or give in. You will have the discipline and fortitude to make things happen.

VIRGO (Aug. 23-Sept. 22): Someone is withholding information from you on the 12th and 13th. You may want to rethink some of your current partnerships. If you are feeling as if you are being taken advantage of, formulate a game plan to turn things around. Accomplishment will come easy on the 14th and 15th as long as you are honest about what you can and can't do. Bringing in the help of someone who can take care of the things you can't will show how efficient, complimentary and in control you can be. Start looking at your options and prepare to keep up with what's going on around you on the 16th, 17th and 18th. Living in the past or holding on to something that no longer has any value will be a waste of time.

LIBRA (Sept. 23-Oct. 22): Speak up and you will be heard on the 12th and 13th. This is a great time to participate in a cause you believe in. You can drum up greater interest. Not everyone will be honest about his or her reasons for helping out. Don't get all worked up over nothing on the 14th and 15th. Put more time and effort into enjoying yourself instead of worrying about what others are doing or saying. Be honest and straightforward. Take time out of your busy schedule to have some fun on the 16th, 17th and 18th. Be creative with fashion, style or a hobby that interests you. You will be able to convince others to assist you in achieving your goals. You can impress the people who will help you get ahead if you are skillful, conscientious and enthusiastic.

SCORPIO (Oct. 23-Nov. 21): Change may not be to your liking on the 12th and 13th but it will be inevitable so just go with it. Anger will do you no good but putting some energy into your future and your own talent will. Better times are heading your way. Restrictions may be in place on the 14th and 15th but, if you follow your own path, you will discover a whole new way of expressing yourself. Don't get upset -- get busy following your heart's desires. Problems with contractors can be expected. You will be highly creative and should be able to come up with some interesting new ways of doing things on the 16th, 17th and 18th. You can develop a talent that you have wanted to turn into a professional tool. Be careful not to trust everyone around you.

SAGITTARIUS (Nov. 22-Dec. 21): People who can offer you knowledge, insight and the cold hard facts will come into your life on the 12th and 13th if you get involved in an activity or event that interests you. Travel -- whether a short or long distance -- will be eye opening. Anything to do with travel, excitement and adventure will beckon you on the 14th and 15th but tread carefully -- you may end up overspending. Avoid an argument with someone who would prefer you to take a path less perilous. Think twice about what you do. Don't take anyone or anything for granted on the 16th, 17th and 18th, especially in your personal life. You will have a hard time making up your mind and sticking to what you say you are going to do.

CAPRICORN (Dec. 22-Jan. 19): It will be very easy to lose sight of what needs to be done and what can be left until later on the 12th and 13th. Don't let someone lead you in a different direction. A money deal will not be as it appears. Protect your cash. You'll be ahead of the crowd no matter what you decide to do on the 14th and 15th. Your timing will be impeccable and your ability to pick and choose who and what you should spend time with and on will bring fortunate results. Don't worry too much about the people who don't see or do things the same way you do on the 16th, 17th and 18th. Focus on those who back and support your ideas and plans. Change may be required to move forward.

AQUARIUS (Jan. 20-Feb. 18): Confusion and second-guessing will leave you in an awkward position on the 12th and 13th. A problem while traveling or dealing with someone who doesn't agree with you will escalate. Do what you can to enhance your surroundings on the 14th and 15th. Renovation or redecorating will turn out to your liking. Making changes to your personal situation can be expected but don't be disappointed if things don't move as quickly as you would like. Do whatever you can to complete a deal or formulate a contract on the 16th, 17th and 18th. Money can be made if you are willing to go the extra mile. Aggressive action will not be the route to take. Rather, knowing what you want and how to go about getting it will lead to success.

PISCES (Feb. 19-March 20): Look on the bright side of life on the 12th and 13th and things will start to turn in your favor. You will have to deal with a partner who is probably a little confused in his or her way of thinking. Showing what you mean rather than describing what you mean will bring better results. Relationships will be a little convoluted on the 14th and 15th. Don't assume other people are thinking along the same lines as you. You will face some strong opposition if you don't respect what others want. You will make a lasting impression on the 16th, 17th and 18th by going out of your way to help others. A trip will prove to be more important than you expect. Your ideas will draw interest from someone who will help you accomplish your goals.

Royal LePage ProAlliance Realty



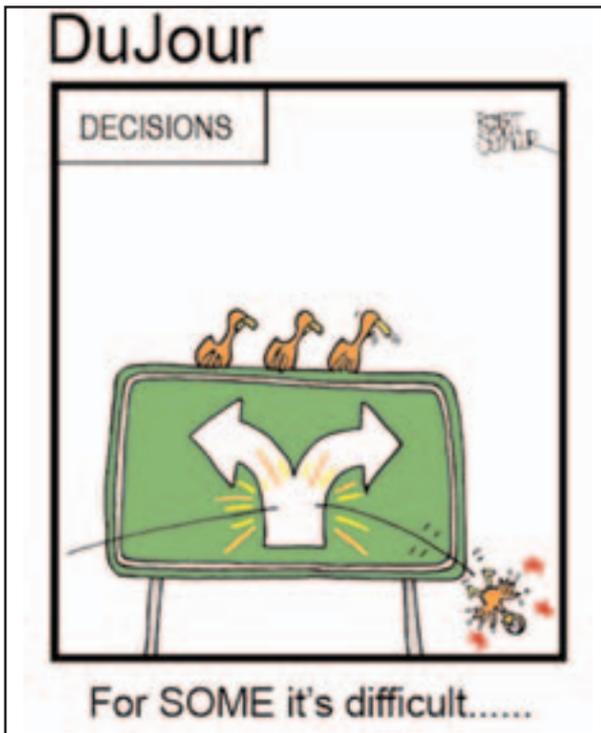
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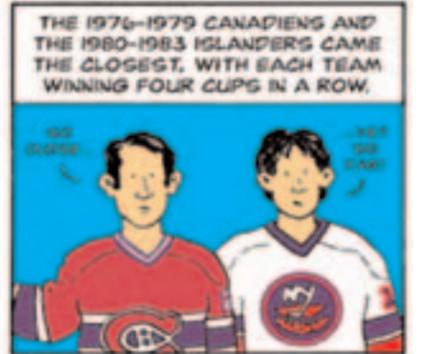
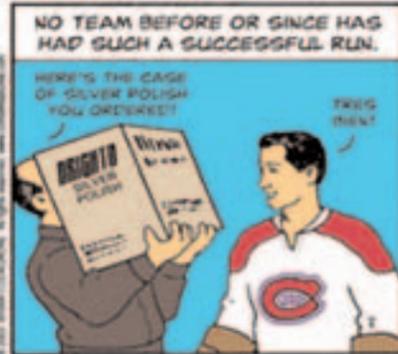
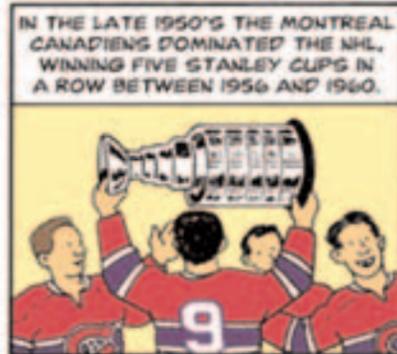
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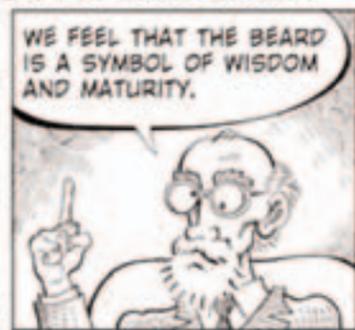
The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, **The Contact Comics**.



IN THE ZONE BY BRIAN CODAGNONE



GINGER & SHADOW BY BARRY CORBETT



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- Curious George (G)
- When a Stranger Calls (PG)
- Les Boys Quatre (G)

Coming Soon: Date Movie
 Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

1:10 7:10 9:10 (weekend)
 7:10 (Mon-Thurs)

1:00 7:00 9:00 (weekend)
 7:00 (Mon-Thurs)

1:05 7:05 9:05 (weekend)
 7:05 (Mon-Thurs)
 3:15 (Sat & Sun)

CALL
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 FOR INFORMATION

Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

ATTENTION: PIPERS & DRUMMERS

8 Wing Pipes & Drums is continually looking for pipers and drummers, both military and civilian, who would like to play in a well established and sought after pipe band. The band plays for Wing, local, national and international events. If interested please contact MWO Ron Reedy at local 7282 or Pipe Major Jim Macintyre at local 3387.



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178 Lester Rd. Trenton, 392-5284
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Trenton Christian School

invites you to an Information Evening on Monday, Feb. 13, 7:30 - 8 p.m. Visit their awesome school and find out about all the benefits they have to offer. Full day JK-Grade 8 program. Located on 2nd Dug Hill Road, Trenton.

The Trenton Craft Guild

will be holding its monthly meeting and annual membership drive on Tuesday, Feb. 14 in the common room at 50 Rollins Drive, Belleville. Anyone interested is invited to attend, or for more information, call Carol at 392-8376 or Therese at 394-0441.

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.

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 Padre Mike Adamczyk
 Padre Marc Torchinsky

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NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator
 Padre Frank Pellerin

MASS

Sunday Mass (English) 1130 hrs
 Messe Dominicaine: 0900 hrs

CONFESSION

At all times

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

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
 Padre James Craig

WORSHIP SERVICE

Divine Worship (Sun) 1015 hrs
 Holy Communion 1st Sunday of the month

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

BAPTISM/BAPTEME

Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.

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

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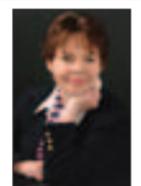
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